

Chronic Fatigue Syndrome

Chronic fatigue syndrome, or CFS, is a debilitating and complex disorder characterized by profound fatigue that is not improved by bed rest and that may be worsened by physical or mental activity. Symptoms affect several body systems and may include weakness, muscle pain, impaired memory and/or mental concentration, and insomnia, which can result in reduced participation in daily activities. <http://www.cdc.gov/cfs/>

Between 836,000 and 2.5 million Americans suffer from myalgic encephalomyelitis/chronic fatigue syndrome—commonly referred to as ME/CFS. Many researchers believe that CFS is far more common than this. Chronic fatigue syndrome is three times more prevalent in women than in men and is most common in younger adults, with 90% of cases in the 25-50 year age range. <http://iom.nationalacademies.org/Reports/2015/ME-CFS.aspx>

CFS is characterized by prolonged fatigue associated with a wide range of accompanying symptoms. The clinical manifestation of CFS includes fatigue, difficulty concentrating, headaches, sore throat, tender lymph nodes, muscle aches, joint aches, fever, difficulty sleeping, psychiatric problems (such as depression), allergies, abdominal cramps, weight loss or gain, rash, rapid pulse, chest pain, and night sweats. Perhaps what is most frustrating about this illness is that there is no cure.

❖ Studies show that the main benefit of acupuncture for CFS are the released endorphins, which can raise the amount of white blood cells, T-cells and antibodies in the body, which increase the body's level of immunity.

<http://www.ncbi.nlm.nih.gov/pubmed/23917395>

❖ Customized Chinese and Ayurvedic herbal medicine (a herbal remedy), helps to boost the immune system and support healing.

<http://www.ncbi.nlm.nih.gov/pubmed/22754076>

❖ Acupuncture and an herb remedy treat this illness by reducing the level of harmful hormones in the body; restoring the balance of hormonal regulation; reducing stress, anxiety and tension; regulating a distorted immune function and promoting body detoxification.

❖ *Combined benefits of acupuncture and herb remedy treatments has a marked effect on a Chronic Fatigue Syndrome symptom .*



Profound fatigue
Post-exertional
malaise
Brain fog
Unrefreshing
sleep
Sore throat
Muscle/joint pain
Severe
headaches
Mood swings



The goal of Ayurveda and Oriental Medicine is to achieve health by maintaining balance and harmony, not by fighting disease.



Doctor of Acupuncture and Oriental Medicine, Licensed Acupuncturist, Herbalist and teacher of Ayurveda and CranioSacral Work. Over thirty years studying and practicing healing work in the lineage of the Siddha tradition. Traveled extensively through the Himalayan regions of Tibet, Nepal, and India, to learn meditative and healing practices. In his healing practice he integrates Siddha Ayurveda, Craniosacral work and Chinese Medicine to offer personalized healing services for wellness and transformation.

Prana | LAc. | Dipl.OM | DAOM | MBA | PranajiAcupuncture.com