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Chronic Fatigue Syndrome

A Medical Mystery

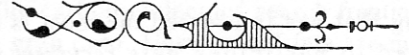


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Notice

This newsletter is designed for educational purposes only. Any individual suffering from health problems which are mentioned or discussed should consult a physician for proper diagnosis and treatment.

Chronic Fatigue Syndrome

Both physicians and the average person are increasingly being impacted by a new disease entity called "Chronic Fatigue Syndrome (CFS)." Very little is known about this disease. As a matter of fact it may be a cluster of symptoms caused by a number of different factors.

Symptoms

Symptoms of this problem vary from individual to individual. A typical victim was described as "plagued by insomnia, migraine-like headaches, night sweats, a maddening ringing in her ears, low-grade fever, swollen lymph nodes, muscle aches, depression, excessive anxiety, recurrent sore throat, blurred vision, difficulty concentrating and a fatigue so incapacitating that she has been unable to work, even part time." Others have described the problem as having a continuous flu.¹

The disease is identified by its sudden onset of persistent fatigue which does not go away with rest. Other diseases which can create the same symptoms must be ruled out. Another criteria is the presence of eight of 11 symptoms for a period of six months or longer:

- mild fever
- sore throat
- painful lymph nodes
- general muscle weakness
- muscle discomfort
- painful joints
- headaches



- sleep problems neurological complaints (light sensitivity, seeing spots, forgetfulness, excessive irritability, confusion, difficulty thinking, inability to concentrate, depression)
- prolonged fatigue after exercise that once would have been tolerated easily
- rapid development of these problems over hours or days²

Cause of This Disease

No one knows what causes this illness. There are a number of possibilities which have been suggested:

Viral

The sudden onset of this problem indicates that the precipitating factor may be a virus or combination of viruses. Epstein-Barr Virus and Human B-Lymphotropic Virus have been suggested.

Epstein-Barr Virus causes mononucleosis which shares many symptoms with Chronic Fatigue Syndrome. The virus has been identified as causing cancer and does appear to be running rampant in some but not all who suffer from fatigue syndrome.

Immune System Overload

Heavy exposure to pesticides, herbicides, heavy metals and other toxins in air, water, food, or even dental fillings can create such an overload that the immune system malfunctions. Water is becoming horribly polluted in the United States, yet people rarely think of doing something about this problem. One barrel of a common degreaser (TCE) can pollute 10 billion gallons of water to the maximum contaminant level for safety. Over 12 billion pounds of this substance have been distributed broadly in North America. (This is only one example of water pollution.)³ Water purification is a must for those suffering from immune system overload.

Similar problems can exist with air in homes or offices recently painted or carpeted. Use of pesticides in

the home should be avoided. As a matter of fact, some descriptions of pesticide poisoning bear a marked resemblance to Chronic Fatigue Syndrome. Max Gerson wrote of DDT poisoning, "Pain in the joints, general muscle weakness, and exhausting fatigue are usual; the later are often so severe in the acute stage as to be described by some patients as paralysis."⁴

Chronic Fatigue Syndrome has been likened to the flu. Anthony DeCrosta wrote an article in Organic Gardening a number of years ago entitled "How Pesticides Cause Flu." He quotes Granville Knight, M.D., "The thing that has impressed me most is that a person exposed to pesticides gets recurrent wave of these symptoms."

Knight also said, "I believe that most people are suffering from degeneration and need extra vitamins. Our need for vitamins and nutrients is much higher because we are a second generation that has been exposed to chemicals on such a wide scale. So take supplements every day — start gradually and build up..." Knight thought yeast and liver of particular value in coping with environmental pollution because of the natural B complex. Most Neo-Life B complex products are derived from a natural, very high quality yeast or liver source with the exception of the vegetarian formulas which are yeast and animal product free.

Removal of accumulated toxins in fatty tissue is possible, but is expensive and time consuming. It is better to avoid exposure.

Endocrine Imbalances

Thyroid and adrenal problems often accompany Chronic Fatigue Syndrome. One reference says, "when fatigue becomes overwhelming, one can assume that the adrenal glands aren't as healthy as they should be, even if the serum cortisol levels are within normal ranges."⁵ Isaacs noted that the EBV virus produced fatigue similar to Addison's disease (classic adrenal deficiency). Symptoms improved when adrenal cortical extract was administered. Immune function collapses when the adrenals become exhausted.⁶

Hypoglycemia, Liver Function and Sleep

Stoff notes that patients with CEBV (Chronic Epstein-Barr Virus) or fatigue syndrome "commonly suffer from hypoglycemia (low blood sugar content)." Isaacs also noted this phenomenon. If blood sugar is unstable, "there is a physiologic dysfunction of the liver."⁷

The liver plays an extremely important role in immune function. The body attacks viruses with antibodies. The result is an immune complex. These clumps of material continue to gather antibodies and drain the immune system until the liver removes them from the blood. A sick liver does not perform this function very efficiently.

The health of the liver can be improved by avoiding sugar and alcohol as well as excessive fat in the diet. A high quality liver supplement will provide nutrients the liver needs to function.⁸ Sleep is very important for liver function. Stoff notes, "You can help your liver...by trying to go to sleep as close as possible to 9:00 P.M. This will maximize the healing time for the liver by not diverting energy (that is nutrients) and blood to other regions, in particular the muscles."⁹ Lack of sleep can devastate the immune system.

Footnotes:

1. Morain, Claudia, "Mystery Flu," *The Sacramento Union*, March 30, 1988, p. E1.
2. *Reporter*, Chronic Fatigue Syndrome Society, May 10, 1988, p.4.
3. *Key Bulletin*, Fremont, Ca.: Neo-Life Company of America, December, 1990, p. 3.
4. Gerson, Max, *A Cancer Therapy*, Washington: U.S. Government Printing Office, 1946, p. 171.
5. Stoff, Jesse and Pellegrino, Charles, *Chronic Fatigue Syndrome*, New York: Random House, 1988, p. 124.
6. Isaacs, Raphael, *Chronic Infectious Mononucleosis*, p. 860.
7. Stoff, p. 61-62, Isaacs, p. 858.
8. Stoff, pp. 43-45.
9. Stoff, p. 47-48.

Summary Health Suggestions

- ✓ Drink pure water. (Water Dome)
- ✓ Purify air if subject to allergies or exposed to strong chemicals in air. (Consolaire)
- ✓ Get to sleep by 9:00 P.M.
- ✓ Avoid exposure to strong chemicals, pesticides, and herbicides. (Wash produce with Green)
- ✓ Use good eating habits:
 - Eat fresh healthy food with plenty of vegetables and seafood.
 - Eat small meals. Eating large portions of one food can lead to the body's rejection of that food in an allergic manner.
 - Eat a variety of different foods.
 - Avoid sugar, alcohol and fatty foods.
 - Use digestive aids if needed. (Betagest and Enzyme Digestive Aid)
- ✓ Use a good supplement program including:
 - B complex derived from yeast (unless allergic) (Threshold B)
 - Dessicated liver (Liver plus C)
 - Essential oils to support adrenal, thyroid and other endocrine functions. (Formula IV and Salmon Oil)
 - A natural antioxidant complex (Betagard)
 - Essential minerals in chelated form. (Chelated Multi-mineral)

