Chronic Fatigue Syndrome/Fibromyalgia

First rule out (or treat):

Adrenal dysfunction
Hypo-Thyroid
Viral Syndromes
Depression
Vitamin D3 deficiency
Hormonal Imbalances
Nutritional Deficiencies
Amino Acid Imbalances

Often CFIDS/Fibromyalgia can be related to one of the above as a causative agent, or a combination of the above. Herbs will help, but you have to treat the underlying cause.

eg: Epstein Barr Virus-

a common form of CFIDS, which will not improve without treatment with herbal anti-herpetic anti-virals.

eg: Fibromyalgia will often show up as a symptom of menopause. Treatment needs to focus on hormonal re-balancing and tonifying Liver yin.

Appropriate Tests:

CBC
EBV titer, cytomegaly etc (viral loads)
Liver Enzymes
Thyroid: TSH, T3, T4, RT3, Basal Temperature Test
Amino Acid Profile: Neuroscience labs
Adrenal Spit Test
Vitamin Profile
Neurotransmitter Profile
Heavy Metals
Allergy testing

Triggers for CFIDS/Fibromyalgia:

Allergic Disorder
Autoimmune Disorder

American College of Rheumatology

Definition of Fibromyalgia

A history of widespread pain for at least three months.

Pain is considered widespread when all of the following are present: pain in the left side of the body, the right side of the body, below the waist and above the waist. In addition, there should be axial pain (cervical spine or anterior chest or thoracic spine or low back pain)

Pain in trigger points on the neck, back, hips, arms, and legs.

CDC Criteria for CFIDS

A case of chronic fatigue syndrome is defined by the presence of the following:

1. Clinically evaluated, unexplained, persistent or relapsing fatigue that is of new or definite onset; is not the result of ongoing exertion; is not alleviated by rest; and results in substantial reduction of previous levels of occupational, educational, social or personal activities.

2. Four or more of the following symptoms that persist or recur during six or more consecutive months of illness and that do not predate the fatigue:

   a. Self-reported impairment in short-term memory or concentration
b. Sore throat  
c. Tender cervical or axillary nodes  
d. Muscle pain  
e. Multi-joint pain without redness or swelling  
f. Headaches of a new pattern or severity  
g. Un-refreshing sleep  
h. Postexertional malaise lasting > 24 hours

**TCM Overview**

- **Spleen Element of Earth and Stomach:**
  
  Spleen - governs the flesh, muscular wasting; and/or muscular problems, would be relevant (eg: Scleroderma). It governs the blood by containing it so, look at massive bleeding; bruising; and it holds the organs in place so look at prolapses eg: MS.

- **Heart Element of Fire:**
  
  Heart/SI heart blood; numbness would be deficiency of blood.

- **Liver - controls the free flowing movement of muscles, joints and tendons; nerves. It is causative in inflammation; spasm and flaccidity; it moistens and lubricates sinews (Liver Blood)**

- **Kidney - forms marrow, brain, bones; the structure of the spinal cord, etc. (eg: osteoporosis, deterioration of brain and spinal cord)**

- **Blood is very important in musculo-skeletal system because it maintains the integrity and flexibility of the tissues**

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<tr>
<th>WESTERN</th>
<th>TCM</th>
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<td>1. Antigen - the body sees it and attacks</td>
<td>1. Deficiency of Kidney or Jing - constitutional weakness that gets triggered and the Liver gets out of control.</td>
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<td>2. Chemical agents - exposure built up in tissues. This is why detox can be so important.</td>
<td>2. Liver based disease - liver functions get disturbed and the liver can’t figure out what’s going on- it is making the wrong decisions eg: Lupus)</td>
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<td>3. Foreign antigen - induces an immune system response.</td>
<td>3. Fertile Terrain - viral load is heavy then you get an auto-immune disease. Kidney Def. = impaired immunities</td>
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4. Mutations - vitamin and nutrient deficiencies or poor food can cause cellular mutations.

4. Kidney Essence Deficiency - strengthen the Kidney but be careful of using astragalus and Echinacea because they are bad in an acute and flaring state.

a) Inflammatory and Auto-Immune Diseases of the Musculo-Skeletal System.

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<td>1. RHEUMATOID ARTHRITIS - viral, genetic factors, drugs can initiate. b. Manifestations - early morning stiffness, malaise, fever, progressive but can sometimes be sudden, especially after stress or trauma; symmetrical swelling on both sides; stiffness, warmth and pain. c. Diagnostics - symptoms and exams; blood tests determine whether it is autoimmune; joint fluid exam. d. Treatment - no cure; they work to decrease inflammation and pain and to slow the disease down; prednisone; hot and cold applications; splints, steroids; anti-inflammatory and chemotherapy agents.</td>
<td>1. RHEUMATOID ARTHRITIS  ● Deficiency or Excess pattern - check the pulses and the tongue to make sure. ● Does it stay at the level of the joints? ● Deficiency of Liver Yin/Blood causing a Liver Fire - Wandering Bi syndrome, moving around, withered, fragile looking, usually has a def of kidney yin underlying ● Excess Liver Yang - usually a young person; bloating caused by cold/damp. ● Excess Liver Fire - sudden onset, fluid accumulation, fever, big, swollen joints.</td>
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<td>Anti-Inflammatory Herbs  ● White willow  ● White Oak  ● Wild Yam</td>
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<td>Herbs for rheumatoid arthritis  ● Alfalfa  ● Cat’s Claw  ● Feverfew-fresh inhibits PGE2  ● Nettles - fresh inhibits PGE2  ● Horsetail</td>
<td>Herbs for rheumatoid arthritis  ● Devil’s Claw  ● Jamaican Dogwood  ● Elderberry  ● Ginger  ● Burdock  ● Hot Castor Oil Packs</td>
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