

## How I Beat Chronic Fatigue

How long has it been since you had a day without 'Brain Fog', or maybe just needing a nap?

I'm aggravated.

For 15 years, actually more I think, I've been trying to find a Doctor who will tell me what's wrong with me. I've been pushed, probed, injected, put through giant magnets, thrown into 'K' space, (I even picked up a little lingo here & there).

I've given specimens, samples and unrequested opinions until I'm sore in places nobody should be sore in. (If an english major doesn't like the way I ended the last sentence they can kiss my end. I've had enough).

This wouldn't be all that bad if it were a normal situation; challenge being, through the process of elimination I've figured it out, (Diagnosed myself), which anyone will tell you is like representing yourself in Court.

There were over time, hundreds of nutritional supplements tried, many of which seemed to effect a change.

The changes were usually temporary and ultimately disappointing.

Through prolonged research over years it became more obvious that this challenge may well be related to other symptoms. Most related symptoms were minor: innocuous skin irritations, various digestive disruptions, food allergies, minor aches and pains, brain fog, chronic fatigue, dandruff even. Many symptoms were accepted as part of 'getting older'. But I'm not old yet!

For a period of time food allergies became quite challenging. They eventually led to 2 years of allergen treatments using hypodermic needles. I had actually become allergic to everyday foods. Allergies to corn, wheat, rice, and dairy products mean there are few meals that you can eat without disturbing effects.

The research eventually brought me to develop sites and article repositories to bring this collected information together for access from one place. Many other sites describing seemingly unrelated symptoms can be accessed through these resources.

Our self-education continues.

I eventually began a regimen using some of the solutions explained on these sites, some in a daily regimen and some as needed. You can benefit from my long trial and error education avoiding the 'dead ends' and 'false starts'.

The first step, although seemingly unrelated is an intestinal purge. Followed by a comprehensive attack on the underlying pathology and then the regimen shows you how to maintain your newly restored health with its new possibilities.

Some of these supplement and nutritional programs require a membership, but don't require a purchase.

Check with your Physician and if acceptable to them, the regimen will have you feeling better than you thought you could feel again in a few months.

You will be able to maintain this new found level of health easily once attained.

P. S. It's time to take your life, energy and social life back. Are You Ready?

P. S. S. This is the First Step to your new outlook. Don't deny yourself the good health that you remember.

Copyright ? 2005

Source: <http://www.articlecircle.com>

### About the Author

C. R. Ellsworth is retired from Corporate America and living in the 'Great North Woods'. He's been involved in On-Line & Network Marketing since 2000. <http://i-work-4-u.com/cgi-bin/pl.pl?afatigue> Also Netmaster Of Informational sites, Please Visit : <http://i-work-4-u.com/cgi-bin/pl.pl?fatigue>