

## BOOK REVIEW

### From Fatigued to Fantastic!: A Proven Program to Regain Vibrant Health (Paperback) by Jacob Teitelbaum M.D.

**F**rom Fatigued to Fantastic!: A Proven Program to Regain Vibrant Health (Paperback), by Jacob Teitelbaum M.D. The book *From Fatigued to Fantastic*, by Jacob Teitelbaum M.D. is a very useful resource for anyone affected by CFIDS & fibromyalgia—and those treating them!

In easy-to-understand language, this book explains these disorders, their symptoms, their sources, and how to eliminate them. It presents clear, concise, and specific guidelines for diagnosis and treatment. Dr. Teitelbaum's treatment protocol is Based on a Scientific Study Showing Effective Treatment for Chronic Fatigue and Fibromyalgia.

David Brownstein, M.D., author of many well respected books including *The Miracle of Natural Hormones*, writes about Dr. Teitelbaum's book:

*Jacob Teitelbaum's newest edition of From Fatigued to Fantastic! is a must read for all those*

*suffering from chronic illness, as well as those treating patients with chronic illness. I use the information presented in this book every day in my practice with great success. I highly recommend this book for all to read and learn."*

Cort Johnson from Phoenix Rising, a well known support group, is quoted as saying:

*From Fatigued to Fantastic is "The Encyclopedia" and is the "most comprehensive well thought out informative guide to chronic fatigue syndrome found today. Every patient should have a copy."*

Dr. Teitelbaum has a knack for making complex subjects understandable. He was afflicted with CFS himself which dropped him out of medical school, then went on to find effective treatment for the disease. His recommendations are both research based and clinically based.

The primary treatment explained very clearly in this book is Dr. Teitelbaum's SHINE protocol.

“S” represents treating Sleep disorders; “H” is for treating Hormonal Problems; “I” represents treating Infections; N is for treating Nutrition and “E” talks about the importance to “exercise as able”. The recipe is magic.

From *Fatigued to Fantastic* is a comprehensive look at Chronic Fatigue Syndrome and Fibromyalgia and is recommended by many experts in this field as a “must read”.

Dr. Teitelbaum is also an NAET practitioner, and discusses NAET as an important treatment option. For NAET practitioners, testing for and treating sensitivities to the discussed nutrients, hormones and infections can often help or even eliminate chronic fatigue and fibromyalgia.

The book is available from [amazon.com](http://amazon.com) or Dr. Teitelbaum’s website [www.vitality101.com](http://www.vitality101.com). His website also has a free symptom analysis program, where patients (or their practitioners) can enter the symptoms (and even labs if available) to determine the causes of the fatigue or fibromyalgia

(there are often many) and which will tailor a treatment protocol to that individual patient’s case. Practitioners can also request a file containing helpful questionnaires and treatment checklists (free from [endfatigue@aol.com](mailto:endfatigue@aol.com)) which will markedly simplify treatment of these patients.

This is a must read for those treating these complex illnesses!

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