

## Chronic Fatigue Syndrome

What is it?

CFS is a mononucleosis-like syndrome of unknown cause. Some people believe it is caused by a chronic infection with Epstein-Barr virus. Many chronic fatigue sufferers do show an infection but not all, some show signs of either a single virus or multiple viruses, but many show no signs of either. Because of this, many doctors have told patients that the illness is in their head. For those of us who have had CFS, we know the illness is very real.

Symptoms of CFS include:

- Long term low grade fever
- Low blood pressure
- Low temperature, low thyroid function
- Headaches
- Environmental allergies
- Wide spread yeast infection
- Recurring sore throat
- Upper respiratory infections
- Fatigue
- Lymph node swelling
- Intestinal problems
- Low blood sugar, sugar intolerance
- Reactive hypoglycemia
- Immune system malfunction
- Muscle and joint pain
- Irritability
- Mood swings
- Anxiety
- Depression
- Memory loss
- Lack of concentration, mind fog
- Sleep disturbances

Today CFS is referred to as Myalgic Encephalomyelitis (ME), Post-viral Fatigue Syndrome and Immune Dysfunction Syndrome. No matter what name you give it, the symptoms disable countless numbers of individuals in the prime of their life.

How it all begins.

Most CFS patients can identify when their fatigue began. Frequently, it sets in after a bout with the flu, bronchitis, strep throat, hepatitis, an intestinal bug, or car accident. On the emotional side situations such as allowing one self to be taken advantage of (emotionally), saying yes to the point of breaking, being an overachiever for others.

Other Possible Contributors to CFS:

- Acne, sinusitis, cystitis
- Genetic factors, mercury toxicity, amalgams
- Bowel toxemia, fungi, protozoa, parasites
- Lifestyle factors (inadequate sleep, exercise, leisure)
- Thyroid and Hormonal imbalances
- Increased muscle tensions, breathing changes
- Alcohol, drug and tobacco use
- Nutritional deficiencies
- Allergies
- Immune dysfunction

Even though connections have been made between CFS and enteroviruses these may be causative agents but CFS is not dependent on their presence. The reaction of the immune system to vaccinations and immunizations may set up a propensity toward acquiring CFS.

There is such debate inscientific circles over whether any pathogenic agent will emerge as the only cause of CFS. Current thinking indicates that there are multiple triggers of CFS in genetically, environmentally or otherwise susceptible individuals.

In Japan, CFS is known as Low Natural Killer Cell Syndrome. They have been able to determine that damage does occur to the autonomic nervous system, which interferes with the body's ability to regulate blood pressure. Many CFS patients experience low blood pressure.

Another study indicates that approximately 70% of CFS patients have mycoplasma in the blood. Individuals with a tendency towards viruses and who have been exposed to radiation and pollutants seem to be at greater risk for these types of infections. Mycoplasma is a primitive form of bacteria in the blood of some CFS and Gulf War Syndrome sufferers.

Fibrin on the walls of blood vessels creates low oxygen areas where cells cannot produce adequate amounts of energy. Oxygen is needed to oxidize viruses and bacteria out of the system. Exposure to toxins and chemicals in the environment wears out the immune system over time and causes TH-2 cell over-activation.

Things to keep in mind:

- Many people have recovered completely
- It is almost impossible to get better without help
- Multiple Causes Require several layers of treatment
- There is no one underlying cause
- Focusing on immune function and removing blood slug is more beneficial than focusing on the virus or parasites. The virus and parasites are simply taking advantage of the situation.
- No two people have the same factors therefore each person must have an individual program.

- A urine test offers valuable information for this syndrome