

Chronic Fatigue

Severe and Disabling fatigue

Chronic Fatigue syndrome refers to severe and disabling fatigue lasting at least six months without a proven physical or psychological cause. It has been postulated that psychological factors, viruses, or toxic chemical agents or abnormalities of the immune system may be significant contributors of chronic fatigue without an exact cause being known. The greatest frequency of the disease is experienced by people between 20 and 50 years of age, and seems to correlate most with psychological stress and/or immunological factors. There are no consistent initiators to this condition, but chronic fatigue syndrome is most often preceded by infections or viruses, bacteria, fungi, or yeast allergies,³² flu-like conditions or stressful situations. This syndrome typically arises suddenly in normally active individuals. Patients can experience extreme fatigue that is not relieved by sleep or rest. Over time, the symptoms lessen and are less debilitating. Improving immune system function along with overall nutrition, digestion and exercise seems to be the best approach. The introduction of specific nutrients through supplementation along with specific nutritional choices is important to properly support the body and aid in energy recovery. Since bacterial infections or viruses are typically precursors to chronic fatigue syndrome, treatments with antibiotics may have occurred. It is very important to replenish the body's supply of friendly bacteria, since antibiotics do not discriminate and kill both good and bad bacteria. Supplementing with probiotics has been proven beneficial with chronic fatigue.³³ Soluble fiber found as pectin fibers or flax and psyllium help eliminate toxins from the system. Coenzyme Q10 has shown to help this condition. It is important to use the pre-cursor to Coenzyme Q10 so that the body will not stop producing what it can on its own.³⁴ The magnesium within your body's red blood cells affects your energy and supplementation has been proven to help with chronic fatigue syndrome.³⁵ Essential fatty acids from flax and borage have had great effects on this condition.³⁶ Taking plant source digestive enzymes to aid in digestion help alleviate food allergies that trigger chronic fatigue.³⁷

Protocol to nutritionally support the reduction of chronic fatigue

Chronic Fatigue

A person has a hard time getting out of bed and functioning at all. This can be during the initial onset when the fatigue levels are very high.

Half Day Liver/Kidney Cleanse	1 time	Rids the body of toxins that might be causing fatigue
Opti-Pak Supreme	one month	Potent dosage of vitamins, minerals, enzymes, probiotics and immune boosting nutrients

Maintenance

Continue with the Opti-Pak Supreme *OR* order a custom pak consisting of:

2 Digestion, 1 Vitamin Mineral, 1 Natural Vitality	morning and early afternoon	Plant Enzymes, Whole Food Vitamins and Patented Organic Minerals, Naturally boost energy and mental focus
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1 Longevi-D,
1 Opti-Cleanse
and Repair

1 pak in the
morning & 1
at noon

A synergistic blend of high potency vitamin D Pectin fibers to promote peristaltic movement

Optional

2 Defense

morning and
night

(Herbal Immune
Complex)

Nutritional Support

Raw foods and raw juices, raw nuts and yogurt with a lot of live, active cultures and kefir are all beneficial for fatigue.³⁸ Active cultures in yogurt are important in combating any infections that preceded the onset of the chronic fatigue syndrome. Improving the immune system function and replenishment of flora is a necessity. Fatty acid containing foods like deep water fish, salmon, avocados and young coconuts are important because they boost the immune cells to produce hydrogen peroxide, which eliminates toxins.³⁹ Following a strict "non-processed" food diet like the one recommended in the F.I.T.N.E.S.S. book has helped many people with energy levels according to their testimonials.

Exercise

In studies on chronic fatigue therapies, both fatigue and quality of life improved after exercise therapy, writes researcher M. Edmonds of the Cochrane Collaboration Research Group. Edmonds' report provides a review of data from five studies involving more than 300 chronic fatigue patients. The results compared treatments, including exercise therapy. Exercise therapy is typically defined as three to five exercise sessions every week for twelve weeks. Each session involves 30 minutes of moderate to intense levels of aerobic exercise. A good home program is also available in the F.I.T.N.E.S.S. book.

Drugs

Anti-depressants and immunosuppressive drugs are commonly prescribed by allopathic physicians. Taking immune supporting herbs can help, but you must check with your prescribing physician to determine if there are any contraindications.

32. Udo Erasmus, Fats that heal, Fats that kill, pg. 361

33. Shahani Khem, M., Ph.D. and Nagendra Rangavajhyala, Ph.D. "Role of Probiotics in Clinical Nutrition and Immunity" paper presented at the Annual Conference of the International American Associations of Clinical Nutritionists, Orlando, FL, August 28-31, 1997.

34. Langsjoen, P.H., et al. Isolated diastolic dysfunction of the myocardium and its response to CoQ10 treatment. Clin Investig. 1993;71(8 Suppl): S140-4

35. Cox, I.M., et al. Red Blood cell Magnesium and Chronic Fatigue Syndrome. Lancet. Mar1991;337:757-760

36. Behan, P.O. Effect of high doses of essential fatty acids on the post viral fatigue syndrome. Acta Neurol Scand. Sep1990;82(3):209-16

37. Systemic biochemical changes following the oral administration of a proteolytic enzyme, bromelain. R.D. Smyth, et al. Archives of International Pharmacodynamics 136:230-6 (1962)

38. Balch, James and Phyllis, Prescription for Nutritional Healing, pgs. 200-1

39. Udo Erasmus, Fats that heal, Fats that kill, pg.360