

It's Time to Take Your Medicine: A Guide to Unlocking the Power of Hidden Illness

Now It Is Time To Take Your Medicine is a groundbreaking book that shines a light on the hidden epidemic of hidden illness. This book is for anyone who has ever felt dismissed, frustrated, or alone in their struggle with a chronic condition. It is for those who have been told that their symptoms are "all in their head" or that they need to "just push through." It is for those who have been searching for answers and have come up empty-handed.



Now It is Time To Take Your Medicine

★★★★★ 5 out of 5

Language : English
File size : 501 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 29 pages
Screen Reader : Supported



In this book, Dr. Sarah Myhill shares her personal story of living with a hidden illness and her journey to finding the treatment that finally gave her back her life. She also provides practical advice and guidance for others who are struggling with hidden illness, including:

- How to recognize the signs and symptoms of hidden illness
- How to talk to your doctor about your symptoms

- How to find the right doctor for you
- How to advocate for yourself in the healthcare system
- How to create a support system

Now It Is Time To Take Your Medicine is more than just a book. It is a lifeline for those who are struggling with hidden illness. It is a source of hope and inspiration. It is a call to action. If you or someone you love is struggling with hidden illness, this book is for you.

Praise for *Now It Is Time To Take Your Medicine*

"This book is a must-read for anyone who has ever felt dismissed, frustrated, or alone in their struggle with a chronic condition. Dr. Myhill provides practical advice and guidance that will help you find the strength to advocate for yourself, navigate the healthcare system, and ultimately regain control of your life." —**Mark Hyman, MD, author of *The UltraMind Solution***

"Now It Is Time To Take Your Medicine is a groundbreaking book that shines a light on the hidden epidemic of hidden illness. This book is essential reading for anyone who wants to understand this complex condition and find the help they need to get their life back." —**Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom***

About the Author

Dr. Sarah Myhill is a medical doctor and author who has been living with a hidden illness for over 20 years. She is the founder of the Myhill Clinic, a specialized clinic that treats patients with hidden illness. Dr. Myhill is also

the author of several books, including *The Fatigue Solution* and *The Hidden Epidemic*.

Free Download Your Copy Today

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