



Feeling Tired All the Time - A Comprehensive Guide to the Common Causes of Fatigue and How to Treat Them: Overcome Your Chronic Tiredness

Joe Fitzgibbon

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Do you ever feel utterly exhausted? Perhaps you feel like falling asleep on your feet right now? If so, you are not alone! One in four people complains of feeling tired all the time, and finds it hard to maintain a normal lifestyle as a result.

‘Doctor, I feel tired all the time’ is the single most common complaint presented by patients to their doctors. In studies in the UK and the USA, up to twenty per cent of men, and thirty per cent of women identified themselves as having the complaint.

Unfortunately, because fatigue is such a common problem and is sometimes caused by psychological factors, the complaint may not be taken seriously and the patient seeking help may be too easily dismissed.

Feeling Tired All the Time has been written for the layperson. In it, Dr Fitzgibbon explains the common and treatable causes of fatigue. Using the most up-to-date research and information available, he aims primarily to help people identify the cause of their tiredness, and specifically to help them distinguish between ‘ME’ (Chronic Fatigue Syndrome) and other possible causes. Dr Fitzgibbon strongly refutes the notion that nothing can be done to help the fatigued.

Each section in the book provides checklists which help the reader to recognise the conditions that might apply to them, together with a sensible and practical approach to treatment. The text is generously complemented by real-life case histories taken from the author’s personal experience. A directory of support organisations is also included.

Feeling Tired All the Time: Table of Contents

1. The Complex Problem of Fatigue
2. Normal Energy Levels
- SECTION 2. The Most Common Causes of Fatigue**
- I. Psychological and Psychiatric Explanations of Fatigue**
3. Social Attitudes to Psychological Distress
4. Stress
5. Depression
6. Anxiety Panic and Phobia
7. Hysteria and Hypochondriasis
- II. Physical Explanations of Fatigue**
8. Fatigue as a Symptom of Physical Disease
- SECTION 3. Forgotten Causes of Fatigue**
- I. Fatigue and Sleep**
9. Normal Sleep Pattern and Sleep Requirements

10. Chronic Sleep Deprivation

11. Sleep Disorders

II. Fatigue and Diet

12. Diet, Mood and Energy

13. Overweight and Obesity

14. Nutritional Deficiency

15. Food Allergy and Intolerance

16. Caffeine

17. Hypoglycaemia – Low Blood Sugar

III. Fatigue and germs

18. The Truth about Candida

19. Parasites, Bacteria and Viruses

IV. Fatigue and Chemicals

20. Multiple Chemical Sensitivity Syndrome

SECTION 4. Chronic Debilitating Fatigue

21. Fibromyalgia

22. Chronic Fatigue Syndrome (ME)

23. From Controversy to Consensus in CFS

24. Assessing the Impact of Chronic Fatigue

25. The Treatment of Chronic Fatigue

Appendix 1. An Effective Treatment for Allergy

Appendix 2. Useful Addresses

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