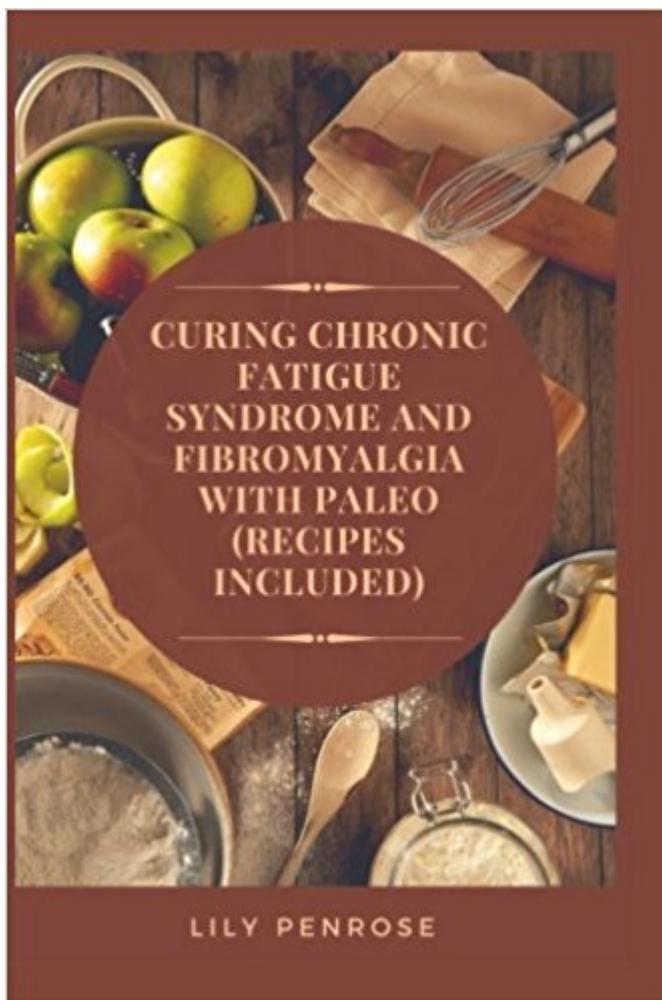


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# **Curing Chronic Fatigue Syndrome And Fibromyalgia With Paleo (Recipes Included): A Thorough Explanation Of The Diseases And A Guide Plus Recipes On How To Become Pain-Free**





## Synopsis

Are you suffering from Chronic Fatigue Syndrome or Fibromyalgia? Have you tried everything but nothing works? Have you tried changing your diet? Medical researchers have found that Chronic Fatigue Syndrome and Fibromyalgia are Autoimmune diseases which originate from the gut. This means that altering your diet is the cure! This book presents a brief but thorough guide and an introduction to the syndrome, its causes, risk factors, complications, treatments and more. Furthermore, an introduction to the Paleo Diet is presented and its healthy benefits and how it combats different diseases and syndromes. This book will also give you the specific tweaked diet that is created specially for treating Chronic Fatigue Disease and Fibromyalgia. All backed with medical research and scientific evidence. The book also features paleo recipes tailored for this diet - everything from through meat and vegetables to desserts, dressings and snacks. I am Lily Penrose - a health and beauty writer who has been interested in holistic, alternative and natural healing approaches for a long time. I am a self-taught but certified natural health specialist, yoga practitioner and dietician. This book includes: Introduction fo CFS (Chronic Fatigue Syndrome) - symptoms, causes, risk factors, complications, treatments, therapies and drugs, home remedies and alternative medicine The Paleo Diet - introduction, health benefits, treating diseases including CFS, gut health The four simple steps towards overcoming Chronic Fatigue Syndrome The Paleo Diet for Chronic Fatigue Syndrome and Fibromyalgia - specially tweaked and adjusted to cure those diseases Paleo recipes Paleo soup recipes Paleo lunch recipes Paleo meat recipes Paleo chicken recipes Paleo offal recipes Paleo vegetable recipes Paleo desserts and puddings recipes Paleo bread substitute recipes Paleo dressings recipes Paleo milk substitutes recipes Paleo snacks and goodies recipes Paleo drinks recipes Are you ready to start fighting Chronic Fatigue Syndrome and Fibromyalgia with the Paleo Diet? Scroll up, hit that buy button!

## Book Information

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Health, Fitness & Dieting > Women's Health

## Customer Reviews

Chronic fatigue syndrome, also known as CFS for short, is a medical condition characterized by long-term fatigue and other symptoms that limit a person's ability to carry out ordinary daily activities. What this book seeks to do is help those who suffer from this medical condition by offering them the paleo diet as a means to solve this issue or at the very least help the person in getting better and feeling less tired all the time with this very well known diet. The book begins by giving an overview of the illness going into the causes and symptoms behind it and advising when one should see a doctor in this regard. It then goes into the various means of treatment including drugs, therapy and alternative medicines and remedies. Later on the book delves into the paleo diet, its benefits and who it can work for. This book gives practical advice that a person can implement in their life to overcome Chronic fatigue syndrome. Very detailed book.

The information on Chronic Fatigue Syndrome and Fibromyalgia seems to be accurate and I found it fascinating. It has left me very hopeful as my family prepares to start a Paleo lifestyle. The recipes look good, but measurements are metric (with some conversions) and many of the ingredients were foreign to me. Some look good enough for me to translate. Overall, a very helpful freebie.

This is an awesome book so far and here I have found a comprehensive discussion about curing chronic fatigue & fibromyalgia. Inside of this book I have found dozens of recipes as well. I heard about this book a few weeks ago and grab it right way from the wake of curiosity to learn more. By the help of this book I have learned about the Paleo diet and various recipes as well. The author, *Lily Penrose*, has described everything about this diet very clearly. Throughout this book I have come to know more clearly about the diseases and it guided me about how to become pain free by eating all these meal that the author mentioned here. If you want to know about how to treat chronic fatigue disease and fibromyalgia, then don't miss your chance to read this book entirely.

I heard of chronic fatigue syndrome on the Golden Girls and didn't know if it was real or a TV thing.

I've experienced these symptoms for years and after I discovered paleo diet actually had good recipes that I'd tried it out and am amazed at how it is helping.

A person may suffer from muscle pains, muscle spasms and tightness, even insomnia with it. This book presents a short but straightforward guide and an introduction to the syndrome, its causes, risk factors, complications, treatments and more. Alongside with those information, this book also includes a discussion about Paleo diet and how it would help with this kind of disease. This book is very informative and interesting to read. This book will help you cure chronic fatigue syndrome and fibromyalgia with the paleo diet recipes. The author did a great job in writing this book.

When I got Lily Penrose's book about curing chronic fatigue syndrome, I didn't expect to receive such amazing advice and support and a recipe book all in one. You get fantastic tips and creative recipes and I can feel already an improvement. My favorite recipe so far are the Moroccan Meatballs. Easy to follow and quick to make. Thank you for helping me get rid off my fatigue.

Lots of great information on chronic fatigue syndrome, and steps you can take to help the situation. The chapter on paleo diet was helpful. There are lots of great recipes in here that will help to cure this syndrome.

A great book for those who are suffering from Chronic Fatigue Syndrome or Fibromyalgia. The book is so good because all backed with medical research and scientific evidence. You can go wrong with this book, I highly recommended it.

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Curing Chronic Fatigue Syndrome and Fibromyalgia with Paleo (Recipes Included): A Thorough Explanation of the Diseases and a Guide Plus Recipes on how to Become Pain-Free Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo

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