

HOW TO USE THIS BOOK

If you're feeling overwhelmed by all the information in this book, take heart. I *have* listened to all the feedback from the first two editions, and I've worked with my editor (read her personal story of wellness on p. 31, by the way) to make this edition of *Treating and Beating* simpler, more practical, and more informative than ever. Since I've now created a separate guide for doctors, *Treating and Beating* can be more geared toward those who have other things to do than look up words in a medical dictionary. Still, I've added a lot of new information...including entire chapters on sex hormones, weight loss, and more.

The one thing I still *can't* do for my patients is to magically take away their suffering. But if you're ready for the challenge to getting well, friend, let this book be your companion. I've tried to make figuring out your illness as painless as possible so that your body can be, too. Here's an overview of the book, and how I recommend you use each chapter to help you on your road to feeling good again.

Though each chapter has its own insight to offer, a "✓" means that I consider the chapter a must-read. "✓CF" indicates additional must-reads for chronic fatigue sufferers. (Sorry, but *your* illness is the more complicated of the two!)

I Understand 12

Read this to get a feeling of who I am and why I care so much about your illness.

A Growing Community of Wellness 19

These directly quoted accounts will get you excited about what lies in store for you. I hope to see yours in the next edition!

1. Fibromyalgia 34

✓ *Patients with CFS only and nonspecific pain sites can skip this one. It's for those who've been diagnosed with FMS or whose primary complaint is pain, not fatigue.*

2. Chronic Fatigue Syndrome 46

✓CF *Read this chapter if you've been diagnosed with CFS or if your primary complaint is fatigue.*

- 3. Your Stress-Coping Savings Account 59**
✓ This chapter is fundamental in understanding the causes of your illness.
- 4. Stress as a Catalyst for Illness 68**
This chapter offers a more specific explanation as to how stress can cause your suffering, and it's loaded with personal accounts from my patients.
- 5. Treating with Conventional Medicine 80**
If you're on a prescription medication, be sure to read about it in this chapter.
- 6. The Importance of a Good Night's Sleep . . 102**
✓ You must read and apply this chapter to start feeling better.
- 7. Those Invaluable Adrenals 121**
Read this chapter if you aren't convinced that you need adrenal cortical extracts, or if directed to by the Adrenal Fatigue Risk Profile on p. 370.
- 8. Treating with Orthomolecular Medicine . . 132**
Read this chapter if you still have doubts about nutritional treatments.
- 9. The A-B-Cs of Vitamins 140**
Use this like an encyclopedia to learn about specific vitamins in your supplements.
- 10. Rock Solid Minerals 149**
Here's another encyclopedia, this time for minerals.
- 11. Amino Acids: Life's Building Blocks 156**
My final "encyclopedia" chapter, it also explains the complex and amazing work of amino acids.
- 12. The Real Skinny on Fats and Fatty Acids . 163**
Read this chapter if you have ever tried a low-fat diet. And don't miss the "Time for an Oil Change" section. You'll never look at cooking oil the same way again!
- 13. The Digestive System: Our Fragile Ally . . 175**
✓ Who would have guessed that your gut holds such sway over how you feel?
- 14. Your Jump Start Plan 193**
✓ Here's where we get practical, and you start getting a whole lot more healthy.

- 15. Hypothyroid and Chronic Illness 198**
✓CF Read this chapter if you or your doctor has ever even suspected low thyroid for you. Or if directed to by the Wilson's Syndrome Symptoms Profile on p. 369.
- 16. Chronic Pain Can Be Stopped! 213**
Read this chapter if you still have pain after implementing your Jump Start Plan.
- 17. Depression and Other Mood Disorders . . . 227**
Don't miss this chapter if you are taking an antidepressant. Or take the Brain Function Profile on p. 373 to see if you need help for your moods.
- 18. Boosting Your Immune System 254**
✓CF Let's get infection-free and stay that way, shall we?
- 19. Food Allergies 267**
✓ Don't have any food allergies? Well, we'll see...
- 20. Liver Toxicity 278**
✓CF Everyone needs to read at least pages 281–290 to learn what you can do to give your poor liver a break.
- 21. Parasites 293**
No, these aren't friends who constantly borrow money! Take the Parasite Symptoms Profile on p. 376 to see if you need to read and apply this chapter.
- 22. The Body's Urinary System 300**
This chapter is for anyone having problems with urinary infection.
- 23. Yeast Overgrowth Syndrome 311**
✓CF Read this if you have recurrent yeast infections or if directed to by the Yeast Symptoms Profile on p. 368.
- 24. Weight Loss Through a Healthy Diet 321**
If you are interested in losing weight, start here.
- 25. The Benefits of Exercise 335**
✓ You'll find encouragement, inspiration, and simple instruction on how to get started getting fit.
- 26. Feeding the Spirit 337**
✓ You're more than just flesh and blood, you know!

27. Chiropractic and Other Physical Medicine 345

Learn how natural approaches based on touch and massage can comfort, nurture, and heal.

28. Replenishing Low Sex-Hormone Levels · · 353

Considering hormone-replacement therapy? Read this chapter first!

29. Putting it All Together · · · · · 362

✓ Read this one last or read it first, but be sure to read it. It's your point-by-point roadmap to lifelong health.