

Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia

Alison Bested

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In *Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia* (Cumberland House, 978-1-58182-670-8), a leading specialist explains these mysterious conditions. Pain, fatigue, sleep dysfunction, brain function disturbances, and immune symptoms are some of the most common attributes. Alison Bested, a hematological pathologist, teaches readers to treat energy like money: "If you use more than today's cash amount, you crash," she writes. "Yesterday's energy check has been cashed and is worthless and tomorrow's check is a post-dated check that may not come.... Live within the limits of the energy that you do have." Readers are also advised to be especially conscious of their diets, and obtain most of their energy from a variety of whole grains and breads, as well as fruits, vegetables, beans, legumes, and nuts.

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