



ME/CFS Australia (Victoria)

Address: PO Box 7100, Dandenong VIC 3175

Office: (03) 9791 3100

Support: (03) 9791 2199

Fax: (03) 9793 1866

Email: admin@mecfs-vic.org.au

Website: www.mecfs-vic.org.au

ABN: 22 385 438 041

ARBN: 136 448 050

IAN: A0016974N

DGR: 900279668

CONDITIONAL TAX INVOICE

Library Information

The ME/CFS Victoria library houses books; local, interstate and international ME/CFS journals and newsletters; and a small selection of videos and DVDs.

Please find attached a list of all the resources available in the ME/CFS Victoria library. Many of these books are available for loan and can be borrowed by contacting the office on (03) 9791 3100. You may borrow them in person by visiting the Dandenong office (by appointment) or we are able to post books and other resources to you. These resources are posted to you free of charge, however it is your responsibility to cover cost of postage for their return. Resources must be posted back to ME/CFS Australia (Victoria), PO Box 7100, DANDENONG VIC 3175.

Credit card details may be required in some instances to secure library loans. To protect against loss of our resources, costs will be pursued if no contact has been made by you and borrowed resources have not been returned to Dandenong within a reasonable timeframe. We trust that you will look after our resources and return them within the agreed timeframe.

Some resources we only hold one copy of and are therefore not available for loan outside the office. At any given time, up to a quarter of our resources are on loan, however staff are happy to reserve a copy if you request it, to be posted out when available.

Your local library may also have some of the books listed or they may be able to get them for you. Many have online searchable catalogues.

Our website at <http://www.mecfs-vic.org.au/> also contains a broad range of information on ME/CFS.

Borrowing Guidelines

- Borrowing is restricted to **current members only**.
- Members are able to borrow **two resources** at a time.
- All borrowed resources must be returned within **four weeks**.
- If you wish to retain the book for more than four weeks, please notify the ME/CFS Victoria office on 9791 3100, or email admin@mecfs-vic.org.au.
- ME/CFS Victoria may pursue borrowers for costs if resources are not returned by the due date.

Please note that opinions expressed in library material are not necessarily those of the Committee of Management, staff, volunteers or of the total membership of ME/CFS Australia (Victoria). ME/CFS Australia (Victoria) does not endorse or recommend any specific treatment or program and assumes no responsibility for any treatment undertaken by any person as a result of information obtained from the ME/CFS Australia (Victoria) library.

If you would like to borrow any of the available books, please contact us on the **office number**, (03) 9791 3100. The office is open from 9am – 5pm Monday – Friday, however if you find the line unattended, please leave a message on the answering machine and we'll get back to you as soon as possible.

We hope that you will find the library facilities useful.

Library Catalogue

Books (* denotes available for borrowing)				
	AUTHOR	TITLE	YEAR	Approx. Postage (VIC)
	ACTA	Contacts and Resources	2003	
*	AESSRA	Natural and Non Toxic; Hospital Guidelines	2009	\$1.80
*	ALEXANDER, Phillip	Your Allergies Can Be Cured	1988	
*	ALEXANDER, Phillip	It Could Be Allergy & It Can Be Cured	1997	
*	ANDERSON, Kirrily	Creative for a Second	2008	
*	ARBER	The Joke's on ME! (Cartoons)	1992	
*	BARTOSY, F	Victory Over Chronic Fatigue Syndrome	1998	
*	BELL, David S	A Parents' Guide to CFS	1999	
*	BELL, David S	The Doctors' Guide to CFS	1994	
*	BELL, David S	Faces of CFS	2000	
*	BELL, David S	The Disease of a Thousand Names	1991	
*	BELL, David S	Cellular Hypoxia and Neuro-Immune Fatigue	2007	
*	<i>BELL, Lerna & SEYTOR, Eudora</i>	<i>Gentle Yoga</i>		
*	BERGER, Stuart M	What Your Doctor Didn't Learn	1998	
*	BERNE, Katrina	CFS, FM and Other Invisible Illnesses	2002	
*	BERNE, Katrina H	Running on Empty	1995	
*	BESTED, Alison	Hope and Help for CFS and Fibromyalgia	2008	\$3
	BLYTHE, Sandy	Blythe Spirit	2000	
*	BRADY, Tami	Strategies: A CFS and Fibromyalgia Journey	2008	
*	BRIGHTHOPE, Ian	Fighting Fatigue	1990	
*	BROTHERSTONE, Naida	Adolescence and ME/CFS Journeys with the Dragon	2001	
*	BRUNO, Richard	The Polio Paradox	2002	
*	BURNS, David D	Feeling Good	1980	
*	CABOT, Sandra	Boost Your Energy	1997	
*	CAMPBELL, Bruce	The Patients Guide to CFS and Fibromyalgia (3 Copies)	2005	
*	CAMPLING, F & SHARPE, M	CFS – The Facts	2000	
*	CAMPLING, F & SHARPE, M	Living with a Long-Term Illness	2006	
	CARTER, Warwick	The Complete Home Guide to Medication	2003	
*	CHAITOW, Leon	Fibromyalgia and Muscle Pain	2001	
*	CHAITOW, Leon	Candida Albicans	1985	
*	CHAITOW, Leon	Post – Viral Fatigue Syndrome	1989	
	CHALDER, Trudie	Coping With Chronic Fatigue	1995	
*	CHALMERS et al	Fibromyalgia, CFS & RSI	1995	
*	CHAMBERS, Jeremy	The Vintage and the Gleaning	2010	\$6

*	COLBY, Jane	Zoe's Win	1999	
*	COLLINGE, William	Recovering From ME	1993	
	COLLINS (<i>Publisher</i>)	Collins Dictionary of Medicine	1999	
*	CONWAY, Blithe	The Health Care System	2000	
?	COURMEL, Katie	A Companion Volume to Dr Jay	1996	
?	CRAGGS-HINTON, Christine	The Chronic Fatigue Healing Diet	2003	
*	CRESP & STEVENSON	The CFS Glossary	2000	
*	CROOK, William	The Yeast Connection	1986	
*	CRUMPLER, Diana	Chemical Crisis: One Woman's Story		
*	CUSACK & NAVIN	A Carer's Guide To Good Health	1991	
*	DAVIES & STEWART	Nutritional Medicine	1987	
?	DAWSON & SABIN	Chronic Fatigue Syndrome	1993	
*	DE MEIRLEIR & MCGREGOR	Journal of CFS (Volume 11, No. 1)	2003	\$1.80
?	DE MEIRLEIR & PATARCA	CFS: Critical Reviews & Clinical Advances	2000	
	DE MEIRLEIR, Kenny	ME/CFS Research Forum	2005	
*	DE SCHEPPER, Luc	Full Of Life	1991	
*	DI GERONIMO, Theresa	New Hope for People with FM	2001	
	Dorling Kindersley Book	Human Body	2001	
*	DUNCAN, Bruce	CFIDS, Fibromyalgia and the Virus-Allergy Link	2001	
*	DWYER, John	The Body At War	1993	
*	EARL, Peter	Wounded Voices	2001	
*	EATHER, David	The Cause of CFS	2000	
	EATON, John	The Reverse Therapy Approach	2005	
*	ELKINS, Rita	Transfer Factors: Nature's State of the Art Immune Fortifiers		
?	ENGLEBIENNE & DE MEIRLEIR	CFS—A Biological Approach	2002	
*	FARNBACH & FARNBACH	Overcoming Performance Anxiety	2001	
*	FINCH, Jacqueline	Energy in the Red	1995	
*	FISHER et al	Chronic Fatigue Syndrome	1987	
	FOSKETT, Debbie & STEEL, Cate	An Appetising Alternative: Sugar Free Cookery	1983	
*	FOX, Joyce	Surviving M.E.	1996	
?	FRIEDBERG & JASON	Understanding CFS	1998	
*	FRIEDBERG, Fred	FM & CFS: Seven Proven Steps to Less Pain & More Energy	2006	
	GIBSON, Pam	MCS – A Survival Guide	2000	
*	GOLDBERG, Arnold	M.E. A Personal Diary	1998	
	GOLDSTEIN, Jay	Betrayal By The Brain	1996	
	GOLDSTEIN, Jay	The Limbic Hypothesis	1993	
	GOLDSTEIN, Jay	Tuning The Brain	2004	

	GOODNICK & KLIMAS	Chronic Fatigue & Related Immune Deficiency Syndromes	1993	
*	GOVERNMENT OF SOUTH AUSTRALIA	MCS: Guidelines for South Australian Hospitals (Paper)	2010	\$1.20
	GRANGER-MOTTON, Wendy	Recipes from my Wheelchair	2000	
*	HALE, Teresa	Breathing Free		
*	HALLOWELL, Edward M	Worry: Hope and help for a common condition	1997	
*	HAMMERLY, Milton	Fibromyalgia	2000	
*	HANSEN, Michael	The Land of the Walking Trees	1993	
	HARRIES, Jane	Eat to beat Fatigue	2006	
*	HARRISON, John	Love Your Disease	1984	
*	HARTWELL, Lori	Chronically Happy		
*	HATCHER, Leigh	I'm Not Crazy, I'm Just a Little Unwell	2005	
	HEART FOUNDATION (<i>Publisher</i>)	Deliciously Healthy Cookbook	2001	
	HILLARY, Eve	Children of a Toxic Harvest	1997	
*	HOOPER, Malcolm & WILLIAMS, Margaret	Magical Medicine: How to Make a Disease Disappear	2010	
*	HOWARD, Linda	ME and My Ducks	1996	
*	HO-YEN, Darrel	Better Recovery from Viral Illnesses	1987	
*	HUGOE-MATTHEWS, Jeanne	CFS: A Concise Guide to Assessment and Management	2009	\$8.80
	HYDE	The Clinical and Scientific Basis of ME/CFS		
*	HYDE, Byron	Missed Diagnoses: ME and CFS	2009	\$1.80
*	INTERACT	There's No Such Thing as a Silly Question		
	Invest in ME	Quotable Quotes	2007	
*	Invest in ME	Lost Voices from a Hidden Illness, Eds. 1 and 2	2009	
*	JACKSON, Alastair	Understanding CFS	2000	
*	JADIN, Cecile	A Disease Called Fatigue	2002	
*	JAHNE, Mary	The Bitter And The Sweet	1997	
*	JANOW, Ellie	A Time To Fly	1994	
*	JEFFREYS, Toni	The Last Of The Green-Toed Fruit Bats	1989	
*	JEFFREYS, Toni	The Mile High Staircase	1982	
*	JENKINS & MOWBRAY	Post-Viral Fatigue Syndrome	1991	
*	JOHNSON, Hillary	Osler's Web	1997; 2006	\$14
*	KEYNES, Randal	Annie's Box	2002	\$8
	KLIMAS & PATARCA	Clinical Management of CFS	1995	
*	KNOOP, David	The Human Cost Of Unemployment	1994	
	KRUCKENBERG, Teresa	When the Pain is Real	1995	
*	LE GRICE, Martin	Managing ME	1995	
*	LEWIS, Dr. D	CFS Discovery Journal	2001	
*	LEWIS, Dr. D	Turning Disability Toward Ability	2003	

	LININGER	A-Z Guide to Drug-Herb-Vitamin Interactions		
	LISMAN Susan R	Chronic Fatigue Syndrome for Dummies	2007	
	LITTLE, C.H	A Guide to Allergy and Related Disorders	1990	
	LORD, Barbara	The Green Cleaner	1989	
*	LYNCH, Alastair	Taking Nothing for Granted	2005	
*	MACINTYRE, Anne	ME How To Live With It (3 Editions)	1989; 1992; 1998	
*	MACINTYRE, Anne	Chronic Fatigue Syndrome: A Practical Guide		
	MANU, Peter	The Pharmacotherapy of Common Functional Syndromes		
*	MARSDEN, Kathryn	All Day Energy	1995	
*	MARSHALL, Peter & KEHOE, Nick	Shattered	2001	
*	MAYNE	A Year Lost and Found	1987	
*	Mc KISSOCK, Mal	Coping With Grief (2 Editions)	1992; 1995	
*	MEDIPAGES	Medipages of Melbourne: Easy Referral Guide	2001	
	MILLER, Lynette	Managing Stress	2000	
	MIMS Annual		1996	
*	MOORE, Shiloh	Stranger In The Moving Chair	2004	
*	MUNSON, Peggy	Stricken	2000	
*	MYHILL, Sarah	Diagnosing and Treating Chronic Fatigue Syndrome	2009	\$12
*	NAUGHTON & PIERCE	Snoring, Sleep Apnoea and Other Sleep Problems		
*	NHMRC Report	Dental Amalgam & Mercury in Dentistry	1999	
*	NUGENT, Steve	The Missing Nutrients		
	O'BRIEN, Crystina	Chronic Fatigue Busters	1996	
	OXFORD (Publisher)	Australian Oxford Dictionary	2002	
	OXFORD (Publisher)	Concise Medical Dictionary	2002	
*	PALL, Martin	Explaining 'Unexplained Illnesses' (incl. CFS)	2007	
	PALMER Linda A	My Grace is Sufficient: How a Christian dealt with ME	2007	
	PARKER, Kate	Mapping Your Potential	2004	
*	PATARCO MONTERO	Treatment of CFS in the Anti-Viral Era	2001	
*	PATARCO-MONTERO	Phytotherapy of CFS	2001	
*	PATARCO-MONTERO	Concise Encyclopaedia Of CFS	2000	
*	PATARCO-MONTERO	CFS and the Body's Immune Defence System	2002	
*	PATARCO-MONTERO	Innovations in CFS: Research and Clinical Practice	2001	
*	PERRIN, Raymond	The Perrin Technique (2 Copies)	2007	
	PHILANTHROPY AUSTRALIA	Australian Directory of Philanthropy	1996/97; 1998/99; 2000/01	
*	PLACE, Simone & Fred	Chin Up and Grin Up		
*	PURCELL, Marg	Chronic Fatigue Syndrome: A Journey I'm Still On (4 Copies)	2008	

*	PURI, Prof. Basant K	Chronic Fatigue Syndrome	2005	
*	RAGG, Mark	The Low Allergy Garden	1996	
*	RAMSAY, Melvin	ME & Post – Viral Fatigue States	1986	
*	REEKIE, Lillian	Hidden Dangers	2007	
*	RICHARDSON, John	Enteroviral & Toxin Mediated M.E.	2001	
*	RODEN, Helen	Precious Memories	2001	
	ROGERS, Sherry	Tired or Toxic	1990	
*	RPA Hospital Allergy Unit	Friendly Food	1991	
*	RUSSEL, I Jon	The Fibromyalgia Syndrome: A Clinical Case Definition for Practitioners	2003	
*	RUSSELL, I. Jon	The Fibromyalgia Syndrome: Case Definition	2003	
*	SADIGH, Micah	Autogenic Training	2001	
*	SAMRA, George	The Hypoglycaemic Connection	1989	
*	SAMWAYS, Louise	The Chemical Connection	1989	
*	SANITARIUM	Healthy Fast Food	2000	
*	SCHIRMER, Jacki	When I Am Weak	1994	
*	SCHULTZ & SCHULTZ	The Key to Caring	1990	
*	SHEPHERD, Charles	Living with ME - The Chronic Post- Viral Fatigue Syndrome	1998	
*	SHEPHERD, Clarissa	Find Your Way: A guide to healing while living with CFIDS and Fibromyalgia	2009	
*	SMITH, David	Understanding ME	1989	
*	STAFFORD, Julie	Taste of Life	1998	
*	STATHAM, Bill	The Chemical Maze	2001	
*	STEWART, Alan	Tired All the Time	1993	
*	STEWART, Robin	Chemical Free Home	1998	
*	STRAUS, Stephen	Chronic Fatigue Syndrome	1994	
*	SWAIN, et al	Salicylates and Amines	1998	
*	TEITELBAUM, Jacob	From Fatigued to Fantastic	1996; 2001; 2007	
	THIELE, Geoff & Anne	Sleep Too Much or Too Little	1999	
*	TOMASETTI, Glen, (editor)	Oyster Grit		
	UPFAL, Jonathon	The Australian Drug Guide		
*	VASSALLO, Jody	Omega Three	2005	\$1.80
*	VAYDA, et al	Chronic Fatigue: The Silent Epidemic	1991	
*	VERRILLO & GELLMAN	CFS: A Treatment Guide	1997	\$8.80
	WALKER et al	Chronic Illness	2003	
*	WHITMORE, Trixie	Toxic Chemical Free Living	1990	
*	WHITTAKER, J & ADDERLEY, B	The Power of Magnets to Relieve		
*	WILLIAMSON & SAATHOFF	The Fibromyalgia Relief Book	1998	

*	WILLIAMSON, Graham	The Herbal Medicine Guide		
*	WILLIAMSON, Miryam	Fibromyalgia	1996	
*	WILSON, James L	Adrenal Fatigue: The 21 st Century Stress Syndrome	2001	
*	WILSON, Janet	So this is CFS?		\$1.80
*	WYLIE, Linda	Chronic Fatigue Syndrome is a Real Pain...	2005	

Media (* denotes available for borrowing)

TITLE	FORMAT	YEAR
* Professor Malcolm Hooper – Engaging With ME	CD	2005
* A Brief Look at Managing and Overcoming ME/CFS	CD	2002
* Sacha Harris – Interview with Penny Mulvey	CD	2003
* Journal of CFS (Volume 12, Issue 1)	CD	2004
* Leigh Hatcher – I’m Not Crazy, I’m Just A Little Unwell	CD	2005
The Building of Restorative Health Seminar Neville Millen (2 Disc Set)	CD	2006
* Seminar – Dr. Michelle Tellus and Dr. Peter Holsman	DVD	2004
* Engaging with ME – Professor Malcolm Hooper (5 Copies)	DVD	2005
* Chronic Fatigue Syndrome: The Heart of the Matter – Dr. Paul R Cheney (3 Copies)	DVD	2006
* CFS and Diastolic Cardiomyopathy – Dr. Paul Cheney M.D. PhD (2 Copies)	DVD	2005
* Awareness Week Seminar – Prof. Robert Allan, Dr Elise Julien, & Simon Molesworth	DVD	2006
* CFS Pain Disorders – Bioscreen, H. Dunstan & Dr G. Reed	DVD	1999
* Dr. N. Speight & J. Chapman – Alison Hunter Memorial Foundation	DVD	2001
* ME/CFS: The Breaking News from Around the World (2 Copies)	DVD	2007
* Chronic Fatigue Syndrome – Nicole Phillips	DVD	2007
* New Horizons: ME/CFS Biomedical Conference (2 Disc Set)	DVD	2007
* Invest in ME – The International ME/CFS Conference 2009 (4 Disc Set)	DVD	2009
* Invest in ME – The International ME/CFS Conference 2006 (4 Disc Set)	DVD	2006
* Invest in ME – The International ME/CFS Conference 2007 (4 Disc Set)	DVD	2007
* ACTA Conference 2001 – The Influence of Environmental Toxins (2 Disc Set) (3 Copies)	DVD	2001
* Kenny De Meirleir Patient Conference 2006 (3 Copies)	DVD	2006
* Kenny De Meirleir Clinical Conference 2006 (4 Disc Set) (2 Copies)	DVD	2006
* Mask of Deception (3 Copies)	DVD	2007
Fibromyalgia: Show Me Where it Hurts	DVD	2007
The Perrin Technique	DVD	2007