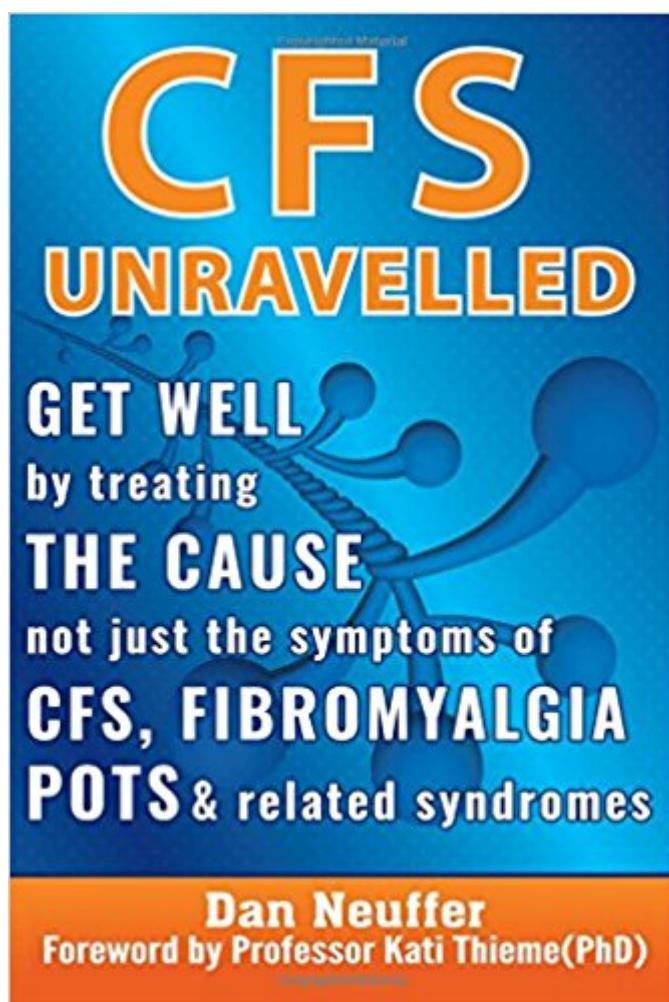


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# **CFS Unravelled: Get Well By Treating The Cause Not Just The Symptoms Of CFS, Fibromyalgia, POTS & Related Syndromes**



## Synopsis

Is reading yet another book on How To Treat all your CFS/Fibromyalgia/POTS symptoms REALLY going to create lasting change? How can you recover from Fibromyalgia or Chronic Fatigue Syndrome (ME/CFS), POTS or Multiple Chemical Sensitivities (MCS) if you don't even know what is causing the illness or why it perpetuates? Whilst it has long been officially recognised that this syndrome is a neurological illness, treatments focus has still been on the severe physical dysfunctions that lead to the symptoms. So forget the old concept of just symptom treatments, or looking for the next "CFS cure" or "Fibromyalgia breakthrough". People all over the world have been recovering from this syndrome for many decades and now you can learn HOW and WHY some people have success whilst others who seemingly try the same strategies, don't. What makes CFS Unravelled unique is that it breaks through the noise and focusses you on the underlying dynamics that the medical research communities have wrestled with for many decades. Understanding this is key for you to regain your health! Professor Kati Thieme, PhD is a recipient of the 2008 International Award for Fibromyalgia Research. In this book you will learn: How the symptoms are created & what treatment options are available. How the symptoms and dysfunction are all connected. What strategies to explore and tailor to address the root dysfunction for a lasting and robust recovery. How to best approach your recovery so you have practical steps to take you forward. Clearly for an illness described as a neurological condition, the focus has to be on how to affect neuroplasticity to regain your health from CFS & Fibromyalgia (including POTS, MCS etc). By understanding the dynamics of this illness as explained in the book, you will finally be able to understand WHY treatments you have tried in the past didn't have a lasting effect. You will even learn why treatments that weren't helpful, could be key in your recovery once you adjust your approach to the framework outlined in the book. You can also listen to in-depth interviews with people that have recovered from Fibromyalgia/CFS/POTS/MCS on [cfsunravelled.com](http://cfsunravelled.com). With a deeper understanding from the book, you will finally understand how and why they recovered from chronic pain and all the other symptoms.

## Book Information

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## Customer Reviews

Finally, someone who understands what we are going through. I believe that recovery depends on understanding the root causes of this illness and Dan offers the best view yet having been there himself for several years. This book is by far the best investment I have made in this illness, It has given me hope of a full and healthy life where nothing else has.

Can appreciate the author's contribution and effort to educate and help those with CFS and those who are involved in a PWC's (Person With CFS) life. I'm in my 25th year with CFS and most recently have been working on the newer theory of changing the brain, rewiring it like Ashok Gupta and others are doing. I do believe the ANS is a part of this condition. I don't see this as being the answer to all people with advanced CFS and a subset of PWC's. No one size fits all to date but hope this changes. A good read overall. Thanks

A good overall explanation of likely causes of CFS and more importantly, tips for a full recovery. As someone who recovered completely from CFS a decade and a half ago, only to relapse due to my own ignorance of the causes of the illness, I hope this book will help me cure myself for good!! would give 5 stars if the author had gone into more detail on some of the more idiosyncratic symptoms of CFS (of which there are many) and possibly how to deal with them. If you are suffering from CFS or are close to someone who is, I fully recommend you carefully read this book.

Information is really good, I have learned so much from this book! I think much of the info could be better summarized and organized. That being said, I do like the overall way he holds back his recommendations until further along in the book, I'm not finished reading it but taking time to absorb some of the things he says. I am paraphrasing, but he is right in that those of us with CFS want to

skip the details and get to the cute. But he is so right, we need to really need to understand ALL the events leading up to illness. I have come to see that the stress I had as a young adult, coupled with a vital illness and who knows what else, provided the landscape for a perfect storm of chronic illness. I will definitely read this over and recommend.

Because of the author of this book, I decided to try extreme avoidance of toxic mold, rather than the route of staying exposed and trying to treat the symptoms. I am one of the few who has my health back; it took a couple of years of living in outside air, but here is my statement about it: It is infinitely preferable to feel good in adverse circumstances than to feel like death itself while living in luxury.

Dan has taken some preliminary theories I've had for several years but never took the time to do the research and developed a theory that I feel will ultimately gain acceptance. But you have to be motivated to act in your own best interests and be prepared to make changes in your lifestyle. There's no magic pill to make this all go away. Thank, Dan. You're wonderful!

Some interesting information well worth a read and a reread, as a long term sufferer of Cfs it prompted me to review my health status and inspired me to keep trying to regain my health .

Excellent information!! I appreciated the heart and work he put into this book and it is already helping me. Thank you!! Side note: Be prepared for numerous occurrences of "Whilst." After a while it becomes a bit distracting.

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