

CHRONIC FATIGUE

By Drs. Boyd & Cindy Williams

Chronic fatigue syndrome (CFS) is a newly established syndrome that describes varying combination of symptoms including recurrent sore throats, low grade fever, lymph node swelling, headache, muscle and joint pain, intestinal discomfort, emotional distress and/or depression and loss of concentration. These symptoms must be present for 6 months or more.

Chronic fatigue and low energy are common complaints in modern life. Indeed, up to 24 percent of all people visiting the doctor say they always feel tired. Chronic fatigue and low energy can be triggered by many different factors. Understanding these influences is an important first step in solving the riddle. Some potential contributors to fatigue are listed below.

ANTIBIOTIC OVERUSE

Research at the University of California and elsewhere, suggests that people with chronic fatigue are more likely to have a history of chronic antibiotic overuse as a child, adolescent or adult.

BLOOD SUGAR DISORDERS

The most common blood sugar disorders, diabetes and hypoglycemia, are both associated with fatigue.

DIGESTIVE DISTURBANCE

Digestive problems are very common in modern cultures and may contribute to fatigue. When changes in the stomach acid, digestive enzymes, intestinal bacteria and other problems occur, it affects the fundamental way in which our food and nutrients are used.

FIBROMYALGIA SYNDROME

Fibromyalgia is characterized by chronic neck, shoulder, hip and back pain. Chronic fatigue is present in more than 90 percent of people with fibromyalgia.

INFECTION

Chronic fatigue may be a residual effect of an acute infection. It may also be the result of a chronic or hidden infection such as Epstein-Barr virus, Herpes virus or Cytomegalovirus.

THYROID AND ADRENAL PROBLEM

Both underactive and overactive thyroid can contribute to poor energy production. The adrenal glands produce important hormones which, when increased or depressed, can contribute to fatigue.

TOXICITY or CHEMICAL SENSITIVITY

*The presence of metabolic toxicity can be determined by completion of a toxicity questionnaire. This self-test can be requested from our office.

For more information on this or other health topics, including information about our services, go to www.familychiroclinic.org or call us at 507-281-4878.

