

## My story

If you've had a look through my website, you'll hopefully have picked up the fact that I myself have direct personal experience with a fatigue-related condition. Back in 2010 I was diagnosed with ME/Chronic Fatigue Syndrome (ME/CFS), and it took me 7 years to achieve what I consider a full recovery.

If you'd like to find out more about how I performed my own fatigue rescue, and hear more about my story, I talk about some of the key things in this interview with Raelan on YouTube:

<https://youtu.be/Qgs5Y7x9E-k>



*Pamela's*  
**ME/CFS**  
**FULL RECOVERY STORY!**  
39:35

**Pamela's Chronic Fatigue Syndrome (ME) FULL...**

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