

CHRONIC FATIGUE SYNDROME

Chronic Fatigue Syndrome (C.F.S.), also known as Myalgic Encephalomyelitis and Systemic Exertion Intolerance Disease, is an increasingly prevalent, widespread condition. Symptoms may include aching muscles and joints, anxiety, depression, fever, headaches, insomnia, intestinal problems, irritability, recurrent infections, sensitivities to surroundings, sore throat, swollen glands, temporary memory loss, inability to concentrate, and most of all extreme and often disabling fatigue. The fatigue is persistent, is not resolved with bed rest, and is severe enough to reduce daily activity for at least six months. Though there are many theories, the exact cause is unknown. One theory suggests viruses and/or environmental toxins may be contributing to mitochondrial and hypothalamic dysfunction. It is likely that there are different combinations of factors that can result in chronic fatigue in susceptible individuals. Below are some of our commonly used remedies for C.F.S., but keep in mind that each case is individualized and many other remedies not mentioned here may be appropriate. Should the patient be overwhelmed by one particular problem, i.e., Candida, Epstein-Barr virus, etc., you might need to address that first. Please refer to the Candida Overgrowth and Herpes Virus Infections pages of this guide.

Homeopathics

Carcinosin Cord- homeopathic cord indicated for multiple allergies, weariness, chronic fatigue, unrefreshed sleep, and feeling never well since having mononucleosis.**

Colopar™- glandular homeopathic for intestinal support, indicated for relief of constipation, flatulence, and rumbling of colon.**

Colostat™- detoxifier of the colon from bacteria, fungi, and parasites, indicated for relief of flatulence associated with constipation. **

Dr. Wise's Special Formula #1 Cat's Claw- indicated for exhaustion, joint pain, and immune weakness.**

* **Drainpar™**- glandular homeopathic for support and drainage of the liver, lymph, and kidneys, indicated for fatigue, dry cough, abdominal bloating, and constipation alternating with diarrhea.**

Free Radistat™- detoxifier of free radicals, indicated for weakness, tiredness, and general exhaustion.**

* **Genstat™**- This homeopathic and magnesium chloride blend stimulates detoxification of the elimination centers. (Until the organs of elimination are functioning, other detoxification methods might increase discomfort.)**

Hepapar™- glandular homeopathic for liver support, indicated for relief of abdominal bloating and soreness and constipation alternating with diarrhea.**

Hepastat™- detoxifier of the liver, indicated for relief of dyspepsia, flatulence, exhaustion, and nausea.**

Immunopar™- glandular homeopathic for immune system support, indicated for painful irritated throat and minor bronchial irritation with yellow expectoration.**

Regen HP™- high potency formula indicated for relief of sore throat, extreme fatigue, glandular swelling, and mucus discharge.**

Renapar™- glandular homeopathic for kidney support, indicated for sudden desire to urinate, difficult urination or scanty, and frequent urges to urinate.**

**Denotes primary remedies*

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Renastat™- detoxifier of the kidneys, indicated for relief of pain in the abdomen extending around to the back, pain in the thighs and loins on urinating, and frequent urination. **

Systemistat™- systemic blood purifier and lymph cleanser. **

V HP™- high potency formula indicated for relief of symptoms from recurring viral infections such as chronic fatigue, headache, and sore throat. **

Herbals

* **Astragalus**- single herb to fortify the adrenals and immune system, indicated for chronic illnesses.

* **Dandecom™**- fortifier and detoxifier for the liver, indicated for liver congestion and toxicity.

Echinacom™- fortifier for the immune system, indicated for bacterial, viral, and fungal conditions.

Gencom™- fortifier for the blood, blood purifier, and detoxifier for the general system, indicated for whole body cleansing.

Lapachocom™- fortifier for the immune system, indicated for viral and fungal conditions.

Pau D' Arco- single herb known for its anti-viral and anti-fungal properties.

* **Propolicom™**- fortifier for the immune system, indicated for lymphatic congestion and bacterial and viral conditions, including EBV and CMV.

* **Regencom™**- fortifier for the immune system, indicated for lowered immune response, viral infections, and general system detoxification.

Solidagocom™- fortifier for the kidneys, used to promote elimination of toxins through the urinary system.

Eleuthero (Siberian Ginseng)- single herb to fortify the immune system, used also to support adrenal function and increase resistance to stress.

Una de Gato- single herb from the Amazon Rainforest known for its immune supporting, antioxidant, anti-microbial, anti-viral, and anti-inflammatory benefits. Also known as Cat's Claw and is available in liquid or capsules.

Valericom™- fortifier and detoxifier for the nervous system, indicated for insomnia, restlessness, pain, spasms, and anxiety.

Nutritionals

* **Co Q-10 C** or **Co Q-10 Chew**- Coenzyme Q-10 is an important nutrient for mitochondrial function and energy production.

Colostrum- rich in nutrients, growth factors, immunoglobulins, and antimicrobial factors to help support the immune system. Available in liquid or capsules.

C-TR 1500- important antioxidant and immune supporting vitamin.

* **Enervimin™ C.F.S. Focus**- full spectrum vitamin and mineral supplement formulated for those with Chronic Fatigue Syndrome.

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H.D.A. (High Delivery Acidophilus)- supplies the “friendly” bacteria that may be lacking, aids digestion and helps prevent Candida or bacterial overgrowth.

Immunique™- essential nutrients for tissue healing and immune support.

Initial-E 450™ or Natural-E 400- important antioxidant vitamin to help protect mitochondrial membranes.

Intact Adrenal- freeze-dried adrenal concentrate for optimal adrenal nourishment and support, indicated for food sensitivities, inflammation, hypoglycemia, and adrenal dysfunction.

Intact Thymus- freeze-dried thymus concentrate to support the thymus and immune system, indicated for chronic infections.

L-Glutathione Plus- key antioxidant to protect the body from oxidative stress and help detoxify harmful chemicals in the liver, may help protect the mitochondria from oxidative damage.

* **Life Choice**- EnergiQue’s “green drink” is a nutritious formulation that may aid in removing toxins and boosting immunity. Also available in capsule form.

* **Lipoic Acid**- valuable antioxidant that neutralizes the effects of free radicals and enhances the function of Vitamins C and E, and other antioxidants. Supports nervous system health and energy production.

* **Mag-Chlor**- If Genstat mentioned above is not used, Mag-Chlor should be added to the protocol. It has been noted that many individuals suffering from C.F.S. are magnesium deficient. Mag-Chlor in its liquid state is highly absorbable and aids in flushing out toxins and reducing muscle pain.

Magnesium Potassium Aspartate- form of these muscle-relaxing minerals that may help support energy production and utilization.

Methylfol- methylfolate and methyl B12 to support energy production and detoxification.

Mineral Magic Concentrate- highly concentrated natural source of minerals and colloidal trace minerals.

Seacure®- concentrate of predigested protein and other vital nutrients from deep-ocean white fish fillets, indicated for underlying digestive and inflammatory issues.

Seavive®- blend of Seacure with immune-supporting colostrum and beta glucans.

Additional Considerations

Patient care is individualized so consider each individual’s possible toxic exposures including pesticides, heavy metals, pharmaceutical drugs, and microbial toxins. Please refer to the Detoxification pages of this guide.

Eating a well-balanced diet of 50 percent raw foods and fresh juices may help. The diet should consist of mostly fruits, vegetables (organic, if possible), and whole grains, raw nuts, seeds, skinless turkey, and some deep-water fish. These foods will help to build immunity and increase energy. Have the patient consume at least eight 8-oz. glasses of purified water daily, plus fresh juices. Water flushes out toxins and aids in reducing muscle pain. Eliminate fried foods, junk foods, sugars, processed foods; stimulants such as coffee, tea, and soft drinks; and white flour products such as bread and pasta. Make sure the bowels move daily. If not, add fiber to the diet and refer to the Colon Abnormalities page of this guide.

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The patient should get plenty of rest and avoid overexertion. Walking or jumping in place, however, is essential for proper lymphatic function, so exercise to their tolerance should be encouraged.

People alive now have been exposed to many more chemicals than their ancestors ever were. Avoiding chemicals is highly encouraged. For those who are also experiencing allergies or food reactions, you may wish to consider some of Energique's Oral Antigens from the Homeopathics Oral Antigens section of our catalog. Your patient may want to consider a visit to a dentist who specializes in the removal of dental amalgams.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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