L-Carnitine is actually popularly known to be a weight loss supplement. This natural remedy is linked with many health benefits.

(Newswire.net -- May 29, 2018) Orlando, FL -- Researchers are conducting more and more study to improve people's quality of life and health. Some symptoms, like fatigue, are a popular subject of many studies, and this is due to the fact that they affect many people.

A new study found that there are two treatments of chronic fatigue syndrome that offer long-term benefits for those with the condition. In this study, the researchers investigated four potential treatments for chronic fatigue syndrome (CFS).

They found that graded exercise therapy (GET) and cognitive behavioral therapy produced better outcomes, compared to standard medical care (SMC) and adaptive pacing therapy (APT).

These two treatments have long been found to offer long-term benefits for CFS sufferers.

The research team was from Oxford University, King's College London and Queen Mary University of London.

This study was funded by the Medical Research Council. The researchers contacted those who participated in the original study to determine how they were faring two and a half years following the start of the treatments.

The investigators found improvements in fatigue and physical functioning, which were maintained in the long-term. This was with the trial involving CBT and GET.

"The finding that participants who had cognitive behavioural therapy and graded exercise therapy had maintained their improvement over 2 years after entering the trial, tells us that these treatment can improve the long-term health of people with CFS," says Professor Michael Sharpe from the University of Oxford.

Scientists further found that those who originally had CBT or GET were less prone to seeking additional therapy after the study than those who originally had the standard medical care alone.

It is important to understand that there are many cases of fatigue that are caused merely by insufficient intake of the right types of nutrients. It is important to follow a healthy diet to fight fatigue.

Many researchers have conducted studies and found certain types of food have nutrients that increase energy. Certain natural remedies like L-Carnitine have been found helpful in energy production inside the body.

L-Carnitine is actually popularly known to be a weight loss supplement. This natural remedy is linked with many health benefits. It is even widely consumed now for preventive health purposes.

It can potentially enhance the production of energy inside the body. It may be efficiently and safely consumed through the use of Divine Bounty L-Carnitine.

This amazing formula may potentially be helpful to those who want to improve their energy levels. It is crafted carefully in an FDA-inspected facility in the United States. It actually continues to gain increasing trust and interest from consumers.

(http://www.amazon.com/dp/B06XF7K9MM)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced

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