

Chronic Fatigue and Fibromyalgia

- The Untold Truth

Do you have symptoms of...

- **Constant tiredness**
- **A foggy brain**
- **Pain – all over your body**
- **Headaches**

And your doctor seems unable to find anything wrong?

And nothing you do seems to help?

Friend, I have been there, too, and suffered immensely for a long time with it. Things that I definitely did not want had taken over my life and more than anything I wanted relief, too – but couldn't find any lasting relief until 7 long years later.

My long and drawn out problem began several years ago when I suddenly found myself faced with some serious health problems. Prior to that time, I had enjoyed a healthy and active life. But unexpectedly, I started having violent headaches, was sleeping 16 hours a day, had vertigo, and my whole body was racked with pain. To make it worse, I discovered that this was only the start of my living nightmare. I did not have a clue what was happening to me, and **before long it dawned on me that my doctor didn't seem to know either.**

I am sure that you (or your loved one) have already been there and done that – otherwise you would not be reading this report. You went to the doctor – just like I did – feeling confident that they would know what to do about it.

Quite the opposite was proven, however, because you soon discovered that when you needed their "expertise" the most, you found out that they were as much in the dark about it as you were. What a surprise – a very disappointing surprise!

Like me, you then decided to find another doctor – only to have the same cycle repeated. More tests, something may have been found, but that did not seem to be the real problem. Medicines were prescribed, you hoped and waited for relief, but found none! More medicine is prescribed until your mind is almost numb from too many of them and you can't even think straight.

The cost you have been paying to find the answer you seek is very high – but the answer never comes. You keep wondering what you are going to do next - and if you will ever get over it. Will your life ever be the same again?

I do not know, dear reader, how long you have suffered from the symptoms of chronic fatigue syndrome (also called chronic fatigue and immune dysfunction syndrome – or CFIDS), or Fibromyalgia (FMS) - or both, but I had my symptoms for 7 very long years.

Little did I know that it would be 7 years longer than I should have had to put up with it. Now, though, after searching hard for my own answers, and with the help of some doctors, **I know what to do now** and I want to show you how you can overcome it, too. I have gotten the complete victory over CFS / ME and FMS and I want to show you how, too.

My terrible journey into the world of CFS and Fibromyalgia started when I was just 22 years old. Before that I lived an active and busy life. Like anyone else my age, I had plans for my life – a lot of them. They were swiftly put on hold, though, and I knew it – until I found a cure, because I was soon sleeping 16 hours a day! My life was shot and so was my health.

Besides sleeping so much, though, I was also having violent headaches, pain all over my body, vertigo and panic attacks, too! I was a mess.

I started quickly to find out what I had. Obviously something was seriously wrong with me. I was normally very active, but this put the brakes on everything, it happened so suddenly.

Your Doctor May not Have the Answer

In order to find out what was wrong, I started going to doctors to learn what they could tell me. I expected them to have the answer – and to be able to tell me what to do about it.

Before long, I started going from doctor to doctor and from one specialist to

another. No one really knew what I had and they could not help me. After visiting many doctors and getting no results, I soon learned that:

- Many doctors could not explain what I had
- Many doctors did not believe there even is such a thing as CFS or FMS!
- Some doctors would not acknowledge it even if it could not possibly be anything else!
- Many doctors do not know how to treat it
- Many doctors avoid patients with it.
- Doctors that do believe in them are not in agreement as to the cause – or how to treat it.

As you can see from this list, there were plenty of obstacles for me to overcome. Even if I found a doctor that did believe in it (many still do not), to this day there is not yet an approved treatment because they are not sure what even causes it. This leaves each doctor to fend for themselves and find what works on their own.

To complicate the matter even further, some doctors have found that what helps some patients won't help other ones. This leaves each doctor having to try to heal something without any real prescribed course of action. With each person, a lot of experimentation may be necessary before anything will help at all.

For the first 18 months of my illness, I slept for 16 hours each day. I had become bed-ridden. Even when I was awake – I had no energy available to do anything with those waking hours. I was burnt out.

Soon, because I was getting nowhere with the doctors, I began studying about it myself. I read everything I could find. I was getting desperate for an answer and I began to feel that doctors were not the answer I needed. I read books, looked online, and anything that I thought might be helpful – I read it.

My reading led me to a number of possible things that might help. Since I really was not sure where to begin – or how to go about it – my journey into things that did not work began. In my misguided zeal, I tried...

- Whole body cleanses
- Bowel cleanses

- Detoxification - all kinds
- Allergy tests
- General homeopathy
- Vitamin therapy
- Antioxidants - all kinds
- Boosters for the immune system
- Alternative therapy
- Acupuncture
- Herbal formulas - English & Chinese
- Nystatin (for anti-fungal)
- And more!

And like I said – none of them helped! I put myself through a lot of things unnecessarily – for nothing! A lot of money was wasted, too – but I had to start somewhere. The good news is that **I have finally found what worked.**

I know that this same plan can help you, too. By following the plan that I give you – that has definitely been proven to help me and many others – **I can help you save a lot of unnecessary expenses** on this therapy or that one. With CFS or Fibromyalgia, most of them will not give you the relief and victory you need.

What Are The Symptoms of CFS and FMS?

In this report, I am talking about more than just one disease – but they do have some of the similar symptoms. I am talking about the symptoms of chronic fatigue syndrome, ME, Fibromyalgia, and also post viral fatigue syndrome.

Here are some of the symptoms that you may have:

<ul style="list-style-type: none">• A lack of energy• Inability to concentrate• Vision problems• Muscle pain• Muscle twitching• Depression• Loss of libido• Night sweats• Stress• Chest pains• Allergies	<ul style="list-style-type: none">• Brain fog• Problems with balance• Shortness of breath• Social isolation• Panic attacks• Restless leg syndrome (RLS)• Sensitivity to heat and cold• Irritable bowel Syndrome (IBS)• Low-grade fever• Gynecological problems• Loss of motivation
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After looking at this list, you might be able to see why doctors are having a hard time trying to figure out what your symptoms indicate. It is quite possible that you will only be having a few of these symptoms at a time. Other symptoms may come and go, and other ones you may never have. On some days – the bad ones – you may have some of the symptoms get really horrible.

Again, though, notice that many of them seem unrelated. Not very many doctors might see a connection between them when there are only a couple of them taking place. This is one reason it takes time to be sure.

What often happens is that when they see symptoms like muscle pain and allergies, that they will often prescribe medications for each. Can you imagine what happens when you are given medication for 10 different ailments! The cost for the medications becomes outrageous – and your brain becomes even more befuddled!

The problem with giving medicines in this manner is that the root problem is not fixed by prescribing medicines for allergies or for muscle pain! The problem is somewhere else. All they are doing in this example is treating symptoms – which are not the cause of the CFS or FMS.

Why Do the Doctors Not Agree?

If you have started your journey of going to various doctors, then you have probably already discovered that they are not at all in agreement about either CFS or FMS. Part of the reason for this disunity is due to the wide variety of symptoms.

Since there are no actual “markers” (evidences that you can be tested for) to go by, the doctors are left with having to go by the symptoms. There are many possible symptoms of ME or CFS and FMS – and oftentimes these seem unrelated. Two different people that have been identified with any of these diseases may have different symptoms – although some of them will be the same.

Just like the symptoms, the list of possible causes is also just about as long. Even if people may have the same, or nearly the same symptoms, they may not be able to tie the two people into having been exposed to the same possible causes. This only makes it even more complex. Possible causes could include:

- Environmental causes
- Biological causes
- Viral causes

- Stress-related
- Genetic predisposition
- And more.

As you can see – this list still includes almost every possible source of trouble. All of them seem to be active in some way in different people.

Because they know so little about what actually causes it, some doctors have even concluded that a cure will not be found for it. This may mean that your doctor – even if CFS or FMS are suspected – may have their hands tied because they really do not believe finding a cure is possible.

The good news is that **I do know how to help you**. I have been there and come back again! My symptoms are gone! **I also know what you need to get the same results I had.**

Some Doctors Think it is "All In Your Head!"

Some doctors will even tell you that it is all in your head. You may have already run into one of them.

Part of the reason for this is because there are not any known "markers." What this means to you is that there really is no single test that you can be given to reveal to a doctor that you have either chronic fatigue syndrome or fibromyalgia.

Because of this, their reasoning goes something like this: "Since there is no real evidence – it must not be a real disease!" A doctor that believes this way – and there are many of them – will probably refer you to a psychologist so you can start getting treatment on a couch! And it is possible that the pills you may be given are only placebos! Some doctors are claiming that Cognitive Behavioral Therapy (CBT) will be able to help.

For those of you who have tons of symptoms that you and your doctor cannot explain – you know what to think of this answer! Pure hogwash!

That's exactly what I thought, too - these symptoms are not just in my head! Get me a real doctor - one with some answers! I do not want accusations – I needed help.

Be Careful About Treating Yourself Until You Are Sure

After experiencing all this, I was getting even more desperate for a doctor who could provide some real answers. My own research had led me to believe that my symptoms might be pointing toward M.E., but until I had a doctor's diagnosis, I could not get a lot of help for it. Even worse was that I could not be sure that any treatments I might give myself would be for the right thing.

You see, when you treat yourself there is always a danger that you could be treating the wrong thing. After all, a lot of diseases may have some of the same symptoms as CFS or FMS - simply because there are so many of them. You do not want to make a potentially tragic mistake of assuming that that's what it is – you do not have either the knowledge or the tools to make a thorough examination and conclusion.

This means that it is very important that you get a doctor's diagnosis first – before you start focusing on some kind of treatment for it. Remember that if you start treating for either CFS or FMS, and you don't have it, then whatever you do have could be getting much worse in the mean time. With some illnesses, time is limited and every minute of treatment may make a difference in getting a real cure for it.

Doctors May Tend To Ignore You Because of Your Illness

As I continued to see my own doctor about my symptoms, he had me try a lot of different medications. Nothing worked. After awhile, I discovered that he was giving me less and less time whenever I came to see him. I began to think that he really did not want to see me at all – after all, he was not really doing anything that helped – and he knew it. It was probably embarrassing for him – but it wasn't my fault.

This kind of “treatment” only made me more distant from him. After a while I could see what was happening – he was spending less time with me because he did not want to admit that he did not have the answers I needed.

One doctor that I went to for 4 months, after being referred to him by my own doctor, actually told me that I would be fine. He never bothered to give me another appointment.

If you have had this happen to you – like I did – then you can almost feel yourself slip into a mental state where you begin to think there may not be any help. By this

time I had been suffering for several months, not getting any better, and each time I hoped that the doctor would produce some kind of magic pill, or something. I was getting real tired of it – just like you are, too.

I do want you to know, though, that this story has a very good ending. Today, I am free from ME, CFS, FMS and Post-viral fatigue syndrome. **I am cured from it.**

During all this time, I continued to have the terrible headaches, vertigo, and pain all over my body – but the doctors still did nothing that actually brought any relief. Panic attacks soon started, and that was followed by insomnia. I felt like I had a permanent hangover – and brain fog, too.

It Takes a Toll on Your Social Life

My social life also rapidly deteriorated, too. Because I had no energy, a lot of pain, and the other problems, too – along with sleeping 16 hours a day – I quickly became isolated from other people. I just could not keep up with them or do what I used to do with them. This meant that they just went on without me.

I also lost interest in a lot of things that I had enjoyed before. I felt no strength or motivation to get out into the world and do the things I once loved. My world became very small.

I began to get used to being alone – in my bed – and my friends and others began to leave me alone, too. They had heard me say it all too often; “I just don’t feel like it right now.” You know what I am talking about – you’ve said it too.

Soon, my best friend became my bed. Other things started bothering me, too. I was often cold, loud noise bothered me, and I had no balance. It hurt to think. My bed was where I felt safe – and there I stayed – a lot.

Chances are pretty good that if you continue to find solutions on your own, that your social life will also deteriorate. Most likely, if you have CFS or FMS, then you have already begun to see some of the effects on your social life – depending on how bad your symptoms are.

Find a Doctor with Experience in Treating CFS or FMS

After becoming more and more sure that I probably had ME, I got bold with my

doctor one day and plainly asked him if he thought I had ME or CFS. I was not prepared for his answer. Can you believe it; he actually told me that he “didn’t want to put a label on it.”

It was then that he gave me a number for a doctor who was an allergist. I was happy to learn from my doctor that he also had some experience in researching fatigue. I have to wonder at this point, though, if I had not asked him about it, how long he would have kept on pushing pills and giving me things that probably would not have worked. By this time, I had been suffering with my horrible symptoms for 9 long months. To this day, I don’t know why he did not give me that phone number when I first came to him.

To make the situation even worse, my doctor would not try to make an appointment for me through his clinic. He left it entirely in my hands, and told me that I could call this doctor if I wanted to. It was like I was on my own – as though I did something wrong.

Finally – Some Real Help

At this stage of my search for help, I had been to 13 doctors in 9 months – and none of them could help me. When I went to see this new doctor, things started to change.

The first thing I noticed was that this new doctor actually listened as I described all my symptoms. He understood them – unlike the others – he was not just “listening” to me like I was crazy or like he didn’t believe me. Then, he actually put a label on what I had and gave me a correct diagnosis. I was right in my feelings about it, I had CFS and fibromyalgia.

The next thing he did was to tell me that I had the worst case he had seen in years. This part was not good news, but – at last – I knew what I had – after 9 long months. This day marked the beginning of my slow road to recovery.

You need to know, though, that there is much more to my story than this. You see, it took more medical experts than just the one doctor to get the healing I needed. I want to tell you what you need – and I do so in my new book – *Overcoming Chronic Fatigue, ME, and Fibromyalgia*.

More about Why Doctors Disagree about CFS

One of the reasons why I think doctors may not find anything is because they tend

to stick to the more common methods of testing. They continue to do the more simple tests like blood and urine tests over and over. Remember that I said earlier that there are no “markers” for CFS or FMS. This means that they can keep on taking blood tests forever – and will never find anything.

I had some indicators in my blood of some problem for a while. As long as my blood tests showed something amiss, this led the doctors to a particular conclusion. But after my blood tests returned to normal – **the doctors wrongly concluded that there was nothing wrong with me.** Yet I still had the violent headaches, the pain all over my body, the vertigo, brain fog, and more.

As long as doctors continue to rely on the same tests – that will not reveal CFS or FMS – then they will never find anything. Of course, as I said earlier, there really are no tests – they are simply stuck on the old ways of doing things.

This is why it was so important for me to find a doctor that was on the cutting edge of medical developments in fatigue. The new doctor was involved in researching it – he was able to get out of the box of primitive and traditional medical thinking.

The Unknown Cause of CFS and FMS

It is quite possible that some previous illness could cause CFS or ME. I am still amazed at my doctor’s reaction when I told him that I fell and banged my head real good at one point. A couple of months later, I got glandular fever – but still the doctor refused to give me an x-ray or CT scan. Personally, I felt that there might have been a connection – but he would not even check.

Many people have pointed to some illness that they had prior to getting CFS or FMS. Although a connection has not yet been established, it is quite possible that an illness could set things in motion for the start of it. Stress has also been identified as being frequently present before the symptoms start showing up. You have also probably noticed by now, too, that stress can definitely aggravate your symptoms – even after you have had it for years.

If you have had some sort of illness prior to your CFS symptoms, then you may want to mention it to your doctor. Of course, if they do not even believe in CFS – it won’t matter.

Most likely, your own story will partly match mine. You will hunt for a sympathetic and understanding doctor – and you may hunt for some time. You may have to go some distance to find one, but they are out there. Until you do find

one, your treatments will probably only be for the symptoms, not for the underlying cause of the CFS or FMS.

Why Continue to Be a Statistic?

While doing some reading, I found that about 80% of the people that seem to be showing the symptoms of CFS or FMS have never actually been to see a doctor or have been diagnosed. This estimate is based upon a study that took place in June of 2007 and was reported in the *Population Health Metrics*.

The study took place in Georgia, where they found that the numbers had risen considerably higher than they were in the 1990's. THE CDC did the survey and found that about 2.4% of the people surveyed showed symptoms of having CFS.¹ This means that it is estimated that more than 4 million people in the US have CFS.

Most of the people who get CFS are women – at a rate that is about 4 times as frequent as men. To give you an idea of how prevalent this is, consider that it is about 4 times higher than the odds of a woman getting lung cancer.

So, if you think you are alone – you aren't. Many other people are in the same boat as you are. But you need to see a doctor to start the ball rolling.

Progress – at Last

Once I had the right doctor, then progress began to be made. The first thing that he told me was to stop taking some sleeping pills that another doctor recommended. I had asked for some because I could not sleep at night – only all day long. I had been taking them for about 2 months by this time. When you think about it, though, I was already sleeping 16 hours a day – why did I need sleeping pills?

After that first appointment, I began working (gladly) with this doctor who seemed to understand what I was going through. Not only did he understand, but he actually went on to work with me and help me get the victory that I needed.

That victory did not come all at once, however. There was a process – and he was not the only source of help. I had some more, and I would like to tell you about what else I needed in my new Ebook.

¹ <http://www.cfids.org/about-cfids/prevalence-study.asp>

Many Doctors Do Not Believe There Is a Cure

If you look online at some of the medical establishment's Web sites, you will quickly note that some of them do not believe that there is a cure for CFS, ME, or fibromyalgia. They will tell you that once you get it, you can expect to live a limited life from then on.

They also will admit that a small percentage of people who get these diseases may be cured – but they do not know how. **I desperately wanted to be in the group that gets cured** – and I believe that you do, too. I already had enough of a limited life – and did not want any more of it.

I was there, and you probably are, too. I heard the same thing from some. But I also was very determined to not let it get the best of my life. I wanted to get my health back – and I did. **I found out how, and now know that you do not have to settle for half a life, either. I want to show you how to change those odds.**

Altogether, my suffering had continued for a long 7 years. That was a long time – for anyone. You may even have been suffering longer than that. The good news is that I have been there and know a way out. You can easily follow the steps that I took as I lay them out for you one step at a time.

Now, let me ask you – **how long do you want to keep your symptoms?**

Does This Sound Like Your Symptoms?

- **Do you feel like you have to keep on dragging yourself out of bed – even after a full night's sleep?**
- **Are you having trouble with your balance – vertigo?**
- **Does your body have a lot of pain – all over at the same time?**
- **Do you have headaches?**
- **Is it difficult to concentrate and you feel like your brain has “fog” in it?**
- **Are you experiencing extra stress because of the way you feel?**
- **Are your eyes bloodshot and do they feel heavy?**

- **Do you have to fight to stay awake?**

If you do, then it sounds like you are experiencing the same thing I had. I want to help you to get over it, though – sooner than I did. It took me 7 long years.

Up to this point, I have only spoken about some of my symptoms. I have not even mentioned the:

- Muscle pain
- Joint pain
- Lymph node pain
- Sore throats
- Abdominal pain

And all this does not include the cognitive problems that I had, too. There was also the:

- Forgetfulness
- Mental confusion
- Difficulty in thinking
- Inability to concentrate
- And more.

While I do not know how long I could have had these symptoms, I have to believe – if some of the doctors are right – that I may have had these symptoms the rest of my life. Since I am only 29 now, knowing that did not paint a very bright future for me.

I would like to show you how to begin to put an end to your symptoms. That's right – totally remove your CFS or FMS – or both! I did, and I want to show you how.

Have You Given Up Hope Already?

It may be that because I was still young when it happened, that I may have had more determination than others. I don't know. But I also believe that anyone who was experiencing what I had to go through has decided to keep on going – and never give up.

No matter how old you are – there is hope. I fought it for 7 long years – terrible

years – but I am over it now. **I do not have the symptoms and life has returned back to normal.**

During the first 9 months of my illness, I saw 13 different doctors. I tried many medications, and many natural supplements, and even tried some alternative medicine. None of it helped me. I don't believe it will do much for you either – although it may help some.

Now, **I want to put a choice in front of you** – it really is up to you. You can either continue hoping that a doctor who may not even believe in CFS or FMS will eventually get around to finding something that will be beneficial, or you can try the various alternative medicines that I tried; or – **you can let me show you a shortcut that I know works.**

Not only has my method helped me, but there are also **many others that have been helped by this method**, too. Instead of continuing to try methods that don't work, here is a low cost way to discover what you need to know about defeating CFS, ME, FMS, and post-viral chronic fatigue. I also believe that this book is **cheaper than your next doctor's visit** – especially if you are seeing a specialist of some kind.

Start Doing Something about It Now

If you have had your CFS or FMS symptoms for some time and have not even seen a doctor yet, then you are only hurting yourself unnecessarily. I have already mentioned that some CFIDS Web sites² say that as many as 80% of people suffering from it (or FMS) have not yet seen a doctor. And yet they are already experiencing its debilitating effects! Some are not even able to work – but still have not seen a doctor yet! This is almost beyond belief! There is not a good reason for this.

Plainly – this does not make much sense. If you want help with it, then you must get a proper diagnosis. I know I am repeating myself here – that's how important it is. Here are three reasons why you should start seeing a doctor right away:

- **Because you must wait at least 6 months in order to get an official diagnosis.** That's right; you must have had the symptoms at least that long before a doctor can officially declare it!

² <http://www.cfids.org/about-cfids/do-i-have-cfids.asp>

- **Because CFS and FMS both respond to treatment better the sooner you start.** Waiting only allows it to develop stronger symptoms – that will also last longer – in most people!
- **Because you can start getting relief now!** You do not have to continue to live in pain only having a half-life!

Why Suffer Longer Than You Have to?

Every day that I was going through my experience – I wished it was over. I would not have wanted to have it last any longer than it did. Instead, I actually wish I was able to get rid of it much sooner than I did.

Life could have started over for me and I would not have had so many wasted years of ruined health. How about you? How much longer do you want to live with your pain and other problems related to CFS or FMS? Come on – this should not take too long to answer!

My step by step plan can begin showing you today what you need to do as soon as you order it and get it. My new program, called the all new...

Overcoming Chronic Fatigue, ME, and Fibromyalgia Program...

...is ready to show you exactly what I did that worked to help me.

My program is ready to...

- Show you how to eliminate the guesswork
- Reveal the many things that will not work
- Point out the triggers that set off your pain and weakness – so you can avoid them
- Reveal how to get better sleep
- Show you what kind of doctor and others you need for best results
- Give you better overall health

- Eliminate foods that rob you of energy and make you tired
- Lead you to those energy levels you had long thought as being impossible again
- Teach you things that will prevent you from getting the victory over CFS

The truth is that once I understand these things that I just mentioned to you, I was able to see more progress in a few weeks than I did in *seven long years*.

These are the very things that enabled me to be completely free of any further symptoms of CFS and FMS. I'm through with it. It doesn't stop me now from living my life.

Many others have also had similar stories, but now they have the victory that they wanted, too. Some of them have seen such a change that they are telling their friends about it, too. **They followed the step-by-step instructions** that I gave them – and they are free from the symptoms. They no longer have to live a half-life!

Are you ready to let me show you even more? How about if I show you...

- Three things that you must do in order to beat CFS
- How much sleep you really need – and when you need it
- How to supercharge your immune system
- How to beat mental fatigue
- How to get rid of adrenal fatigue
- Learn how to beat Candida
- Understand how to beat panic attacks
- Find out how to beat stress

- Learn what things you need to avoid
- Know how you can beat vertigo
- And many more!

I will also show you what to do about fatigue. Even though you may feel fatigued, I want to show you what to do about it so that you still are in control. You will be able to beat it.

I am sure that you are asking at this point – Are all those things really in this book? Yes, they are, and they are just waiting to provide you with information that you can really use. This information is...

- **Clear**
- **Practical**
- **Up to Date**
- **Step-by-Step**

**When you have gone through the program,
you will love the way it will make you feel!**

I offer this program to you and took the time to develop it into its present form because I know that others can benefit from it, too. I had suffered too long. Now that I look back, all I can say is that I wish someone could have shown me this same information when I started to get the symptoms. It would have saved me from a lot of unnecessary pain and money.

Instead, I had to learn it all on my own. **It took 7 long years for me to learn this information and to learn what really works.** I have taken the mistakes that I made out of it, and now present it to you in a simple step-by-step plan that is able to guide you into the restored health you want.

You no longer have to listen with envy to other people who already have the victory over their chronic fatigue syndrome and fibromyalgia. You now have the opportunity to join their ranks and get your own story of how you defeated it, too.

It really is true...

- **Chronic fatigue syndrome**
- **Fibromyalgia**
- **ME**
- **Post viral chronic fatigue**

...can all be defeated!

This course will show you...

- Things that could be causing your Chronic fatigue
- How to eliminate the things that can leave you tired
- How to get relief from your body pain
- Teach you how to relax your mind while building your body's strength back up
- How to avoid facing setbacks – allowing you to continue to have forward progress
- Reduce poisons in your body and improve circulation

After you have gone through the course, you will definitely feel more alive and vibrant than you did before. How long has it been since you felt that way? Are you ready to feel that way again?

Your New Life Waits

During the years that I was having a lot of problems, I noticed that I was not the only one that was affected by my CFS and FMS. It had clearly bothered others, too.

Probably the ones that were bothered the most by my illness were those closest to me. My family wanted to help me – but all they could do was to look on – and wish something could be found that would help. They became distressed over my situation, but that did not help me.

My friends also wanted to help me, too – but there was nothing they could do. It really ended up being something that I had to face alone.

Although I am not married, I can imagine some of the frustrations that a mate might feel, too. They long to see you back on your feet again – like you were before the CFS struck. They would have memories of what you used to be.

A spouse would want to see you enjoying life again – to be happy, to enjoy those special times together again, and to be able to do things together, too. Your children must also feel left out as well. They miss you and would love to see their parent well again. But, perhaps they'll just have to keep on playing and living life alone – unless you do something about it.

Don't you think that you have had your CFS or FMS long enough? Or, do you really want to continue to nurse that illness till it gets really strong?

Here is the cross roads. Do you want to make a move toward better health – or stay the way you are now? The answer is obvious, but now it is your turn to boldly say – “I've had enough!”

My program, *Overcoming Chronic Fatigue, ME, and Fibromyalgia Program*, is ready now to guide you step-by-step to show you how you can defeat CFS or FMS.

Think now how much further along you could be toward recovering your health if you were to start today! Only you can stop you now.

Your new life is waiting for you. Why not take that first step toward a victory you can live with – from now on?

In order to get started now on your life, visit my Web page and order your copy of

Overcoming Chronic Fatigue, ME, and Fibromyalgia Program

at: <http://fatigue-cfs.com/fatigue.html>

Legal Notice

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If you have or suspect that you may have a health problem, I recommend that you immediately contact your health care provider. The Author and Publisher assume no responsibility or liability whatsoever (whether in negligence or otherwise) to any purchaser, reader or any other person who may rely on the information contained in this document. Neither the author, publisher or any other person involved in or connected with this publication assume or will be liable for any direct or indirect claim, loss, damage, expense or other liability (whether economic or otherwise) resulting from use of or reliance on the information contained in this publication. Information and statements regarding dietary supplements have not been evaluated by any statutory or professional body and are not intended to diagnose, treat, cure, or prevent any disease.

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