

Chronic Fatigue & Fibromyalgia

Feeling physically exhausted after a long day's work or after strenuous exercise is natural. But if the tiredness or fatigue does not improve with bed rest and continues for weeks or months you may be looking at a disorder called Adrenal fatigue or the more debilitating Chronic Fatigue Syndrome (CFS).

Chronic Fatigue Syndrome (CFS) is a chronic disorder characterised by several debilitating symptoms including severe fatigue.

What Are the Symptoms of CFS?

The symptoms of CFS vary from patient to patient and based on the severity of the condition. The most common symptom is fatigue that is severe enough to interfere with your daily activities. For CFS to be diagnosed, fatigue must last for at least six months and must not be curable with bed rest.

Other symptoms of CFS may include:

- loss of memory or concentration
- feeling unrefreshed after sleep
- muscle pain
- headaches
- multi-joint pain without redness or swelling
- frequent sore throat
- tender lymph nodes in your neck and armpits
- gastro intestinal problems such as bloating, constipation, nausea
- sensitivity to light or noise
- sensitivity to alcohol
- food intolerances
- depression, anxiety, panic attacks
- tingling sensations
- dizziness



Some sufferers may also experience illness or extreme fatigue after physical or mental activities. This can last for more than 24 hours after the activity

Unfortunately the above symptoms are very common and too many people accept them as inevitable in today's modern hectic lifestyle. While the severe debilitating fatigue of CFS will keep people bedridden for days or weeks on end the more common Adrenal fatigue will see more people pushing through and accepting this substandard level of health as normal.

It is estimated that 250,000 Australians suffer CFS with many more going undiagnosed. While Chronic Fatigue Syndrome has been recognized by the Medical profession it is still poorly understood and often misdiagnosed. Both Adrenal fatigue and CFS are often treated with medications for depression, anxiety, insomnia, pain, infection and digestive disorders.

Causes of Chronic Fatigue Syndrome

Sometimes, CFS develops after a viral infection. Viruses that might possibly be linked to CFS include:

- human herpesvirus six
- Ross River virus (a mosquito-borne tropical disease)
- Epstein-Barr
- human retroviruses
- mycoplasma (a cause of atypical pneumonia)
- rubella (also known as German measles)
- Cytomegalovirus



Conditions associated with chronic fatigue are:

1. Irritable Bowel Syndrome
2. Multiple food intolerances
3. Chemical sensitivities.
4. Cold intolerance
5. Restless Leg Syndrome
6. Irritable Bladder Syndrome.

Fibromyalgia Syndrome and Chronic Myofascial Pain Syndrome can have similar symptoms and can occur in the same individual; complexity tells us that there are multiple causes for these syndromes (multi-factorial).

Can Food be a Cause?

Studies have shown that Fibromyalgia and IBS often co-exist, and that IBS may very well be undiagnosed Celiac Disease or Non-Celiac Gluten Sensitivity. Although gluten is a top food offender, other foods may be problematic as well. Celiac Disease can also masquerade as Chronic Fatigue Syndrome. Arnold Berstad and colleagues at Oslo's Lovisenberg Diaconale Hospital studied this in 2012.

The researchers compared 84 persons who had been referred to gastroenterologists for unexplained digestive problems which the patients themselves thought were caused by sensitivity to certain kinds of foods.

It turned out that all but one of them qualified for a diagnosis of irritable bowel syndrome (IBS). In addition, 85 percent of them had symptoms indicating chronic fatigue syndrome (CFS) and 71 percent showed symptoms of fibromyalgia.

Natural Therapies for Chronic Fatigue

As with any health condition a natural therapist will treat the patient not the disease, commonly there will be several intertwined strategies.

- Underlying viral infections can be identified by blood tests ordered by your own GP.
- Antiviral herbal medicine can be used to reduce the viral load and stimulate the immune system.
- Herbal and nutritional medicine can support and tonify exhausted adrenal glands.
- Nutritional medicine can support energy production at a cellular level.



Addressing Food Sensitivities

Food sensitivities can be a direct cause of fatigue or contribute by placing a further burden on your immune system.

Bio-Compatibility testing can identify reactive foods from a comprehensive list of over 500 foods and household products.

One patient came to the Clinic after 2 months of following a general elimination diet, with no improvement to her symptoms. Out test revealed almonds, chicken and mushrooms, foods that she ate every day.

Within 4 weeks of eliminating these foods she was feeling generally better and after 8 weeks noted an improvement of 70% to 80% improvement to her fatigue and fibromyalgia.

For more information on Chronic Fatigue or Fibromyalgia contact

Linda Lowen at the

Highbury Natural Health Centre

24 Elliston Avenue

Highbury S.A. 5089

Ph: 8395 2836

Mb: 0415 630 844



Linda Lowen

N.D., Adv. Dip Hom., Dip. Herb Med.