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The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy!

Jacob Teitelbaum M.D.

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The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! Jacob Teitelbaum M.D.
The nation's leading expert on chronic fatigue and fibromyalgia offers a practical and concise guide to restoring health and energy.

Millions of Americans have turned to Dr. Jacob Teitelbaum's landmark *From Fatigued to Fantastic*, the all-time best-selling book on combating disabling fatigue and fibromyalgia. Now, *The Fatigue and Fibromyalgia Solution* provides the most cutting-edge research and scientific information, offering the latest advances in treating chronic fatigue syndrome, fibromyalgia, and the baffling, often dismissed symptoms associated with these debilitating conditions.

From the best strategies for using medications and nutritional supplements to the most recent alternative therapies and recommendations for lifestyle modifications, *The Fatigue and Fibromyalgia Solution* delivers extensive wisdom in a condensed volume, making it truly accessible. Dr. Teitelbaum also presents the simple-to-apply SHINE Protocol, addressing Sleep, Hormonal support, Infections, Nutritional support and Exercise. Helping all readers develop an individualized program, Dr. Teitelbaum has created a new lifeline for anyone seeking compassionate, proven approaches for restoring wellness and regaining optimal energy and vitality.

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