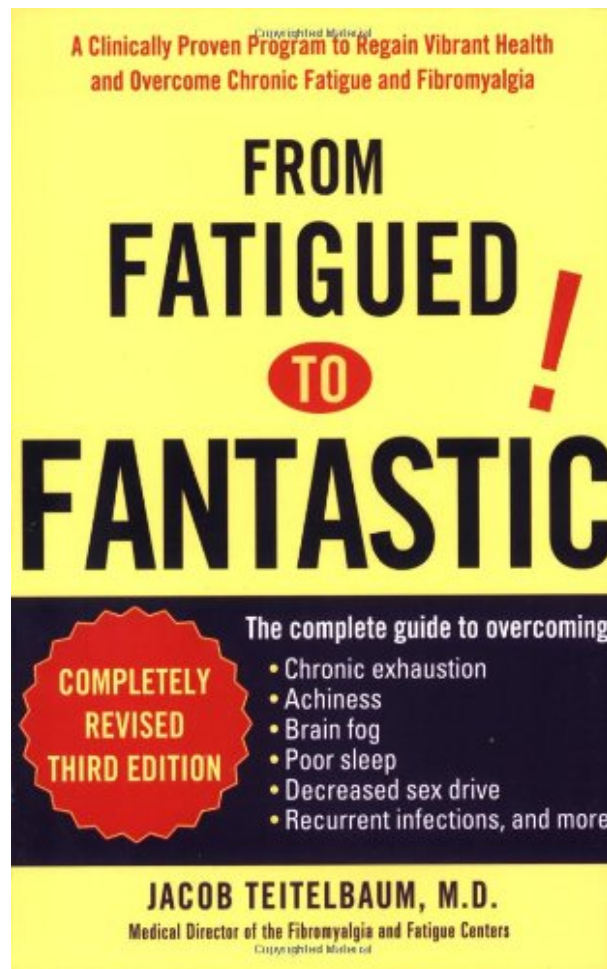


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**A Clinically Proven Program to Regain Vibrant Health  
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# FROM FATIGUED TO FANTASTIC

**COMPLETELY  
REVISED  
THIRD EDITION**

The complete guide to overcoming

- Chronic exhaustion
- Achiness
- Brain fog
- Poor sleep
- Decreased sex drive
- Recurrent infections, and more

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## About the Author

Jacob Teitelbaum, M.D., is a board-certified internist and leading researcher in the field of chronic fatigue and fibromyalgia. He has a specialized practice for CFIDS/fibromyalgia patients in Annapolis, Maryland.

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# **FROM FATIGUED TO FANTASTIC BY JACOB TEITELBAUM M.D. PDF**

The original, bestselling guide to treating chronic fatigue and fibromyalgia-now completely revised and updated.

For the more than twenty-five million Americans who suffer from chronic fatigue, fibromyalgia, and other fatigue-related illnesses, there is only one bestselling guide-From Fatigued to Fantastic. This new, completely updated third edition incorporates the latest advances in science and technology to help alleviate the baffling, often dismissed symptoms associated with severe, almost unrelenting fatigue.

Dr. Teitelbaum's integrated treatment program is based on the clinically proven results of his landmark study and on his more than thirty years of experience in working with patients to overcome their illnesses. Using the most current information, Dr. Teitelbaum helps his readers evaluate their symptoms and develop an individualized program to eliminate them. Specific guidelines for diagnosis and care are clearly and concisely presented, along with supporting scientific studies and treatment recommendations that include the latest and best strategies for using prescription and over-the-counter medications, nutritional supplements, alternative therapies, and/or dietary and lifestyle modifications.

In addition to providing cutting-edge research, up-to-date scientific information, and practical advice, Dr. Teitelbaum offers the compassionate understanding of one who has himself battled and overcome these disorders.

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## About the Author

Jacob Teitelbaum, M.D., is a board-certified internist and leading researcher in the field of chronic fatigue and fibromyalgia. He has a specialized practice for CFIDS/fibromyalgia patients in Annapolis, Maryland.

## Most helpful customer reviews

1 of 1 people found the following review helpful.

Very comprehensive book about CFS and Fibromyalgia

By JC\_N\_VA

I have read through this book once, and liked it. He recommends the SHIN (now I think he's updated it to the SHINE) protocol. Sleep, Hormone Support, Immune System and Nutrition. I had been reading (I apparently have chronic fatigue) about this, and already doing most of what he suggested. I do feel a lot better, but I'm still fatigued, and expect this to continue for some time. I have added d-Ribose (I'm using the Jarrow Formula) and I believe it's helping a bit. I'm pretty certain it's easing my stiffness and pain. However, I still need naps, especially when stressful situations arise.

I think I have the older book. For the benefit of the reader, I'd like to add something, not in this book (maybe not invented at the time this book was written), but one that seems to be helping me and thousands of others with CFS: "polyphenols", sometimes called "Reds". I just watched the Dr. Stephen Gundry "infomercial" (he's a cardiologist), and he makes a point about 1) energy and fatigue, and 2) vascular problems. He created a product called "Vital Reds" said to give energy. I read through about 200 reviews on his site, (about 3000 reviews, they seem all good, and placed an order. There are many "Reds" products available, but after 5 days, my energy is WAY up with this product. From what I am researching the other products don't have as much "good stuff" as this one does (I am not associated with Gundry MD, or the product, just trying to help people with CFS, like me have energy). VR is so helpful to me that it's the very first thing I want to do in the morning when I get up. You can find a similar product cheaper, but for me I wanted the best I could find (at least right now). I didn't buy it on Amazon, but I have done a review on Amazon because fatigue is the #1 complaint of patients. (Heart disease is the #1 killer in America, so I think it's relevant). I didn't see one review where it didn't help.

Dr. Teitelbaum is brutally honest about practices in the medical community, where they just "don't get it". Honesty like this costs you, and I'm sure he's been snubbed by some in his field. However, for those of us with CFS, who are being told 'it's in our minds, it's depression' (I've had depression, there is a difference), it's a lifeline.

Because they don't get it, I am not a big adherent of conventional medicine. MDs really don't get the "nutritional" connection between disease and health. To this end, I would recommend "Never Fear Cancer Again", by Raymond Francis, and "The Gerson Therapy" by Charlotte Gerson. My brother had (surgical removal) cancer, and the surgeon (a former senior fellow/ Chief of Surgery at a University Hospital) pooh-pooed it (he is an outstanding surgeon, we all really like him). Physicians just don't get it about nutrition because they haven't been taught. You have to be your own advocate.

And that is outlined here in this book--in fact, this doctor (who had a practice at the VERY hospital my brother is in right now) discusses this, and the insurance snaggles and how to deal with them. For this kind of fearless honesty from a medical community member, I give 5 stars. He references another of my favorite physician authors, Dr. Carolyn Dean, who exposes the heresy herself, and has gotten in trouble over it. It was Dr. Dean who wrote an online article who made me understand it wasn't a character failing that I was so tired, and how to begin addressing it.

Dr. T offers a wealth of information on prescription and non prescription medications (kind of overwhelming). It's clear he knows this inside and out, and in fact, he himself experienced chronic fatigue (which is helpful to know). He recommends HGH (human growth hormone), and this is expensive! (but it helps). I am using a homeopathic HGH -- It might not have been available when he wrote the book. I found a homeopathic (under the tongue spray) that is \$85 and is said to work as well as the \$2,000 injections (HGH Plus, by ProBlen). ((I'm not associated with ProBlen)). I think it's making my thyroid make the hormones it needs to be making. (Understand I'm also ingesting a LOT of minerals, and vitamins also).

If you want a comprehensive look at CFS and Fibromyalgia, and how to start addressing them, I recommend this book. I'm going back to reabsorb some of what he says.

6 of 6 people found the following review helpful.

helping my cfs in a HUGE way!!!!

By Meg

already changing my life!!! ribose and tyrosine are helping a freaking ton!!!! if you have cfs, please look into this book!

cannot recommend the content/author enough!!!!

7 of 8 people found the following review helpful.

THE book to help you treat your chronic fatigue and pain from a reasearch-based biochemical approach.

By Fawn A.

After contracting a "mystery illness" that left me in various hospitals for months at a time, unable to work in my office setting for a year, and feeling like I must be crazy after a year without a diagnosis, I bought and read this book. It was amazing to find out how many people were suffering from similar symptoms and lab results, and to find out that many of them also didn't have a diagnosis. To have a medical doctor say that it happened to him, too, and that it is okay, was immensely comforting. Being an extremely logical person, I was even more thrilled that the author approached his recommendations for regaining my physical and mental function from a very biochemical, study-based perspective, as opposed to the anecdotal evidence cited by similar books. The best news - his recommendations (in combination with addressing the mental/emotional aspects of chronic illness) work. I am not who I was physically before my illness, but I am someone who is able to work again, care for her family, and live at a level of functionality that I can accept and embrace. Also, I like that he sets forth clear recommendations, but is very open to the fact that different conditions and different people will need different interventions and different medication/supplement regimens. Too many times I think authors develop cookie-cutter "plans for health" that treat everyone the same. This author did not do that and acknowledges that this really is a process of trial and error...working with a health care professional to find what will help you. But he's saying what the majority of the healthcare professionals I've seen would not say - doctors can't fully explain every chronic illness, but there is evidence that the illnesses exist...so it is NOT in your head. If you have been told you suffer from chronic fatigue, fibromyalgia, or one of the other host of diagnoses or non-diagnoses that involve debilitating fatigue and pain, this book should be in your home.

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