

~ A Healthier You ~

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Passion Flower

Chronic Fatigue and Fibromyalgia

Chronic fatigue syndrome (CFS) or myalgic encephalomyelitis (ME) is a group of symptoms associated with unrelenting and debilitating fatigue. There is also general pain, mental foginess, flu-like symptoms and gastrointestinal problems.

Fibromyalgia syndrome (FMS) is a painful shortening of muscles throughout the body. It is also a sleep disorder characterized by many tender knots in the muscles.

Approximately 80% of chronic fatigue syndrome patients have received an overlapping diagnosis of fibromyalgia syndrome. They are therefore often considered the same illness. Current research points to the possible causes as either/or neuroendocrine dysfunction, viruses, environmental toxins, genetic predisposition, food sensitivities, yeast overgrowth, and/or faulty digestion. It is estimated that approximately 800,000 nationwide have CFS and over 6 million have FMS at any given time.

To date there has not been a successful medical treatment, because they treat the symptoms instead of addressing the root problems. The numerous symptoms suggest that a sufferer make changes in their daily living routines, such as alterations in diet, exercise, and daily activities as well as sleep management. Complementary therapies such as acupuncture, tai chi, special diets and herbal supplements can be helpful.

Natural remedies for helping with sleep include: Wild Lettuce, Hops, Valerian, L-Theanine and **Passion Flower**. There are also Vitamins, Minerals and Amino Acids that can work together synergistically to improve energy levels and overall health. Some of these are: Vitamin E (helps to relieve pain and improve night leg cramps), Vitamin C (enhances immune function and prevents chronic bladder infections), Vitamin D (regulates immune functions), Magnesium (critical for relief of muscle pain), Inositol (enhances immune function), Malic Acid (improves energy levels), Amino Acids- Glycine, Serine, Taurine, and Tyrosine (essential for good brain function), Zinc (supports immune system), Selenium (supports antibody production) and Fructooligosaccharides (improves digestion and healthy microflora). A powdered energy drink mix is a good way to ensure that you're taking all the needed vitamins, minerals, and amino acids that you'll need to recover. It is also important that you take a good vitamin B-complex supplement.