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## **The Perrin Technique: How to Beat Chronic Fatigue Syndrome/ME of Perrin, Raymond on 31 March 2007**

*From Hammersmith Press Limited; edition (2007-03-31)*

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**From Hammersmith Press Limited; edition (2007-03-31) : The Perrin Technique: How to Beat Chronic Fatigue Syndrome/ME of Perrin, Raymond on 31 March 2007** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Perrin Technique: How to Beat Chronic Fatigue Syndrome/ME of Perrin, Raymond on 31 March 2007:

0 of 0 people found the following review helpful. Very goodBy Cathy PrenkertGot this for a friend who is in love with it. Says it has a great look into being healthy.4 of 4 people found the following review helpful. I have learned a great dealBy coconutcreamcareI found this book by searching the net. I have been detoxing and what use to be pain in my lower common core muscles has moved to my back and has been extremely painful. Using this method of massage and understanding the lymph system has help be fight the pain naturally without commercial pain killers. I am continuing my detox with added exercise and massage with the help of this book. My lymph system had been backup up with buried toxins that have accumulated over years. I am now almost pain free. In fact what pain I may feel is more like an itch. I have done this without the commercial pain med that only block the pain and do nothing to help correct what is wrong.4 of 4 people found the following review helpful. Essential reading for CFS patientBy Jacki BreuerThis book was a huge eye opener for me. It made me take a closer look at things ie: diet, posture, breathing. Together with oestopathy to correct my thoracic spine(my osteo had been saying for 12 months my thoracic spine wasn't right) and attention to essential fatty acids, amino acids and water, I a have no fatigue, no ibs, no headaches, no

pain etc etc. this is essential reading for someone with CFS