

## **Treating Albuquerque Chronic Fatigue Syndrome (CFS) Sufferers by Acupuncture Treatment**

CFS or Chronic fatigue syndrome is a code word for people who are very, very tired. But, CFS is so much more than that. Chronic fatigue immune deficiency syndrome (CFS) is a multifaceted disease that involves several systems in the human body. CFS is a condition that affects the muscular systems of the human body, the immune system of the body, and the neurological system of the body. The perplexing thing about this disease is that there is no known cause, no known medical treatment for this disease, and no known health test to recognize it. The United States Centers for Disease control states that it CFS affects over one million people in our country. Plus over 9,000,000 people have the symptoms of the disease, but they do not quite meet the complete criteria set down by the Centers for Disease control. It is a fact that more women suffer from CFS than men. It has been proven that ACUPUNCTURE and CHINESE MEDICINE do offer relief from the negative symptoms of chronic fatigue syndrome.

Per the Centers for Disease Control the following symptoms must be present to be diagnosed with CFS:

1. Six consecutive months of severe chronic fatigue and all other possible medical causes have to be ruled out as well.
2. A minimum of four of the following symptoms must exist:
  - Mild temperature
  - Lethargy that gets worse when active
  - Bad sleep
  - Chronic headaches
  - Joint pain without swelling or redness
  - Muscle pain
  - Sore lymph nodes
  - Cannot concentrate
  - Steady loss of short-term memory

There are other health conditions that could be present with symptoms like CFS. If this is the case it makes it very hard to diagnose CFS. Similar health conditions to CFS are as follows:

- Fibromyalgia syndrome
- Multiple chemical sensitivities
- Post- viral fatigue
- Persistent mononucleosis
- Myalgic encephalomyelitis
- Neurasthenia

It has been discovered using Chinese medicine that CFS is connected to a root pattern of discord in the liver, the spleen or both. The liver problems could stem from several problems including anger, stress, low blood levels, or low yang to nurture the liver properly. The spleen problems might stem from bad diet, too much anxiety, little or no exercise, or too much taxation.

CFS can be treated using acupuncture by applying acupuncture on various points on the body including the torso of the body, the arms and the legs. Applied properly the acupuncture will level out the body's liver and spleen Qi. Employing herbal therapy may also be very helpful in reducing CFS if done in conjunction with regular acupuncture treatments. Additionally improved nutrition and regular exercise could be helpful in combating CFS. CFS sufferers have other problems such as anxiety, insomnia, and depression. To combat CFS blending in ongoing acupuncture treatment with a better diet and more exercise could be just what the doctor ordered.