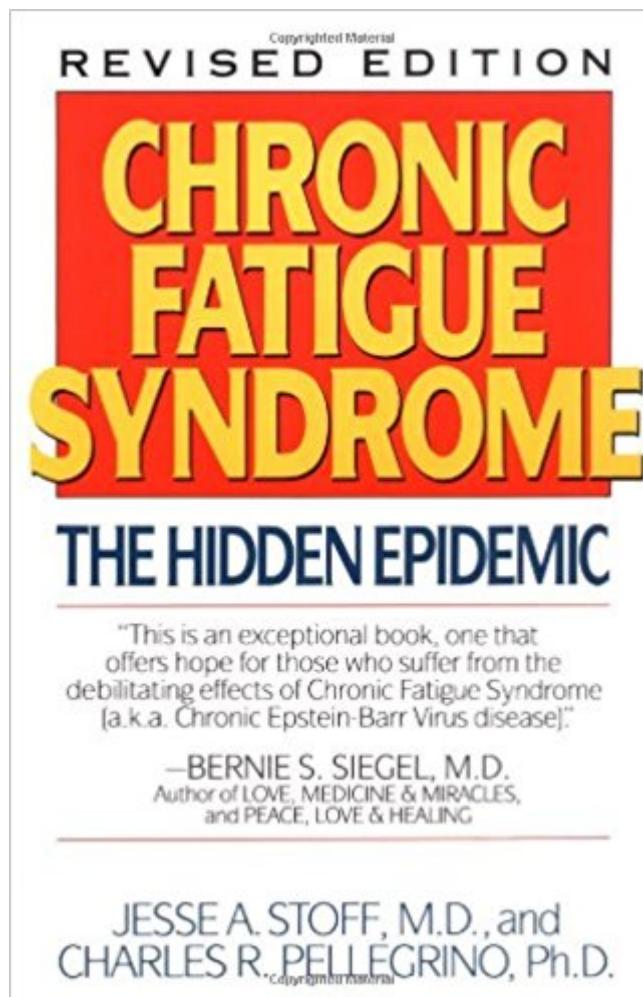


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# Chronic Fatigue Syndrome



## **Synopsis**

Difficult to diagnose, impossible to "cure," Chronic Fatigue Syndrome (CFS) appears to be a modern medical nightmare-come-true for a growing number of victims. A disorder known by names ranging from "Raggedy Ann Syndrome" to Chronic Epstein-Barr Virus disease, CFS strikes with the following devastating symptoms: Extreme weakness and exhaustion; Persistent apathy and depression; Memory loss; Impaired concentration; Recurrent aches; Low-grade fever, swollen glands; Exaggerated allergic reactions; Hypoglycemia; Aggravation of preexisting conditions; Susceptibility to secondary illness.

## **Book Information**

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## **Customer Reviews**

Starting with an impaired immune system, Chronic Fatigue Syndrome (CFS), we're shown here, poses a diagnostic dilemma because of its multilevel combination of symptoms: arthritis, mononucleosis, anemia and extreme tiredness, often accompanied by depression and erosion of the will. According to Stoff, a Massachusetts viral-infection specialist, the complexity of CFS (previously called Epstein-Barr virus) demands a comprehensive, holistic approach to diagnosis and treatment. Following a semi-technical section on CFS's pathology, Stoff and Pellegrino provide guidelines for both physicians and patients. Stoff claims his therapy has been effective with his patients, among them coauthor, friend and astrobiologist Pellegrino. Stoff uses not only traditional drugs, nutrition and exercise, but non-traditional techniques as well, such as vitamins, homeopathy and affirmative mental exercises (including visualization) that are designed to fortify the will and the

immune system. The authors make accessible to lay readers a complex medical problem and offer realistic hope to CFS sufferers. Author tour. Copyright 1988 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Chronic Fatigue Syndrome (formerly called Chronic Epstein-Barr Virus Disease) is an affliction whose symptoms include severe fatigue and flu. The disease has just recently been defined, and its incidence is on the rise. Stoff, a specialist in deep viral infections, discusses the disease, its symptoms, and the virus that causes it and presents a new treatment using traditional and experimental therapies. Entries from the diary of a patient helped by this program are an integral part of the text. Visualization techniques are used to focus the immune system on destroying the viruses, and recipes are provided for the program's recommended diet. For larger health collections only. Robert Schmid, L.R.C., Univ. of Health Sciences/Chicago Medical Sch., North Chicago Copyright 1989 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The book was written in the era when the disease was termed Yuppie Flu in the press, so is obviously in need of updates as it is 28 years old. That does not mean that it is wrong. It is now termed Myalgic Encephalomyelitis (ME/CFS). The condition has recently received a bit more recognition/respect with an increasing volume of peer reviewed scientific studies. Some recent studies show that early on, the ME sufferer has a revved up immune system and a few years later the immune system basically runs out of steam. Foundations and organizations supporting ME/CFS patients have grown over the years as the problem has not been effectively dealt with by the medical community at large. Dr. Stoff's working hypothesis was and still is that it is an immune system problem. The person first typically gets a persistent viral infection that overloads and suppresses their immune system. All the nasty symptoms follow. To my mind there is a symptom overlap with yeast infections as described in William Crook's 1986 book, *The Yeast Connection: A Medical Breakthrough*. Dr. Stoff may be unique in that he is able, as shown by Natural Killer Cell Activity testing, to improve the immune system performance of his patients. If NK Cell Activity test results go up, symptoms are reduced and then eliminated. The present day failure to treat this disease and many others is that most doctors don't believe that they can improve immune system performance. They have antibiotics to kill 90% (and dropping) of bacteria. They have anti-virals if you identify a viral infection within two weeks of onset. For chronic viral infections perhaps "get some rest" might be the advice given. Through decades of experience and experimentation, Dr.

Stoff has an array of products and strategies that he uses that can make a positive difference. Some are pharmaceuticals, others would be classed as nutraceuticals. Unfortunately, books and articles that he has written are not part of the peer reviewed scientific literature, so you won't find a lot of his disciples practicing medicine today. His Prostate cancer book has a useful flow chart in its appendix that outlines his treatment strategy. *The Prostate Miracle: New Natural Therapies That Can Save Your Life*

A great book that will help put an end to a lot of the questions about CFS. This should be read by anyone who has been diagnosed with CFS or has a loved one with CFS.

Seemed a bit outdated - as it focuses only on EbsteinBar virus, and does not really talk about chronic fatigue syndrome .interesting education on what a virus is and how body deals with it, though seemed to me more than needed. The section on Psycho -neuro immunology I think holds the most benefit in this book. Overall I felt it worth reading - if you suffer from this debilitating illness.

Used this book for myself years ago, helped me overcome my CF. Have recommended this book to many people and loaned my book out to many people. This was a gift to a friend so they could have their own copy.

Well done, but just another opinion about a disorder that no one really know its cause(s), specific workable treatments or course of this baffling syndrome.

Waste if \$. Didn't say anything I didn't know.

Searching for something else, I ran across this book which I read over 20 years ago. I had just been diagnosed with EBV (Epstein-Barr Virus - two of the cytomegaloviruses), Candida, and very low thyroid, all of which combined had flattened me. A friend in Caracas, where I was living at the time, sent me to help her sister run a conference in Jackson Hole, WY, a place rather far from high-tech medical facilities, especially if you are too tired to do much more than crawl out of bed. This book saved me. And yes, taking a two-mile walk and taking someone's dog with me (part of the advice) really seemed to be a "bridge too far." I could raise my arms over my head a couple of times and then had to flop back into bed...at first. But I kept following the recommended protocols that I could access (mostly rest even if you don't sleep, take Echinacea - which required cranberry juice to get

the not-so-tasty tincture down, and exercise) - the other things recommended might have speeded up my recovery, but I could only do these few. AND I SLOWLY GOT BETTER. Within a few months, I no longer had any of the three issues. Out of date now? Probably. But does it work anyway? MOST DEFINITELY! I had a return of symptoms briefly after an extremely stressful family incident about 5 years later. I was tested and sure enough, it had returned. I had already started the protocol from before and within a matter of weeks, I was fully back to my feisty old self. Plus, it's an easy read, a good "two friends work together to solve a mystery" adventure.

This is a top notch Book from a top notch Author who knows what he is talking about. I followed what he prescribed and within weeks was in full blown remission... some people hopefully and wistfully call themselves healed but the truth is... it is remission... either way Thank God and Thankyou to the author of this Book! Do not believe anyone who states otherwise... I went on to own Anti-Aging and Wellness Clinics for over 2 decades. I helped to heal many others with many varying illnesses! Problem... TwinLabs quit making the natural substance that put me into remission and I have not found anyone else producing it. He gives several alternatives to choose from in the book I picked the one that "felt" good to me and it worked!

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