

Chronic Fatigue Syndrome: The Body's Mystery Disease



For most of its short history as a disease Chronic Fatigue Syndrome was ridiculed by the medical community. Understandably for those suffering from the affliction this rejection often caused depression. As the medical community now understands it, these feelings of dejection actually helped to perpetuate the disease by further depleting the individual's immune system. A deficient immune system is one of the main causes for Chronic Fatigue Syndrome.

Symptoms are the Key to Diagnosis

There are two main reasons CFS has been so elusive to pin down. First CFS manifests itself a little differently within each individual. No two people suffer alike. The second reason it's difficult to discern CFS is because there are no diagnostic tools for the detection of the disease. For years doctors have used a set of symptoms to figure out if a person has the disease. It is generally agreed that if the individual has six of the following symptoms, for at least six months, they have CFS.

The major symptoms doctors look for are:

- An uncontrollable fatigue,
- Short-term memory loss,
- Sore or tender lymph glands,
- Pain in the muscles or joints,
- Sore throat,
- Severe headaches,
- Increasing thirst,
- Bowel dysfunction,
- Recurring or lingering infection,
- Disturbed sleep,
- Irregular heartbeat,
- Hypersensitivity to hot or cold,
- Hypersensitivity to light or sound,
- Rashes.

The Causes are as Varied as the Symptoms

Finding the cause of CFS is a little like finding that ever elusive needle in a haystack. What has been discovered is that several needles exist which lead to CFS. Originally it was thought CFS was caused by the Epstein-Barr virus, but no longer. It is now believed to be caused by a whole host of things.

Some of the major causes are:

- Poor diet,
- Environmental toxins,
- Candida overgrowth,
- Parasite overgrowth,

- Systemic infections,
- Dysfunctional mitochondria.

All of the causes may, or may not, play a roll in any individual's CFS. Therefore, it is wise to try and improve them all.

Improving and Controlling the Causes

Poor Diet – Need it be said this is extremely important? Good quality food is what gives the body its energy, as well as provide the materials needed to repair every aspect of it. Consuming too much refined sugar and unhealthy fats can in and of itself cause the body to become fatigued.

Environmental Toxins – Being able to control this factor depends on where one lives and what is one's profession. Toxins can linger for years in the body after exposure. A detoxification program needs to be implemented to rid the body of toxins deep within the tissues. Both the Bio Cleanse Ionic Foot Bath and saunas have the ability to remove all kinds of toxins from the body.

Candida and Parasite Overgrowth – Candida is a fungus which can grow out-of-control when too many antibiotics are taken. Antibiotics can have the same effect on perpetuating parasite growth. The detoxification suppositories Ellagica and Glytamins help to kill both.

Systemic Infections – What most people don't realize is the body can actually have several different kinds of infections occurring in different areas of the body at the same time. The collection of these infections can cause the immune system to go into overdrive trying to control them. This eventually will wear the immune system down causing it to work less efficiently than it normally would. One needs to control the infections in order to strengthen the immune system. It is equally true one must strengthen the immune system to control the body's infections. There in lies the difficulty of the situation.

By taking the following vitamins and keeping the lymphatic fluid flowing smoothly through the body one can go a long way to accomplish the rebuilding of the immune system. Vitamins C and E along with zinc, iron and selenium play a major part in strengthening the immune system. The movement of lymphatic fluid through the body is accomplished through the body's physical activity. When fatigued a person moves less, hence the lymphatic system slows down which weakens the immune system. It's easy to visualize the downward spiral this scenario can create. Saunas are a non-exercise method of moving lymphatic fluid. The heat from a sauna opens up the body's circulatory system which allows both the blood and lymphatic fluid to move with greater ease. Because of this, saunas simulate exercise to the circulatory system.

Dysfunctional Mitochondria – Mitochondria creates the energy the body uses. When the immune system demands huge amounts of energy to fight infections the mitochondria becomes burdened by the workload. Eventually it has no choice but to slow down its production of energy.

Drinking lots of water is essential for maintaining the mitochondria. The production of energy creates toxins which need to be flushed out. Water is the fluid used to cleanse the toxins from the mitochondria. Along with water there are a few supplementals which will help the mitochondria perform its work. The mitochondria need magnesium, malic acid, acetyl-carnitine and coenzyme Q10 to help transport and burn fatty acids for energy. A multivitamin/mineral should also be taken daily to strengthen the body.

For any person who thinks they may suffer from CFS it is advised a doctor first rule out all major diseases as being the culprit. Once this has been accomplished further education is important to find out the latest in the treatment of CFS. The following website is an excellent place to continue learning about Chronic Fatigue Syndrome.



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