



How I Recovered from Chronic Fatigue Syndrome & Fibromyalgia

Rhonda King

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Anyone who has suffered from Chronic Fatigue Syndrome and/or Fibromyalgia will empathize with Rhonda King's ten-year journey through chronic illness and eventual return to full health. Rhonda tells her story with candidness and humour. She shares her knowledge about these two life-changing conditions and her efforts to work her way back to a state of well-being. Rhonda's journey into alternative health care proved to be an extensive examination of her health and lifestyle from all perspectives: diet and supplements, food sensitivities, changing dysfunctional thinking patterns, finding treatments that work and dealing with repressed emotions. Rhonda reminds us that reclaiming our health may be a struggle but we can be successful if we take it one step at a time.

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