

CCI Support LIBRARY CATALOGUE



ACTIVITY/MOVEMENT/EXERCISE

Classic Pacing for a Better Life with ME INGEBJORG DAHL	Pacing can be done in a variety of ways, and there are several different tools which can be of help. Classic Pacing for a Better Life with ME presents a full range of strategies to enable the reader to find the ones that suit their situation Publisher: Lyngsmyr AS Publishing. Published Date: 2018. Pages: 336. ISBN: 978-1999641801
How to take a breath Tania Clifton-Smith	Learn how to breathe well for reduction in stress and anxiety, better sleep, clearer thinking and improved performance in sports and at work, written by an experienced clinical expert in breathing disorders. It was written by New Zealand clinical physiotherapist and breathing specialist Tania Clifton-Smith Publisher: Random House NZ. Published Date: 2021. Pages: 272. ISBN: 9780143776413

COMPLEX CONDITIONS

A Physiotherapist's Guide to Understanding and Managing ME/CFS Karen Leslie, Michelle Bull, Nicola Clague-Baker and Natalie Hilliard	ME is a deeply complex and multi-system condition with has historically suffered from a lack of awareness within physiotherapy education and practice. Similarities in presentation between this condition and Long Covid make this comprehensive and evidence-based guide for physiotherapists even more timely and important. Including an in-depth explanation and history of ME/CFS and describing symptoms, varying degrees of severity and how to manage in children. Detailed management advice and case studies. Publisher: Jessica Kingsley Publishers. Published Date: 2023 Pages: 320. ISBN: 9781839971433
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Autoimmune – The Cause and the Cure Annesse Brockley and Kristin Urdiales	The Cause and the Cure is a revolutionary book that has brought together scientific research from around the world, showing autoimmune sufferers, not only the cause of their disease, but also a diet-based means for a cure. Publisher: Nature Had It First. Published Date: 2014 Pages: 430. ISBN: 978-0983603702
Breaking Thru the Fibro Fog Kevin P. White	Scientific proof Fibromyalgia is real. Fibromyalgia (FM) is a common condition that is associated with oftentimes debilitating chronic widespread pain, severe fatigue, poor sleep, mental foggy (often called fibro fog) and several other symptoms. Breaking Thru the Fibro Fog is the first and only book of its kind. It examines all the arguments against fibromyalgia and reviews the published scientific evidence refuting each and every one of them. Publisher: Wortley Road Books. Published Date: 2011. Pages: 252. ISBN: 9780986788109
Chronic Fatigue Syndrome and Fibromyalgia Nancy Fowler and Lisa Ball	From F.I.N.E. (Frustrated, Irritated, Nauseated, Exhausted) to Feeling Better. An Idyll Arbor Personal Health Book. Publisher: Idyll Arbor. Published Date: 2010. Pages: 214. ISBN: 9781882883684
Chronic Fatigue Syndrome, ME (updated) Dr Rosamund Vallings	A fully revised edition of this internationally acclaimed book provides a timely review of Chronic Fatigue Syndrome, the impact of COVID, and the latest research into treatments. Publisher: Calico Publishing Ltd. Published Date: 2020. Pages: 380. ISBN: 9781877429323

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Chronic Fatigue Syndrome, ME Dr Rosamund Vallings	Symptoms, diagnosis and management of ME/CFS. 'Carefully describes the process for accurate diagnosis, and the difficulties entailed. Based on recent medical research, this practical, easy-to-follow resource provides a unique and timely overview of an elusive disease ... for anyone with Chronic Fatigue Syndrome/ME, and for any friends and family members. It is also a useful guide for health professionals diagnosing and treating the disease. Publisher: Calico Publishing Ltd. Published Date: 2012. Pages: 350. ISBN: 9781877429026
Diagnosis and Treatment of CFS and ME Sarah Myhill, MD	Since its publication in April 2014, Dr Myhill's guide to understanding and overcoming CFS/ME has become a must-read for sufferers from this poorly understood condition, but in that time both new research and new clinical findings have thrown further light onto an illness that for sufferers is life-stopping but for many doctors is 'all in the mind'. At the heart of the book remains the issue of mitochondrial failure – what this is, what it means for patients and what can be done to put it right. Publisher: Hammersmith Health Books. Published: 2017. Pages: 448. ISBN: 9781781610794
Fibromyalgia and Chronic Fatigue Syndrome: 7 Proven Steps to Less Pain and More Energy Fred Friedberg, PHD Large Print 16pt	All illnesses have both physical and psychological components and are best healed when both are treated simultaneously. CFS/FMS are no exceptions. In the west, an inappropriate distinction has been made attempting to separate illnesses into either physical or mental. By treating patients using our SHIN protocol (sleep, hormonal deficiencies, infections, and nutritional deficiencies), our study showed that 91% of CFS/FMS patients improve with an increase in quality of life of 90%. Publisher: New Harbinger Publications Inc. Published Date: 2006. Pages: 278. ISBN: 9781458760685

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Fibromyalgia and Myofascial Pain Syndrome: A Practical Guide to Getting on with Your Life Chris Jenner, MD	Manage your Fibromyalgia by becoming an expert patient. There really is life after being diagnosed with fibromyalgia or myofascial pain syndrome...and yours starts here. The lack of knowledge surrounding two of the most globally prevalent illnesses means that they can often go undiagnosed & untreated for years, during which time both the mental and physical condition of sufferers can deteriorate considerably. Self-education is the first step towards dramatic improvement of quality of life. A practical guide to the conditions, how they affect your life, your options, and how to get on with your life. Publisher: How to Books Ltd. Published Date: 2011. Pages: 207. ISBN: 9781845284671
Fibromyalgia for Dummies Rolland Staud, MD with Christine Adamec	Identify your trigger points, cope with chronic pain and sleep problems, evaluate the new medications, make healing lifestyle changes, help a child with FMS. Plain-English guide outlines the latest treatments and highlights new research. You'll see how to spot the various symptoms and their possible causes, work with your physician to develop a plan of care and manage your pain at home or the office. Publisher: Wiley Publishing, Inc. Published Date: 2007. Pages: 336. ISBN: 9780470145029
Fighting Fatigue Sue Pemberton and Catherine Pemberton	This practical manual comes from a nationally recognised centre for the condition and is jointly written by health professionals and their patients. They give straightforward and specific expert advice, accompanied by real life stories, on managing different aspects of everyday life that can affect energy, and they show how to put this advice into practice. Publisher: Hammersmith Press. Published Date: 2009. Pages: 237. ISBN: 9781905140282

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Healing is Possible Neil Nathan	Coping with Chronic Fatigue, Fibromyalgia, persistent pain & other chronic illnesses. Dr. Nathan has brought countless people relief from their long-term symptoms and illnesses. He identifies the twelve major imbalances in the body that often contribute to chronic and/or complex illnesses, such as chronic fatigue and fibromyalgia. Cutting-edge diagnostic tools and treatments are discussed in easy-to-understand language. Publisher: Basic Health Publications. Published Date: 2013. Pages: 310. ISBN: 949-715-7327
How to Manage Chronic Fatigue Christine Craggs-Hinton	Self-help strategies designed for this complex condition. Self-help guide. Publisher: Sheldon Press. Published Date: 2009. Pages: 108. ISBN: 9781847090645
Managing ME/CFS: A Guide for Young People Dr Rosamund Vallings	If you are a young person who has just been diagnosed with ME or CFS, you will find a sympathetic voice in this book. Dr Vallings is a very experienced doctor who has spent much of her career helping people with ME/CFS, and explains this complicated illness in an easily understandable way. Great suggestions for managing everyday tasks and ups and downs of the illness, and how to create the best chance of recovery. Publisher: Calico Publishing Ltd. Published Date: 2015. Pages: 136. ISBN: 9781877429149
Take Charge of Your Chronic Pain Peter Abaci, MD	Chronic pain afflicts some fifty million Americans. With many years of experience, Dr Peter Abaci shares innovative treatments he has developed that have helped thousands better their lives in dramatic ways. Traditional medicine is paired with unconventional treatments – such as tai chi, art therapy, diet and yoga. It reveals how functional MRIs can now measure pain and the startling truth that narcotic pain medications can worsen chronic pain. Publisher: GPP Life. Published Date: 2010. Pages: 291. ISBN: 9780762754090

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The Advanced ME/CFS, Fibromyalgia and MCS Recovery Program Ashok Gupta	Gupta Amygdala Retraining is a brand-new powerful treatment for Chronic Fatigue Syndrome, ME, Fibromyalgia, MCS and associated conditions. It was developed by Ashok Gupta, a well-known researcher and therapist in CFS/ME, who has dedicated the last 10 years of his life to understanding and treating the condition. He suffered from the condition himself around 10 years ago and has now been 100% better for many years. He runs a clinic in Harley Street in Central London, where he successfully treats patients with the condition. Accompanying Book to the DVD Program. Publisher: Harley Street Solutions Ltd. Published Date: 2013. Pages: 159
The Fatigue Book Lydia Rolley	A practical guide to managing chronic fatigue, whatever its cause, in order to enable recovery at a pace that works for the individual. It outlines 100 proven fatigue management tips drawn from the author's personal and professional experience and is suitable for those affected of all ages, and their family and friends. Applies the principles of Pacing and Activity Management. Lydia Rolley has occupational therapy and psychotherapy joint training, and recognises the physical, mental and social/emotional needs of the individual. Publisher: Hammersmith Health Books. Published Date: 2010. Pages: 296. ISBN: 9781781612378
The Long COVID Self Help Guide Practical Ways to Manage Symptoms By Oxford The Specialists from the Post-Covid Clinic	The first practical, accessible self-help guide to managing symptoms of Long Covid More than 1 million people suffer from Long Covid in the UK (with 400,000 people suffering symptoms for over a year), and many more globally. Yet there is no clear guidance available to the general public, and lots of misinformation out there. This handbook cuts through the confusing advice. Publisher: Bloomsbury Publishing PLC. Published Date: 2022. Pages: 208. ISBN: 9781399402026

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The Pocket Guide to CFS/ME Dr. Rosamund Vallings	This concise and easy-to-read book will help anyone with Chronic Fatigue Syndrome/ME manage their illness and improve their overall wellbeing. It explains how CFS/ME is diagnosed and the different ways it may affect the body, so that people with CFS/ME will be able to more actively take charge of their health and create the best chance for recovery. Publisher: Calico Publishing. Published Date: 2017. Pages: 144. ISBN: 9781877429231
You Don't look Sick Joy & Overman Selak, Steven MD	Living well with invisible chronic illness. Chronicles one person's true life story of illness and her physician's compassionate commentary as they journey through the four stages of chronic illness; Getting Sick, Being Sick, Grief and Acceptance and Living Well. Designed for people at all stages of the chronic illness journey, this book is also illuminating for caregivers and loved ones. Publisher: Demos Medical Publishing. Published Date: 2012. Pages: 170. ISBN: 9781936303427

HOLISTIC/LIFESTYLE

Atomic Habits James Clear	Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. Publishing Date: 2018. Publisher: Random House. Pages: 320. ISBN: 0735211299
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Better health for you Denis Toorey	Insider's guide by Tauranga pharmacist. A balanced overview, written by a health professional with forty-years-experience, ending with his community pharmacy winning a prestigious Customer Choice Award three years in a row. Find out why the author promotes a holistic (big picture) approach after a fantastic holistic medical doctor solved his problem when his orthodox doctor had no answers and the need to spread the word on better ways to look after your most valuable asset - your health. Denis believes there is a need for a greater focus on real cures and prevention of disease over just treating symptoms with medicines. Publisher: Lulu.com. Published Date: 2014. Pages: 158. ISBN 9780473295424
How to Keep House While Drowning: A Gentle Approach to Cleaning and Organising Katherine Davis	Have you ever looked at a pile of dishes in the sink and wanted to crawl into bed? Or found yourself staring at the overflowing recycling bin and thinking 'Why is my life such a mess?'. KC Davis, therapist and busy mother of two, will introduce you to six life-changing principles to revolutionise housework, all without a single to-do list. This is a book for anyone who feels overwhelmed by life and is looking for an accessible and gentle way to care for their home – and themselves. With KC's help, your home will feel like a sanctuary again. Publisher: Penguin Random House UK. Published Date: 2022. Pages: 151. ISBN: 9781529900033
Natural Remedies That Really Work: an NZ Guide Dr Shaun Holt & Iona MacDonald	Natural remedies: what works and why. Evaluates 75 natural remedies, and gives links to informative websites. What medical research actually says about natural health products and therapies that other sources recommend. In a world that's besieged by extravagant claims for an avalanche of natural remedies, who should we believe, and how can we get the information we need to make the right choices? The answers to these and many more questions are in this book. A surprising number of natural remedies are the subject of high-quality clinical research, Natural Remedies That Really Work summarises and evaluates the most important and interesting research in a concise and user friendly format. A must for all New Zealand families looking for complementary natural health remedies. Publisher: Craig Potton Publishing Limited. Published Date: 2010. Pages: 295. ISBN 9781877517181

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NUTRITION/COOKBOOK

4 Ingredients: Allergies Kim McCosker	Recipes for people with food allergies Publisher: Four Ingredients. Published Date: 2013. Pages: 144. ISBN: 9780980629446
4 Ingredients: Diabetes Kim McCosker	Following the success of their first two books 4 Ingredients & 4 Ingredients 2, people around the world have been asking for follow-up editions including recipes for those with special dietary requirements. Rachael and Kim have collected and cooked thousands of recipes free from gluten to bring you this fantastic new book. 4 Ingredients Gluten Free has over 340 easy and economical recipes that will whip your taste buds into a frenzy! Publisher: 4 Ingredients. Date: 2009. Pages: 236. ISBN: 9780980629408
4 Ingredients Gluten Free Kim McCosker and Rachael Bermingham	Following the success of their first two books 4 Ingredients & 4 Ingredients 2, people around the world have been asking for follow-up editions including recipes for those with special dietary requirements. Rachael and Kim have collected and cooked thousands of recipes free from gluten to bring you this fantastic new book. 4 Ingredients Gluten Free has over 340 easy and economical recipes that will whip your taste buds into a frenzy! Publisher: 4 Ingredients. Date: 2009. Pages: 236. ISBN: 9780980629408
4 Ingredients: Gluten and Lactose Free Kim McCosker	Gluten and lactose free recipes. Publisher: 4 Ingredients. Published Date: 2013. Pages: 149. ISBN: 9780980629460

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Clean Living: Paleo Basics Luke Hines & Scott Gooding	This is not a diet book, a quick fix or a fad, but a paleo guidebook that will help you to achieve vibrant health and sustain it for the rest of your life. The Paleo diet has been around since the dawn of humankind, and with its emphasis on fresh produce and whole, unprocessed foods, it's exactly what your body needs to thrive. This comprehensive ready reference guide explains all you need to know about living paleo and is packed full of tips, swap-outs and delicious recipes that will have you well on your way to making positive changes in your life. Publisher: Hachette Australia. Date: 2015. Pages: 257. ISBN: 9780733633829
Fermented Foods for Health Deirdre Rawlings, PhD, ND	Use the power of probiotic foods to improve digestion, strengthen immunity and prevent illness. Provides recipes and meal plans featuring fermented foods that are intended to address specific ailments, strengthen immunity, and increase enzyme production. Publisher: Fair Winds Press (MA). Published Date: 2013. Pages: 208. ISBN: 9781592335527
Foods That Fight fibromyalgia Deirdre Rawlings, PhD, ND	Nutritional guidelines & 100 recipes to aid your recovery. If you are one of the 6 million people suffering from fibromyalgia, what you put on your plate can make or break your health. Featuring the most up-to-date nutritional research currently available, Foods that Fight Fibromyalgia provides you with nutritional guidelines and 100 recipes that will put you on the road to recovery. Publisher: Fair Winds Press (MA). Published Date: 2012. Pages: 256. ISBN: 9781592335398

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Gut & Psychology Syndrome Dr Natasha Campbell-McBride	Provides information you need to heal a damaged digestive system. Dr. Natasha Campbell-McBride set up The Cambridge Nutrition Clinic in 1998. As a parent of a child diagnosed with learning disabilities, she is acutely aware of the difficulties facing other parents like her, and she has devoted much of her time to helping these families. She realized that nutrition played a critical role in helping children and adults to overcome their disabilities, and has pioneered the use of probiotics in this field. Psychology Syndrome captures her experience and knowledge, incorporating her most recent work. Her deep understanding of the challenges they face puts her advice in a class of its own. Publisher: Medinform Pub. Published Date: 2010. Pages: 392. ISBN: 9780954852023
Natural Wonderfoods Bartimeus, Haigh, Merson, Owen & Wright	100 amazing foods for healing and immune boosting. Discover 100 wonderfoods for optimum health and vitality. Maximise your health and combat common ailments. learn which foods can have a huge effect on the way you look and feel. Find out how to boost your immune system and protect yourself from illness. enhance your body's strength, fitness and well-being. Discover delicious recipes, beauty treatments and home remedies. Publisher: Duncan Baird Publishers. Published Date: 2011. Pages: 288. ISBN: 9781848990005
Stay Healthy by supplying what's lacking in your diet By: David Coory	This book shows you how to dramatically improve your health by making small but critical changes to your diet. When you supply your body with the correct balance of minerals, vitamins and fats, you begin to enjoy a clearer mind, sharper memory, sound heart, efficient immune system, clear arteries, healthy bones, loads of energy, a worry-free outlook on life and refreshing sleep. Publisher: Zealand Publishing House. Published Date: 2013. Pages: 290. ISBN: 9780987661982

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The Paleo Solution Robb Wolf	The original human diet. Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better. Publisher: Victory Belt Publishing. Published Date: 2010. Pages: 320. ISBN: 9780982565841
The Paleo Diet Cookbook: More Than 150 Recipes for Paleo Breakfasts, Lunches, Dinners, Snacks, and Beverages Nell Stephenson & Loren Cordain	Dr. Loren Cordain's The Paleo Diet has helped thousands of people lose weight, keep it off, and learn how to eat for good health by following the diet of our Paleolithic ancestors and eating the foods we were genetically designed to eat. Now this revolutionary cookbook gives you more than 150 satisfying recipes packed with great flavors, variety, and nutrition to help you enjoy the benefits of eating the Paleo way every day. Publisher: Houghton Mifflin Harcourt. Published Date: 2010. Pages: 256. ISBN: 0470913045
Why We Get Fat: And What to Do About It Gary Taubes	What's making us fat? And how can we change? Building upon his critical work in Good Calories, Bad Calories and presenting fresh evidence for his claim, bestselling author Gary Taubes revisits these urgent questions. Persuasive, straightforward, and practical, Why We Get Fat is an essential guide to nutrition and weight management. Publisher: Random House USA Inc. Date: 2012. Pages: 288. ISBN: 9780307474254

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PERSONAL STORIES

Chronic Illness — Facing its Challenges Kuenstler, Aletha T.	Step by step guide based on nurse's own personal experience. Given less than six months to live in her early thirties and currently living life to its fullest at 63, Aletha testifies to God's sustaining strength in the face of each new challenge. Presented in a professional manner by a nurse and Christian therapist, this book addresses the challenges you may face prior to receiving a diagnosis as well as learning to live life to its fullest with a chronic illness. Publisher: Xulon Press. Published Date: 03/2011. Pages: 184. ISBN: 9781612159058
Darwin's Mysterious Illness Robert Youngson	For most of his working life, Charles Darwin suffered from a chronic and debilitating illness, which remained undiagnosed in his lifetime. More recently, there has been speculation on the nature of Darwin's condition. Seasickness, heart disease, hypochondria, psychosomatic disorder, Chagas' disease, neurosis: all were proposed as candidates for his illness. Robert Youngson comes to an original and surprising conclusion. Publisher: Huxley Scientific Press. Published Date: 2010. Pages:13. ISBN: 9780952267126
FibroWHYalgia: Why REBUILDING the Ten Root Causes of Chronic Illness RESTORES Chronic Wellness Susan E. Ingebretson	When Susan Ingebretson found her health spiraling out of control, she wanted to know why. Her tenacious research into the causes of chronic illness led her through a maze of traditional and nontraditional healing methods. Ingebretson eventually connected the dots and found wellness. FibroWHYalgia is a half diary/half tutorial guide that exposes the facts, fibs and fairytales of failing health and offers practical solutions. Publisher: Norsehorse Press. Published Date: 2010. Pages: 204. ISBN: 9780984311804

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Help Me! What I Wish Families Knew About ME/CFS Rebecca Susan Culbertson, MSW, LISW-S	Invaluable resource for all those who suffer from CFS/Fibromyalgia. It provides insight into dealing with the difficulty of performing activities of daily living and serves as inspiration for those who need to realise that they are not alone in their journey. Publisher: Rebecca Susan Culbertson. Published Date: 2020. Pages: 209. ISBN: 9781654247492
I haven't been entirely honest with you Miranda Hart	Packed with hard-won wisdoms and gentle truths, this is Miranda's honest exploration of the lessons she has learned on her journey from illness to recovery Hello to you, I am with news. I have a new book. Basically, I have had an unexpectedly difficult decade – there have been surprising joys, but also challenging lows. I shall be honest about those, because what I discovered in the difficult times were my, what I call, treasures. Practical tools, values, ways, answers researched from some great scientists, neuroscientists, therapists, sociologists (all the 'ists') out there, that have led to a sense of freedom, joy, peace and physical recovery I never would have thought possible. If you fancy having a read, then I hope my story might help your story. Rest assured there are funny stories along the way. Oh, and I couldn't possibly say if there is a love story in it . . . (There is – shush) Exciting. Publisher: Random House. Published Date: 2024. Pages: . ISBN 9781405958349
Living with Fibromyalgia Christine Craggs-Hinton	As well as tried and tested advice on how to reduce pain, boost energy levels and help with regular sleep, this new edition includes the latest in treatments, such as the popular therapy guaifenesin. 'Fibromyalgia' also looks at how pain is experienced and clarifies the difference between fibromyalgia and chronic fatigue syndrome. Publisher: Sheldon Press. Published Date: 2010. Pages: 143. ISBN 9781847091000

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Performance A novel by David Coventry	David Coventry takes us into his experience of ME, a debilitating systemic disease which took hold in March 2013 but has roots in his childhood. For Coventry, ME radically overturns the rules of time, thought and embodiment – an experience which has shaped the writing of this book. Through an illuminating blend of life transcription and deep imaginative projection, he shows how placing fiction into the stories of our damaged lives can remind us of who we are and who we might have been, even when so much of us has been taken away by illness. Publisher: Te Herenga Waka University Press. Published Date: 2024. Pages: 464. ISBN 9781776920808
Sophie's Story: My 20-year Battle with Irritable Bowel Syndrome Sophie Lee	A brave young woman's fight against the IBS "monster" offering valuable insights on coping with, and even controlling the symptoms. Partly an offering of hope to other IBS sufferers and partly her way of fighting back against those who told her that IBS is all in her head, this no-holds-barred narrative discusses the many psychological, physical and social effects of living with this disease. Conventional and alternative treatments are covered along with her successful, personal formula to conquer IBS. Publisher: Health Point Press. Published Date: 2011. Pages: 158. ISBN: 9780982618325
The Choice: Even in hell hope can flower Edith Eger	Inspirational story of surviving the Holocaust. Publisher: Penguin, Random House. Published Date: 2018. Pages: 367. ISBN: 9781846045127

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The Last Best Cure Donna Jackson Nakazawa	How I switched on the healing part of my brain, got back my body, my joy & my life. The award-winning author of The Autoimmune Epidemic traces her long-time struggle with autoimmune disorders and her effort to improve life quality, documenting her year-long experimentation with various therapies before discovering a transformative treatment for negative childhood experiences. Publisher: Avery. Published Date: 2013. Pages: 299. ISBN 9781594631283
The Puzzle Solver By <u>Tracie White</u> With Ronald W. Davis, PhD	A Scientist's Desperate Quest to Cure the Illness that Stole His Son. A Father, His Son, and an Unrelenting Quest for a Cure. At the age of twenty-seven, Whitney Dafoe was forced to give up his life as a photographer who travelled the world. Bit by bit a mysterious illness stole away the pieces of his life: First, it took the strength of his legs, then his voice, and his ability to eat. Finally, even the sound of a footstep in his room became unbearable. <i>The Puzzle Solver</i> follows several years in which he desperately sought answers from specialist after specialist, where at one point his 6'3" frame dropped to 115 lbs. For years, he underwent endless medical tests, but doctors told him there was nothing wrong. Then, finally, a diagnosis: Chronic Fatigue Syndrome, also known as myalgic encephalomyelitis. Publisher: Legacy Lit Published Date: 2021. Pages: 240. ISBN 9780316492492
What Your Doctor Doesn't Know About Fibromyalgia: Why Doctors Can't or Won't Treat Chronic Pain Linda Meilink with Patrick Rhoades, MD	Because doctors do not like to treat conditions they don't understand, patients are often ignored, denied pain relief, shuttled off to other "experts" or filled with powerful prescription drugs that may add new and confusing symptoms. Fibromyalgia is listed as one of the top ten most painful conditions in medicine, but many doctors still do not "believe" in it. If they do, they have only a vague notion of a collection of mild symptoms that they attribute to stress, menstrual problems, weight gain, depression or hysteria – none of which have been scientifically linked to fibromyalgia. This book will help you take charge of your condition and teach you how to find physicians you can trust so that you can obtain the relief you need. Publisher: iUniverse. Published Date: 2010. Pages: 198 ISBN: 9781936236343

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RELATED DISORDERS

15 Natural Remedies for Migraine Headaches: Proven Effective Treatments for Adults & Children by Jay S. Cohen	Over the last few years, several powerful and expensive migraine drugs have become available through prescription. Unfortunately, although many work, most have side effects that can cause individuals to stop treatment. For anyone who has yet to find relief from migraine attacks, best-selling author Dr. Jay Cohen—one of the country's leading authorities on the dangers of prescription drugs—offers a concise and practical guide to alternative treatments that are just as effective as their conventional counterparts, but are naturally safe. The book begins by explaining what migraines are. It then examines some of today's more popular migraine drugs, exploring both their effectiveness and their side effects. The remainder of the book provides a comprehensive listing of the most valuable natural migraine products available. Each entry includes an easy-to-understand explanation of what the product is, how it works, and what the recommended dosage is. When necessary, the author shares additional cautions and considerations. The remedy that works for one person may not work for another. This book provides a range of safe treatments so that—without suffering harmful reactions—you can find the solution that will resolve your migraine pain once and for all. Publisher: Square One. Published Date: 2012. Pages: 160 ISBN: 978-0757003585
Accidentally Overweight: Solve Your Weight Loss Puzzle Dr Libby Weaver	Accidentally Overweight is about what has to happen for a human to be able to access body fat and burn it. Essentially it is about weight loss and all of things that need to come together in our bodies for this to be possible. Publisher: Little green frog publishing. Pages: 229. Date: 2010. ISBN: 9780473181482
Depression — Natural Remedies That Really Work Holt, Prof. Shaun & MacDonald, Iona	What medical research says about natural health products and therapies. Publisher: Wairau Press. Published Date: 2011. Pages: 219. ISBN: 9781927158029

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Dysautonomia POTS Syndrome Mike Mohebbi	This Book Tells You All You Need To Know About Dysautonomia Or POTS Syndrome And Understand Autonomic Nervous System Disorders, All The Symptoms, How To Diagnose POTS Syndrome And The Best Natural And Easy Treatments For Dysautonomia. Publisher: Createspace Independent Publishing Platform. Published Date: 2015. Pages: 66. ISBN: 9781522867425
Quiet your Mind and Get to Sleep by Colleen E. Carney & Et Al.	In Quiet Your Mind and Get to Sleep, two psychologists specializing in sleep and mood disorders show readers with insomnia and often comorbid disorders such as depression, anxiety, and chronic pain proven methods from cognitive behavioural therapy for getting the sleep they need and improving their symptoms in the process. Publisher: New Harbinger Publications. Published Date: 2009. Pages: 169. ISBN: 9781572246270
Radical Remission Surviving cancer against all odds Kelly A. Turner	9 key factors to dramatic healing. In her New York Times bestseller, Radical Remission: Surviving Cancer Against All Odds, Dr. Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer—even after conventional medicine has failed. Her research continued by interviewing over 100 Radical Remission survivors and studying over 1000 of these cases. Her evidence presents nine common themes that she believes may help even terminal patients turn their lives around. Publisher: HarperOne. Published Date: 15/09/2015. Pages: 336. ISBN 9780062268747

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Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health and Bigger Shawn Stevenson	In Sleep Smarter, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his 14-Day Sleep Makeover, you'll learn how to create the ideal sleep sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you need, and stress-reduction exercises and fitness tips to keep you mentally and physically sharp. Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life. Publisher: Hay House India. Date: 2019. Pages: 263. ISBN: 978-9386832795
Splitting: The inside story on Headaches Amanda Ellison	Written by a leading neuroscientist, Splitting tells the fascinating true story about headaches, and the secrets they reveal about your brain and overall health. From migraines to sinus pain to tension headaches - and everything in between - Splitting separates fact from fiction, putting you in control and helping you practise habits that will protect you from headache. Publication Date: 09/09/2020. Publisher: Bloomsbury Publishing PLC. Pages: 240. ISBN: 978 1 4729 7141 8

SUPPORTER/CAREGIVER GUIDES

Chronic Fatigue Syndrome/ME: Support for family and friends Turp, Elizabeth	Information & support for family and friends. People with Chronic Fatigue Syndrome (CFS)/ME experience extreme tiredness and a range of other symptoms, including pain, headaches, impaired concentration and memory, anxiety, sleep problems, and palpitations. This book offers much-needed information and support to the friends, families, and carers of people with CFS/ME. Publisher: Jessica Kingsley Publishers. Published Date: 15/09/2010. Pages: 240. ISBN: 9781849051415
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My Teenage Son Had Chronic Fatigue Syndrome Sheddon, Darcy	How David and his mother endured five years of: endless tests, doctors, therapists, medications, significant school issues, loss of friends and social standing, and disbelief that he was genuinely ill. 'I feel tired Mum ... really tired. I have a headache and I feel sick to my stomach.' These simple words were the beginning of our five years of hell. This book has been written for you: parents, siblings, grandparents, friends and carers of loved-ones with the debilitating condition, myalgic encephalomyelitis/chronic fatigue syndrome. It sets out, in a very detailed and personal way, everything David and his mother endured during the years of his illness: endless tests, doctors, therapists, medications, alternative treatments; significant school issues, the loss of friends and social-standing and (the most soul-destroying aspect of all) the pervading disbelief that he was genuinely ill. It is a story of a mother's determination to do what was right for her son. Publisher: Palmer Higgs. Published Date: 2013. Pages: 147. ISBN: 9781922219602
Severe ME. Notes for Carers by Greg Crowhurst	This illustrated guide with contributions from carers and those who are ill, from around the world, is packed full of practical tips, insights, guides and self-reflective exercises designed to raise awareness of how to care for someone with Severe/Very Severe M.E. Greg Crowhurst PgDip, Cert Counselling, Dip Life Coaching, MA, who qualified as a Registered Nurse in 1984, has spent over two decades caring for his wife who has Very Severe ME. Publisher: Lulu.com. Published Date: 2015. Pages: 248. ISBN: 978-1326271862

MIND/BODY/SPIRIT

50 Tips to Build Your Confidence Anna Barnes	Succinct, practical tips Publisher: Summersdale Pub Limited. Published Date: 01/10/2015. Pages: 96. ISBN: 9781849535083
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50 Tips to Build Your Self-Esteem Anna Barnes	Succinct, practical tips Publisher: Summersdale Pub Limited. Published Date: 01/10/2015. Pages: 96. ISBN: 9781849535090
50 Tips to Help You Sleep Well Anna Barnes	50 simple, easy-to-follow tips for a better night's rest. This book of simple, easy-to-follow tips provides you with the tools and techniques needed to understand your sleep patterns, and to make changes that will steer you on the path towards restful sleep. Publisher: Summersdale Pub Limited. Published Date: 01/09/2014. Pages: 96. ISBN: 9781849534017
Accessing the Healing Power of the Vagus Nerve by Stanley Rosenberg	Unlock lasting healing through the power of the vagus nerve--the bestselling guide to understanding how vagus nerve dysfunction and trauma impact inflammation, emotional health, autoimmune disease, and more With practical exercises and body-based tools for regulating your nervous system, balancing your fight-or-flight response, and restoring body and mind Publisher: North Atlantic Books. Published Date: 2017. Pages: 296. ISBN: 978-1623170240
ACT made simple Russ Harris	With a focus on mindfulness, client values and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD) and myriad other psychological issues. It's also a revolutionary new way to view the human condition - packed full of exciting new tools, techniques and strategies for promoting profound behavioural change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Publisher: New harbinger Publications. Date: 2009. Pages: 280. ISBN: 1572247053

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Adrenal Fatigue for Dummies By: Richard Snyder and Wendy Jo Peterson	Despite their small size, the adrenal glands play an important role in the body, producing numerous hormones that impact our development and growth, affect our ability to deal with stress, and help to regulate kidney function. In <i>Adrenal Fatigue For Dummies</i>, you'll find clear self-evaluations and treatment guidelines that will empower you to take charge of your adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices. Publisher: John Wiley & Sons Inc Date: 2014. Pages: 366. ISBN: 9781118615805
Crafting calm Maggie Oman Shannon	In this wired, wild world, it is harder than ever to shut out noise and busyness in order to truly calm yourself, but in <i>Crafting Calm</i>, a D.I.Y. guide to peace of mind, you'll find inspiring ideas for how to do exactly that through a wide range of creative exercises. Crafts and how-to ideas include contemplation candles, visual journals, prayer shawls, collage mandalas, intention beads, finger labyrinths, personal prayer flags, spiritual toolkits, and tabletop altars. Publisher: Cleis Press. Published Date: 16/04/2013. Pages: 288. ISBN: 9781936740406
How I Rescued My Brain: a psychologist's remarkable recovery from stroke and trauma Roland, David	Psychologist's recovery from stroke and trauma: neurological difficulties, cognitive recovery and journey to emotional health. Publisher: Scribe Publications. Published Date: 26/02/2015. Pages: 291. ISBN 9781922247421
How to be sick Toni Bernhard	In 2001, Toni Bernhard got sick and, to her and her partner's bewilderment, stayed that way. As they faced the confusion, frustration, and despair of a life with sudden limitations--a life that was vastly different from the one they'd thought they'd have together--Toni had to learn how to be sick. Publisher: Wisdom Publications,U.S. Published Date: 2010. Pages: 280. ISBN 9781614294788

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In an Unspoken Voice Levine, Peter A. PhD & Frederick, Ann PhD	How the body releases trauma & restores goodness. Blends the latest findings in biology, neuroscience and body-oriented psychotherapy with revealing personal stories, case studies and awareness exercises to show readers how to read body language as a way to deal with past and present personal trauma and loss. Publisher: North Atlantic Books. Published Date: 2010. Pages: 370. ISBN: 9781556439438
Journey into Mindfulness: Gentle ways to let go of stress and live in the moment Dr Patrizia Collard	This book explains the principles of Mindfulness, a meditation cognitive therapy, and shows how its rituals can help you find a path to better living. Living in the moment can be harder than we think in a tech-filled world of to-do lists. This gentle guide shows you easy, enjoyable and effective ways to slow down and develop awareness of your thoughts, actions and the environment. Exercises include step-by-step breathing and sound meditations, eating, walking meditations and movement sequences inspired by chi gong, tai chi and yoga to bring the mind and body into the present moment. Publisher: Gaia. Published Date: 2013. Pages: 160. ISBN: 978-1856753296
Living Happily in Defiance of Illness Duncan, Linley	Inspiration to find possible solutions for your health issues. Linley Duncan is a mother, orchardist and a survivor from a number of illnesses, including Fibromyalgia and Rheumatoid Arthritis. Publisher: Linley Jean Duncan. Published Date: 2012. Pages: 190. ISBN: 9780473214333
Mindfulness for Health Vidyamala Burch and Danny Penman	A Practical guide to relieving pain, reducing stress and restoring well-being Publisher: Piatkus. Date: 2013. Pages: 288. ISBN: 9780749959241

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Molecules of Emotion Candace.B.Pert	In MOLECULES OF EMOTION, neuroscientist Candace Pert provides startling and decisive answers to these long-debated questions, establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way. Her pioneering research on how the chemicals inside us form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. In her groundbreaking book, Candace Pert offers a new scientific understanding of the power of our minds and our feelings to affect our health and well-being. Publisher: Simon & Schuster. Date: 1999. Pages: 368. ISBN: 9780671033972
Nurturing Resilience Kathy L. Kain & Stephen J. Terrell	Offers an introduction and practical, integrated approach for therapists working with people (both adults and children) who have been impacted by developmental trauma and attachment difficulties. Kathy L. Kain and Stephen J. Terrell draw on fifty years of their combined clinical and teaching experience to provide this clear road map for understanding the complexities of early trauma and its related symptoms. For therapists working with both adults and children and anyone dealing with symptoms that typically arise from early childhood trauma--anxiety, behavioral issues, depression, metabolic disorders, migraine, sleep problems, and more--this book offers fresh hope. Publisher: North Atlantic Books. Published Date: 2018. Pages: 304 ISBN: 1623172039
Positive Medicine Dr David Beaumont	Disease management takes precedence over disease prevention, and a wider perspective on health and wellbeing is largely absent. The current healthcare system is a deficit model. Dr Beaumont attempts to address and correct the absence of health, so it is therefore more correctly termed a disease-care system. Positive medicine is an abundance model. It aims not only to help people manage. Publisher: Oxford University Press. Published Date: 2021. Pages: 192 ISBN: 978-0192845184

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Rewire Your Brain By John B Arden	Not long ago, it was thought that the brain you were born with was the brain you'd die with, and that it's "hard-wired" to function in predetermined ways. But new research shows your brain is actually "softwired" by experience. This book guides you through the process of rewiring your brain so you can transform your life for the better. Publisher: John Wiley & Sons Inc. Published Date: 2010. Pages: 256 ISBN: 9780470487297
Rushing Woman's Syndrome Weaver, Dr Libby	The impact of a never-ending to-do list on your health Publisher: Little green frog publishing ltd. Published Date: 2011. Pages: 364. ISBN: 978043204037
Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity Dr. Sandra Dalton-Smith	How can you keep your energy, happiness, creativity, and relationships fresh and thriving in the midst of never-ending family demands, career pressures, and the stress of everyday life? In Sacred Rest, Dr. Sandra Dalton-Smith, a board-certified internal medicine doctor, reveals why rest can no longer remain optional. Publisher: FaithWords. Date: 2017. Pages: 240. ISBN: 1478921684
The Biology of Belief Bruce H Lipton, PhD	Unleashing the Power of Consciousness, Matter & Miracles Publisher: Hay House. Published Date: 2015. Pages: 311. ISBN: 9781401938697
The Body keeps the score. By Bessel van der Kolk	A world expert presents a sympathetic exploration of the causes of trauma and the new treatments making it possible for sufferers to reclaim their lives What causes people to continually relive what they most want to forget, and what treatments could help restore them to a life with purpose and joy? Here, Dr Bessel van der Kolk offers a new paradigm for effectively treating traumatic stress. Neither talking nor drug therapies have proven entirely satisfactory. Publisher: Penguin Books Ltd. Date: 2015. Pages: 560. ISBN: 9780141978611

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The Happiness Trap By Russ Harris	Free yourself from depression, anxiety, and insecurity, and instead build a rich and meaningful life with the updated and expanded edition of the world's best-selling guide to escaping the "happiness trap." In <i>The Happiness Trap</i>, Dr. Russ Harris provides a means to escape the epidemic of stress, anxiety, and depression, unlocking the secrets to a truly fulfilling life. Publisher: Shambhala Publications Inc. Date: 2022. Pages: 320. ISBN: 9781645471165
The highly sensitive person Elaine N. Aron PhD	<u>Elaine Aron</u> defines a distinct personality trait that affects as many as one out of every five people. According to Dr. Aron's definition, the highly sensitive person (HSP) has a sensitive nervous system, is aware of subtleties in his/her surroundings, and is more easily overwhelmed when in a highly stimulating environment. Publisher: Carol Publishing Group. Published Date:1996. Pages: 304. ISBN: 9780806545523
The Invisible Load Dr Libby Weaver	Elaine Aron defines a distinct personality trait that affects as many as one out of every five people. According to Dr. Aron's definition, the highly sensitive person (HSP) has a sensitive nervous system, is aware of subtleties in his/her surroundings, and is more easily overwhelmed when in a highly stimulating environment. Publisher: Little Green Frog Publishing. Published Date:2019. Pages: 294. ISBN: 9780473481841
Thoughts on Peace Gillian Bruce-Knight	A collection of quotes on peace from some of the world's most inspired thinkers. Publisher: Essania Ltd. Published Date: 2019. Pages: 30 pages. ISBN: 9781908179005

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When the Body Says No Mate, Gabor	The cost of hidden stress. In this book the author shows how stress & our emotions can help cause chronic illness. Publisher: Ebury Publishing. Published Date: 2019. Pages: 320. ISBN: 178504222X
Why You Get Sick & How Your Brain Can Fix It Barwell, Richard G DC	Why your nervous system determines the health of your entire body & how to sustain a healthy nervous system for life. Publisher: Portervision, LLC. Published Date: 09/2012. Pages: 220. ISBN: 9781937111168
You are not your Pain By: Vidyamala Burch & Danny Penman	The eight meditations in this book take just ten to twenty minutes per day and have been shown to be as effective as prescription painkillers to soothe some of the most common causes of pain. These mindfulness-based practices soothe the brain's pain networks, while also significantly reducing the anxiety, stress, exhaustion, irritability, and depression that often accompanies chronic pain and illness. Publisher: St Martin's Press Published Date: 2015. Pages: 256. ISBN: 9781250052674
You are the Placebo Dr. Joe Dispenza	In You Are the Placebo, Dr. Joe Dispenza explores the history, the science, and the practical applications of the so-called placebo effect. Citing many amazing individual cases studies, this compelling book will empower you to personally use 'the expectation of a particular outcome' to alter your internal states-as well as external reality-solely through the action of your mind. You Are the Placebo combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect and show how the seemingly impossible can become possible. Publisher: Hay House Incorporated. Published Date: 29/04/2015. Pages: 348. ISBN: 9781401944599