



The Chronic Fatigue Healing Diet

By Christine Craggs-Hinton

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, The Chronic Fatigue Healing Diet, Christine Craggs-Hinton, Many experts agree that diet can play an important role in managing chronic fatigue. After an opening chapter about chronic fatigue and its causes, this book outlines the effects of the environment and diet on symptoms. There is specific advice on food intolerances, food recommendations and supplements. A selection of recipes using recommended foods is also included.



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