



Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis

It's Mitochondria, Not Hypochondria

Dr. Sarah Myhill

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Black-and-white illustrations throughout

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The most prevalent disease you've never heard of

The Problem

- According to the Center for Disease Control and Prevention, up to 2.5 million Americans suffer from chronic fatigue syndrome and myalgic encephalitis, 90 percent of them undiagnosed.
- Chronic fatigue syndrome (CFS) occurs when there are poor energy delivery mechanisms in the body. Myalgic encephalitis (ME) is CFS + inflammation—that is, CFS plus infection, allergy, and/or autoimmunity.
- Three of every four CFS/ME patients are women.
- It characteristically arises in two major waves: among adolescents between the ages of 15 and 20, and in adults between 30 and 35.
- The condition typically persists for decades and the current treatment protocol is ineffective.

The Roadmap to Recovery

Since fatigue is the symptom we perceive when energy demand exceeds delivery, the key to recovery is to fully understand how the body delivers and uses energy. Dr. Sarah Myhill takes a multi-pronged approach to maximizing energy delivery by looking at factors such as mitochondrial function, diet, thyroid and adrenal glands, the methylation cycle, and more. She also tackles the other half of the energy equation by looking at how emotional stress and immunological deficiencies like infection, allergy, autoimmunity, and inflammation can waste energy.

Dr. Myhill is a veteran clinical physician with over 30 years experience and a leader in the treatment of CFS/ME. Her groundbreaking book, recognized by the British Medical Association Book Awards, reviews the new research and clinical findings on CFS/ME and offers those suffering from this debilitating disease a comprehensive roadmap to recovery.



Dr. Sarah Myhill has focused her career on identifying and treating the underlying causes of health problems, especially the “diseases of civilization” with which we are beset in the West. She has worked in NHS and private practice and for seventeen years was the Hon Secretary of the British Society for Ecological Medicine, a medical society interested in looking at causes of disease and treating through diet, vitamins and minerals, and through avoiding toxic stress. She lectures regularly on organophosphate poisoning, the problems of silicone, and chronic fatigue syndrome. She has made many appearances on TV and radio. For more information, visit www.drmyhill.co.uk.

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