

Fix your chronic fatigue

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Chronic fatigue has many faces and many causes

Chronic fatigue (CF) is a very common health disorder. Approximately 10% of the population is affected. Included in the CF-CFS continuum are diseases such as fibromyalgia and Lyme disease, but also diseases with multiple chemical sensitivity (MCS), irritable bowel syndrome and histamine intolerance - all of which very often have chronic fatigue as an accompanying symptom. Conventional medicine cannot deal with all these disorders - not infrequently dismissing them as mental illnesses.

Approximately 1% of the population, is affected by chronic fatigue syndrome, called CFS/ME (ME - myalgic encephalomyelitis), has a particularly severe form of chronic fatigue.

By definition, CF lasts at least 6 months, CFS usually lasts much longer, usually several years. Both forms are multi-causal and are difficult to treat, CFS even more difficult than CF. In studies of the prognosis of CFS, an average of 40% of patients improved over the course of treatment (range 8%-63%); only 8%-30% were able to return to work.

Both chronic fatigue syndrome and CFS are multi-causal diseases. The spectrum of causes of these two forms of chronic fatigue are the same, except that causes of fatigue in CFS are more severe and correspondingly more difficult to treat (Dr. Hirsch, personal communication). The chronic fatigue remediation plan presented here applies in principle to all forms of chronic fatigue described above. It is based on Dr. Hirsch's experience with thousands of patients with chronic fatigue. Basically, each person suffering from chronic fatigue has very specific, unique causes for his or her fatigue. I use this method in my work with my patients.

The four-step plan for resolving chronic fatigue.

This four-step plan allows you to

- 1. Identify the root causes** of chronic fatigue
- 2. Correct the deficiencies** of nutrients, hormones, energy production by **establishing optimal lifestyle habits**: Diet, relaxation, sleep and exercise
- 3. Eliminate harmful substances** by activating the metabolism and the kidney, liver and lymphatic detoxification pathways.
- 4. Eliminate the infections**

1. Identify the causes of chronic fatigue syndrome

In the first place, the cause(s) of chronic fatigue is diagnosed.

- Some diagnoses are made based on symptoms, which are confirmed with laboratory tests.
- Other diagnoses are more likely to be made based on testing
- Some diagnoses are made more on the basis of symptoms, because tests are uncertain.

The causes that can be considered to cause chronic fatigue are divided into two categories

- **Deficits**
- **Toxic influences**

1. Deficits

- Diet
- Vital substances: Vit. B12, Vit D, folic acid, magnesium, iron etc.
- Water balance
- Sleep
- Exercise
- Emotions
- Hormones (adrenal, thyroid, sex hormones) and neurotransmitters
- mitochondria

2. Toxicities

- Constipation
- Molds
- Heavy metals
- Chemicals -
- Tarn infections (Borrelia, Ehrlichia, Anaplasma, Babesia Bartonella)
- Epstein-Barr virus and other viruses
- Sinus infections
- Intestinal infections
- Tooth/mouth infections
- Food intolerances
- Inhaled intolerances
- Electro-magnetic smog

The deficits are easier to treat than the toxicities. Therefore, therapy begins with addressing the deficits.

The toxicity list is very long. Therefore, the healing process can be long and tedious. It absolutely needs great motivation and perseverance on the part of the affected person.

Because toxicity plays a major role in chronic fatigue, detoxification in the form of enema is beneficial at the beginning of the treatment. Detoxification elements are also included in the optimal diet (Deficiencies section).

2. Eliminate deficiencies

Biochemical and physiological deficiencies

1. Vital substances

An analysis of vital substances provides information about any deficiencies. Blood values must be in the optimal range, most important are vitamin B12, D, folic acid, magnesium, iron but other vital substances must also be considered.

2. Hormones

Deficits in hormone balance also cause fatigue. The following hormones must be considered:

- **Adrenal fatigue:** due to fatigue stress, the stress hormones cortisol, adrenaline and noradrenaline are decreased. This deficit must be compensated. Bio-identical hormones, stress relief; vital substances and adaptogenic plants can provide relief.

- **Balance thyroid hormones.** Often there is under-functioning of the thyroid gland, which causes fatigue. There are remedies through hormone therapy and taking animal thyroid supplements; possibly the thyroid gland is affected by toxins.

Sex hormones:

- Correct testosterone deficit in man

- correct estrogen and progesterone deficiency in woman with bio-identical hormones

3. Neurotransmitters

The concentrations of neurotransmitters are decreased. Serotonin, GABA, glutamate and dopamine deficiencies are associated with chronic fatigue.

Therapy: Minimize alcohol and caffeine intake, take tryptophan and other amino acids, more exercise.

4. Mitochondria

In people with chronic fatigue, the mitochondria function poorly. The body's energy is largely supplied by the mitochondria, which are the cell's own factories. According to Prof. Naviaux, USA, the mitochondria play a central role in the development of CFS. According to him, the inflammations and the toxins in the body cause a change of the mitochondria from energy mode to body defense mode (Cell Danger Response), with the result that the mitochondria can produce only little energy. Mitochondrial health can be supported with vital substances such as coenzyme Q10, carnitine, magnesium, etc.. But only when all deficiencies and toxicities are eliminated, mitochondria can function normally.

5. Eliminate lifestyle deficits

1. Diet

There is no universal diet that is right for all people. But it must include the basic nutrients we need to live a healthy life. This includes macronutrients such as quality protein, fat and carbohydrates, and micronutrients such as vitamins, minerals, amino acids, enzymes and water. Finished food products contain unhealthy additives and should not be consumed. As much as possible, all foods must be natural and unprocessed.

The basis of our diet should be about 500-600 g of vegetables per day. Especially green leafy vegetables are very important, because they contain especially many antioxidants and health-promoting substances, so-called secondary plant substances. Detoxifying vegetables (broccoli and other cabbage) should be consumed regularly. Unfortunately, many foods today contain

harmful substances. Organic products contain ten times less toxins than conventional products. Those who can afford it should consume organic foods whenever possible.

2. Microbiome and intestinal health

You cannot eliminate your fatigue if you eat foods that you damage their gut health and microbiome. (See Digestion section) You need to eliminate from your diet any intolerable foods and observe if you feel better. Microbiome and intestinal health is assessed by a microbiome analysis and by a liver food tolerance analysis.

The top eleven food allergens are as follows:

1. Grains containing gluten
2. dairy products
3. eggs
4. soy
5. corn
6. coffee
7. chocolate
8. alcohol
9. sugar
10. peanuts
11. oranges

Gluten, dairy and sugar are the most problematic products and should be the first to be omitted. Taking probiotics and prebiotic foods (high fiber carbohydrates) can restore the microbiome to health.

3. Water balance

Drinking amount an important factor in energy balance. If you drink too little water, toxins cannot be eliminated and you develop fatigue. For example, if you weigh 70 kg, you should drink 2.1 L of water daily. However, if you have adrenal problems (see chapter "Optimize your adrenals"), you need to drink 25 percent more water per day (or about 2.7 L for a person weighing 70 kg).

4. Sleep

Sufficient sleep is one of the 6 most important factors for good health. Too little and poor sleep causes fatigue. Sleep optimization must be given top priority.

5. Exercise

Although you suffer from fatigue, adjusted exercise will counteract fatigue. In the process of increasing energy, you can increase the intensity of exercise. People with ME/CFS need to do a very gentle exercise program to avoid energy crashes.

6. Emotions and stress

Stress is the number one cause of all chronic diseases. This is especially true for chronic fatigue. For many sufferers, fatigue begins after a major period of stress. Chronic fatigue, for its part, also causes psychological stress. There are several methods that help to reduce stress: Behavioral therapy, relaxation techniques such as mindfulness meditation, yoga, autogenic training, hypnosis, etc. Stress-reducing methods have a central role in the healing process of chronic fatigue.

3. Eliminate harmful substances by activating metabolism and kidney, liver and lymphatic detoxification pathways.

1. Constipation

In constipation, waste products that want to get out of the body unfortunately get stuck in the gastrointestinal tract and are reabsorbed into the bloodstream. Constipation is a sign of slow metabolism. Metabolism can be accelerated by the following: Correcting inflammation and imbalances in the intestines; more exercise; better supply of fiber and magnesium; combating dehydration and stress.

2. Activation of the kidney, liver and lymphatic detoxification pathways.

The detoxification pathways in the body through kidney, liver and lymph need to be activated:

- Activate kidney by drinking more water.
- Activate liver detoxification: through specific foods: brockoli, cauliflower, cabbage, artichokes, garlic.
- Activate lymphatic detoxification pathways through manual lymphatic drainage.

3. Solid pollutants

Heavy metals and other pollutants cause inflammation and damage energy production. Polluting heavy metals must be drained and absorption must be stopped. There are many other pollutants that we absorb through food and cosmetics: Food additives, flavor enhancers, flavorings, pesticides, etc. We must eliminate them by using natural products and organic food.

4. Inhaled pollutants

Inhaled air may also contain pollutants that cause chronic fatigue. The pollutants can come from the outside air (industrial exposure, pollen) or from inside (paints, chemical treatment products used in the house). Exposure to volatile toxins must be eliminated.

5. Electrosmog

We now live in a sea of electromagnetic frequencies (EMF). EMFs are generated by anything that is electric or battery powered: Computers, cell phones and antennas, electric cars, power lines, lights, refrigerator motors, your watch, and all the invisible frequencies like Wi-Fi, Bluetooth, infrared, smart meters, and radio. Public exposure to electromagnetic radiation has increased dramatically over the past three decades. Electro-magnetic smog comes on top of other stress and is also associated with chronic fatigue. Those affected by CF and CFS need to minimize exposure to electro-magnetic smog.

4. Eliminate infections

1. Molds and toxins

Fungal toxins are very toxic and can cause fatigue. The molds and toxins are difficult to remediate. The easiest solution is to move to an uncontaminated apartment.

2. Stealth infections and toxins

There are many bacteria (Borrelia, Ehrlichia, Anaplasma, Babesia, Bartonella) that are transmitted by tick bites. Often the bites are not noticed. The bacteria nest in the cells (stealth) and from there cause inflammation, e.g. Lyme disease or neuroborreliosis. Affected people often have limb pain and headaches in addition to chronic fatigue. The infections

camouflaged in the cells are not accessible to antibiotics there. They can be fought only by special plant extracts, but the fight is tedious and associated with side effects.

3. Virus infections

Retroviruses such as Epstein-Bar virus (causes Pfeiffer's glandular fever) along with cytomegalovirus are present in all people. However, in people with chronic fatigue these viruses are active contributing to inflammation and fatigue. They can be combated with antiviral herbal products.

4. Sinusitis infections

Sinusitis infections are often associated with chronic fatigue. They cause headaches. The most common sinus infections come from mold, yeast, and "multiple antibiotic-resistant coagulase-negative staph." All of these can cause or contribute to fatigue. The infections are covered in a "viral film" and are therefore "camouflaged" and difficult to fight by the immune system and antiviral drugs.

5. Intestinal infections

Intestinal infections can originate from bacteria, yeasts, and parasites and can occur anywhere in the intestinal tract, including the mouth, stomach, and small and large intestines. Infections in the intestines cause inflammation, dysfunction and eventually increased intestinal permeability or "leaky gut." The result is a constant silent inflammation in the organism, associated with fatigue. Proper nutrition, use of pro- and prebiotics can eliminate the intestinal infections.

6. Tooth/mouth infections

In recent years, research has found that infections in the oral cavity increase the risks of chronic diseases and also fatigue. Therefore, dental and oral care must be given a daily priority. With a good toothbrush and natural oral care, gum and oral infections can be kept at bay.

My Coaching

My program for fixing chronic fatigue is based on the experience I have gained in coaching people with chronic fatigue, as well as by completing the "Fix Your Fatigue" program by American physician and chronic fatigue specialist Dr. Evan Hirsch, www.fixyourfatigue.com.

This program is based on the Integrative Functional Medicine Model for the treatment of chronic fatigue. I have training in the application of Functional Medicine Clinical Practice (Institute of Functional Medicine, IFM). Applied to chronic fatigue, the IFM approach seeks to find the root causes of the health disorder and eliminate them.

Books

1. Fix Your Fatigue: The four step process to resolving chronic fatigue, achieving abundant energy and reclaiming your life!, E. Hirsch MD und S. Hirsch, 2017
2. Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis: It's Mitochondria, Not Hypochondria, S. Myhill, 2017
3. From Fatigued to Fantastic!: A Clinically Proven Program to Regain Vibrant Health and Overcome Chronic Fatigue, Jacob Teitelbaum, 2020
4. Cure Lyme disease naturally: Lyme disease and its co-infections chlamydiosis and rickettsiosis. The Buhner Protocols, November 2017

