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Symptoms of Fibromyalgia, M.E. and Chronic Fatigue Syndrome: Making sense of Adrenal Fatigue, IBS, Depression, Stress, Anxiety and the way forward to recovery.

Trevor Hunt

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This book has been written for people who think they may be suffering from ME (myalgic encephalomyelitis), CFS (chronic fatigue syndrome) or fibromyalgia and people who have been diagnosed with one of the conditions, and want to find a way to recover. It will also be of interest to carers of a loved one with fibromyalgia, ME or chronic fatigue syndrome as it gives a good insight into the condition and will help you understand what their suffering is all about.
My name is Trevor Hunt and I'm a complimentary therapist and Health and Wellbeing Coach specialising in ME, Chronic Fatigue and Fibromyalgia recovery. I first became interested in complimentary health over forty years ago and have worked mainly in the areas of stress, anxiety and trauma. I decided to specialise in ME, CFS and fibromyalgia after a family member was diagnosed with fibromyalgia. My mission is to help change the mind-set around these devastating conditions. I acknowledge that there is no consensus in the medical profession as to the possible causes and or how to treat them. For too long people have been told that there is no cure and they have to live with the condition and learn to manage the symptoms. While I agree that there is no 'cure' I do know that recovery is possible. I know this because I have worked with many people who have been diagnosed by medical experts with these conditions, suffered over many years, and have found a route to recovery.
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