



CFS Health Mentorship Recovery Program

2024

WANT TO SEE INSIDE THE PROGRAM?

Get Healthy and Start Living Again.
Welcome to The Mentorship 3.0...



CLICK TO WATCH



About CFS Health

Our team of highly experienced coaches bring with them a wealth of professionally trained knowledge along with their own personal CFS recovery story.



Toby Morrison CFS Health was founded by Toby Morrison in 2009 after personally experiencing Chronic Fatigue Syndrome and enduring a long and frustrating journey to recovery. Recognising the lack of awareness and available treatment for M.E., CFS and Fibromyalgia, Toby developed a step-by-step recovery program to encourage and support other sufferers.

CFS Health is recognised as Australia's first health centre solely dedicated to helping people with M.E., CFS and Fibromyalgia. In 2013 the program launched online and has reached 1000's of people in over 61 countries to date.



Ash Ward is the General Operations Manager here to ensure you're well looked after and that you feel supported during your time with us. Ash is responsible for making sure your experience here is a great one and that you feel confident in navigating the program, our live calls, workshops, and all systems that we have in place to keep you on track. Ash has certifications in coaching, integrative health & wellness, and over 15yrs of executive administration support which has led her to us and leading our wonderful administration team.



Gemma Hanley is the CFS Health Resident Mindset & Wellbeing Coach. After experiencing CFS, anxiety, and depression for over 10 years, Gemma brings first-hand experience through her own recovery, along with her training in mindset and emotional health. With a focus on practical tools for healing the nervous system and a strong interest in the areas of self-sabotage & resistance, emotional intelligence, honest communication, and boundaries, Gemma provides the support needed to navigate this sometimes hidden piece of the CFS recovery journey. Gemma is a qualified Mindset Master Coach.



Dr. Olivia Lesslar is CFS Health's Resident Integrative Medical Doctor with a strong interest in complex chronic conditions such as M.C/CFS, Long Covid, and Complex, multisystem conditions. Dr. Olivia approaches health from a realistic, whole-body perspective. Her teachings and workshops are research-based and fully referenced. Dr. Olivia holds a Bachelor of Medicine, Bachelor of Surgery and has completed postgraduate studies in skin cancer medicine and clinical nutrition management.

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Steph Ryan is our Exercise Physiologist and Specialised Movement Coach here at CFS Health. Steph experienced CFS at a young age and through the CFS Health program was able to recover. It was through this experience that Steph's passion for understanding the body and movement first began. Since then, Steph's love for exercise has only enhanced where she now helps teach others how to have a positive relationship with exercise and movement. Steph holds a Bachelor of Sport and Exercise Science and Master of Clinical Exercise Physiology ESSA AEP, AES and is currently undertaking her PhD.



Ahil Ganesan is one of our General Health Coaches here at CFS Health. Ahil has a Bachelor of Health Science and combined with his own journey of overcoming chronic illness, brings to the team a beautiful compassionate, and first-hand understanding approach. He believes that everyone has the right to feel good, and is here to help you take action and become your best on both a physical and emotional level.



Nathan Fahm Nathan is our Customer Concierge here at CFS Health, and likely one of the first team members you'll chat to. His warm and incredibly supportive nature is what you can expect when you speak with Nathan when you're in the initial stages of wanting to find out more about what we do here at CFS Health. One of Nathan's strengths is being able to see the potential and possibilities that are inside and available to those he chats with. His understanding of the challenges, of what life with a chronic illness entails, allows him to compassionately provide the relevant resources to those looking for help. Whether this be helping you to decide if the Mentorship Program is for you, or guiding you towards our free trainings and resources, Nathan will point you in the direction of what will help you take the next steps.

Getting Unstuck

SOME COMMON QUESTIONS...

- How do I get better?
- Where do I even start?
- How do I progress?
- How do I stop being so stressed?
- How do I get motivated?
- How do I overcome setbacks?
- How do I understand what my body needs?
- How do I stop the push/crash cycle?
- How do I manage anxiety & depression?

WE'VE GOT YOU COVERED



You're not alone!

ARE YOU FEELING...

- Uncertain
- Isolated
- Not understood or misunderstood
- Scared
- Confused
- Overwhelmed

We've been through what you're going through and we've overcome it.

We know how you feel and we have the proven pathways, trainings, and frameworks for what you need to do.

WHAT DOES THE PROGRAM INCLUDE?

We know what works and what doesn't. Let us take the guesswork out of it for you.
We're a one-stop-shop for your recovery.

Online Mentorship Support

ACCESS TO OUR COACHES

- **Access to specialised coaches** - who are empathetic, experienced, and educated in the CFS illness & recovery methods that work
- **Online individualised coaching inside a group setting** - Get coached by our qualified team of coaches on our weekly group Zoom calls to help you break through physical, mental & emotional challenges
- **Monthly themed coaching calls** - covering key topics to accelerate your recovery. These calls are designed to move you in the direction of recovery by focusing on the most common challenges, questions, and struggles that we've seen during our 15 years of recovery experience.
- **Members-only private Facebook group** - be part of a like-minded, positive, uplifting community where you are fully understood and can share and learn from others on the same journey
- **CFS Health Mentors** - be supported by our CFS Health Mentors who are there to guide and support you on your journey. Our Mentors have walked the same path as you so they get it. Their knowledge and rich wisdom is there to help keep you on track.
- **Phone app and online video training modules** - covering every aspect of recovery. Over 40hrs worth of video trainings broken down into specific areas - fundamentals, nutrition, sleep, restorative movement, mindset, social, relationships, women's health, returning to work, + more
- **Weekly accountability check-in** - to increase consistency, motivation, and forward momentum
- **Weekly prompts and reminders** - to keep you fully engaged, accountable, and doing the right things at the right times to make progress with your recovery
- **Hard copy A5 daily planner & daily tracker** - posted to you anywhere in the world
- **Nutrition E-Books** - healthy & easy recipes for snacks, breakfast, lunch, and dinner for sustained energy and stable blood sugar levels

"It was wonderful to be able to track my progress and see that I was increasing my activity without having big set backs. My aches and pains went away quite quickly after I started the program, and over time I realised my brain fog was finally lifting"

Amy

Holistic and Integrated Approach to Recovery

ADDITIONAL TEACHINGS & KEY TAKEAWAYS

MINDSET & EMOTIONAL WELL-BEING

- How to gain confidence
- Dissolve the limiting beliefs and/or fears that are holding you back
- Learn how to not be controlled by negative thought
- How to get out of guilt/shame and other non-useful emotions (we have 3 entire master workshops dedicated entirely to this)
- Become more at peace with yourself
- Learn how to ask yourself the right questions
- Learn how to master your 'inner dialogue'
- The exact questions to remove unnecessary suffering
- Find your own values and learn how to live by them
- How to gain the strength needed to handle life's stressful situations
- How to deal with any difficult circumstances or situation
- Master your thought patterns, routines and sub-conscious behaviours
- Self-coaching techniques
- Overcome the irrational fear that keeps you stuck in a negative cycle

STRESS MANAGEMENT

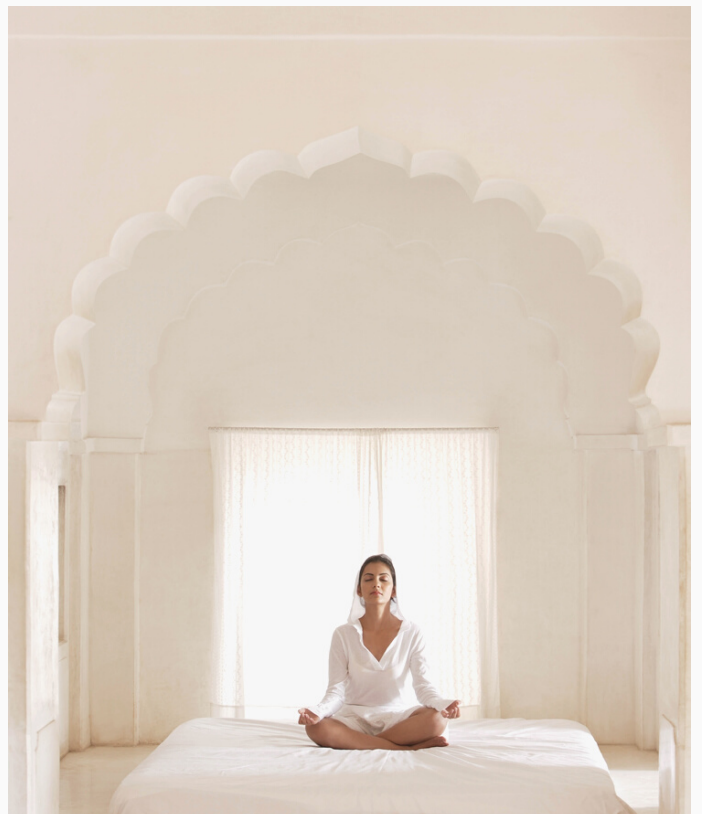
- Basics for everyone
- ANS recalibration
- Supporting GABA
- Supplement advice
- Foods that can aggravate stress
- How to identify supplements helpful for your situation
- Mitochondria basics

SLEEP HEALTH

- Sleep and circadian rhythm
- Reverse sleep cycles
- Basic sleep hygiene
- Advanced sleep advice and hacks

NUTRITION & GUT HEALTH

- Nutrition basics
- Recipe cookbooks
- Gut health c trainings
- Supplementation trainings



SOME COMMON EXPERIENCES

Shared by some of our members as they move through the program

PHYSICAL WELL-BEING

- ✓ I'm feeling more energy and stamina
- ✓ I'm no longer pushing and crashing
- ✓ I'm doing less symptom management and focusing more on progressing
- ✓ I'm able to enjoy the day without fear of feeling worse
- ✓ I have an increase in strength & consistency in feeling better
- ✓ I'm pain and symptom free
- ✓ I'm able to 'do' life without the need to nap
- ✓ I'm able to push without feeling worse
- ✓ I'm able to exercise and move again
- ✓ I'm starting to feel 'normal tired' instead of 'CFS exhausted'
- ✓ I'm able to socialise, go to events and travel more



MINDSET

- ✓ I'm feeling calmer throughout the day
- ✓ I have a reduction in the panic and symptom focus overwhelm
- ✓ I'm able to deal with setbacks more easily
- ✓ I have a feeling of freedom
- ✓ I have increased confidence and a more positive outlook on life
- ✓ I am now understanding negative emotions and how to let them

WHAT DOES OUR DATA SHOW?

What is the recovery success rate of the CFS Health program?

Since each individual is starting at a different place when they join the program, we have members rate where they are on a scale from 1-10 in overall physical well-being, physical stamina, and mindset.

Members usually notice a difference physically within 2 months of being in the program after implementing the baseline framework into their lives. Within 6 months we find our members have either made some or huge improvement from where they started. We find that many of our members make significant progress and lifestyle enhancement within the 9-12 month mark.

Each person's recovery is different, yet everyone is on the same journey to improve their health and quality of life. All results are completely individual and we don't encourage members to expect results by a certain time frame. Our goal for our members is to achieve life-long, sustainable, real results, and this can, and will, take time and patience.

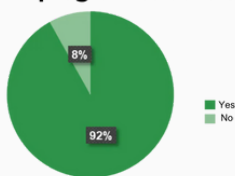
We have many members who get back to working/studying part-time or full-time within 6-12 months. Many members report back to us that they are back playing sports, pursuing new creative endeavours, starting a family, traveling, hiking, and most importantly doing what they love.

Our Program is designed to help you improve your health so you can start living again.

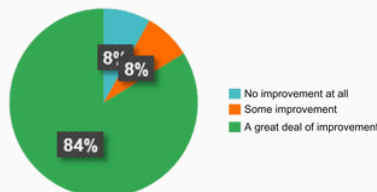
Current 2023 Data

We collect real-life honest data from all members of our program. The results are collated without influence and recorded truthfully.

Would you recommend the program to others?



Overall health improvements



Mindset & Personal growth improvements



TAKING THE NEXT STEP



Program Pricing

The price of our program equates to approximately \$20 AUD per day. We have payment plans with a monthly payment plan of \$639AUD or \$149AUD per week for a minimum of 6 months.

It takes time for the body to adjust to new behaviours even with consistent actions. Six months is the minimum time required to see sustained progress and noticeable results.

Most members stay with us anywhere from 9-15 months to go beyond what they once thought was impossible.

What happens after six months?

Option 1 - You have the opportunity to transition out of our 'recovery focus' Mentorship Program and into our Lifestyle Integration Up-Level Program. This program holds a predominant focus on greater goals, life vision, accountability, relationships, career, mindset, and inspiration. Members can self-enroll in this program at the 6-month mark - gaining a whole new Hub of information and added monthly calls. This is a supplementary and secondary program offered to members at no extra cost. Access to The Mentorship Recovery Program is maintained.

Option 2 - Stay in the Mentorship Program and continue your journey on a rolling monthly membership with no lock-in contract. At the 9-month mark, your membership fee will be reduced by 50% ongoing.

Option 3 - Leave the program and cancel your membership with no additional charges.

TAKING THE NEXT STEP



How do I Join?

We aren't just any program. We do not have an option where you click 'pay now' and you're in. The reason we have an initial call with each client is to ensure that what we offer is something that you actually need and to confirm that you are a good fit for the program. After our call we will both have a feel for whether the program is right for you.

This is a personalised coaching program containing a high level of interactions with the CFS Health Team. We aim to support individuals who have a proactive attitude, are committed to wanting to see results and who are ready to achieve transformational outcomes.

Ensuring our members are in a place where they are ready to make the changes they are wanting allows for greater impact, greater results, and a positive & encouraging safe space for all members.

Ready for the next step?

If this program is what you're looking for, please get in touch by completing an **application form** from our [website](#). We would love to hear from you and help you to make progress and move forward towards your recovery.

Have further questions?



We're here to answer all of your questions and want to help you decide if The Mentorship 3.0 is the right program for you.

You can find our frequently asked questions on our website [HERE](#) or please email our friendly team at info@cfshealth.com and they will be able to answer any question that you have.

TESTIMONIALS FROM OUR MEMBERS



Samantha
The most helpful aspect has been having a clear path to recovery. After years of trial and error, I don't have to stress and think so much any more. I can follow techniques and methods that have been proven to work. It takes the guesswork away and allows me to focus on recovery and long-term resilience.



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Each week our members share their achievements (no matter how big or small) with each other inside our private FB group.



Seeing people's wins and their progress is a sure sign that **if it's possible for them, it's possible for you.**

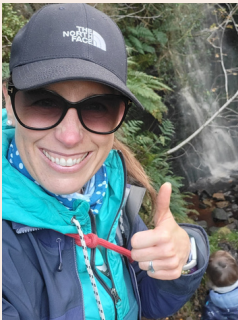


Becky
The clear, no nonsense approach. There's no "magic pill", but time, effort and consistency can get you results. Seeing that others in the programme have made full recoveries keeps me wanting to try. I also appreciate the realistic, multi-faceted approach. There's no "one thing" that will make you better, but here you can find the different areas you need to look at in order to make progress.



10  

Caroline
Without a doubt the thing that has helped me most is the support I receive - from the coaches, mentors and other members. The resources are excellent, a treasure trove of information and help, but I know that even with access to all the information I don't think I would be able to persevere on my own. I am quite a strong-willed person, but at those times when things feel bad and you don't see any progress, I could see myself reaching for the biscuit tin or ice cream tub for comfort. But having access to a wonderful community of like-minded people, I can reach out for advice, support or just empathy when I'm having a bad time. It is just so good to have a community of people who all get it, you don't have to explain anything.

18  



Veronika
At first it was so amazing to feel understood and supported - it still is!!! As the time goes on I think the biggest take I have now from coaching is that it teaches me to be my own coach, leader and advocate. I am starting to rely on myself and feel empowered to make good choices and consequently progress in my recovery.

2  

Miranda
There is SO much that is helpful, but the most helpful to me has been the feeling of Hope that I/we can all recover. 24 years in and I was about ready to give up but the team at CFSHealth all really get it, and the sense or relief at being understood and not having to explain is immense. I'm no longer scrabbling around chasing empty promises of cures, but am being expertly guided through a multi disciplinary program by coaches and mentors, and it is incredible to feel this program can help me get back to living!
The coaches and the community are incredibly supportive, it's great to feel we are all part this journey, especially when it has felt a lonely road for so long.
(And if your worried about the coaching calls, I have joined them from my bed in pyjamas, so brain fogged I didn't know what I wanted to ask and no hope of articulating anything... someone often asks something that resonates.... and if I/you fall asleep, they are recorded so I/you can catch up in your own time.
You will never be made to feel you're doing it wrong... you're either winning or learning...which is winning too!) xx

2  





Kerry
 Hope: The program helped me with my next steps. I'd done a lot of work to get me to the best place I could on my own, but I was stuck there. It's given me the information and support to make a plan for the future, tools that will make it possible and helped me understand how my behaviours impact directly on my health. I have control over making a different future because I can see & feel a difference through little things. I noticed this morning that my average step count has increased by 2000 steps with no adverse symptoms since I started the program which is massive for me.... It's not all plain sailing. I make mistakes & don't always make the best decisions to support my body, but it's no longer "all or nothing". I'm on an upwards path with steady steps forward and I'm not aiming to climb a mountain, rather take a journey that I'm going to appreciate along the way. 🙏



Rita
 The most helpful aspects of the Mentorship program for me are:
 -there is a comprehensive holistic framework.
 -within this framework we are very much encouraged to take ownership of our own recovery.



Elaine
 ...Words really couldn't express the feeling of "coming home to a safe environment" since joining the program....Toby, and team are the kindest most caring people ever...with one combined goalof helping everyone get healthy and start living again...In 4 months time the most noticeable change is probably my improved skin colour....but on the emotional/mindset internally, there is some deep much needed work going on...The benefits of joining the program are really way beyond anything I have ever experienced....and will never regret it...I am in the process of becoming a better more healthy person then I have ever been before....

11 ❤️ 👍



Sue
 The best thing about this programme is that it offers not only hope that you will get better but the support to get there . There is so much information and guidance and also care . For me I have probably watched less of the material and calls than some people and I have struggled to understand baseline but now I get it I think and am definitely stronger and also more mindful and alert to what my body is saying to me at any given time . I use as a gauge going into our local town. Two months ago , I Wd be using a stick and struggling to make it to one shop. Yesterday I walked smoothly around town with no stick albeit slowly . I am 79 so it is never too late and have had CFS for thirty years .
 I interpret baseline as staying within your capacity on any given day and building your health to increase your capacity day by day .

15 ❤️ 👍



Malue
 There's an array of help I've had so there's not one thing I can point out. But I think maybe it's the fact that the mentors are really good at helping in figuring out to pin point what the next step needs to be for each person and the community support there is in the Facebook group. I would not do without it, it has accelerated my recovery process tremendously. And the fact that the mentorship can be tailored to the more social person who likes to be on more video calls or the kind like me who like to be on the chats and watch the videos and on an occasion video call. There's a solution for everyone. I just love that. There's room for everyone.

10 👍 ❤️



*Image kept anonymous





Rhian
I desperately needed not to feel alone; to be heard & to feel understood. I found these here despite being a very limited user of online interfaces. Even just sitting my CFS card by my supplements reminded me I am not alone & I do reach out to the group & share in others journeys too as much as I need to.

Out of that has come what I only hoped and dreamed of, which is a real way forward, not just the belief that I can regain my life, infact my life is regrowing into something far more ME than it ever was before ...but also genuine, valuable, tangible, changes in my capability's and engagement in the world around me.

I now know I will come through this and that I will be richer for it.

8



Sarah-Lyn
First thing that helped me was someone telling me I actually could recover. Then listening to other people's stories and how they did it I literally had a lot of lightbulb moments. One lady said to just trust and go all in and since day one I've never doubted for one minute that I too would recover ... lean into it 100 percent ... you get back what you put in so start small but whatever changes you make stick at it until you master one thing before you move on and add more things. It's good to have a focus. I just chose eating breakfast which I'd never done as a habit. As you conquer one thing after another in a calm and accepting way the momentum grows and the results also multiply. Recovery is 100 percent possible and this program changes lives. It also has a ripple effect because my children are now eating a healthy breakfast too. My husband has lost weight out of the blue after 10 years ... he saw my motivation and hard work and he jumped on board. It really changes the trajectory of your life.

5



*Image kept anonymous



Vicky
For me the most valuable things from joining this programme have been... No longer feeling alone and misunderstood. Having support from this group and the coaches who understand what we're going through and don't judge you. Knowing that recovery IS possible and learning that little by little will grow into a lot more.

Baseline is key, I found it hard at first and was still in the push / crash cycle. But once you find it and can be consistent before gradually increasing/progressing...it really is onwards and upwards.

There is so much information available in the hub, but don't get overwhelmed by this, focusing on the one thing you need right now, is a must.

And don't compare yourself yo others. We are all individuals and at different stages in this recovery journey. Focus on you! Learn and support each other and celebrate yours and others successes.

This community is amazing, the support and information you get is invaluable and life changing 🥰

9



Sue
Where to start..... such wonderful support and caring from Toby and the whole team .. and also the friendship and loving support I've found on the FB community. I delayed joining but so glad I did as there's a whole new understanding about Recovery that I'm gaining through this programme. So grateful for the whole experience 🥰🇺🇸

9



Joyce
After a decade of no path forward and getting worse year to year, I finally have found hope for complete recovery. I have already started to see many improvements after only a few months in the program.

8



Jennifer

For me the most valuable point is that I don't feel alone anymore. I'm surrounded by so many lovely people understanding exactly what I am going through at the moment. The coaches, mentors and Toby Morrison himself reach out their hands to support you with everything you might need to start your own recovery journey. Thank you so much for that ❤️

7



Kate

Being part of a group that understands Is grounding and gives a confidence where before others didn't get it or actively dismissed my diagnosis. I honestly felt so warm and comforted by joining.

And I'm not usually so much a group person.

It's taken me a little while to find my baseline but I think I'm in the arena because I'm noticing more capacity. This is amazing after more than 20 years.

I do recommended the program.

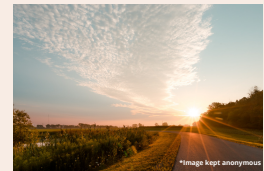
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Lorraine

This program has given me direction on where to start, how to start feeling better with less symptoms and what to do when I go over my baseline and feel awful. Being part of a community that gets exactly what you're going through has also been helpful

5



*Image kept anonymous



*Image kept anonymous



Vanessa

I'm finding it really helpful for a number of reasons;

1. It's taken the guesswork out of stuff - you know that endless scrolling you do looking for answers for how to get better. It's all in one place.
2. If you've got a question it's really easy to ask in the fb mentor group - it's got mentors to guide you if necessary as well as other members going through the same. Also there's the library in the programme and you can now get support in the calls with breakout rooms. All really helpful.
3. The realisation that it's not rocket science but back to basics and being to encouraged to slowly get those basics right.
4. Biggest thing - I'm finding it's working for me (and lots of others). I've not suddenly recovered but every month I'm finding i can do a little more - jobs around the house, started (very gentle) swimming and movement.
5. It's starting to take the fear of movement away. This in turn is improving my HRV. My PEM is nowhere near as bad as it used to be. I haven't had a major 'crash' or setback in about 4 months.
6. A lot of the videos are quite short and therefore doable!

Good luck!

3



Deb

I think for me,even though I was 1st diagnosed 23 years ago and have tried sooo many things,this is the only 1 where there is so much support to help not only to get better but to stay that way.

Some of the other things I've tried helped somewhat but I was often told there you go you're better now get on with life and so quickly slipped back into old habits and became unwell again as I had no clue how to stay well.

This time,there is so much help to understand why we are in this state and the resources to help move through it and beyond,permanently are amazing.

The support from Toby and coaches is great as is the support from other members who totally understand each other,such a big thing to help in recovery.

I watched Toby's videos for about 3 years before I joined and my only regret is I didn't join sooner

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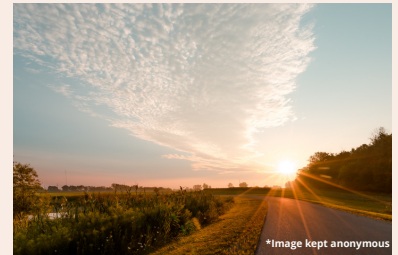




Angela [redacted]
 This programme has given me not only hope that recovery is possible for me but tangible proof. 7 months in I am in a much better place in all aspects of my recovery. I still have a fairly long way to go but the amazing community of members and coaches are right there with me. Wins are celebrated. The member who's win is "I got dressed every day this week" gets as much love as the one who's win is "I climbed a mountain". For me finding and sticking to my baseline was the first step in beginning to recover. This required acceptance but acceptance is not resignation. I have learned to listen to my body so I can work with it rather than fighting against it. This also really helps me work out what the next right thing is for my recovery. I was full of doubt when I started but have learned so much and come so far and it has been worth every dollar. It is an up and down journey but I can say with confidence that Little by little truly does become alot. 🥰



Claire [redacted]
 Tricky to narrow it down! So in supporting Rudi it has been feeling empowered and developing a rock solid belief. This has been achieved by;
 The amazing videos giving us all of the info we could possibly need when we need it
 The experienced voice of all coaches who never waver in their belief of recovery however much we may
 Connection with others who we can reach out to
 Success stories
 Basically it puts us in the driving seat with all of the controls rather than with a few controls that others deem to give us when they see fit (NHS pathway for example)



Lucy [redacted]
 The mindset work with Gemma has been the most valuable part of the programme for me - not just for my recovery but for my life. I am no longer afraid of my own emotions (fear, anxiety, low mood) and am confident in my own ability to handle them and self regulate. This has been a total game changer for me.
 The Facebook group and calls have also been invaluable - being part of a group of people who are all working towards recovery, facing similar challenges and learning to overcome them using the tools in the programme. Everyone is so lovely and supportive too ❤️



Mark [redacted]
 Recovery is possible! Begin by accepting where you are and stop fighting. Mind over matter doesn't work here. Patience and little by little is the way forward. Trust these guys, it works.



Praveena [redacted]
 This program has provided me hope and support that I needed. Before joining I didn't think there was a possibility for recovery but I have learned to set my baseline which I have stopped pushing and crashing. I am sleeping better. Everyone is very positive and helpful. I don't feel alone anymore. I have been in the program for 3 months best decision I made. If you are looking for support in a caring environment with people who understand what you are going through this is the program to be in.





Wendy

There is help with so so many things in the program that it's just too hard to name one! Ask me today and it's the detailed, step-by-step movement mastery program. When I started, a couple of months back, it was the help getting to grips with my baseline and learning how to live with this illness day to day (which no doctor had given me the slightest bit of advice on) and assurance that I *can* get better. The Zoom calls are a huge morale booster, and actually talking to others dealing with this is great!

2



Ester Anna

I joined the program after a serious crash. I'm convinced by the realistic, honest and scientifically based approach. No magic pills, but a down-to-earth, clear approach. Now I have people by my side who are not only helping me to get well again, but who are enabling me to create a healthy foundation for my whole life ❤️. There is hope again and lots of wonderful big and small goals I want to achieve in my life.

2



Katie

The incredible support and community. Knowing I'm finally not alone and I have a safe space to check in and people fall back on. The accountability and connection from the calls. Being able to show up exactly how I am and that being embraced and accepted. The love and encouragement. It's changed my life!

2



*Image kept anonymous



Jenny

I have had cfs/fibromyalgia for most of my life, and I have gone to so many health professionals and tried many things that didn't work. I had given up hope, but I now know that recovery is possible. I tried to do it on my own but I wasn't able to, I needed support. I am also learning a lot from others who are on the same journey as me. My mindset has improved so much, that was a big thing for me.

2



Kim

On March 18 of this year, after my biggest crash ever, I could barely function physically and mentally and am now consistently moving and working again after 16 years of illness. I still have a long way to go but I'm well on my way and learning more and more everyday about how to do recovery and life.

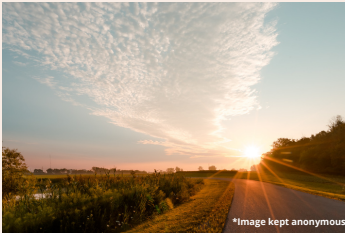
The most helpful aspects have been the understanding of baseline and how to work within my capacity and begin to increase it. This is the foundation of healing - essentially akin to stopping the bleeding and stabilizing someone who is in critical condition so healing can happen. Equally as helpful has been the mindset coaching especially the piece about personal responsibility. It's been extremely sobering and empowering to be able to take a look at myself and my life and - without blame or shame - map out how I contributed to staying ill for so long and understand the role this illness has wanted to play in life. It can sound really triggering to hear but it's so powerful as I am now also able to map out how to get to where I wanna be and step by step I can move towards that. After having felt like a victim for so long there is a deep sense of personal power and gratitude in that. ❤️

2





Toni [redacted]
 The most helpful for me so far has been explaining the baseline. My doctor would tell me you are doing to much and have to stop push and crash. She could never explain how and I just didn't "get it" . Your explanation made it seem so simple. 🙏 This all got the ball rolling for me. Everything else in the program I feel is vital too from diet tips to mindset . Amazing! I'm so grateful ❤️



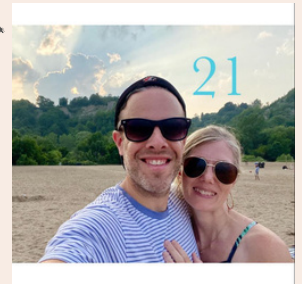
*Image kept anonymous



Kelly [redacted]
 When I connect with the coaches or other members I feel seen and understood because they have walked in my shoes. The support and advice given here is hands-down the most effective I've encountered because it is person-centered, it is based in the wisdom of experience. The mentorship program gives me hope and a path forward toward healing. I don't know how I did this alone for so long, but I'm glad I'm not alone anymore.



Aimee [redacted]
 The sense, of "not being alone" the program/community gives is amazing. Through the live calls with the coaches, the weekly accountability posts, and the Hub! The amount of practical go at your own pace encouraging advise that is available was/is such a life line for me, especially at the beginning when I felt so lost and hopeless.



Karin [redacted]
 This no nonsense program is absolutely gold! Literally everything makes perfect sense. Since I have joined the Mentorship I feel supported, encouraged, validated and affirmed in a way I have never felt before. I feel confident now that I will recover 😊❤️



Jason [redacted]
 So much information, help and support on the program, with no pressure so able to take it all in at your own pace. Excited to dive in to it all at the beginning, but slowly realised slow and steady wins the race!





Kate

For me, the most helpful aspect of CFS Health has been having the community. I don't engage with it every day, but when I do I'm uplifted. And I know it's always there if I need help or guidance, or a little cheerleading. The main benefit for me is that I no longer feel alone in what I'm going through. It's so helpful knowing that there's a group of beautiful, brilliant people all on the same journey, and we're all there to help each other.



Gina

Since joining the programme I am beginning to learn where I have been going wrong. There is such a wealth of information and warm support available. I am now learning body wisdom and realising that what got me here won't get me there 😊

2  



We are incredibly proud of the recoveries and successes some of our members have made. We often sit down with some of them to hear about their full story and what worked and didn't work for them. Click here to watch some of these interviews so that you can learn and be inspired by their insights too!

