



Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome

Dr. Rodger Murphree

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I understand. For most of the world, it's a common little phrase. But for people who have fibromyalgia or chronic fatigue syndrome (or both), it's amazingly powerful, not to mention rare. Because you have an illness that's hard to 'prove', loved ones may secretly accuse you of hypochondria or laziness. You may be told 'it's all in your head'. Physicians can be even worse. If they believe that conditions exist at all - and some don't - their first impulse is to mask the symptoms with prescription drugs. Patients often end up on a medical merry-go-round, seeing doctor after doctor after doctor. They end up more confused and disoriented than ever, often concluding, 'Maybe I am crazy, after all'.

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