



Faith
Canter

FROM ME TO
RECOVERY

A journey of recovery from ME/CFS
and how it saved my life.

CONTENTS

ABOUT THE AUTHOR.....	2
MY STORY.....	3
ADRENAL FATIGUE	5
BREATH & POSTURE.....	7
NEGATIVITY	9
EMOTIONAL FREEDOM TECHNIQUE / TAPPING.....	11
EXPELLING TOXINS FROM THE BODY.....	13
FOOD.....	15
GUT HEALTH AND YEAST IMBALANCES.....	17
DETOXING THE HOME.....	20
ELECTROMAGNETIC STRESS.....	21
ADDITIONAL INFORMATION.....	22
CONCLUSION.....	23
RECOMMENDED READING.....	24

FROM THE AUTHOR

Hi I'm Faith Canter. I'm an author, health wellbeing coach, therapist, nutritional consultant, food intolerance specialist, raw food and fermenting expert, environmentalist, traveller, wife, mother to three fur-babies and all round lover of life.

Things weren't always this way though. I suffered for many years with ill health, which included insomnia, IBS, food intolerances, headaches, fatigue, depression, adrenal fatigue and then ME/CFS.

Today, I have recovered from all my previous ailments and I feel more alive, well and happy than I ever thought possible.

I recovered by using a whole life approach, addressing the toxicity of my mind, my body, my home and environment.

The pages of this book are my story of recovery, the treatments, therapies and practices I included in my life to do this.

This is not meant to be used instead of medical intervention and I do not claim to cure anyone with the contents of this book. This is simply what worked for me and my ill health.

I will however say Never Ever give up, if the first 10 things you try don't work for you, the 11th might. Not even every pill from the Doctor works for everyone every time, so keep researching, keep trying and you'll find your own way to full health in your own time.

MY STORY

I'm Scottish born, but was raised in the south of England. Although thoroughly loved by my family, I grew to be deeply unhappy with myself and my life. I was abused as a small child by a family 'friend'. I was a very confused, messed up and needy child. I tried to be the helper, the pleaser, the achiever and the perfectionist; I was unsuccessful at all. I was desperate for attention and love and sought it out in all the wrong places. My depression and self-loathing spiralled out of control and I only felt happy when taking drugs or drinking. I regularly cut myself, suffered from eating disorders and planned my own suicide in far too much detail and far too often. I blamed myself for everything around me, hated who I was and how I looked.

In my late teens I became quite unwell, suffering from insomnia, Irritable Bowel Syndrome (IBS), food intolerances, headaches and fatigue. As I moved into my 20s the issues lessened somewhat, as I simply started to ignore my body, but even though there were times when the depression and fatigue lifted, they never really went away.

Eventually, after catching a very bad stomach bug in India in my late twenties that lasted for months I contracted glandular fever. After a year or so of being sent for more and more tests and appointments I was eventually told by four separate consultants I now had Chronic Fatigue Syndrome (CFS) / Myalgic Encephalomyelitis (ME). I learnt later on, that I had been wandering around with adrenal fatigue for many years prior to getting ME/CFS and so had nothing left to fight it with by the time the stomach bug and glandular fever came along.

When I was diagnosed with ME/CFS I thought that was that. I was spending most of my time in bed. I hated what had become of me, and even more, I hated the pressure I put on my already extremely busy husband. And again it felt like no one apart from my husband seemed to care.

About 3 or 4 years into the ME/CFS, I read the most amazing book called *The Way of The Peaceful Warrior* by Dan Millman. This book made me realise that although I couldn't do what others could, I could also do things they couldn't. I had the time to meditate, to watch nature (initially from my window) and to really appreciate the beauty of life. Slowly, with the writings of David Hamilton, Bruce Lipton and many others, I started to look for all the little positive things in my life instead of focusing on the negative. I mean this wasn't getting me anywhere, didn't help and made me

incredibly unhappy. Aided by a whole string of natural treatments and therapies, mentioned later in this book, I started to slowly regain some of my health.

I realised quite early on in my recovery that I did not want to go back to the life I had. That was the life that had made me ill. So I decided to focus on creating a new healthy, happy and more authentic life for myself.

I realised there was a common factor in my own recovery and in what had helped others in their recoveries from ME/CFS and many other illnesses. This was that if you adhere where possible to reducing toxins from your mind, body, home and environment, then you can recover from a number of illnesses and diseases (many of which people believe to be incurable).

The way we live these days is not only toxic to ourselves and our families, but also to this beautiful planet. The following pages of this book are how I reduced my toxicity, healed from ME/CFS and got my life page.

ADRENAL FATIGUE

It's normal to worry, dwell on events, and plan - that's part of what makes us human. However, when we constantly worry, dwell on events or plan, then our minds and bodies start to think we are in the fight or flight response. That's when our bodies start to produce more adrenaline. Adrenaline and cortisol (the steroid hormone that the adrenal glands produce when we require an additional burst of hormones) hamper your sleep, make you feel edgy, stressed, and unable to deal with normal day-to-day things. The longer this goes on, the longer the body feels it's under attack. It tries to support you with more hormones, which when produced long term, create more health issues, including thyroid problems, fatigue, weight gain, hair loss, emotional instability, and more. You may or may not recognise some of this, but this is what we generally refer to as stress!

Our amazing bodies simply cannot cope with long-term stress; they cannot continue to maintain the levels of the hormones produced when in this long term fight or flight response. We slowly come down with more and more symptoms, feel run down, not ourselves, and if we are really unlucky, get diagnosed with a long-term illness like ME/CFS or many others.

Many people are suffering from adrenal fatigue these days, you could say it's a silent epidemic. You might notice that, no matter how much sleep or rest you get, you are always tired. Your body rests, but my mind never can, it's planning, worrying, thinking doing, especially at night, when it should be recharging.

When I started to research this I found that time and time again, I came across articles, books, and research about the merits of meditation for all sorts of health concerns. I thought, 'There's no way I can quieten my mind, there's no way I can even sit for that long, let alone meditate.' But there was also no way I wanted to continue to feel so awful, day in, day out. So, I gave it a go. Within few days I'd gone from having 2-4 hours' broken sleep a night to 8 hours' solid sleep most nights and this has continued for most nights ever since. I also found my anxiety and stress levels started to reduce.

Don't get me wrong, the CFS/ME didn't go away, but within weeks I'd gone from running on about 10% of my energy to around 30%, which was remarkable progress. All this just from doing 24 minutes (yep, that's all I did) a day of guided meditation (which I sometimes fell asleep to as at that stage I still struggled to sit up to meditate).

I would recommend guided meditation for complete beginners, because having someone on a recording guide you through a meditation helps keep you grounded and in the moment.

The other thing I found out was that the adrenals become stressed from is eating white sugars, stimulants of any kind and white carbohydrates. They basically don't like anything that makes your blood sugars fluctuate. This also includes not eating regularly and of course stress and anxiety.

I've been a pretty healthier eater for a good many years now and thought my diet couldn't be an issue, but my idea of healthy eating wasn't my adrenals idea of healthy eating is. I relied heavily on white carbohydrates like potatoes, rice and also ate a lot of gluten free foods (which I hadn't realised at the time are high sugar as well). So I started removing all these items from my diet, eating slow releasing foods instead, eating regularly and even removing high sugar fruits like bananas, dried fruits and pineapple etc (basically anything high on the GI index).

I also paid to have my adrenals tested privately in a laboratory and found I was most definitely suffering from adrenal fatigue.

This all started to pay off and I found the little energy I had would last a little bit longer into the day and I also wasn't reaching for the sugary drinks, fruits and snacks foods to keep me going.

This added a little bit more, maybe another 5-10% to my energy levels overall. However it did take some time to get the adrenals working better.

BREATH & POSTURE

The next thing I came across was how important breath and posture was. I realised all this lounging around and resting might actually not be doing me much good and could actually be causing some additional pain on top of what I already had.

I had assumed that as I breathed without thinking every day I was breathing correctly, but I was not. I found out I wasn't breathing in a very efficient way. By this I mean that I was breathing in far too shallow. Shallow breathing can create respiratory problems, anxiety and panic attacks, tension throughout the body, fatigue, weakness of the core of the body and hinders the elimination of toxins.

The bottom half of the lungs is around twice as effective as the top half of the lungs for supplying us with our required amount of oxygen.

Another common issue is that the old air is not expelled properly: a little fresh air is mixed with old air we've kept hold of. This gives our bodies just enough air to function but not much more. We need to expel almost all of the air with each breath for full body function.

Many of the symptoms of shallow breathing are the same symptoms are ME/CFS, so it didn't take any time at all for me to realise I needed to do something about this to hopefully assist my symptoms. I started to slowly add the below items to my daily routine and found that not only did I feel less light headed, dizzy and tired but I just felt a little more engaged in what was going on around me.

1. Breathing into my stomach, the back and the bottom part of the lungs, rather than just the top part of the lungs.
2. I started and finished my meditations with this one: When breathing in, push your stomach out, and when you breathing out, let your stomach go in. This is called belly breathing.
3. A couple of times a day I breathed into my whole body, breathing in positivity and breathing our negativity and ill health.
4. I also did this: Breathed out as far as I could, held it for a few seconds then breathe out as far as I could and held this for a few seconds also.

Another very simple and effective way to enhance good breathing is to promote good posture.

If you are slouched over or bunched up in any way, this means the lungs, as well as other organs in the body, cannot work effectively. Just by sitting upright, I noticed that I immediately started to feel more energised and engaged. Slouching also puts the body under additional strain because muscles are being used that aren't made for supporting the body when slouching.

Once I started to implement both the breathing and the correct posture into my daily routine I found again I started to feel a little bit more of my health returning to me.

NEGATIVITY

I know from my own experience it's incredibly hard to not think negatively when you are unwell, especially when you are unwell for so long, with no let up and usually additional symptoms being added as the weeks, months and years go by. You wake up in the morning (if you got some sleep) and slowly count off how bad each of your ailments are. How long can you leave it until you have to go to the bathroom, as you know this alone will exhaust you? Do you need to take any painkillers, should you try to eat something? And it goes on, each hour each day, each week, you constantly tell yourself everything is a struggle, well, because it is and funnily

When you focus on negative things, more negative things happen, but when you start focusing on positive things, more positive things happen. That's because we are strengthening our neural pathways within the brain. By doing this continually, we begin to build more positive, empowering pathways. In turn, these pathways enhance positive chemical processes in the brain and the body.

So I started to train my brain to look for the positive things that happened every day rather than focusing on the negative things. Making mental and / or physical lists of the things that I was grateful for and not what was wrong with me. I started writing these down, forming new habits and with each one finding it easier to see the next thing I was grateful for.

I also found removing negative and/or energy draining people from my life a massive benefit to my overall health and energy levels. They would rain on my parade, suck up the little energy I had and generally make me feel like life was shite!

At this point I started doing guided visualizations as well as my meditations, visualizing myself fully well, fit and healthy and doing things like climbing mountains, canoeing and running. This helped my brain focus on health rather than illness and for it to start to make chemical changes within my body to allow these things to happen, rather than reinforcing negative and ill pathways my body was breaking down these and building better ones for my future. I found the Gupta Retraining Program really helped me with this process of my healing, it taught me how to break the negative habits and focus on health.

Just changing my outlook like this, focusing on what I could do, even if that was only sitting by the window and watching the birds had a huge impact on how I saw

myself, my life and my recovery. Not only was I thinking better and making the most of the little I could do I was starting to feel better also.

EMOTIONAL FREEDOM TECHNIQUE / TAPPING

One day whilst researching recovery stories from ME/CFS I came across a lady called Sasha Allenby and her book *Joyful Recovery from Chronic Fatigue Syndrome/Me*. I was amazed to find out she had a very similar story to mine and was now completely recovered from ME/CFS and mostly from using Emotional Freedom Technique (EFT), also called tapping.

You basically tap on certain meridian points on the body whilst verbalising areas of concern; this releases the blockages created in the body by toxic thoughts. The hold these thoughts have over us is then released and most importantly, patterns associated with these thoughts are broken. It's like a counselling session but without having to open up to someone about your darkest and deepest thoughts. For it to work most effectively, you take yourself back to the first time you had the issue or concern and tap about how this made you feel both physically and emotionally. If you can address the root cause of the concern, then all the other times this has affected you since then will be most likely addressed in this session also. It is an extremely powerful tool and can release a lot of hurt, negative emotions, toxic thoughts and long-standing negative beliefs about yourself and others. This not only has positive psychological benefits, but it helps all sorts of physical issues that were created and/or exacerbated by these underlying thought patterns. It can help anything from back pain and weight loss to your love life and depression.

If you go to You-Tube you can find thousands of videos of people using tapping for all sorts of different conditions. There are many videos for tapping for people with ME/CFS. This helped me a little with the symptoms, but I knew that wasn't really how I was going to use it to recover, I needed to get to the root cause. So I started doing as much tapping as I could. My arms used to ache a lot to start with and sometimes I'd have to prop them up so I could tap, but I kept going. I tapped on all the things that had happened in my childhood and teenage years and many other things that would niggle me or that I'd wake up thinking about in the middle of the night, I really started to address everything I could, even if it felt unimportant.

I had amazing results with EFT, I could actually feel the shift in myself every time I successfully let go of another bothersome issue. It helped with my pain, my headaches, my energy levels and more than anything else with my stress and anxiety levels.

Even today if I find myself focusing on something negative, replaying something or just not in a good head or body space I simply verbalise what I'm already thinking, shift the blockage and finish the taping sequence on a positive note.

There was such a shift in my health after starting to use EFT, I would highly recommend it for everyone with ME/CFS and any other health concern. If you can only manage a few taps here and there to start with you can even tap on the fact you can't manage much. I used to say things like this at this stage of my ME/CFS: "even though I can't manage much tapping yet, I'm open to doing more, to healing more and to taking back my power and/or my health". This lets the subconscious know you're open and willing to heal.

EXPELLING TOXINS FROM THE BODY

Once I'd started addressing the toxicity of the mind I felt in a better place to start looking at my body toxicity more.

I knew that if my body couldn't deal with the toxins the first time round (thus storing rather than removing them), then I was going to have to be careful about how I removed them the second time round. I didn't want to make myself worse removing the toxins, but then absorbing them again, which is what happens with almost all fast and unsupported detoxes.

A better course of action than a quick fix detox for me, was to look at my daily routine and slowly remove or exchange one toxic item for a less toxic one at a time. However, when toxins leave your system, even with a slow and gentle approach, the process can still make you feel a little under the weather. This is actually a good thing as your body is trying to expel the toxins through the proper channels. So I prepared myself for this happening.

So this is what I started to do (and still do to this day):

1. I reduced the toxic load of my food. Replacing processed sugars and white foods (like bread, flour and rice) with brown versions and staying clear of sweeteners, diet foods and drinks, and caffeine and alcohol.
2. I reduced the use of toxins in my home and on my body. The body absorbs up to 60% of the chemicals in skin and hair products you put onto your body.
3. I made sure I was drinking plenty of water (at least 2 - 3 litres every day). This helps the lymphatic system eliminate toxins.
4. I increased my intake of probiotic foods and drinks. I mean fermented (not pickled) vegetables and drinks such as kefir and kombucha: these are a great source of probiotic bacteria.
5. I supported my body and in particular my liver, with herbs and natural remedies. Burdock, parsley, peppermint, turmeric, black walnut, elderberry, dandelion, nettle, liverwort, wormwood and milk thistle.
6. I increased my consumption of magnesium-rich foods (leafy greens, nuts, seeds, beans, lentils, avocados and a few others). I also started having as many Epsom salt baths as possible. Epsom salts are high in magnesium and help to draw out toxins. They also help with general aches and pains.
7. I found therapists that understood ME/CFS to have fairly regular massage, reflexology and Perrin Technique helpful. These therapies stimulate the lymphatics, helping them to eliminate toxins.

8. I took up daily body brushing. You brush your skin in the direction of the chest. It's important to brush up the sides of the breasts, towards the area just above the breast, as a lot of toxins are stored in breast tissue. Body brushing stimulates the lymphatics and removes blockages.
9. I made sure I had at least one bowel movement each day. Bowel movements are one of the body's main ways to remove toxins.
10. I tried daily rebounding (jumping on a mini trampoline), as this helps stimulate the lymphatics. When I first started I couldn't jump up and down, but I would sit on the sofa and lightly bounce my legs a few times.
11. I eliminated antiperspirants. These products impair the body's ability to eliminate toxins through sweating. If the toxins can't get out, they will be stored in your body.
12. If I didn't understand the ingredients list on any food labels, I avoided it. Strange words on labels usually mean chemicals.
13. I looked into the symptoms of a yeast imbalance of my gut and dealt with this. When bad yeasts grow, they create an imbalance in the body.
14. As I mentioned previously I started to breathe properly.
15. I swapped my normal fluoride toothpaste and mouthwash for more natural versions.
16. I incorporated detoxing clays like bentonite and liquid zeolites into my daily routine. These bind to toxins and ensure they are expelled from the body rather than reabsorbed.
17. I started taking an MSM powder daily and using MSM cream. MSM helps detoxification, inflammation, calcification and general aches and pains caused by these.
18. And finally, I was reducing stress levels, which hinder detoxification for many reasons.

I found that the Perrin Technique (although it made me feel worse initially) was a wonderful way to eliminate the toxic build up in my body and assisted with my muscle aches and pains.

All these things slowly start to make a difference with my general health and energy levels but my skin, hair, eyes and nails all started to feel better and look healthier as well.

FOOD

As for food, on top of following the adrenal health diet I swapped all the bad for good on the below list:

White rice – Brown rice or quinoa

White processed sugars and sweeteners – Honey (preferably raw)

White flours – Wholemeal flours (or gluten-free flours)

Bread – Sourdough

White potatoes – Sweet potatoes

Margarine – Organic butter (yes, a little butter is actually better for you than trans fat margarines) I don't eat dairy, but thought I'd add this in for those that do.

Sunflower & vegetable oils (more nasty trans fats) – Coconut oil (or olive oil for dressings and low temperature heat)

Monosodium glutamate (MSG) – Just about any other herb, spice or flavouring

Caffeine-based drinks – Riobosh tea (caffeine free) or even green tea (which still has caffeine in it, but it also has a lot of positive health benefits)

Fizzy Drinks – Kombucha (it's just like a soda) or even sparkling water with a squeeze of fresh fruit

Store-bought juices, Smoothies & Concentrates – Homemade fresh juice

High sugar fruits (dried fruits, bananas, grapes, pineapples, etc.) – Berries

Table Salt – Sea salt or Himalayan salt

Sweeteners – Honey or fresh fruit

Concentrated Juice / squash – Lemon, orange, lime, ginger or cucumber in water

Vegetarian meat substitutes (like quorn, microprotein or soy) – Fermented options like bean curd or tempeh.

Cooked – Raw food! I made sure 50% of each meal raw.

Ready Meals – Batch Cooking & Freezing

Microwave – Standard Oven or dehydrator

Boiled – Steamed

I also tried to eat foods from the clean thirteen and avoid foods from the dirty dozen.

'The Clean Fifteen' list is composed of the 15 non-organically grown fruits and vegetables that, when tested, had less chemical residue on them than any of the others. This makes them safer to consume than any of the others. 'The Dirty Dozen' list contains the 12 highest chemically-laden fruits and vegetables when tested against all the others, making these the least safe fruits and vegetables to eat. You can look these up online for an up to date version of the lists, as they are changed after retesting each year.

GUT HEALTH AND YEAST IMBALANCES

The next thing I came across and addressed was gut health. When you maintain good gut health, it has a huge, positive impact on your general health. I also believe after all my research that ME/CFS is an autoimmune condition, so it stands to reason that by looking at gut health I could improve my ME/CFS symptoms.

Here are some of the reasons why:

1. The toxicity of the body will be greatly reduced with improved gut health: the digestive system will be able to eliminate more of the toxins from food and drink consumed.
2. With better gut health, you have more digestive enzymes to be able to process foods and absorb and utilize nutrients from your food.
3. The gut is the core of the body's immune system.
4. We produce around 95% of our serotonin in the gut.
5. With better gut health inflammation in the body will be greatly reduced, which helps a whole host of other health complaints.
6. There will be more energy, as the body uses up a lot of energy trying to process foods and drinks that upset the digestive system.
7. All gut-based illnesses, such as IBS, leaky gut and many more, should improve.
8. Brain fog, mental clarity, memory issues and mood issues can all be minimised when addressing gut health, as many of the essential enzymes, vitamins and minerals needed for these functions of the body will be absorbed and utilised more easily within the body.

One of the main things I did to help my gut health was start consuming lots of Fermented / Probiotic Foods. This also started to help me deal with a suspected yeast imbalance/candida/fungus infestation of the digestive system. Many of the symptoms of the a yeast imbalance, again are similar to symptoms of ME/CFS, see the below list:

- Flu / Sinus Problems / Coughs / Sore Throats
- IBS / Upset Tummy / Constipation / Indigestion
- Depression
- PMS / Mood Swings / Irritability
- Headaches / Migraines
- Chronic Fatigue / Low Energy Levels
- Inability to Lose Weight / Weight Gain
- Itchy Skin

- Poor Concentration / Feeling Generally Muddled
- Skin Conditions / Acne / Eczema
- Dizziness
- Muscle Weakness / Pain
- Food and Chemical Sensitivity
- Low Libido
- Thrush / Athlete's Foot
- Poor Absorption of Nutrients

I also started doing the below to thoroughly address the yeast imbalance:

Zapper

A traditional zapper looks like a small box that has two electrodes and a strap attached to it. You wear it next to your skin and it literally draws toxins out, right through the skin. It also kills many viruses, bacteria, fungus and parasites in the body. It also helps to ground you and reduces the effects of electromagnetic stress, because it is negatively charged, just like our planet. Zappers help alkalise and balance the body and they remove everything from herpes and Lyme disease to emotional blockages throughout the body.

Colonics

Enemas and colonics are very effective at removing those pesky critters from the digestive system. Enemas are fairly easy to do at home, but from my research they don't get high enough up the digestive tract to completely remove all the fungus and parasites. Colonics, however, do.

Yeast die-off Diet

This option was a bit more drastic, harder work, but very effective.

To do this, I cut out all sugars; this includes fruit sugars and honey, as well as all the bad sugars. I also cut out all yeasts and funguses and this includes mushrooms, vinegars, pickled goods and alcohol. On top of this, I cut out all items that create a sugary / yeasty effect in the body, so this includes all refined carbohydrates, and many white foods like white potatoes, white flour/pasta and white rice.

I took daily Grapefruit seed extract (not grapeseed extract) and oregano oil for a full 12 weeks. This is also not advised over a long term.

I did feel quite rubbish in the first three weeks until the yeast had started to balance out, but after this I felt better and better every day.

One of the other things I found out was that pretty much everyone with an autoimmune condition is deficient in B12. This B12 cannot be utilized if you take it as a standard supplement, it can however through subliminal B12 supplementation, so I started taking this also.

Dealing with gut health in the above ways had a huge impact on my ME/CFS symptoms and I believe I regained around 30% more of my energy and health back from this over a period of a few months.

DETOXING THE HOME

I found that almost all the symptom of ME/CFS are worsened by toxicity of the body, and many of these toxins come from what's in our home, so I started eliminating these toxins and this was what I did:

1. I stopped using toxic cleaning products in my home. These are absorbed through the skin, through food that has come into contact with them and we inhale them into our bodies.
2. I ditched air, furniture and carpet fresheners. I use a selection of essential oils and water in a spray bottle, or simply sprinkle sodium bicarbonate (bi-carb) onto carpets and furniture.
3. I opened my windows as much as possible to let fresh air in and bad/toxic fumes out.
4. I avoided single-use plastics and soft flexible plastics, like shower curtains, tablecloths and especially when reheating food etc.
5. I stopped using non-stick cookware. And replaced it with ceramic where possible.
6. The house was dusted and vacuum frequently.
7. I purchased an under-the-sink water filtration system.
8. I started washing our clothes and fabrics in a natural washing powder or use soap nuts.
9. I purchased as many detoxifying plants as possible, like Peace Lilies etc
10. I stopped burning standard scented candles as they are full of chemically-based scents and colourings and are also made of petroleum, making them very toxic.
11. I purchased Himalayan salt lamps or candleholders. Himalayan salt draws toxins out of its surrounding environment. It also ironises the air and will also draw dampness from the air.

Although it's hard to tell how much this helps your overall health, I feel for me and my health it was a fundamental part of the process of getting well. I knew the less toxins around me the less my body would absorb and the better I would feel in the long run.

ELECTROMAGNETIC STRESS

Electromagnetic stress is the subtle, effect of stray electrical and magnetic fields on the human body. All electrical appliances give off electrical and magnetic fields when plugged in. These electromagnetic fields (EMF), much like our own body fields, vibrate constantly. When they come into contact with the human body field, they can disrupt cell structures, our immune, nervous and endocrine system responses, and increase the risk of tumour formation. This is called nature deprivation and being ill and at home most of the time means you are spending less time in nature and more time around electrical appliances, thus making it worse.

Again I found that almost all of the symptoms of electromagnetic stress are the same as ME/CFS, so it seemed that by addressing this I would help my own symptoms and I did this by:

1. I removed electrical appliances from my bedroom.
2. I switched off as many appliances in the house as possible at night.
3. Did away with microwave food. Not only do microwaves break down most of the nutrients in your food, they are also a big source of electromagnetic stress.
4. Stopped sitting next to my cordless and mobile phones.
5. I purchased a grounding mat.
6. I practiced grounding meditations and visualisations.
7. I placed a few of the following crystals around my home as they help to minimise the effects of electromagnetic stress: Smoky quartz, Hematite, Black tourmaline, Amazonite, Sodalite and Unakite.
8. I purchase a bio-band, (you can also get a bio-tag, a grounding egg, earthing necklace or other similar items.
9. I was already drinking plenty of fresh, pure water, but this also has a wonderful grounding effect on the body.
10. I used a Zapper, as I mentioned previously. These not only help with many different health concerns, but they also help with grounding.
11. I started grounding yourself. By this I mean I sat in my garden barefoot, with as much skin as possible touching the earth. Contact with the earth re-balances the body and brings us back to our natural rhythm and function.

I found I always felt better after grounding myself and slowly over a period of time I'm sure all of this made a big difference to my symptoms, especially mental function, memory and not feeling like my head was in the clouds so much.

ADDITIONAL INFORMATION

A couple of other things I did which I found really helpful were:

Treating Seasonal Affective Disorder (SAD)

Most people suffering from ME/CFS seem to also suffer from SAD syndrome and as such feel much worse in the winter months. I was certainly like this. So I started treating myself for SAD syndrome. I again got outside in the garden as much as I could manage it. I started using a light box indoors for 2 hours a day. These boxes are pretty bright, so if you have a light sensitivity like me you might have to do this for 10/15 mins at a time and facing sideways on to your face so it's not as bright. I also started using a Vitamin D spray supplement.

All of this definitely stopped my ME/CFS from being worse in the winter months.

Treating Temporomandibular disorders (TMD)

During my years of ME/CFS I always had one continuous headache, which was sometimes better and sometimes worse, but was always there. With this I also had a sore tense jaw, neck and shoulders. No matter how many times I went to see different consultants for it is never got any better. Then one day I came across research for TMD and specifically for TMD with people with ME/CFS and found out it's a very common symptom (I had always thought it was an additional issue, not part of the ME/CFS).

Initially I could not do the exercises they suggested to correct this issue for very long at all and often it would make my headache and jaw pain worse. But slowly over a period of a few months I could do more and more and the tension and pain got less and less.

Bach Flower Remedies

I found the Bach Flower Remedies helped me deal with day to day stresses, tensions and anxieties. Especially when I knew I would have a harder day, maybe going to the hospital or if I'd had some bad news. There's a Bach Flower Remedy for pretty much everything. I used them for things like aiding sleep to dealing with emotional events. They were also great alongside my EFT/Tapping to support my body and mind with the changes I was creating and supporting my mind with the traumatic things I was releasing.

These are great, easy supports that you can carry with you wherever you go. I always used to carry Rescue Remedy whenever I left the house, just in case I needed that additional support when out.

CONCLUSION

Please note that my recovery journey took me around 2.5 years, I didn't become well all of a sudden, but I did feel that with each thing I tried I regained another 5 or 10% of my health back. I slowly chipped away at it; after all it had taken many years to become unwell in the first place, so I didn't expect to be well all of a sudden either. There were days and weeks in this time that I felt terrible again, but these became shorter and shorter each time and my recovery time from doing normal day to day things (which would have floored me for days if not weeks before) also started to get shorter and shorter. I went through many healing crisis in this time, but always came out them feeling a little better than I went in.

Most people would not agree with, or believe, me, but I am grateful for ME/CFS and what it taught me. I never would have been able to say this at the time, as it felt like it was taking away many years of my life, but now I see it literally gave me my life back! I was slowly dying, only surviving, hating much of my life and just plodding on before the ME/CFS. But from becoming so unwell I had no choice than to find a way out of it and thus heal mind and body finally.

I am no longer anyone's victim. I have learnt not to care what people think of me (that's their problem not mine). I am learning every day to be more authentic (listening to my inner self) and not to engage with toxic thought patterns (my own or other people's). I deeply love and adore my husband; I have three naughty, but very loving dogs. I really feel like I have found my calling – that 'thing' that makes my heart sing! Some years back I found out I am dyslexic, so I never thought that 'thing' for me would involve writing, seeing clients, running workshops and doing talks and demos.

I have since trained in many of the therapies that helped me through my recovery. I am about to have my first book published, after coming second place in a competition Hay House publishing House UK ran. This is called *Living a Life Less Toxic* and is due out early 2015. So now you may understand how I can say ME/CFS gave me my life back. I just existed before and now I'm living.

The below quote helped me so much during my recovery and I hope it helps you to stay strong and know there is a path to your own recovery out there and you will find it, I believe it and believe in you!

In the words of Winston Churchill – *'Never ever, ever give up'*

RECOMMENDED READING

Diet, Mal-absorption, Intolerances & Deficiencies:

Autoimmune The Cause and The Cure - Annesse Brockley & Kristin Urdiales

Fibromyalgia - Annesse Brockley & Kristin Urdiales

Longevity Now – David Wolfe

Is it Me or My Adrenals? – Marcelle Pick

Adrenal Fatigue – James Wilson

Could it be B12: An Epidemic of Misdiagnoses - Sally M. Pacholok

Cooking Without (Vegetarian and meat version available) –
Barbara Cousins

Food Enzymes: The Missing Link to Radiant Health – Humbart
Santillo

The Acid-Alkaline Diet – Christopher Vasey

How To Cure Candida: Yeast Infection Causes, Symptoms,
Diet & Natural Remedies – Kelly Wallace

Candida Albicans: Could Yeast be Your Problem? – Leon
Chaitow

Beat Candida: From Thrush to Chronic Fatigue – Gill Jacobs

Raw Food – Ani Phyo

Easy Raw Vegan dehydrating – Kristen Suzanne's

Dealing with Underlying Issues, Trauma & Anxiety:

Tapping for Life – Janet Thomson

The EFT Manual – Gary Craig

Heal Your Body (Meditation CD) – Glenn Harrold

A Chakra Meditation (Meditation CD) - Glenn Harrold

Mindfulness: A practical guide to finding peace in a frantic world (Book & CD) - Prof
Mark Williams and Dr Danny Penman

The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts
and Emotions - Christopher K. Germer

The Power of the Mind:

How Your Mind Can Heal Your Body – David Hamilton

It's the Thought That Counts - David Hamilton

Quantum Field Healing (CD) - David Hamilton

Healing Breakthroughs – Dr Larry Dossey

The Biology of Belief – Bruce Lipton

The Honeymoon Effect - Bruce Lipton

The Secret – Rhonda Byrne

Inspirational Stories:

Joyful Recovery from Chronic Fatigue Syndrome/Me – Sasha Allenby

Why ME? – Alex Howard

Recovery Stories from ME: 50 Personal Stories – Alexandra Barton

The Journey – Brandon Bay

The Alchemist – Paulo Coelho

The Way of the Peaceful Warrior (Book & Film) – Dan Millman

Recollections: An Autobiography – Viktor Frankl

Why I Survive AIDS - Niro Markoff Asistent

MISC:

One Small Step Can Change Your Life: The Kaizen Way – Robert Maurer

The Perrin Technique: How to Beat Chronic Fatigue Syndrome/ME - Raymond Perrin

The Art of Extreme Self-Care: Transform Your Life One Month at a Time – Cheryl Richardson

Imperfectly Natural Woman: Getting Life Right the Natural Way - Janey Lee Grace



Tel 0788 968 1205

Email faith@faithcanter.com

Web www.faithcanter.com **Address** Edinburgh, EH12 8TG

