



# **Chronic Fatigue Syndrome: CFS: Symptoms, Causes, Diagnosis, Treatments, Risk Factors, Help & Research**

*James Lee Anderson*

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“Although, your health condition may impact your everyday life, do not let it define who you are.” Chronic fatigue syndrome, or CFS, is a devastating and complex disorder. People with CFS have overwhelming fatigue and a host of other symptoms that are not improved by bed rest and that can get worse after physical activity or mental exertion. They often function at a substantially lower level of activity than they were capable of before they became ill. Read more about chronic fatigue syndrome and find out how it may affect you and how to deal with the disease. Included inside are: (1) the signs and symptoms of CFS, (2) the probable causes, (3) how it is diagnose, (4) the treatment and management, (5) who are primarily at risk of getting the disease, (6) how to cope up with the disease, (7) disability consideration for CFS, (8) organizations supporting CFS, (9) the on-going research, and (10) how to find a specialist relating to your disease. May you have a good understanding of CFS and I hope you get the proper treatment to ease your condition. Thanks and I pray for your well-being.

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