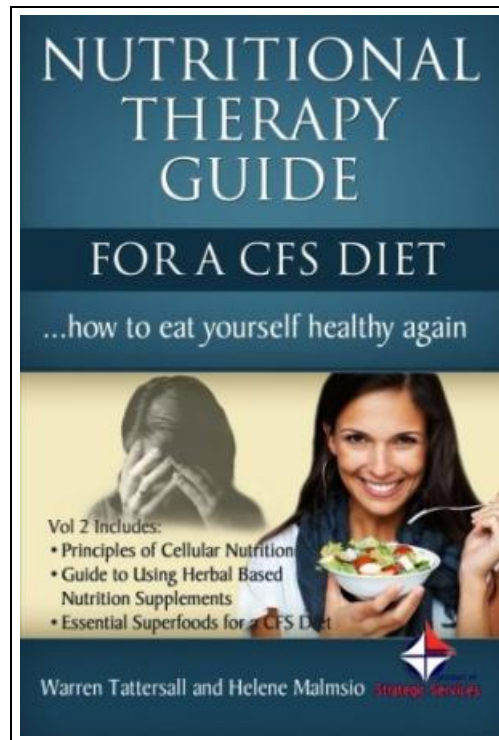


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NUTRITIONAL THERAPY GUIDE FOR A CFS DIET



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this book we are giving you the information for using nutrition therapy to create your CFS diet so that you can get on with the job of beating your chronic fatigue. This book will also give an overview of the range of available CFS therapies that you can use in conjunction with the benefits of adding Super Foods to your daily diet and incorporating specific herbal based nutritional supplements to your CFS Diet therapy. Although we are not medical practitioners, we have spent decades sharing our personal experiences of beating CFS, toward helping other people to deal with their CFS symptoms as well. This is the second book in the series, a companion to Volume1 How to Beat Chronic Fatigue Syndrome.and get your life back! which focuses on the most effective CFS Therapies and self help techniques. Warren Tattersall lives in rural Australia and has had a lifetime of personal experience dealing with CFS. He has worked with nutrition supplements for over 20 years. On a daily basis he works, one-on-one, with people looking to improve their health and is regularly dealing with CFS sufferers. He trains and supports others in this field in many countries and regularly travels internationally to train others or to further his own studies. Helene Malsio is a retired business woman living in Australia who has been researching and testing for over 35 years to learn how to treat her own severe case of CFS. Discussions with people showed that most CFS sufferers were being overwhelmed by the sheer volume of CFS research and data available, without necessarily being given the practical information about the CFS therapies that are already working for...



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