



Suffered Long Enough: A Physician's Journey of Overcoming Fibromyalgia, Chronic Fatigue, & Lyme

By William Rawls MD

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For patients suffering from chronic fatigue, fibromyalgia, or Lyme disease, life can be extremely frustrating. Doctor visits that never yield a clear diagnosis, drug therapy that leaves you feeling weak and exhausted and medical bills that you can never seem to pay off.

Having struggled with fibromyalgia and Lyme disease himself, Dr. Rawls is a physician who understands how to overcome these complex disorders. After defining a path using natural healing to restore his own health, he has dedicated his life to helping others do the same.

If you have suffered long enough and are ready to embark on the path of natural healing, the search is over. Follow the lead and guidance of a physician who has been there!

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Editorial Review

Review

"An eye-opening book that will change everything you thought you knew about fibromyalgia and Lyme disease. Dr. Rawls is one of the most noble physicians I have ever met and has the potential to change the way that mainstream medicine approaches chronic disease." -*Singar Jagadeesan, M.D., Neurologist, Cary NC*

"The book is a great resource that helps you to figure out where you are on your journey out of the well and then provides you with the tools you need to help you climb your way up. It is written with a sound knowledge of the processes of disease but at a level that is easy to understand. It not only provides sound science but also applies common sense logic that is often overlooked by medical professionals." -*Donna Grant, Fibro Geek blog*

From the Author

One of the biggest frustrations of practicing conventional medicine is not having enough time. Office visits are just too brief to make a meaningful difference in someone's life. Over the years I learned to compensate through writing--first with simple handouts for providing information not covered during office visits and later with blogs and books. What initially was a necessity evolved into passion fueled by a desire to explain complex things in a way that anyone could understand.

When my life was disrupted mid-stream by fibromyalgia, necessity and passion became personal therapy. Writing helped me work my way through recovery. Difficult concepts of disease were made easier to understand by writing about them. Sharing that writing with others who could potentially benefit made it even more therapeutic. The result was my first book that I ended up calling *The Vital Plan*.

The Vital Plan was written during the midst of my recovery and was focused on general health and wellness. It was never formally marketed, but still sold 5000 copies by word of mouth alone. The book worked because patients I shared it with during the writing process were kind enough to provide continual feedback.

Once I became comfortable saying the word "recovered" I felt the need to share my knowledge and experience more directly with people who were suffering from the same fate. I wanted, however, to do it in a non-technical fashion. A user-friendly book that detailed a reasonable and safe recovery protocol for diseases like fibromyalgia was the goal. After more than a year of hard work, the result is finally in print.

Suffered Long Enough outlines my path of recovery from fibromyalgia and Lyme disease. The details have been honed by using the protocol to help countless other patients with varying degrees of illness. My hope is that it will be a light at the end of the tunnel for the many people struggling with this often misunderstood disease process.

About the Author

Dr. Rawls is a board-certified OBGYN who received his training from the Bowman Gray School of Medicine (at Wake Forest University). He has also undergone extensive training in herbal and alternative medicine and oversees two wellness-based practices in North Carolina.

Users Review

From reader reviews:

Patricia Vasquez:

The book *Suffered Long Enough: A Physician's Journey of Overcoming Fibromyalgia, Chronic Fatigue, & Lyme* can give more knowledge and information about everything you want. Why then must we leave the best thing like a book *Suffered Long Enough: A Physician's Journey of Overcoming Fibromyalgia, Chronic Fatigue, & Lyme*? Several of you have a different opinion about guide. But one aim this book can give many data for us. It is absolutely correct. Right now, try to closer with your book. Knowledge or info that you take for that, it is possible to give for each other; it is possible to share all of these. Book *Suffered Long Enough: A Physician's Journey of Overcoming Fibromyalgia, Chronic Fatigue, & Lyme* has simple shape however, you know: it has great and large function for you. You can appear the enormous world by wide open and read a e-book. So it is very wonderful.

Zola Campbell:

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People live in this new day time of lifestyle always try and and must have the time or they will get large amount of stress from both everyday life and work. So , if we ask do people have time, we will say absolutely indeed. People is human not only a robot. Then we ask again, what kind of activity do you have when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, the particular book you have read is usually *Suffered Long Enough: A Physician's Journey of Overcoming Fibromyalgia, Chronic Fatigue, & Lyme*.

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