

Your Symptoms Are Real: Uncover the Hidden Cause of Your Chronic Illness

Chronic illness can be a debilitating and isolating experience. When you're struggling with chronic pain, fatigue, or other debilitating symptoms, it can be hard to believe that there's hope for improvement. But what if there was a hidden cause behind your symptoms? A cause that traditional medicine has overlooked?



Your Symptoms Are Real: What to Do When Your Doctor Says Nothing Is Wrong by Benjamin H. Natelson

★★★★☆ 4.6 out of 5

Language : English
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Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 293 pages
Screen Reader : Supported



In her groundbreaking book, *Your Symptoms Are Real*, Dr. Sarah Myhill reveals how chronic inflammation is the root cause of many common illnesses, including chronic fatigue syndrome, fibromyalgia, and autoimmune disease. Dr. Myhill is a leading expert on chronic inflammation, and her research has shown that this condition can lead to a wide range of symptoms, including:

- Fatigue

- Pain
- Brain fog
- Digestive problems
- Skin problems
- Weight gain
- Mood swings
- Sleep problems

If you're struggling with any of these symptoms, it's important to know that you're not alone. And it's also important to know that there is hope for improvement. In *Your Symptoms Are Real*, Dr. Myhill offers a revolutionary approach to healing that can help you reclaim your health.

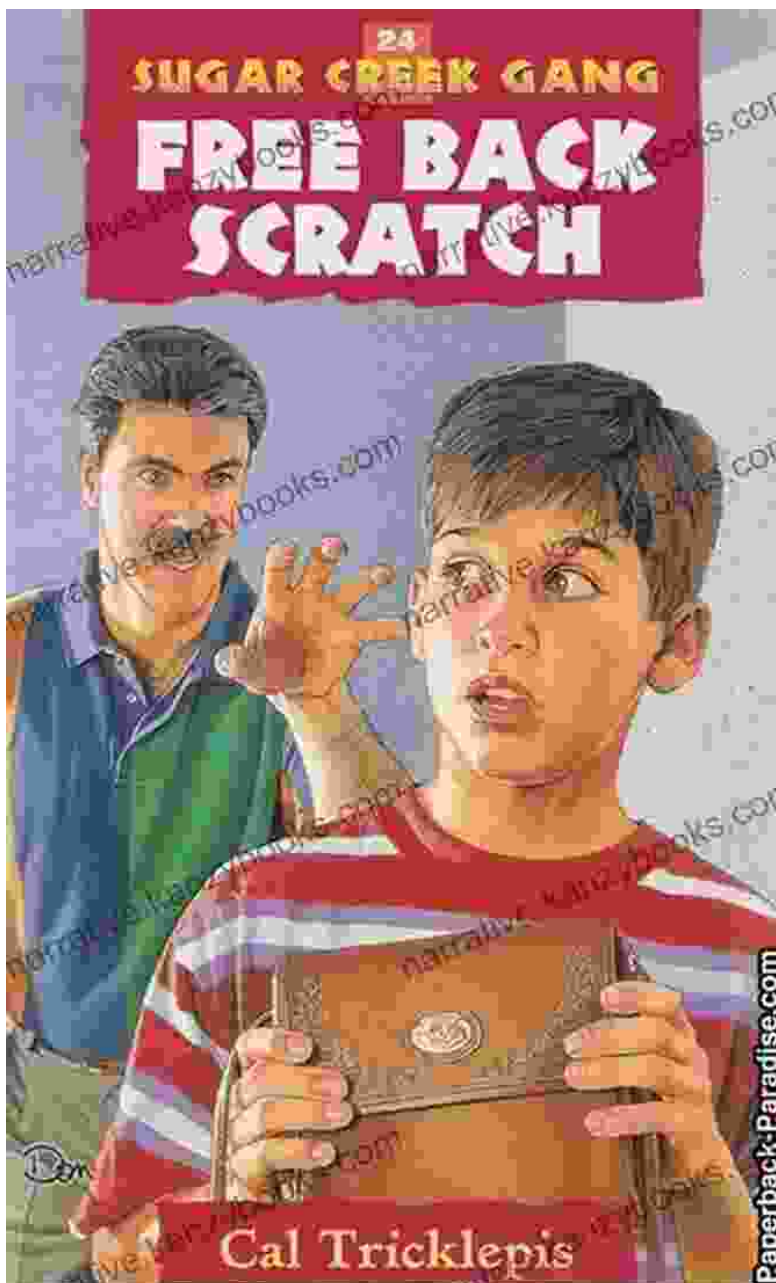
Dr. Myhill's approach is based on the understanding that chronic inflammation is a systemic condition that affects the entire body. This means that treating chronic inflammation requires a holistic approach that addresses the root cause of the condition, rather than just the symptoms.

In *Your Symptoms Are Real*, Dr. Myhill provides a step-by-step guide to healing chronic inflammation. She explains the different factors that can contribute to chronic inflammation, and she offers practical advice on how to reduce inflammation and improve your overall health.

If you're ready to take back control of your health, *Your Symptoms Are Real* is the book you need. Dr. Myhill's groundbreaking approach to healing can help you reclaim your health and live a full and vibrant life.

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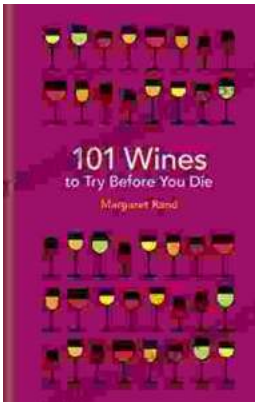


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