

Chronic Fatigue Syndrome Supplement Program

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According to the Center for Disease control the following criteria must be met for the diagnosing of Chronic Fatigue Syndrome (CFS):

1. Presenting with severe chronic fatigue of six months or longer duration with other known medical conditions excluded by clinical diagnosis;
2. Concurrently have four or more of the following symptoms: substantial impairment in short-term memory or concentration, sore throat, tender lymph nodes, muscle pain, multi-joint pain without swelling or redness, headaches of a new type, pattern or severity, un-refreshing sleep, and post-exertion malaise lasting more than 24 hours.

The symptoms must have persisted or recurred during six or more consecutive months of illness and must not have predated the fatigue. Chronic fatigue and immune dysfunction syndrome (CFIDS, also known as chronic fatigue syndrome, CFS, myalgic encephalomyelitis, ME and by many other names) is a complex and debilitating chronic illness that affects the brain and multiple body systems. Chronic fatigue syndrome can involve a general viral syndrome, and several have been identified, i.e. Epstein-Barr and Cytomegalovirus. Active viral infections are not generally the cause of Chronic Fatigue, rather they are simply opportunistic agents that are taking advantage of deficiencies of the immune system. Viral infections can place a further stress on our body systems, using available vital energy in order to keep them in check.

How many people have CFS? A study conducted by researchers at DePaul University estimates CFS at approximately 422 per 100,000 persons in the U.S. This means as many as 800,000 people nationwide suffer from this illness, about two thirds are estimated to be young middle class women. 90% of patients have not been diagnosed and are not receiving conventional medical care for their illness.¹

Chronic fatigue is often the result of our lifestyle, a dis-ease that makes us a casualty of our own stressful life habits. It is often caused by mismanagement of our personal energy resources. These seems to be all too common these days among industrialized countries, where people commonly work 40 to 60 stressed-filled hours, all the while, raising children, looking after parents, with lack of sleep, lack of relaxation, personal time, and addicted to stimulants that further allow us to push past our needs of rest, and recuperation. The classic profile being a professional, over 40 years old, running on "empty".

Allergies, Candida, Epstein Barr virus, fibromyalgia are all interwoven into to this "depleted immune deficient syndrome." Complicating the picture of this syndrome are the effects of new external toxins to which we are exposed. It is currently estimated that our bodies have to deal with over 70,000 new synthetic chemicals in the environment that were not present even 40 to 50 years ago. We cannot afford the luxury of having an under-functioning immune system. Herbs and nutritional supplements can play an enormous role in regaining our vitality, our "qi" ("life-force"). Anti-viral herbs can be used to inhibit the virus, but always in combination with immune and adrenal strengthening herbs. With our immune systems up and running we can more effectively process the toxins and stressors in our environment.

Simple common sense: Life-Style Factors to Address CFS

1. Conserve energy.
2. Relaxation, 20 minutes of a stress-relief technique daily.
3. Strong diet is a must: eat according to the seasons, your work and constitution; eat foods with energy that has not been denatured, eat organic, eat free range, eat chemical free.
4. Do not over-exercise: it is better to do a small amount with frequency (at least five days per week.) Stretching, yoga and tai chi are all better options for balancing a stressful lifestyle than aerobics, weight lifting and other strenuous activities, which require the use of energy reserves.

RECOMMENDED SUPPLEMENTATION PROGRAM:



