



# Waking Up The Dead: Healing Chronic Fatigue Syndrome

*Jennifer Marks*

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## **Waking Up The Dead: Healing Chronic Fatigue Syndrome** Jennifer Marks

In 1985 Jennifer Marks RN was diagnosed with chronic fatigue syndrome (cfs). Despite the lack of information on chronic fatigue she was determined to beat her extreme fatigue and being tired all the time. In looking for causes for her fatigue symptoms she took courses in Reiki, Esoteric Healing, Hatha Yoga, and became a Registered Holistic Nutritionist. With the abundance of information that she collected and learned over the twenty year period Jennifer decided to write her journey from feeling always tired like a walking zombie to waking up to a more energetic and healthier life. Her personal story is mixed with all the alternative therapies of how she recovered from chronic fatigue. Jennifer also talks about the power of healing foods and herbs and a new kind of exercise that she created called bed yoga which helped to get her out of bed in the morning. She talks about the power of gemstones with their healing properties. In this healing chronic fatigue syndrome informative book Jennifer uncovers truths and little known secrets that your Doctor won't tell you about. Read this book if you want to fight fatigue and have: \* No more brain fog, memory loss, and difficulty concentrating. \* A good night's rest. \* Renewed Energy \* Relieve stress, fear, worry, and anxiety in your life. \* More energy and the strength to enjoy the time with family and friends.



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