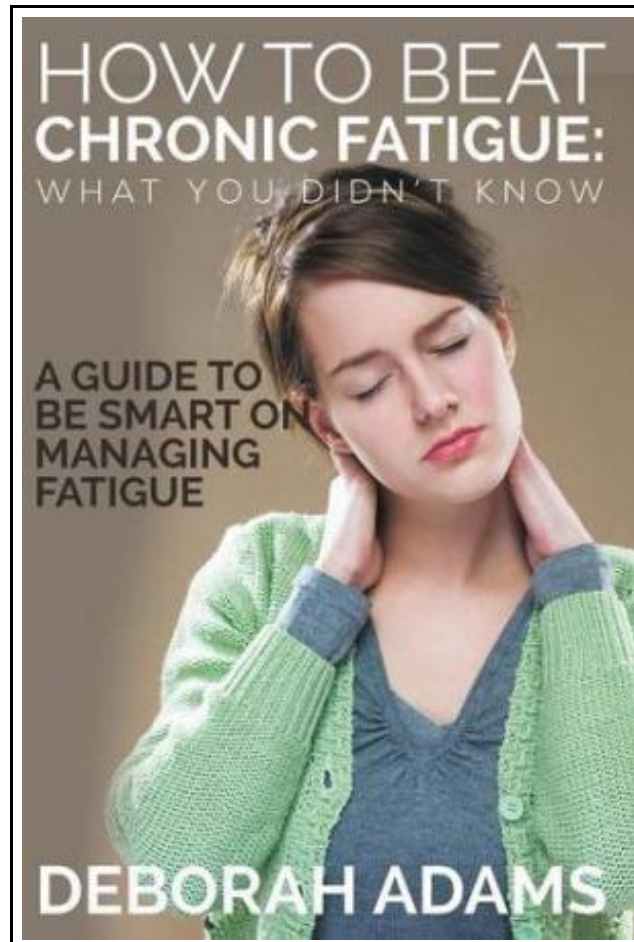


## How to Beat Chronic Fatigue: What You Didn t Know: A Guide to Be Smart on Managing Fatigue



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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Chronic Fatigue Syndrome (CFS) is an extremely debilitating condition that may affect up to a million Americans. Fatigue is something that everyone feels sometimes, usually after we ve undergone a lot of exercise; but the person suffering from CFS is exhausted even without exercise. If this exhaustion lasts longer than six months and has no cause that can be diagnosed (such as depression and bi-polar disorder, poor nutrition, drug use, etc), doctors may identify the condition as CFS. Other symptoms may occur along with excessive, uncaused fatigue: depression, headache, sore throat, and swollen lymph nodes are some of the most common. Unfortunately, there is considerable controversy as to how to treat CFS. Fortunately, several behavioral therapies have been developed in recent years that promise to help some with this disorder. Sufferers are encouraged to request information from a trusted physician.



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