

# Natural Help 4...

## Chronic Fatigue Syndrome



### What is Chronic Fatigue Syndrome?

Chronic fatigue syndrome (CFS) is a somewhat mysterious disease, in which the affected individual **feels extreme fatigue over a prolonged period of time**. While we are all familiar with the occasional day where we seem to lack energy, **CFS is far more complex and severe**.

Unlike usual fatigue, which is usually helped by a few nights of good sleep and proper nutrition, the feeling of exhaustion experienced in chronic fatigue syndrome **does not disappear with rest and only seems to get worse over time**.

Affected individuals often **feel too tired to perform routine daily tasks**, and things that once brought pleasure soon become an effort.

Chronic fatigue is often compared to a long, incurable hangover, with **common symptoms** including profound weakness, inability to concentrate or focus, listlessness, aches and pain. And while a couple of aspirin and a good night's sleep will cure a hangover, people with CFS often **suffer these symptoms with little relief**.

### Diagnosing Chronic Fatigue Syndrome

Unfortunately, there are no blood tests or imaging scans that can diagnose chronic fatigue syndrome, and **it tends to be a diagnosis of exclusion**.

What your health care practitioner is likely to do is obtain a detailed medical history, perform an extensive physical examination, and run a number of tests to rule out other possible medical conditions.

**If the fatigue and other accompanying symptoms** persist over a 6 month period, are recurrent and debilitating, and do not improve with bed rest, then CFS may be diagnosed.

Because this condition can present vague symptoms which have no clear explanation, many people with symptoms of **CFS may go undiagnosed**, and may even be led to believe that their symptoms are psychological or malingering. This can be devastating for a person who is already struggling to cope with the severe toll the illness has taken on their lives.

### What are the Symptoms of Chronic Fatigue Syndrome?

- Persistent or recurrent mental and physical fatigue that cannot be explained

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Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

- or relieved by rest
- Extreme exhaustion following physical activity that may last up to 24 hours
- Poor sleep, insomnia or vivid dreams
- Pain, including muscle and or joint pain, frequent headaches, abdominal pain, chest pain or non-localized nerve pain
- Cold or [flu](#)-like symptoms, including sore throat, tender lymph nodes, and a general feeling of sickness
- Cognitive symptoms which may include confusion, memory loss or forgetfulness, mental fatigue or 'brain fog', and impaired concentration
- Perceptual and sensory disturbances such as disorientation, clumsiness, photophobia or sensitivity to noise
- Palpitations or arrhythmias
- Nausea
- Lightheadedness or feelings of dizziness
- Changes in appetite (poor appetite or increased appetite), often resulting in weight-gain or weight-loss
- Poor temperature control

## What Causes Chronic Fatigue Syndrome?

CFS is an illness that has **baffled physicians and scientists** for more than a century. While there is no definite identifiable cause of this disorder, some **theories suggest that the syndrome may be related to a number of other medical conditions** such as:

- Anemia (low iron in blood)
- Hypoglycemia (low blood sugar)
- Environmental toxicity
- Allergies
- Candidiasis
- Immune deficiency
- Past viral infection

While the **causes of CFS are generally unknown** and a common topic of debate and contention amidst medical professionals, most physicians concur that the syndrome is not fictitious and does in fact exist.

## Help for Chronic Fatigue Syndrome

Since there is **no identifiable cause** for [chronic fatigue](#), and the physiology of the syndrome remains unknown, treatment often aims at **relieving symptoms and teaching the patient to cope with the illness**.

**A holistic approach** may incorporate moderate physical activity, dietary supplements, [energy herbs](#) and natural remedies to help you cope with the symptoms. Your physician may recommend or prescribe a drug treatment **aimed at reducing specific symptoms** such as pain, fatigue and anxiety.

Prescription drugs may include antidepressants, anti-inflammatory drugs, and stimulants such as modafinil (Provigil). Many CFS patients are particularly sensitive to medications (especially those related to the central nervous system) and **the wrong medication or dosage has been known to aggravate symptoms**.

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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

# Natural Herbal and Homeopathic Remedies

Many people have discovered the wonderful medicinal benefits of using natural herbal and homeopathic remedies to combat fatigue. There are a number of herbal ingredients that work naturally to **energize and balance the body and mind**, while helping to increase strength and endurance.

Herbs such as Siberian Ginseng, Olea europea (extract of olive leaf) and Centella asiatica are commonly used to help fight off fatigue and boost energy-- without the many negative effects of pharmaceutical or dietary stimulants.

Taken regularly, **these herbs assist overall systemic functioning**, help restore balance to body systems, and are extremely effective for those suffering from [chronic fatigue syndrome](#), people recovering from illness (convalescence), or those who simply need an added boost to help manage a busy lifestyle.

## Tips for coping with Chronic Fatigue

- **Coping with CFS is not easy**, and you will often find that some days are more difficult than others. Remember to look after both the **physical and the emotional aspects** that may arise when living with [chronic fatigue syndrome](#).
- **Find a physician that you can trust** and who accepts and respects your condition. If you decide to take a natural approach to health, then look for a physician who is familiar with natural and holistic treatments.
- Even though exercise may be the last thing on your mind, **a moderate amount of physical activity will help to reduce your symptoms**. However, make sure you don't over-do it, and stick to gentle exercises that do not require over-exertion, such as walking, swimming, yoga and Pilates.
- **Live a healthy lifestyle and adopt healthy habits**. This includes a healthy and nutritious diet, regular exercise, adequate sleep and rest, and properly managed stress levels.
- **Look after your emotional well-being**. CFS is tough to live with, and natural feelings of anger, frustration, and sadness can be expected. This is not always easy, so finding a support group or receiving some form of psychotherapy will help you better deal with these emotions.
- **Learn to read your body and monitor your symptoms** - what tends to trigger them, and what techniques tend to help. Many people with CFS learn to **maintain [healthy energy levels](#) by using energy sparingly throughout the day**. A few useful tips include sitting instead of standing, getting a handicap parking permit so you can park closer to entrances, and consider hiring help to do energy-consuming tasks such as housework or cooking.
- **Schedule your day wisely, incorporating plenty of time to rest**. Make sure you coordinate your monthly, weekly and daily schedules in advance and keep these up to date so that you don't suddenly find yourself overwhelmed with too much to do.
- **Maintain a balanced life**. It's a common problem for people with CFS to put all their energy into work and responsibilities, thus ignoring their social lives and restricting time for fun. Keep time aside to spend with family and friends and, if necessary, choose activities that do not require much energy.
- **It is also important not to ignore your sexuality**. Schedule sex for times when you feel at your best, such as in the morning as opposed to at the

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end of a long day.

- As the symptoms of CFS tend to come and go, people are often prone to squeezing in as many activities as possible when they have a 'good stretch'. **Try to pace yourself** instead so as to prolong the good days, rather than using up all your energy and finding yourself facing relapse.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic**



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**medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Fatigue Fighter**: Helps maintain energy levels and feelings of well- being, as well as overall systemic and immune functioning.

**Fatigue Fighter** is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels, increase stamina and endurance**.

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

**Fatigue Fighter** contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance **without artificial stimulants or caffeine**. Fatigue Fighter can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fatigue Fighter](#)

**AdrenoBoost:** Protects adrenal glands from the damaging effects of stress to maintain healthy functioning.

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The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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