

# Chronic Fatigue Syndrome expert Beckie Butcher to be Featured on CUTV News Radio

ELGIN, ILLINOIS, UNITED STATES, July 12, 2017 /EINPresswire.com/ -- Chronic Fatigue Syndrome is characterized by extreme fatigue that can't be explained by any underlying medical condition. As you can imagine, CFS can be an incredibly frustrating, if not altogether debilitating disease that robs you of the essential energy to enjoy a quality of life.

Beckie Butcher is the author of *My Battle With Chronic Fatigue Syndrome*, which chronicles her struggle with the autoimmune disease.

“CFS is like nothing you’ve ever had or heard of anyone else having,” says Butcher. “It isn’t just tired. This is something entirely different. With CFS you know something is very wrong.”

Butcher had been in cooking school at the time. She quit her previous job as a lab tech to do something different with her life. She planned on starting a catering service called The Butcher’s Block. But one day in class, she discovered she was more than just weak; she was exhausted. Her whole body ached. She could barely lift her arms or legs, like anchors were tied them.

“This is not the flu. It was like someone was playing tug of war with my muscles until the fibers break,” recalls Butcher. “I had to drop the class because I could hardly get out of bed. I had to hang on to the walls to walk. Six weeks later I received my diagnosis.”

Whenever she could summon any energy, Beckie was on her computer trying to learn more about the condition. Today, Butcher describes her energy level as “better than it was.” She credits her various support groups and her chiropractor, who offers a unique type of adjustment known as the NUCCA, an upper-cervical adjustment that focuses on the top vertebrae, C1 or “The Atlas.”

“It wasn’t that difficult to write *My Battle With Chronic Fatigue Syndrome* because I was telling my story,” says Butcher. “It’s the same story I told the doctors, the lawyers. But it was an emotional experience. It was cathartic to write this book.”

While there are no approved treatments for CFS, Butcher says you just have to do what’s right for yourself: eat right; take vitamins; and exercise if you can, even if it’s only five minutes a day.

CUTV News Radio will feature Beckie Butcher in a two-part interview with Jim Masters on July 14th at 11am EDT and with Doug Llewelyn on July 21st at 11am EDT.



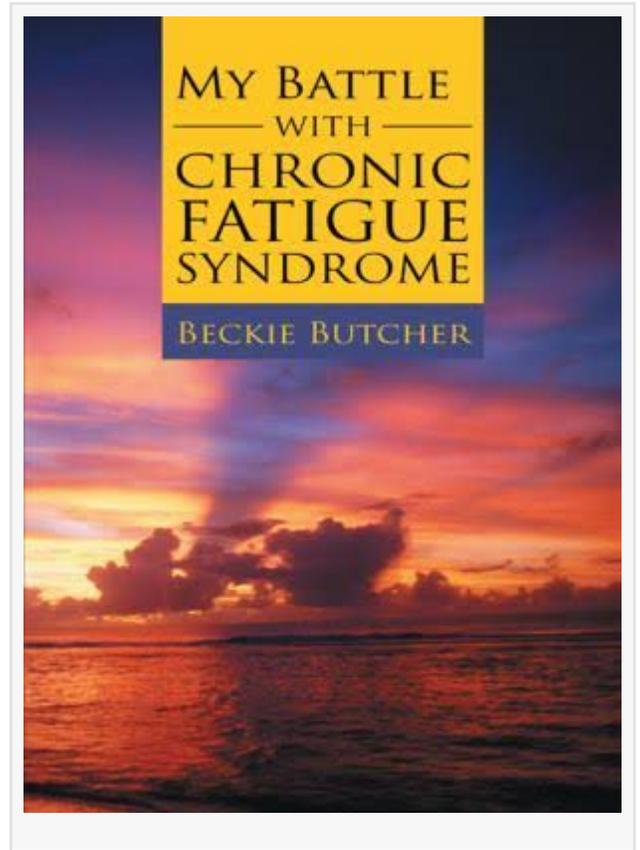
Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Beckie Butcher, visit <http://beckiesbutcher.com>

My Battle With Chronic Fatigue Syndrome is available now on [Amazon](#).

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