

From Fatigued to Fantastic! by Jacob Teitelbaum, MD 68

By [aliciaharrell](#)

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Book Review

From Fatigued to Fantastic! is one of the best medical, health and research books I have read. It is well written, concise and precise. The author Jacob Teitelbaum, M.D., who is the Medical Director of the [Fibromyalgia](#) and Fatigue Centers, writes extremely well. His word choices, tone, sentence structure and writing style are perfectly set to maintain the reader's attention span. A medical background is not required to understand the content within Dr. Teitelbaum's book.

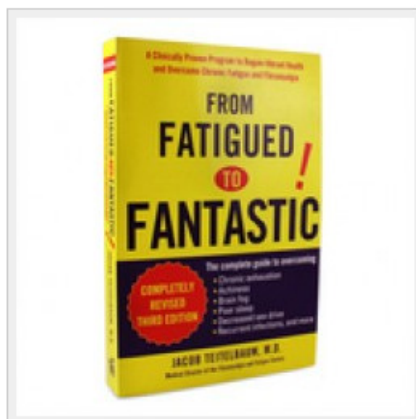
Even though Dr. Teitelbaum writes to those who are suffering from Chronic Fatigue Syndrome or Fibromyalgia, this book is definitely a life preserver for those who suffer from any disease or condition that has [chronic fatigue](#), Fibromyalgia type of symptoms or chronic body pain. This book offers tangible hope plus a workable health protocol with viable invaluable medical advice.

From Fatigued to Fantastic! is unlike the [health](#) or medical research books I have found in libraries, bookstores or elsewhere. It is brimming with solid medical facts and explanations. Dr. Teitelbaum in this work delivers compassion, hope and a method that constitutes an effective clinically proven health program.

From Fatigued to Fantastic! has an integrated workbook environment that allows the reader's development of a personalized health protocol. This specialized protocol is known as S.H.I.N. (Sleep, Hormonal Deficiencies, Infections, and Nutritional Deficiencies) which stands for the four main treatment areas for those who suffer with Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FMS). Having a personalized health protocol to follow is one of the most helpful and stress buster things to receive; especially if suffering from CFS or FMS.

From Fatigued to Fantastic! further explains in detail without swamping the layperson with medical jargon how the body functions, how someone can get fatigue, the main causes of fatigue plus Fibromyalgia, and why fatigue generates full body pain throughout the body. Dr. Teitelbaum delivers what he has found works as a practicing medical expert and shares what to avoid for getting better.

Highly recommend *From Fatigued to Fantastic!* I have personally witnessed positive results in three people who have read this book and generated their personalized SHIN protocol in order to manage their Fibromyalgia. All three of them shared with me how much Dr. Teitelbaum's medical advice in *From Fatigued to Fantastic!* rescued them from caving into their symptoms; giving up on their lives. Today, these three individuals are more active, able to accomplish more and enjoying their lives. They feel they have their life back.



Cover of the "Completely Revised Third Edition" of "From Fatigued to Fantastic!" by Jacob Teitelbaum, M.D.

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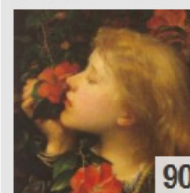
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For more information about Jacob Teitelbaum, M.D. and the books he has written about pain and fatigue, please check out his official website www.vitality101.com.

For information about the Fibromyalgia and Fatigue Centers you are welcome to visit <http://www.fibroandfatigue.com/> . This helpful website offers pain/CFS/FMS specialist referral or assistance to locate the nearest Fibromyalgia and Fatigue Center nearest your residence.

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[From Fatigued to Fantastic](#)

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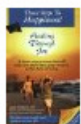
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