

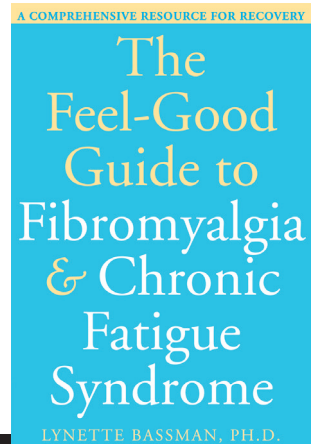
at last—a personalized approach to coping with fibromyalgia and chronic fatigue syndrome

“As you will see in this thorough, carefully researched book, a wide variety of tools is available to aid you in the recovery process. The good news is that you can feel good again. You have in your hands a wealth of good scientific information to speed you on your road to recovery. Bon voyage!”

—C. Norman Shealy, MD, Ph.D.

President, Holos University Graduate Seminary
Founding President, American Holistic Medical Association

When you have fibromyalgia (FM) or chronic fatigue syndrome (CFS)—or think you might—it’s not easy to get the health care you need. A lot of people, doctors included, won’t believe you’re sick. They may believe you about nearly any other topic you discuss, but when it comes to discussing your symptoms, they’ll think you don’t know what you’re talking about. Even if they accept that FM and CFS exist and your symptoms are real and debilitating, many people will say that there isn’t much to be done to help. That’s not true.



a difficult diagnosis

Every century has certain illnesses that stump physicians. For at least the last half-century fibromyalgia and chronic fatigue have been the *bête noir* of the medical profession. In the previous century it was neurasthenia, which Florence Nightingale suffered from for many years; chronic fatigue may well be a current version of neurasthenia.

One of the most disturbing aspects of a diagnosis of fibromyalgia or chronic fatigue is that most physicians react as if this means the problem is psychosomatic or all in your head. Nothing could be further from the truth. As **The Feel-Good Guide to FM & CFS** details, both of these diagnoses are real and can be appropriately treated when they’re understood as the body’s reactions to multiple stressors. As Lynette Bassman documents in this book, when stress levels reach a critical point, many body processes begin to break down.

Though painful and at times disheartening, one of the lessons to be learned from having FM or CFS is that we need to take very good care of ourselves in order to feel good. By picking up this book, you have begun that process. After reading this book you will emerge from this illness with the tools to stay well for a lifetime.

DID YOU KNOW?

• Research on CFS grew out of the field of immunology; its early focus was on chronic infections, such as the Epstein-Barr virus, that were often seen in patients with CFS. Research on FM comes from the rheumatology field; its focus was primarily on the pain that people with FM experience. To some degree, the way these two syndromes are defined reflects these roots.

• Although researchers agree that FM is a disorder of central processing with neuroendocrine/neurotransmitter dysregulation, from the allopathic point of view, there’s no known cause of either FM or CFS.

• Some people say that more than anything else, FM and CFS are illnesses caused by our modern lifestyle. We eat poorly, don’t relax enough, and are exposed every day to hundreds of toxins and an overload of information. Although some people appear to escape the ill effects of this, those with FM or CFS—or heart disease, asthma, diabetes, etc.—have the dubious distinction of having bodies that react to this unhealthy lifestyle. Consider this a wake-up call—we have the chance to make changes before it’s too late.

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

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The Feel-Good Guide to Fibromyalgia & Chronic Fatigue Syndrome by Lynette Bassman, Ph.D.

ISBN: 1-57224-489-4, \$14.95, Published in June 2007, New Harbinger Publications

800-748-6273, www.newharbinger.com

raves for *the feel-good guide to fm & cfs*

"Bassman's book is a guide that everyone can utilize when confronting a problem like fibromyalgia. The right coach will help you to combine inspiration and information, and when you do that, you can expect to achieve exceptional results. **The Feel Good Guide to Fibromyalgia** does it all in a style that is easy to read and use."

—**Bernie Siegel, MD**, author *Love, Medicine, and Miracles*
and *Love, Magic, and Mudpies*

"Bassman has done a fine job of explaining a complex and disabling group of conditions that are underdiagnosed and inadequately treated by mainstream medicine. The solutions she offers are broad-ranging, thorough, user-friendly, individualized, and above all, in the large majority of cases, successful!"

—**Hyla Cass, MD**, author of *8 Weeks to Vibrant Health: A Woman's Take-Charge Program*

about lynette bassman, ph.d.

In addition to her professional experience with these syndromes, Dr. Bassman also has personal experience. Twenty-three years ago she became ill with what eventually was diagnosed as chronic Epstein-Barr syndrome (an early name for CFS). Like many people, she went to a conventional MD for help. He and a rheumatologist ran a lot of tests, considered some really scary diagnoses, and eventually sent Lynette to see a psychologist. While psychotherapy was helpful, it didn't make all her symptoms go away. A friend of Lynette's suggested she see a chiropractor, who employed a technique called applied kinesiology. Though initially hesitant because she had no knowledge of alternative medicine, Lynette described her first visit as "a revelation." This experience led Lynette to her belief that being an advocate for one's own health care is healing in itself.



suggested interview questions for lynette bassman, ph.d.

- 1) What distinguishes CFS (chronic fatigue syndrome) from FM (fibromyalgia)?
- 2) What are the causes of CFS and FM, and who is most at risk of developing the illnesses?
- 3) As chronic fatigue and body-wide pain are symptoms commonly associated with many disorders, how does a physician go about diagnosing CFS or FM?
- 4) The list of pharmaceutical treatment options presented in your books is extensive. How do the interactions of separate medications complicate the treatment of CFS and FM?
- 5) Outside dietary changes and adopting a medication regimen, what other treatment options are available?
- 6) Are there any emerging, alternative or holistic techniques employed in the treatment of CFS and FM?
- 7) With so many treatment options for a currently incurable disorder, how can one afflicted with CFS or FM deal with the emotional stress of their illness?
- 8) Since many of the treatments described in your book are expensive and time consuming, can you suggest any community or public programs designed to assist those with CFS and FM?

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