

# CHRONIC FATIGUE



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## CHRONIC FATIGUE

Chronic fatigue haunts millions of Americans with no definitive cure in sight. While the condition itself continues to stir controversy, chronic fatigue sufferers can attest to relentless exhaustion, even after long rest, a nap or a vacation.

With claims such as “I feel like the living dead, a zombie!” chronic fatigue is very real. In fact, fatigue is one of the most common complaints heard during a physician’s office visit, and certainly a recurring grievance among my own patients.

Do not confuse chronic fatigue with Chronic Fatigue Immune Dysfunction Syndrome (CFIDS), otherwise known as Chronic Fatigue Syndrome. Less than 5% of chronic fatigue victims meet the criterion for CFIDS. In 1988 the Center for Disease Control and Prevention (CDC) defined CFIDS as an epidemic, unexplainable fatigue frequently seen among young professionals (Yuppie Flu). To fulfill the case definition for CFIDS, a patient needs to have persistent, severe and unspecified fatigue for at least six months. All chronic clinical conditions that



induce fatigue must be excluded. (See table below).

**CFIDS definition symptom criteria:** Four or more of the following symptoms must be present concurrently for at least six months:

- Impaired memory or concentration
- Sore throat
- Tender cervical or axillary nodes
- Muscle pain
- Multijoint pain
- New headaches
- Unrefreshing sleep
- Postexertion malaise

I define chronic fatigue as any condition that renders constant low energy levels, accompanied by symptoms of fatigue, exhaustion, weakness, depression, and lethargy over many years. Some patients claim fatigue pervaded their lives so

completely, at some point it began to define their personality.

**What causes chronic fatigue?** Chronic fatigue is the expression of symptoms caused by a failure to adapt to stress

**What is stress?** Stress is a response to external elements that causes physical or mental tension. Forms of stress can vary from spiritual, emotional, genetic, physical, and financial to biological, chemical, environmental, or habitual lifestyle imbalance.

A sudden scare, an argument, ongoing worries or toxin exposures can all cause the body to react with excessive consumption of nutrients (vitamins and minerals). Dr. Hans Selye outlines three different stages of stress.

### **FIRST PHASE—**

*(The Alarm Reaction)* The body acknowledges acute stress by pumping adrenal hormones to mobilize physical energy and thwart imminent danger.

### **SECOND PHASE—**

*(Stage of Resistance)* When the stress grows chronic—i.e., incessant worry about work, economy, politics—a person enters the chronic tension stage. The body struggles to produce more adrenal hormones and mobilize reserve energy.

### **THIRD PHASE—**

*(The Exhausted Stage)* The body can no longer process stress. With depleted energy supplies (adrenal burn-out), everyday tasks such as cooking, cleaning or child care seem insurmountable. Some leave their jobs or contemplate it. Others resort to “coping mechanisms” such as alcohol, nicotine, caffeine or illegal drugs.

People diagnosed with specific diseases are already in a low energy state, unable to cope with chronic stress. Many develop symptoms of fatigue.

## Medical illnesses associated with chronic fatigue

### Endocrinologic

Hypothyroidism  
Hyperthyroidism  
Adrenal Insufficiency  
Addison's Disease  
Hypoglycemia  
Diabetes

### Infectious

Chronic Epstein-Barr  
Virus Infection  
Other Viral Infection, i.e.  
CMV, HIV, etc.  
Tuberculosis  
Lyme Disease  
Candida Infection (Yeast  
Syndrome)  
Other Fungal Infection  
and Mycotoxin  
Parasites

### Rheumatologic

Fibromyalgia  
Polymyalgia Rheumatica  
Polymyositis  
Rheumatoid  
Arthritis/Lupus

### Hematologic/Oncologic

Anemia  
Lymphoma  
Occult Malignancy

### Neuropsychological

Sleep Apnea/Sleep Disorder  
Multiple Sclerosis  
Parkinsonism  
Depression



Nourish body and soul  
with proper food and thought.

**SELF CARE TIPS:** Use these tools to combat chronic fatigue.

1. Avoid people or situations that leave you frustrated or without control over the situation. Frustration swiftly drains energy. Confront the dilemma, resolve the conflict, or realize when it's time to move on.
2. Love
3. Nourish body and soul with proper food and thought. Nutrition covers too broad a range for this discussion, but in simplest terms: Delete or diminish sugar, alcohol, caffeine, artificial food additives and processed or fast foods.
4. Learn to clean and detoxify the body. Initially, drink distilled or filtered water. Then learn to use an enema and juicer to clean bowel and liver. If you don't already own one, I suggest that you purchase one and use it.
5. Take vitamins and mineral supplements. Our over-farmed soil is deficient in many minerals. It is impossible to get enough vitamins and minerals through food. In fact, we require an extra dose of supplements to combat the pollution and stress associated with modern day living. For preventive purposes, start with high potency multivitamins and minerals, plus extra vitamin C (1000 mg) and vitamin E (400 iu). People with specific medical problems or chronic fatigue may need higher therapeutic doses.
6. Intense exercise can be very dangerous. Always exercise in moderation. Walk, stretch or try breathing exercises such as yoga or tai chi. Never over-exercise.
7. Resist antibiotic use for minor infection. Instead, use *probiotics*, the substance that will enhance your immune system:
  - Vitamin C
  - Vitamin A
  - Zinc
  - Colloidal Silver
  - Garlic
  - Echinacea
  - Golden Seal
  - Ginseng
  - Pau'd Arco Inner Bark
8. Exercise environmental control. Realize that synthetic chemicals and heavy metals accompany us at all times. Try to avoid unnecessary chemical exposures such as roach killer sprays, lawn sprays, hair sprays, etc. Remove radios, televisions, computers and all other electronic gadgets from your bedroom. Don't allow electromagnetic fields to interfere with the healing process that occurs during sleep. You may even want to skip the evening news, which reports negative, violent information that can suppress your immune system. A more gentle way to stay informed is to read the newspaper the following day. Your body will absorb far less shock.

# Medical illnesses associated with chronic fatigue

## Other

Chronic Illness (Kidney, Liver, Heart, Lung)  
Drug Side Effects  
Alcohol or Other Substance Abuse  
Heavy Metal Toxicity (mercury, lead, copper, etc.)  
Nutrition  
Food Allergies  
Hydration  
Environmental Pollution  
Electromagnetic Fields and Their Effects  
Dental Stress



9. Take charge of your illness and your life. You cannot “sleep away” chronic fatigue. If standard lab tests and physician evaluations don’t reveal the source of your fatigue, don’t give up. You hold the clues for uncovering any of the many causes behind chronic fatigue.
10. Take time to build a spiritual foundation with God, prayer, and meditation. Faith and serenity can be the most powerful healers of all.

### ***What to expect from your office evaluation:***

- A detailed medical history and physical exam.
- Routine lab tests (CBC, SMA-18, urine analysis, thyroid function test).
- Hair analysis to check for mineral composition and heavy metal exposure. (If this test was recently performed by another physician, it will be excluded).
- Food allergy test, IgE and IgG antibody titre for 96 different types of foods, if indicated.
- Optional tests: EKG, chest x-ray, blood test for nutritional evaluation, i.e., SPECTROX Profile, metabolic typing, hormonal profiles, etc.
- Begin a basic body cleansing detox program, including body cleanser and gallbladder/liver flush.
- Establish your basal metabolic rate by checking early morning axillary body temperature.

### ***Treatment Options:***

- Begin nutritional supplementation and dietary counseling.
  - Vitamins and minerals
  - Digestive enzymes
  - B-12 injections
  - Metabolic type diet
  - Amino acid supplements
- Begin a body cleansing program.
  - Bowel cleansing
  - Gallbladder/liver flush
  - Colon sweep
  - Cell cleansing
  - Parasite cleansing
  - Enema, coffee enema, colonics, etc.

You will have a followup evaluation in one month, with subsequent routine check-ups every two to four months as indicated for progression. People with severe fatigue may require multiple infusions of intravenous (IV) vitamins and minerals for a jump start.

- Other therapeutics include:
  - Hormonal replacement therapy
  - Chelation therapy for heavy metal exposure
  - IV H<sub>2</sub>O<sub>2</sub> (peroxide) bio-oxidation therapy
  - IV vitamin C therapy

I am always open to discuss any experimental therapy per patient request. If there is no significant improvement in six months, it is time to reassess the condition and investigate a second option.

### ***Summary***

Chronic fatigue is a complex disorder with numerous underlying causes. Successful treatment may necessitate exploration beyond the topics discussed in this article. This may be very time consuming, frustrating and expensive (insurance companies often do not cover expenses or even admit chronic fatigue exists). But there is hope for dramatic and rewarding results.