

Chronic Fatigue Syndrome

Chronic Fatigue Syndrome (CFS) occurs approximately four times more often in women than in men, and it occurs in all ethnic and racial groups. CFS is also known as **chronic mononucleosis-like-syndrome**, **chronic Epstein-Barr virus syndrome**, **post viral fatigue syndrome**, and **chronic fatigue and immune dysfunction syndrome**.

Causal Factors

Stress is the main factor that contributes to the development of CFS. In the broadest sense of the word, stress means anything that requires the body to expend excess energy to maintain homeostasis.

Dietary Factors which contribute to CFS include:

- Refined sugar consumption contributes to sharp rises and falls in blood sugar. When blood sugar rises sharply, it causes an increase in blood lactate leading to muscle pain. Steep drops in blood sugar, which tend to follow steep rises, contribute to or cause feelings of anxiety and panic.
- It is common for people with CFS to have allergies or sensitivities to foods such as eggs, dairy, wheat (or gluten), corn, and food additives such as benzoates, nitrites, and nitrates.
- Deficiency of nutrients, protein, minerals and vitamins increases the risk of chronic fatigue.
- Allergies cause some of the same symptoms as CFS, and are present in up to 80% of people with this condition. Approximately 80% of people with CFS have allergies or sensitivities to foods or food derived compounds.
- Alcohol consumption is associated with increased risk of CFS. Alcohol also inhibits the production of blood sugar which leads to an increased level of lactic acid in the blood, which is a source of muscle pain and fatigue.



Stress

- High stress levels contribute directly to decreased immune and adrenal gland function and to the onset of CFS. People who develop CFS tend to be those who habitually overwork or overburden their minds and bodies, and who do not take appropriate time to rest and relax. As a result of this, they become more vulnerable to the stressors that they are exposed to.
- Stress can be induced by: physical, emotional, chemical and electromagnetic factors. The more stress one is under the more adaptations the body needs to make. The process of adapting to a stressor requires energy and the longer the stressor is present the greater is the resultant decline in the energy potential and reserves of the person experiencing the stress. Eventually, when the body is no longer capable of dealing with this, its coping potential is exhausted. In essence, CFS is a state of exhaustion that results from the body having to cope with persistent stressors.
- **Physical stressors** include: inactivity, toxins, inadequate light, allergens, temperature extremes, and trauma
- **Emotional stressors** include: fear, anger, guilt, anxiety, depression, pain, and inadequate sleep.
- **Chemical stressors** include: sugar, infection, nutritional imbalance, nicotine, caffeine and alcohol.
- **Electromagnetic stressors** include: automobiles, refrigerators, televisions, computers, printers, airplanes, fluorescent lights, and cell phones and the microwave transmitters that provide signals for cell phones.

Environmental chemical

- Environmental chemical exposure is associated with the onset of CFS. Such toxins include but are not limited to organo-chlorine and organo-phosphate. These two chemicals are used in herbicides, insecticides, fungicides, and polychlorinated bisphenols.
- The **heavy metal mercury** contributes to CFS by causing immune breakdown and hypothyroidism. The major source of exposure to mercury is through dental amalgams which contain it. These continuously give off mercury.

- The development of CFS is common after an infection or illness from which they neglected to allow their body the care and rest that it needed to heal.
- The immune dysfunction that is characteristic of CFS also predisposes people with this illness to prolonged underlying infections such as those caused by viruses, bacteria, fungi, or parasites. Such infections tax the immune system, and can contribute to malabsorption of nutrients, and to nutrient deficiencies. Nutrient deficiencies further decrease the immune system's ability to fight infections.
- Viruses that commonly affect people with CFS include *Epstein-Barr virus*, *herpes simplex virus*, *human herpes virus-6*, *rubella*, and *enteroviruses* such as *coxsackie virus*.
- Parasitic infections associated with CFS include *Giardia* and *Cyclospora*.
- Candida albicans is a common opportunistic fungal infection to affect people with CFS.
- Bacterial infections that commonly affect people with CFS include: Lyme disease, teeth abscesses, chronic prostatitis, sinusitis, and gastritis.

Diagnostic Testing

There are no laboratory or diagnostic tests that can confirm or rule out CFS. Instead, the diagnosis of CFS is based on whether or not the patient meets the following diagnostic criteria:

- Chronic fatigue for greater than six months that is of new onset (not life-long), that results in a substantial decrease in prior levels of activity, that is not due to any singular identifiable pathological cause, and that is not due to ongoing exertion, and that is not considerably relieved by rest.
- *Four or more of the following symptoms are present for six months or more:*
 - impaired memory or concentration
 - post exertional malaise
 - unrefreshing sleep
 - muscular pain
 - multiple joint pain without swelling or tenderness
 - headache
 - sore throat that is frequent or recurring
 - tender lymph nodes.

Other symptoms associated with CFS include:

- Problems with concentration and short term memory
- General weakness or malaise
- Abnormal skin, hair, or nail changes
- Anxiety
- Depression
- Intestinal discomfort
- Low grade fever

Related Symptoms and Conditions

Chronic Fatigue Syndrome and Fibromyalgia are very similar conditions, which share many symptoms as well as causal factors. The key difference between the two is that the most dominant symptom of CFS is unrelenting fatigue, and the most dominant symptom of Fibromyalgia is muscle pain. However, both of these symptoms are often experienced to some degree by people suffering from either disease, and most of the other symptoms of CFS are also present in Fibromyalgia and vice versa.

TREATMENTS

Natural therapies have been successfully treating CFS for decades. With the introduction of BICOM Bioresonance Therapy, this treatment has become more effective due to identification of underlying causes. As mentioned above, these causes often involve microbes – viruses and bacteria, but also fungus/moulds and parasites, toxins and organ stress.

As CFS can affect all organ systems – cardiovascular, nervous, hormone, musculoskeletal, immune and digestive – all these areas must be addressed and returned to optimal function.

In short: it CAN be achieved – with Bioresonance and a qualified and caring Naturopath. Call for an appointment and take the first step to feeling well again.