

After suffering from Chronic Fatigue Syndrome for eleven years, Patricia Taylor refused her doctor's prognosis and discovered solutions in the holistic and metaphysical community. Now Patricia shares her discoveries including hints on how to cope with the everyday problems suffered by millions of CFS sufferers.

Chronic Fatigue Syndrome There IS a Cure

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/1013.html?s=pdf>

CHRONIC FATIGUE SYNDROME
There Is a Cure

Copyright © 2002 Patricia J. Taylor

ISBN 1-59113-191-X

Published by Patricia J. Taylor, U.S.A.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

PRINTED IN THE UNITED STATES OF AMERICA

Booklocker.com, Inc.
2002

CHRONIC FATIGUE SYNDROME
There Is a Cure

Patricia J. Taylor

INTRODUCTION

The following information is a compilation of all the things I learned during the years I had Chronic Fatigue Syndrome. I have tried to keep things simple because I know how hard is it to concentrate and comprehend the written word.

Here is what you have been waiting for: The secret on how to get well.

1. **AWARENESS** : Why did you get sick? There are emotional and metaphysical reasons. Find out what they are.
2. **ASK FOR HELP**: Chronic Fatigue sufferers have a lot of guilt. They say to themselves, "All I need is more willpower and I'll be able to vacuum that floor or go to work today." You are sick, just as if you had cancer or heart disease. Ask for help from your family, friends, state and federal governments, church, employer, landlord, neighbors, etc. The Salvation Army will help you with rent, food, clothes, etc. Apply for disability benefits.
3. **TAKE ACTION**: You need to spend as much time, energy, and money as you possibly can in getting well. This needs to be your primary goal.
4. **DECIDE TO GET WELL**: This may sound simplistic, but wishing and hoping won't cut it. You must decide that getting well is what you really want, then work to achieve it.

CHRONIC FATIGUE SYNDROME

5. **DON'T EVER GIVE UP:** There were days and weeks where I was too tired or depressed to do anything but sit on the couch and watch TV. When I would get a little burst of energy or someone would come by to drive me somewhere, I would go searching for answers. A lull in activity doesn't mean you have given up. It just means you are recouping your strength to fight another day.

You will find quotes from many sources because I looked under every rock and bush for answers. I was extremely determined to get well. There were days when I would just sit down and cry from frustration and fatigue while I was out searching the world for solutions. I am happy that you can benefit from all this hard work.

I wanted to make it easier for you. I hope I have.

WHEN YOU CAN'T REMEMBER YOUR OWN PHONE NUMBER

Tackle one of these ideas at a time until it becomes routine. Pick the easiest one first, then try some other ideas on this list-- whichever makes the most sense in your life.

AT WORK

I always save my computer files on a floppy disk and on the hard drive. Each floppy has a corresponding list with all the file names, the last time they were updated, what the revision is, what application they are in and what hard drive they're on. I put a label on the disk and give it a name, such as "Disk 1." I write "Disk 1" on the list, then I fold and attach the list to the floppy with a rubber band.

I always save to the floppy, print the file, then save to the hard drive. This helps me remember where I leave off if I get interrupted or lose my train of thought. Also, it has rescued me many times when I couldn't find the file I thought I saved on the hard drive and didn't have the patience to hunt for it all over the network.

I got a carousel and put all the little things in it that I use everyday so that they're within easy reach, such as: pencils, pens, scissors, ruler, paper clips, Post-its, highlighters, etc.

I try to complete one task at a time then put away all the tools I've used, (files, white out, index labels, envelopes, floppies, reference books, etc.) right away.

CHRONIC FATIGUE SYNDROME

If I can't take a break between each task, I get up and stretch or do a 30-second meditation/prayer.

I have a steno book where I write down each voice mail I receive. Each entry gets a number in numerical sequence (starting with 1, 2, 3, etc.) and is written in blue or black pen. When I return a call or complete the requested task, I make the note in red. Subsequent important notes are made in green. When complete, the voice mail message gets crossed off. Then I use a large paper clip to attach all the finished pages so that I know exactly which tasks remain undone. I can also use the identifying numbers to cross-reference on hard-copy files.

BIRTHDAYS, ETC-

I made a list of all the birthdays and anniversaries in my family and I write them down on my calendar every January. I try to buy all my cards in January or several at a time so I won't forget.

JUST DO IT

When you remember to do or say something, do or say it right away (if you can) before you forget it.

KEYS

Always put your car/house keys in the same place in your house, purse or on yourself. Losing keys, even for a short time, is a major stressor for a person whose patience flew out the window with their wellness.

KITCHEN

Use plastic plates, cups, glasses, bowls, utensils and aluminum pans.

PATRICIA J. TAYLOR

Microwaves, though faster and more convenient than regular stoves and ovens, emit EMFs (electromagnetic fields) otherwise known as radiation. If you're trying to eat in a healthy way, it doesn't make sense to put radiation into your food if you can cook it another way.

LISTS

As soon as you run out of a food or household item, write it down on your shopping list. I made a two-sided list. The items on the left side of the page were what I absolutely had to get. If I had the energy, I would get the items on the right side of the page.

Write everything down that you need to do or buy as soon as you think of it. Make *lots* of lists.

Look at your lists of things to do and buy at the same times every day. Before I regulated this, I would make a list then forget to look at it.

METHODICAL

Try to be methodical about everything you do. There will be less chance to forget.

NAMES

Try not to use anyone's name when addressing them or during a conversation. Calling someone the wrong name is worse than using no name at all. (This is particularly true if you are dating more than one person or if you're having an affair.)

CHRONIC FATIGUE SYNDROME

NOTES

Make detailed notes at work or at home. Don't take it for granted that you'll remember what abbreviated notes will mean a week or two after you write them.

ORGANIZE

Try to get the people you live with to use the same organizational methods you do or at least not to interfere with your personal ones.

If you put things away in a neat and organized manner, you won't have to remember what is in your kitchen or bathroom cabinets, your refrigerator, or your bureau drawers. You'll be able to readily see what's there.

PARKING

When you're at a supermarket or at a strip mall, look at the store name(s) closest to you. Pick out a letter directly in front of where you're parked and then make a silly rhyme or sentence from it.

For example, if you're parked in front of the "G" at the "Goodie Two Shoes" store, use the "G" and say to yourself, "Gee, I hope I can remember where I parked my car." Or, if you're parked in front of the "M" at the "Market Basket" store, say to yourself, "Mmmm good. That's why Campbell's soups are Mmmm good!"

PHONE

Since I often forgot my phone number, I bought a very small address book and wrote it on the inside front cover. I also wrote my address and the date I moved there. Then I added the address and date I moved into the apartment of all the other places in which I had lived. This helped a lot when I was filling out

PATRICIA J. TAYLOR

applications or someone would ask me how long I had lived at a particular address.

PURSE

My pocketbook felt like a 10-pound rock was hanging around my neck. Carrying a heavy wallet and purse made me feel really tired, so I organized and lightened. I started by taking out everything that wasn't vital to my needs or comfort.

I switched from leather to a sail-cloth type wallet. I removed all the photos from the plastic window section and put my credit and check cashing cards there. I put things back in the same place every time I used them. My wallet contains one pocket for coins, one for paper money, one for receipts and one for little used items like stamps and my Social Security card.

I bought a pocketbook with dividers where articles were placed in the most logical section then always returned there. (In the summer, I use a purse made from washable material.)

SHOWERING

When showering, I always use my back brush first, wash my face next, then my body, then my hair. Before I regimented this, I often forgot to wash my hair and I wondered why it looked so limp and lifeless!

I always put my deodorant on as soon as I get out of the shower. Then I brush my teeth. Then I dry my hair. I used to forget my deodorant and would have to go out and buy more at lunchtime.

LOOK AT ME NOW!

A while ago I put myself in the hands of the Consumer Credit Counseling Service of Massachusetts. They got the creditors off my back, which has given me tremendous relief, and I've paid off several bills. With a couple of raises and bonuses, my financial status is becoming healthier by the month. I pay my bills on time, have begun to use a checkbook again, and acquired a credit card. Managing to pay for a 10-day trip to Disney World in 1998 was a real financial coup for me.

Physically, I feel healthy and well. My mind is clear and most days it works properly. Most of the foods that caused indigestion or allergic reactions have been reintroduced into my diet, except for the extreme ones such as onions, garlic, grapefruit and vinegar.

During my illness, I used to get someone to drive me to Hampton Beach, N.H., where I would look out at the ocean a few hundred feet away and ache to be able to walk to the water and soak my feet. Now, I drive to Hampton Center, find a space at the beginning of the parking lot and walk in the sand to the breaker just before Rocky Bend and back--a total of one mile. With a little rest, I could do it all over again!

My trip to Disney World was the ultimate proof that I was well because we walked from 9 a.m. until 10 p.m. I was not only able to keep up with everyone else, but I also pushed my Dad up steep hills and ramps in his wheelchair. I joined a health club where I use the treadmill for 30 minutes and the Nautilus equipment for 30 minutes. My body is really starting to feel stronger and more muscular. Also, my libido has returned in full force. What a gift it is to be able to enjoy one of my favorite pastimes!

CHRONIC FATIGUE SYNDROME

In 1996, with my mental abilities returning to normal, I began something that had only been a dream for 20 years: I started to write. Joining a writer's group was a great step not only for the constructive feedback my work received, but also for the camaraderie in the group. Writing about my past lives, the ghost in my apartment and other metaphysical subjects helped me to get my mind back in gear and gave me the hope that someday someone would want to publish my stories. And that hope did come true. The story about my ghost was published in a metaphysical newspaper in 1998, and 1999 saw this story published on a Web page. This year, 2002, my book on CFS is being published.

Even though I had to take a 50 percent cut in pay, the decision to leave engineering documentation and go into customer service was the right one for me. I am still struggling financially, but I've made progress in paying off the debts I accumulated when I was out of work. It was not my ideal job, but the people with whom I worked were nice and my supervisor and her manager were two of the nicest bosses with whom I had ever worked. It was a nice place to rest while trying to find my proper livelihood.

My social life has picked up, too. Joining a singles social group for over-40 professional people has helped me to get back into the swing of things while I am looking for my Soul Mate.

Emotionally, my days are on an even keel. I usually feel happy, content and at peace. Best of all, the crippling depression has gone away. One major healing point for me was to move out of Lowell where I had lived all my life (43 years). Geographical cures usually don't work, but it was the last piece of my wellness jigsaw puzzle. It took a lot of time, effort and determination, but I left Lowell for a town on Boston's North Shore: a place to which my body really resonates and where I had always dreamed of living. Having a life-long dream come to fruition was so joyful for me.

I now live in a modern condominium on a pretty lake surrounded by trees, birds and ducks. I'm five miles from the sea,

PATRICIA J. TAYLOR

which I visit a lot. Sometimes I sit by the ocean, watch the waves and cry in gratitude. I thank God every day for all the help I have received. I ask God every day to help me realize my other dreams. When I am alone and feeling lonely, I know Jesus, my Spirit Guide Daydreamer, St. Germain and the Archangel Michael are with me always. I talk to them every day and they give me answers to questions or problems I have.

Even though my body is well and the depression has gone, some of the reasons why I became sick are still sticking around. But I know that with God's help, I will have the happy, well-adjusted life of which I always dreamed.

My greatest strides have been in my spiritual life. My Spirit Guides often take me for healing when I sleep, when I am on the Reiki table or when I meditate. They helped me know that I was not alone in the universe; that God (through them) would help me with any problem I had. Jesus, Mother Mary, the archangels Michael and Gabriel, the Spirit Guides Hanaka, Lazaris, Nissen and Daydreamer have all helped me to become a better person and have chased my demons away.

I have recently completed classes in the Ascension and the Melchizakek processes. They have helped to get rid of the old karma and spiritual garbage I had been carrying around. I feel much lighter, freer, happier and more peaceful. I feel joyful every day! These classes have changed my life in ways that are impossible to describe.

Lazaris taught me that I had to be "willing to be an adult and take responsibility. That the steps to get there are the qualities of being there." He helped me realize that I had to "end the loneliness that kept me from living a full life." He teaches that, "Love is all that makes sense--the only reason to do something is love of self, others, your higher self or God." He says, "positive

CHRONIC FATIGUE SYNDROME

ambition is a tool to achieve love and responsibility."²⁰ I *had* abdicated all responsibility for my life. Jesse Stoff and James Pellegrino say, "Illness is often a socially acceptable way of becoming a hermit and trying to ignore life."²¹

I am no longer a hermit.

After suffering from Chronic Fatigue Syndrome for eleven years, Patricia Taylor refused her doctor's prognosis and discovered solutions in the holistic and metaphysical community. Now Patricia shares her discoveries including hints on how to cope with the everyday problems suffered by millions of CFS sufferers.

Chronic Fatigue Syndrome There IS a Cure

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/1013.html?s=pdf>