



NYC Chiropractor Announces Natural Treatment Solutions for Chronic Fatigue Syndrome

Dr. Josh Wagner, founder of The Life House Chiropractic, Offers Natural Steps to Relief for Chronic Fatigue Sufferers, Announces Upcoming eBook “Access: Freedom From Fibromyalgia”

([PRWEB](#)) March 20, 2012 -- It’s estimated that some 1 million Americans suffer from Chronic Fatigue Syndrome – a disorder with no known cause – though a recent study reports that undiagnosed parasites in the digestion system can lead to CFS, which commonly results in extreme fatigue, cognitive difficulties, depression, headaches, and muscle and joint pain.

But according to [Dr. Josh Wagner](#) – the only Manhattan chiropractor specializing in [Torque Release Technique](#), a drug-free, safe and natural treatment for Chronic Fatigue Syndrome and other chronic pain disorders – the key to eliminating CFS lies in taking natural, proactive steps to build up and strengthen the immune system.

“Like many other chronic pain conditions that have commonly emerged in the last 20 years, CFS is a result of toxicity and internal nervous system stress, which exhaust the body,” says Wagner, founder of [The Life House Chiropractic](#) on Manhattan’s Upper East Side. “Chronic Fatigue should not be looked at as a disease itself, but rather the end result of a distressed nervous system.”

Wagner adds that CFS sufferers need to realize that the first step to regaining their health is to break through long-term despondency over their condition and realize they can get better. “The biggest challenge I see in people with chronic pain conditions is having the belief they can heal,” says Wagner, “and secondly, that they’re ultimately responsible for and in charge of their health.”

Wagner suggests these highly effective steps to help relieve and eliminate the Chronic Fatigue Syndrome.

- **Spinal Adjustments:** Gentle but highly effective spinal adjustments via [Torque Release Technique](#), Network, and Upper Cervical Care help unlock the spine to generate a greater natural healing response from the body’s nervous system—and naturally enhance the immune system. Wagner says spinal adjustments “have been shown to improve immune system functioning by 200%.”
- **Probiotic Supplements and Fermented Veggies:** Adding a daily Probiotic supplement (such as PB 8 Vegetarian formula) as well as including fermented vegetables and local/organic produce for optimal good bacteria each day will enhance overall immune system health, especially gut health. “Fermentation is also an excellent way to preserve vegetables, and it also infuses the body with beneficial microflora and antioxidants,” says Wagner.
- **Get a Cellular Detox:** Adjusting your diet and taking supplements to create a whole body cellular detox – beyond just the usual liver or colon cleanse – is essential to rejuvenate the body and immunity, according to Wagner. For a detailed ‘how to’ manual on cellular detoxification, visit [The Life House website](#).

“CFS is not something anyone is born with or ‘catches’ but should be viewed as a set of symptoms created by the body over time,” adds Wagner. “And through effort and positive changes, the body can heal the very symptoms it created.”



"The [Life House](#) has seen tremendous success in treating people with chronic pain conditions, including chronic fatigue, fibromyalgia, and rheumatoid arthritis," said Wagner. "So many patients who come for care are very frustrated and despondent over their symptoms, and reliant on pain medications to merely keep them functioning in life. But by addressing the root causes with Torque Release and other natural treatments, the body can and does begin to successfully heal."

Wagner also announced The Life House will be offering the public a comprehensive eBook for implementing natural healing strategies for Fibromyalgia and CFS. To receive your copy of the upcoming "ACCESS: Freedom From Fibromyalgia" go to [DrJoshWagner.com](#).

For more information, contact The Life House at 212.876.3286. Also see The Life House on Facebook and Twitter.

The Life House Chiropractic also helps individuals and families dealing with other conditions such as high blood pressure, chronic fatigue, anxiety, depression, migraines, attention disorders, and childhood illnesses. With Torque Release chiropractic care, whether it is an acute or chronic condition, your body will get well naturally.

ABOUT DR. JOSH WAGNER: Wagner is the founder of The Life House Chiropractic, and he was mentored in TRT by its founder, Dr. Jay Holder, and graduated from New York University with honors and earned his doctorate in Chiropractic at Life University in Atlanta, Georgia. Wagner is a native New Yorker raised in Chappaqua.

The Life House Chiropractic : 19 East 71st Street, Suite 5a, New York, New York 10021 : 212.876.3286 : info(at)lifehousechiropractic(dot)com or visit <http://www.lifehousechiropractic.com>
#

**Contact Information****Josh Wagner**

The Life House

<http://lifehousechiropractic.com/>

212.876.3286

Online Web 2.0 VersionYou can read the online version of this press release [here](#).