

Chronic Fatigue Syndrome Supplement Program

By Geoff D'Arcy, Lic. Ac., D.O.M.



According to the Center for Disease control the following criteria must be met for the diagnosing of Chronic Fatigue Syndrome (CFS):

1. Presenting with severe chronic fatigue of six months or longer duration with other known medical conditions excluded by clinical diagnosis;
2. Concurrently have four or more of the following symptoms: substantial impairment in short-term memory or concentration, sore throat, tender lymph nodes, muscle pain, multi-joint pain without swelling or redness, headaches of a new type, pattern or severity, un-refreshing sleep, and post-exertion malaise lasting more than 24 hours.

The symptoms must have persisted or recurred during six or more consecutive months of illness and must not have predated the fatigue. Chronic fatigue and immune dysfunction syndrome (CFIDS, also known as chronic fatigue syndrome, CFS, myalgic encephalomyelitis, ME and by many other names) is a complex and debilitating chronic illness that affects the brain and multiple body systems. Chronic fatigue syndrome can involve a general viral syndrome, and several

have been identified, i.e. Epstein-Barr and Cytomegalovirus. Active viral infections are not generally the cause of Chronic Fatigue, rather they are simply opportunistic agents that are taking advantage of deficiencies of the immune system. Viral infections can place a further stress on our body systems, using available vital energy in order to keep them in check.

How many people have CFS? A study conducted by researchers at DePaul University estimates CFS at approximately 422 per 100,000 persons in the U.S. This means as many as 800,000 people nationwide suffer from this illness, about two thirds are estimated to be young middle class women. 90% of patients have not been diagnosed and are not receiving conventional medical care for their illness.¹

Chronic fatigue is often the result of our lifestyle, a dis-ease that makes us a casualty of our own stressful life habits. It is often caused by mismanagement of our personal energy resources. These seems to be all too common these days among industrialized countries, where people commonly work 40 to 60 stressed-filled hours, all the while, raising children, looking after parents, with lack of sleep, lack of relaxation, personal time, and addicted to stimulants that further allow us to push past our needs of rest, and recuperation. The classic profile being a professional, over 40 years old, running on "empty".

Allergies, Candida, Epstein Barr virus, fibromyalgia are all interwoven into to this "depleted immune deficient syndrome." Complicating the picture of this syndrome are the effects of new external toxins to which we are exposed. It is currently estimated that our bodies have to deal with over 70,000 new synthetic chemicals in the environment that were not present even 40 to 50 years ago. We cannot afford the luxury of having an under-functioning immune system. Herbs and nutritional supplements can play an enormous role in regaining our vitality, our "qi" ("life-force"). Anti-viral herbs can be used to inhibit the virus, but always in combination with immune and adrenal strengthening herbs. With our immune systems up and running we can more effectively process the toxins and stressors in our environment.



Simple common sense: Life-Style Factors to Address CFS

1. Conserve energy.
2. Relaxation, 20 minutes of a stress-relief technique daily.
3. Strong diet is a must: eat according to the seasons, your work and constitution; eat foods with energy that has not been denatured, eat organic, eat free range, eat chemical free.
4. Do not over-exercise: it is better to do a small amount with frequency (at least five days per week.) Stretching, yoga and tai chi are all better options for balancing a stressful lifestyle than aerobics, weight lifting and other strenuous activities, which require the use of energy reserves.

RECOMMENDED SUPPLEMENTATION PROGRAM:

1. For men: [ENER-CHI FORMULA](#), 2 capsules, three times daily.
For women: [WOMEN'S HEALTH FORMULA](#), 2 capsules, three times daily.
 2. [HEPO-PROTECT FORMULA](#), 2 capsules, three times daily.
 3. [MULTI-VITAMIN: ULTRA PREVENTIVE X](#), as directed.
 4. [CO-ENZYME Q-10](#), as directed.
- Add [POWER MUSHROOMS FORMULA](#), 2 capsules, three times daily if symptoms are severe or long term.
 - Add [EASY MOVE FORMULA](#), 2 capsules, twice daily if constipated, or more as needed.
 - Add [INFLAM-EASE FORMULA](#), 2 capsules, three times daily if sore or inflamed from exercise or fibromyalgia.

WOMEN'S HEALTH FORMULA. Designed for women, this formula strengthens digestion, and uses deep immune system tonics to strengthen and replenish the immune reserves. This is a good long-term tonic to support women's needs; it has traditionally been used for thousands of years in China to support energy and blood deficiencies in women. Its sister formula, a slight variant, is being proven as a worthy immune building tonic especially in cancer and immune compromised conditions.^{1,2,3,4,5,6,7} It has demonstrated its ability to stimulate the production of interleukins and natural killer (NK) cells.⁸ Traditionally, this classic women's formula has been used for centuries for the following symptoms: anemia, dry skin, dry hair, fatigue, general tonic loose stool, menstrual problems, amenorrhea (pathological cessation of menstruation), pale complexion, pre- and post- menstrual fatigue, pre- and post- childbirth depletion. It is used whenever the energy, (Qi) or blood is depleted, as in recuperation from chronic illness, childbirth, heavy or deficient menstruation, or as a long-term women's pick-me-up. According to traditional Chinese medicine (TCM), men can get away with strengthening only their energy, but women must also strengthen their blood. In TCM the concept of blood is closely allied to energy (Qi); blood nourishes, moistens, and lubricates the body and mind, circulates nourishment to tendons, muscles, and vital organs, and anchors the mind by allowing a clear thought process. The ingredients in this formula provide a well-balanced way for women to strengthen themselves.

ENER-CHI FORMULA. This formula is especially designed for men to build and nourish a man's energy. It has been traditionally used for thousands of years in Japan and China for conditions of poor diet, excessive worry, stress and overwork. It supports the energy of the digestion to increase the transformation of food into energy. Modern research also bears out this formula's abilities to increase the immune components (phagocytosis of macrophages) system, benefiting cancer patients and supporting better recovery times for radiation therapy. Ener Chi's base formula is the *Four Gentlemen Decoction*, "*Si Jun Zi Tang*". It contains three types of ginsengs:



American ginseng, to gently nourish the lungs and bodily fluids; *Siberian ginseng*, for endurance; and *Asian ginseng*, a powerful tonic for energy. *Atractylodes* improves transformation of food into nutrients, *licorice* harmonizes the digestion, and *poria* clears away dampness. *Astragalus* increases energy (Qi), strengthens the immune system (it has been shown to boost T-cell restoration) and promotes tissue regeneration. The herb, *ginkgo*, has been shown to increase short-term memory and alertness by increasing cerebral circulation, and *gotu kola* is an Ayurvedic, mind-enhancing, relaxing tonic.

The Russian *Siberian ginseng*, *Eleutherococcus senticosus*, although not a member of the ginseng family, has been proven to boost stamina and energy in workers and athletes, increasing endurance. One study gave one half of a group of coal mine workers a placebo, and the other half *Siberian ginseng*. The miners who were given the *Siberian ginseng* increased their productivity by 50%. *Siberian Ginseng* is the focus of a study for treatment of CFS. This study is conducted by investigators from the Department of Family Medicine at the University of Iowa, College of Medicine and the study is sponsored by the National Institutes of Health. *Siberian ginseng* has been used successfully for CFS and has finally attracted research attention. *Siberian Ginseng* promotes the immune system^{8,9,10} and supports the adrenals (CFS may be partly due to low adrenal functioning).

HEPO-PROTECT FORMULA. Hepo-Protect formula supports the liver against environmental and internal toxins as well as boosting the immune system against viruses and bacteria that might be the underlying infectious cause of CFID's. The base of Hepo-Protect formula is *Minor Bupleurum*, called *Sho Saiko To* by the Japanese, for the protection of the liver. There are currently 171 papers and studies listed in a conventional medical database showing *Sho Saiko To*'s general virus fighting abilities. Hepo-Protect increases the immune system components that both keeps the virus from forming protein and attacks the virus directly. *Minor Bupleurum* has three human trials of over 5 years each to demonstrate its long-term safety. It has also been shown to boost the immune system through its effects on macrophage functions. These results suggest that the base formula of Hepo-Protect enhances the immune response through at least two different routes, that is, through eliminating the inhibition of lymphocyte functions by prostaglandin E2 and through presenting antigens more efficiently.¹ This formula has demonstrated its ability to promote clearance of HBeAg in children with chronic Hepatitis B (HBV) virus infection and with sustained liver disease. This may be a very useful drug for such patients.² Another clinical trail concluded the same and identified the mechanism by the production of gamma interferon which interferes with the virus's ability to reproduce.³

A major anti-viral agent, *Minor Bupleurum*, has been shown to be useful against other viruses. In HIV studies it was shown to produce a 50% reduction in the ability of HIV to replicate itself and jumps to 80% for leukemia viruses.⁴ Like *Andrographis Paniculata*, another ingredient in this formula, it attacks virus by blocking an enzyme known as reverse transcriptase, which the virus uses to translate its genetic information into a form it can use to replicate. Simply put, it hinders the replication of viruses.

Other ingredients of Hepo-Protect: *Schisandra*, *fructus schizandrae*, is showing great promise in liver protection against viral hepatitis⁵ as well as toxic chemicals.^{6,8} *Schisandra* protects the liver against toxic chemical damage even when activated into a poison, in the liver, such as with carbon tetrachloride. There are no toxic reactions reported even at very large dosages.⁷ *Schisandra* is a well-known Chinese herb, widely used in ancient China. During recent decades, it has been found to be effective in viral and chemical induced hepatitis and repair of the injured liver cells.⁹ *Andrographis*, *andrographis paniculata*, used in Chinese and Ayurvedic medicine, is another herbal rising star. Recently acclaimed for its ability to protect the liver and help the liver regenerate itself, it has the added benefit of hindering the replication of viruses, by altering cell-to-cell transmissions.^{10,11} The ingredient *andrographide* is suspected of destroying the virus' communication mechanism, preventing the transmission of the virus to other cells by modifying cellular signal transmission.¹² *Milk Thistle*, *silymarin*, "contains some of the most potent liver protecting substances known...(that) stimulate the production of new liver cells and prevents formation of damaging leukotrienes."¹³



Vitamin E scavenges free radicals fights cancer and cardiovascular disease enhances blood clotting and circulation speeds healing and reduces scarring regulates hormone changes and keeps cell walls supple and strong protects low-density fatty acids and micro-nutrients (especially vitamin A) reduces DNA damage in cells that can lead to mutations and cancer can improve PMS, fertility, chronic fatigue syndrome, and other conditions can help prevent sunburn boosts the immune system may ease angina and arthritis pain boosts HDL levels, the lipoprotein that carries cholesterol away from the cell.

MULTI-VITAMIN. Should be taken at a high dosage of what the manufacturer suggests. This basically covers any sub-clinical nutritional deficiency from poor absorption of nutrients or denatured foods.

COENZYME Q-10. This increases the effectiveness of the immune system and protects the heart. Coenzyme Q-10 is a potent antioxidant with an important role in energy production. While people with CFID'S generally aren't low in Coenzyme Q10, they do seem to have functional shortages of the enzyme that Coenzyme Q10 reacts with to allow cells to convert protein, fat and carbohydrates into energy. Supplementing with extra Coenzyme Q10 prompts the body to improve the function of this partner enzyme, and the better this partner works the better the body's ability is to convert food into energy.

POWER MUSHROOMS FORMULA. If the CFS is severe, you may need to deeply nourish the immune system and allow a rebuilding of the parasympathetic nervous system. The Power Mushroom formula addresses both needs. Preliminary clinical reports and practitioner experience seems to indicate that its immune system-stimulating polysaccharides may make it useful for people who are HIV positive, as well as for those who have Epstein Barr Virus.¹⁴ The Chinese have long used individual mushrooms in this formula for increasing resistance to infections, and heart disease; they are recommended for a wide range of ailments such as neurasthenia, chronic bronchitis, and coronary heart disease. (Yang & Jong, 1989)¹⁵

Diet

- Decrease your intake of concentrated sugars
- Cut out caffeine (coffee, colas)
- Decrease fat intake
- Cut out the most common allergy culprits incriminated in chronic fatigue, wheat, milk, and corn
- Cut back on fermented foods and drinks, rich and greasy foods
- Cut out alcohol
- Increase your intake of omega 3 fatty acids (mackerel, salmon, tuna, whitefish, bluefish, anchovies, and herring) or a supplement -1 gram daily
- Increase your intake of leafy green vegetables and other chlorophyll-rich foods and seaweeds

Some doctors believe that for people with CFS who have low blood pressure, salt should not be restricted. In CFS, for sufferers who have a form of low blood pressure triggered by changes in position (orthostatic hypotension), some reports indicate benefits from additional salt intake.

Exercise. At least 30 minutes a day for 3-5 days a week. Do not over-exercise; it is better to do a little but often. Stretching, yoga and tai chi are all more nourishing options for a stressful lifestyle than aerobics, weight lifting and other strenuous activities. Gentle exercise, a little and often can be enormously helpful for keeping energy and blood moving, but do NOT over do it. The real gauge is if you are tired the next day, then chances are you've done too much. So do a little less the next day so you find your own appropriate level of exertion.

Relaxation Technique. Twenty minutes a day, this can also help smooth out tensions of the body and mind



and keep the “stuck” energy moving.

Other. Drink at least six 8 oz glasses of water a day to help rid the body of toxins. Move your bowels daily to finish the cleansing. No smoking.

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