



Living With M.E.

Charles Shepherd

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It is estimated that there are over 100,000 people suffering from M.E. in Britain today. Although not a new disease, M.E. (also known as 'yuppie flu') is at last being recognised and taken seriously. M.E. is short for MYALGIC ENCEPHALOMYSELITIS, a term which relates to the parts of the body affected: MYALGIC, the muscles; ENCEPHALO, the brain; and MYSELITIS, the nerves.

Until recently, many people suffering from M.E. had great difficulty in finding a diagnosis and a way of dealing effectively with their chronic fatigue. This comprehensive guide provides much-needed information about the disease. It describes the symptoms of M.E., what triggers it and who can get it and also discusses additional problems such as sleep disorders, depression, pain in the joints and difficulties with the eyes, ears and balance.

A well-researched, comprehensive guide, LIVING WITH M.E. is THE book to buy for any M.E. sufferer who wants information not speculation.

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