



What is CFS Recovery?

At CFS Recovery, we help individuals with ME/CFS, Long COVID, and related conditions rebuild their health through a science-backed approach called Neuroplastic Therapy.

This method harnesses the brain's ability to rewire and restore balance in the body through nervous system regulation and mind-body retraining. Our programs combine education, coaching, and practical tools that create lasting change.

Our team is made up entirely of people who have personally recovered from these conditions, bringing deep understanding, compassion, and proven methods to help others move from surviving to thriving

Conditions We Support



Long COVID

Persistent symptoms following COVID-19 infection, including fatigue, brain fog, and autonomic dysfunction



Myalgic Encephalomyelitis/Chronic Fatigue Syndrome

Characterized by extreme fatigue, post-exertional malaise, unrefreshing sleep, and cognitive impairment lasting 6+ months.



Fibromyalgia

Marked by widespread musculoskeletal pain, fatigue, sleep issues, and cognitive difficulties . Often grouped with central sensitization conditions like myofascial pain syndrome.



Post-Vaccine Syndromes

Similar symptom patterns occurring after vaccination, often involving immune and nervous system dysregulation.



Post-Viral Fatigue

Debilitating fatigue and related symptoms following various viral infections like EBV, HHV-6, and others.



Dysautonomia

Autonomic nervous system dysfunction causing abnormal heart rate, blood pressure, irregular digestion, and temperature regulation. Common forms include POTS and orthostatic hypotension.



Multiple Chemical Sensitivities (MCS)

Low-level exposure to chemicals (fragrances, cleaners, smoke) triggers headaches, fatigue, or respiratory symptoms, overlapping with idiopathic environmental intolerance.



Chronic Pain

Pain lasting beyond normal healing (over 3–6 months), often linked to nervous system dysregulation. Includes Complex Regional Pain Syndrome (CRPS), trigeminal neuralgia, chronic migraine, and neuropathic pain.

We support individuals ranging in age from **11 to 82 years old**, with illness durations spanning from **a few months to over five decades**.

Common Symptoms We Address

- **Neurological**

- Difficulty concentrating or focusing ("Brain Fog")
- Memory problems
- Headaches
- Anxiety
- Depression
- Restlessness
- Tinnitus

- **Autonomic**

- Dizziness or lightheadedness
- Changes in sensory sensitivities
 - Sensitivity to light
 - Sensitivity to noise
- Sleep disturbances
- Heart rate and blood pressure fluctuations (POTS)
- Digestive problems (IBS, Food sensitivities)
- Bowel and Bladder dysfunction
- Sweating or body temperature regulation issues.

- **Systemic**

- Fatigue
- Nausea
- Body aches
- Shortness of Breath
- Post Exertional Malaise (PEM)
- Sore throat
- Enlarged lymph nodes



Addressing the Entire Recovery Spectrum

- 1 — Bedbound (0%-20%)**

Peak debilitation with constant, extreme symptoms. Body and mind in perpetual alarm state.

 - Physical challenges: eating, sitting up, walking, basic hygiene
 - Emotional challenges: intense fear, difficulty accepting condition
- 2 — Housebound (20%-40%)**

Progressing toward recovery with intense but fluctuating symptoms.

 - Physical challenges: walking, showering, conversations, driving
 - Emotional challenges: intense anxiety, fear of relapse
- 3 — Semi-Functional (40%-60%)**

Emerging functionality with less intense but persistent symptoms.

 - Physical challenges: endurance activities, part-time work, social outings
 - Emotional challenges: fear of overexertion, fear of regression, reintegration
- 4 — Functional (60%-80%)**

Minimal symptoms with balanced nervous system function.

 - Physical challenges: avoiding overexertion during full recovery
 - Emotional challenges: adjusting to life post-recovery, identity shifts, recovery burnout
- 5 — Thriving Beyond Recovery (80% - 100%)**

The nervous system is balanced, promoting healing and an absence of all symptoms.

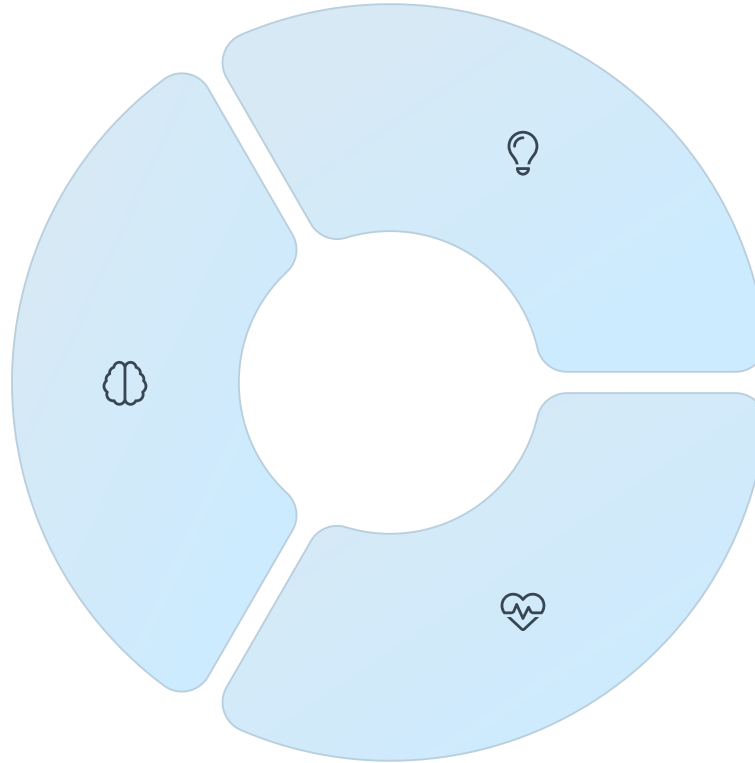
 - Physical challenges: Re-integrating into vigorous exercise
 - Emotional challenges: Identity solidification, long term emotional resilience and stress management

The recovery journey is non-linear and requires personalized support at each stage.

Our Neuroplastic Therapy Approach

Nervous System Regulation

Practical tools to help calm and rebalance your body's stress response, including pacing strategies, sensory regulation, and restorative rest techniques..



Cognitive Reframing

Evidence-based strategies to reframe unhelpful thought patterns, reduce fear responses to symptoms, and build emotional resilience.

Lifestyle Adjustments

Personalized guidance on pacing, nutrition, sleep hygiene, and stress management to create conditions for recovery.

Case Studies: Recovery in Action

1

66-Year-Old Long COVID Patient

Before: Bedbound, unable to sit or eat independently

After 7-8 Months: Regained ability to walk 4 miles, bike regularly, and travel

See Details [Here](#)

2

56-Year-Old with 12 Years of CFS

Before: Bedbound, unable to drive or eat independently after 12 years of severe symptoms

After Program: Regained full independence driving, walking daily, hosting family events, and traveling

See Details [Here](#)

3

29-Year-Old with MCAS and Vaccine Injury

Before: Severe allergies, tachycardia, and multiple environmental sensitivities

After Program: Returned to workouts, vacations, and normal eating within months

See Details [Here](#)

4

Additional Case Studies

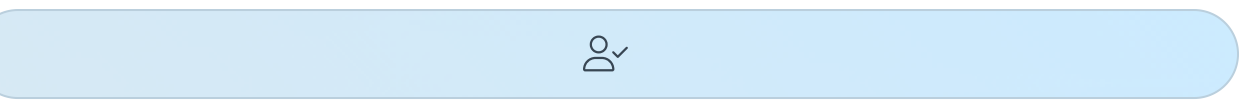
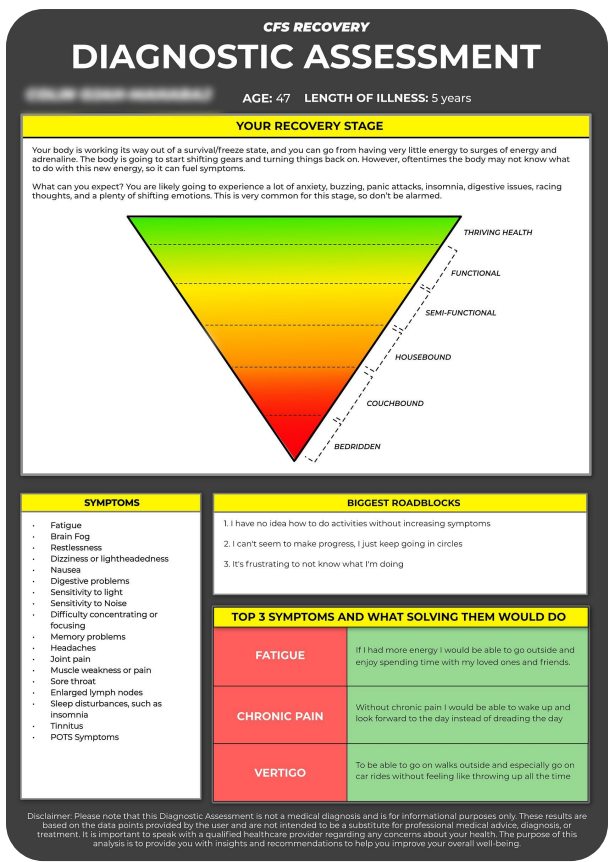
Over 100 others [Here](#)

See what our community is saying [Here](#)



3 Step Recovery System

Step 1: Comprehensive Diagnostic Assessment



Comprehensive Assessment

We establish each individuals baseline by evaluating symptoms, functional activity levels, history, and recovery roadblocks..



Targeted Barrier Identification

Through one-on-one coaching, we pinpoint the underlying challenges and develop precise strategies to address them.



Accurate Recovery Staging

Individuals avoid trial-and-error approaches that can lead to setbacks and extended recovery timelines.

Step 2: Personalized Recovery Plan (Monthly)



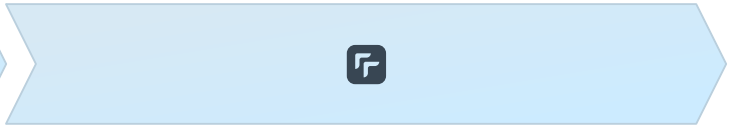
Individualized Care Plans

Each individual receives a tailored plan outlining exactly what to focus on, and what to avoid based on their unique presentation.



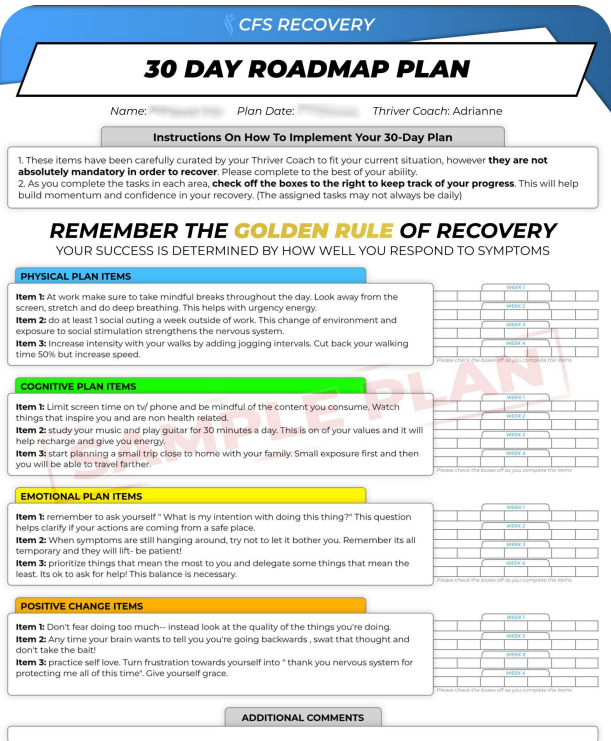
Relapse Prevention

Our guidance helps individuals avoid crashes or regressions by aligning recommendations with their current stage of recovery.



Ongoing Plan Updates

Monthly reassessments ensure care plans evolve with the individuals progress, providing updated tools and resources to sustain improvement.



Step 3: Ongoing Support and Coaching

Regular Progress Reviews

Scheduled monthly check-ins with coaches allow for review of outcomes and timely adjustments.

Group Coaching

We offer stage-specific group coaching calls tailored to each phase of recovery, ensuring individuals receive guidance relevant to where they are in their journey.

Continuous Support

individual have direct access to coaches five days per week for real-time guidance and problem solving.

Caregiver and Post-Recovery Support

In addition to group calls, we provide dedicated sessions for caregivers and follow-up support after recovery to help with long-term integration and sustained progress.



Why Individuals Choose CFS Recovery Over Other Programs

Most programs provide information. We provide **transformation** - personalized, data-backed, and supported every step of the way. Unlike one-size-fits-all approaches, CFS Recovery delivers high-touch coaching, customized recovery plans, and proven outcomes that help you reclaim your energy and thrive.

Category	CFS Recovery	Other Programs
Level of Support	High-touch coaching with live group calls, 1:1 access, and daily guidance	Self-paced with little or no live interaction
Live Coaching	9+ Weekly interactive coaching calls and intimate Platinum cohorts	Occasional webinars or pre-recorded sessions
1:1 Expert Access	Direct chat with your coach Monday–Friday and monthly personalized calls (Platinum)	Rare or unavailable
Progress Tracking	Monthly Nervous System Health Assessments and standardized recovery metrics	Self-tracked with no accountability
Program Levels	Three levels of support tailored to your journey	One version fits all
Personalization	Custom Recovery Roadmap, personalized strategy calls, and ongoing plan updates	Generic, one-size-fits-all approach
Community Engagement	Active, coach-moderated community with real-time feedback and encouragement	Forums with limited coach participation
Results & Credibility	96% satisfaction rate in Platinum, 80+ recovery interviews, 3,000+ success stories	Minimal data or generalized metrics
Long-Term Sustainability	Built for full nervous system recalibration and Thriving health that lasts	Focused on symptom relief

96%

Satisfaction Rate

Platinum members achieving significant recovery

3K+

Client Testimonials

Real transformations from real people

60+

Hours of Case Studies

[Documented journeys](#) from fatigue to Thriving

CFS Recovery provides a comprehensive support system designed to help you reclaim your life, backed by proven results and delivered through genuine human connection

CFS Recovery Program Option Comparison

Recovery School (Self-Paced Learning)	Recovery Academy (Group Coaching)	Recovery Platinum (Personalized Coaching)
Best For: Independent learners who want structure, tools, and community support.	Best For: Individuals seeking live guidance, monthly personalized support, accountability, and peer connection.	Best For: Thrivers wanting deep, ongoing 1-on-1 support and high-touch coaching.
Price: \$47 / month Cancel anytime	Price: \$297 / month Cancel anytime	Price: Investment Varies
Overview: Recovery School's on-demand curriculum empowers you with video modules, actionable worksheets, and community support at your own pace.	Overview: Recovery Academy provides transformative group coaching for every stage of recovery. Each month, you'll also receive a Monthly Recovery Analysis, a personalized video from a recovered coach answering your most pressing recovery questions to help you stay focused and build momentum.	Overview: Recovery Platinum is our most comprehensive support option. Within you receive a Private 1 on 1 chat with a coach, live monthly 1 on 1 calls, and an intimate 4 week Recovery Journey kickstart course. As well as everything you receive in Recovery Academy. Ideal for those ready to go all-in on recovery.
Includes: • 2 Live Coaching Calls per week • 10+ Video Module Series • Online Community • Progress Tracking • Caretaker Call	Includes: • Personalized coaching video each month • 7 Live Coaching Calls per week • 10+ Video Modules Series • Online Community • Progress Tracking • Caretaker Call	Includes: • 1-on-1 Coaches Chat (M-F) • 1-on-1 Live Monthly Strategy Calls • Exclusive Platinum 4 Week Course • All Recovery Academy benefits • Optional Caregiver Add-On: 1-on-1 support chat, weekly group call, and caregiver-specific modules for one designated caregiver
Learn More	Learn More	See if You Qualify →

Interested in Exploring More?

Understanding Our Approach Through Video

Below are some of the youtube videos that have resonated most with our community:

- [Brain Retraining Explained](#)
- [The #1 Best Way to Increase Activity with CFS](#)
- [How Your Nervous System Finds Balance](#)

Have Questions or Want to Talk with Someone?

- The best way to speak with a member of our team is by completing our short application and scheduling a call at the link below. This helps us understand your situation and make sure you're matched with the right support.

Complete Application Here!