

Treatment

There isn't a magic bullet that can cure M.E. but there are a number of approaches that can help.

- [Managing pain](#)
- [Sleep disruption](#)
- [Mood problems](#)
- [Diet and nutrition](#)

- [Pacing](#)
- [Cognitive Behavioural Therapy \(CBT\)](#)
- [Graded Activity Therapy \(GAT\)](#) / [Graded Exercise Therapy \(GET\)](#)

- [NHS](#)
- [Private practitioners](#)
- [Complementary approaches](#)

Many of these subjects have also been covered in our magazine, [InterAction](#).

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