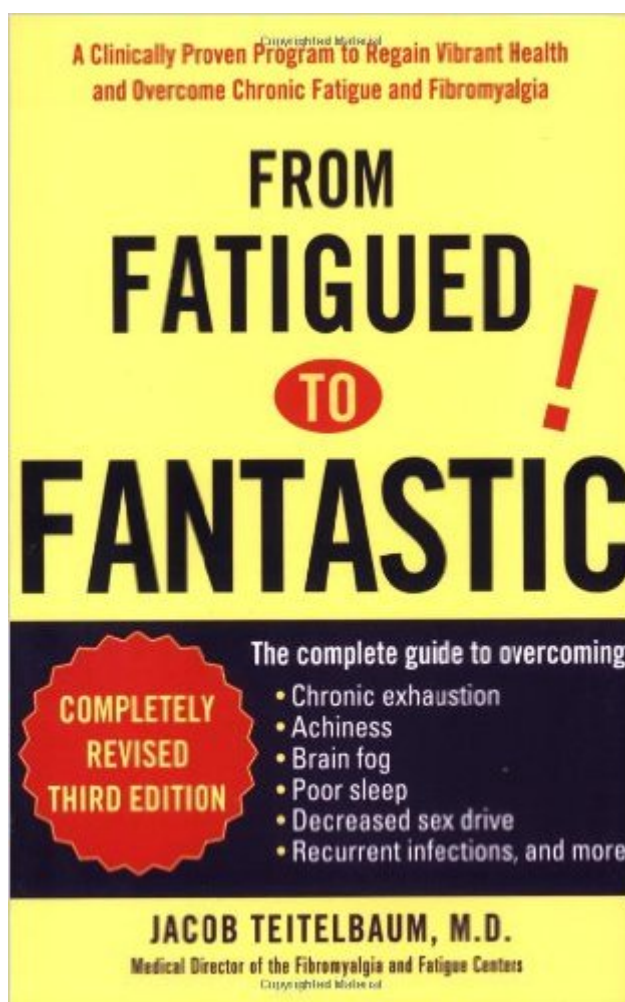


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# From Fatigued To Fantastic



## Synopsis

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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## Customer Reviews

Thank you, thank you, Dr Teitelbaum. Here is THE definitive work on M.E. CFS & Fibromyalgia. I have been a sufferer for a great many years and am now well enough to help others in my

neuro-therapy clinic. If there is a single book I reach for most often it is this one. The updated 2007 version is outstanding. Thorough, broad ranging, expert, clinically tested treatments that cover the board and are presented in a way which empowers the M.E/CFS sufferer to treat themselves or work with their doctor. Dr Teitelbaum advocates the SHIN protocol. Actually I would suggest it should be called the SHINE protocol. Here are the stages and what each letter stands for: S = sleep. Without 8-9 hours of good quality deep sleep a night the body cannot heal. This is the foundation stone. And Teitelbaum is deadly serious about getting this right. Many pages cover every conceivable issue and long lists of useful supplements and medications to get you there. My sleep was truly awful. I reckoned that no doctor could help it and gave up after a few attempts at sleeping pills (hang-over, side effects, useless etc. But this section of the book gets you back on track. It WILL help you learn how to get back that missing sleep. H = hormones. They're all discussed here in a rational intelligent way. DHEA, Thyroid, Adrenals, Estrogen, Progesterone, Testosterone and a few little extras. He is passionate about which hormones need testing and the PROPER tests to do. How to interpret the results, or indeed how to trial the supplements without tests.

From *Fatigued to Fantastic* by Jacob Teitelbaum MD, Third Edition. Most doctors are familiar with Dr. Teitelbaum featured as an eloquent keynote speaker on the medical lecture circuit, dazzling the audience with his encyclopedic knowledge of both conventional and natural medicine. Trained in internal medicine, Jacob Teitelbaum, is a gifted and brilliant medical researcher and clinician. He is also a model for ethical business conduct, because unlike other crass, commercially oriented docs who hide their knowledge or charge for it, Teitelbaum openly shares his medical knowledge with the public and other doctors. All of Teitelbaum's treatment protocols are listed in Appendix G of the book, and are posted on his web site. In addition, all profits from books and nutritional supplements are donated to charity. The 400 page book is lengthy, and is actually four books in one. Where previous authors have written entire books on each of the four main topics, with the acronym SHIN for Sleep, Hormones, Infections and Nutrition, Teitelbaum combines them all into one large volume which can be used as desk reference on chronic fatigue and fibromyalgia. In addition, the book can serve as an introductory text for the open minded MD interested in integrating natural medicine into a conventional medical practice, since sleep disorders, hormonal imbalance, chronic or hidden infections, and nutritional deficiencies are some of the more common reasons to seek medical attention. This is the third edition of his book, and Teitelbaum has managed to make a great book even better.

The second edition of *From Fatigued to Fantastic* was the best discussion of fibromyalgia treatment, until the current third edition was printed. Please read my review of the second edition of this book, in addition to this review. Even if you have already read the second edition, you will find considerable new information in the latest edition. The third edition contains new sections discussing: increasing energy with Ribose; an enlightening discussion of the dangers of Premarin and progestins, in comparison to bioidentical hormone replacement; new antiviral treatments, including Nexavir and Valcyte; extensive information concerning sleep apnea and CPAP treatment; information explaining how to win a disability claim; a succinct, comprehensible, streamlined explanation of the Shoemaker protocols, for testing and treatment of Lyme Disease and other neurotoxic illnesses, which are often the cause of fibromyalgia and chronic fatigue syndrome. Updated information concerning prevalence of Ambien triggered sleepwalking; and using theanine and magnolia extracts to lower anxiety. Some of the treatment protocols have been moved to an appendix, labeled "for physicians," which makes the remainder of the book more readable for nonphysicians, but the physician section, is comprehensible to well read laymen. The infectious disease section deals with the causes of fibromyalgia and their treatment. Dr. Teitelbaum observes that Immunoglobulin G titers for Epstein Barr Virus frequently decrease with antiviral treatment. Teitelbaum provides an integrated, comprehensive nutritional, hormonal, herbal and pharmaceutical treatment approach to fibromyalgia.

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