

## Chronic Fatigue Syndrome: Complementary/Alternative Medicine

Carotene/Vitamin A Carotene 180 mg/d (10KiuA ~ 6 mg Carotene)

Vitamin B Complex

Vitamin C Frequently (qid) daily to bowel tolerance

Ca++ 500 mg tid

Mg++ 250 mg tid

Cr 200-400 ug/d

Zn 40-150 mg/d

Mild fever

Recurrent sore throat Painful lymph nodes Muscle weakness

Muscle pain

Prolonged fatigue after exercise recurrent headache

Migratory joint pain Depression

Sleep disturbance (excessive sleep requirements or insomnia

### QUICK REVIEW

- A disturbed immune system plays a central role in chronic fatigue syndrome (CFS).

Fibromyalgia and multiple chemical sensitivity disorder have symptoms similar to those of CFS.

Chronic fatigue can be caused by a variety of physical and psychological factors other than the chronic fatigue syndrome.

A person's energy level and emotional state are determined by interplay between two primary factors: internal focus and physiology.

One of the most common findings in individuals with impaired immune function is gastrointestinal overgrowth of *Candida albicans*.

- As far back as 1930, chronic fatigue was recognized as a key feature of food allergies.
- The mind and attitude play a critical role in determining the status of the immune system and energy levels.

A deficiency of virtually any nutrient can produce the symptoms of fatigue and render the body more susceptible to infection.

Breathing with the diaphragm, good posture, and bodywork (massage, spinal manipulation, etc.) are all important in helping to relieve the stress.

### TREATMENT SUMMARY

Successful treatment of CFS requires a sensitive approach. Especially important is identifying underlying factors, which may be impacting energy levels or the immune system. Special attention should be given the advice on immune Support in the chapter IMMUNE SUPPORT.

### Diet

Identify and control food allergies. Increase your consumption of water while eliminating consumption of caffeine containing drinks and alcohol. Adopt a diet of whole, organically grown foods. Control hypoglycemia through the elimination of sugar and other refined foods and the regular consumption of small meals and snacks. To speed the detoxification process, consider using several-week course of a medical food replacement product (e.g., UltraClear, a popular powdered meal-replacement formula).

### Lifestyle

Follow the recommendations given in the chapter A HEALTHY LIFESTYLE. Especially important is a regular exercise program, with low-intensity activities producing the greatest benefits.

### Nutritional Supplements

- High-potency multiple vitamin and mineral formula, according to guidelines given in the chapter SUPPLEMENTARY MEASURES
- Vitamin C: 500-1,000 mg three times per day
- Vitamin E: 200-400 IU per day Thymus extract 750 mg of the crude

### Botanical Medicines

Dosages are three times per day. Siberian ginseng (*Eleutherococcus senticosus*):

Dried root:

2-4 g Tincture (1:5): 10-20 ml

Fluid extract (1:1): 2.0-4.0 ml

Solid (dry powdered) extract (20:1 or standardized to contain greater than 1% eleutheroside

Vitamin E 100-200 mg

Licorice (*Glycyrrhiza glabra*):

Powdered root: 1-2 g