



Chronic Fatigue Syndrome: Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods

By Michael T. Murray N. D.

Random House Value Publishing. Paperback. Condition: New. 208 pages. Dimensions: 8.4in. x 5.4in. x 0.5in. Strengthen Your Body to Combat Chronic Fatigue Syndrome! Chronic fatigue syndrome can lead to a continual cycle of symptoms including muscle and joint pain, headaches, low-grade fever, and lymph node swelling. If you or someone you love is struggling with chronic fatigue, turn the pages of this book to discover a thoughtful, complete approach that will help lead you to wellness. While traditional medicine treats each symptom separately, this book offers a host-centered approach that focuses on natural methods to effectively raise your energy level. Dr. Michael T. Murray, co-author of the bestseller Encyclopedia of Natural Medicine, clearly explains specific measures you can take to improve your stamina, mental energy, and physical abilities. He offers advice on topics such as: The causes of chronic fatigue syndrome Detoxification purifiers to enhance your immune system Methods for stimulating lymphatic flow Nutritional support for the immune system Adrenal balance and stress management techniques Now you can take control of your healing process using this completely natural approach. Begin a new, healthful lifestyle today! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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