



Chronic Fatigue Syndrome

by Yvette Offenber

Chronic Fatigue syndrome is more common in women than men and the majority of people affected are in their thirties, which is alarmingly young and should alert us to just how badly we are abusing our bodies!

Chronic fatigue syndrome is a complex illness affecting the brain and multiple body systems. It is defined by incapacitating fatigue that is not relieved by rest; and include at least four of the following symptoms for at least six months:

- impaired short-term memory or concentration which significantly affects normal activities
- sore throat
- tender lymph nodes in the neck or underarms
- muscle pain
- pain in multiple joints with no joint swelling or redness
- chest pain, palpitations
- headaches of a new type or severity
- unrefreshing sleep
- general malaise following physical exertion that lasts more than 24 hours

Other common symptoms include: bloating, nausea, diarrhea, candida, night sweats or chills, brain foggy, dizziness, shortness of breath, chronic cough, visual disturbances, allergies or sensitivities to foods, alcohol, chemicals, jaw, eye - or mouth pain.

What Causes Chronic Fatigue Syndrome?

The cause of chronic fatigue syndrome appears to be any continuous overload of the body systems, although scientists cannot pin point it exactly. Overwork, overuse of antibiotics, over-eating especially when tired, constant eating of foods

that your body is intolerant to such as wheat or dairy which can put a huge strain on your immune system, frequent viral infections. All of which lead to nutrient deficiency, illness, hormone imbalances and the other symptoms of Chronic Fatigue.

Interestingly the majority of Chronic Fatigue sufferers have followed the same path from food allergies to depression to chronic fatigue. Changing your diet to one that supports the body rather than break it down is a key factor.

What can you do?

The best eating plan to follow is one that includes plenty of fruit, vegetables, nuts and seeds and excludes any foods that negatively affect your immune and hormonal system. A healthy, supervised detox would also be highly beneficial. Foods to avoid:

- Refined sugar and carbohydrates
- Animal products
- Wheat and often gluten
- Alcohol, caffeine, preservatives and additives
- Anything artificial

Ginseng

Ginseng is a herb that has been used for centuries to increase energy and combat fatigue. Ginseng has also been found to enhance cellular immune function.

Vitamin B

Vitamin B plays an essential role in helping your body fight stress and is also vital in cellular energy production.

Coenzyme Q10

Coenzyme Q10 (Co Q10) is a compound found naturally in the mitochondria, the energy-producing center of our cells. Co Q10 is involved in the production of ATP, the main energy source of body cells. Co Q10 is also an antioxidant and ATP can be beneficial in reducing muscle fatigue and pain.

Essential Fatty Acids

Essential fatty acids have been used in the treatment of chronic fatigue syndrome. One theory about how they work is that viruses reduce the ability of cells to make 6-desaturated essential fatty acids and supplementing with essential fatty acids corrects this disorder. EFA's are also very important for a well efficiently functioning hormonal system.

Digestive enzymes and probiotics

Digestive enzymes help to restore a sluggish digestive system and allow you to derive the most nutrients from your food. This is important in a disease where you need as much fuel for energy as you can get. Probiotics help to build up your good bacteria and considering that chronic fatigue sufferers tend to have low immune function, this can go a long way toward their recovery.

Looking at the whole picture and changing your diet and lifestyle is important with any disease. Don't just aim to change one thing and then wonder why it doesn't work, improve your diet, your exercise and your mental position and watch amazing things happen!

Ginkosense

Aim's Ginkosense contains Ginseng and DHA (one of the essential fatty acids) both of which help with fatigue and depression.

BarleyLife

BarleyLife has all the vitamins and minerals you need to sustain a healthy mind and body, which is vital in dealing with chronic fatigue, it has been found to be the only vegetation on earth that can supply sole nutritional support from birth to old age. It also contains plenty of vitamin B.

Cellsparc

Coenzyme Q10 is necessary for the mitochondria to perform their functions and is essential for human life. When you consider that the average person uses 60 percent of their daily energy on base metabolism alone, you can see how important it is to have enough CoQ10. Without adequate levels of CoQ10 the body cannot produce adequate levels of ATP.

Peak Endurance

AIM Peak Endurance is composed of three ingredients; ATP, B vitamins and electrolytes. ATP is the energy currency of the body, ie: the primary source of energy for the cells. For cells to function properly they need an adequate supply of ATP, without ATP there is no life.

AIMega

Essential Fatty Acids are fats that humans cannot manufacture or synthesize, we must obtain them from our diets. Like vitamins and minerals they are essential for the body to function and play an important role in immune function.

Prepzymes

Enzymes are the sparks that start the essential chemical reactions our bodies need to live. They are necessary for digesting food, stimulating the brain, providing cellular energy and repairing tissues, organs and cells. Digestive enzymes break down foods, allowing their nutrients to be fully absorbed into the bloodstream and used in body functions.

Florafood

Florafood is a probiotic that provides three powerful friendly bacteria. Friendly bacteria do much more than counteract unfriendly bacteria, they also aid in the digestive processes, clean the intestinal tract, increase the number of immune system cells and protect us from environmental pollutants.