



Acabe com a fadiga crônica: obtenha de volta sua vida (Portuguese Edition)

Lisa Gibson

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Receber o diagnóstico de SFC pode ser devastador, isso porque há mais perguntas do que respostas sobre essa síndrome. Ela ainda é um mistério para a comunidade médica e por isso é chamada de síndrome.

Por isso o diagnóstico é feito normalmente por processo de eliminação e pode até mesmo se tornar um termo geral para sua condição quando os profissionais da saúde não descobrem o que mais pode estar errado. Deste modo, infelizmente muitos podem passar anos ou a vida com esse diagnóstico misterioso enquanto os médicos não esgotarem todas as demais possibilidades.

SFC é ainda um enigma para a comunidade da saúde e as pessoas que sofrem por essa condição podem ser percebidas pelos outros como preguiçosas, fracas ou hipocondríacas

Quero parabenizá-lo por dar o primeiro passo para melhorar sua vida e realmente descobrir como lidar melhor com os sintomas da fadiga crônica.

Entender a doença ou a enfermidade pode trazer novas esperanças e abordagens. Em desespero, gastei rios de dinheiro fora do meu orçamento tentando navegar em um oceano de tratamento de saúde e buscando desvendar as respostas. Isso pode ser muito caro e desgastante. Não desejo que passe por isso.

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