



Taking Nothing For Granted From Chronic Fatigue to the MCG

Peter Blucher, Alastair Lynch

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Beating chronic fatigue syndrome was his greatest achievement. Alastair Lynch, an Australian Rules footballer at the height of his career, was sleeping 18 hours a day. He couldn't play, and didn't know if he would ever play again. He didn't know what was wrong, until he discovered he had chronic fatigue syndrome, a condition that affects hundreds of thousands of Australians. But Alastair overcame CFS, giving other sufferers a reason to believe that they, too, can enjoy life again. He played football again and when he retired, it was as a 300-game triple premiership player with the Brisbane Lions, and a member of the Fitzroy and tasmanian teams of the Century. this is the story of his fight to get up and play, his determination to enjoy life with his family, and decision to never, ever take his health for granted.

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