
EXCERPT ... CFS Solutions

Erroneously considered a psychosomatic (aka imaginary) disease of “malingerers”(aka shamblers and skulkers) by conventional medicine for years, Chronic Fatigue Syndrome is finally recognized and accepted as a bona fide medical condition with specific diagnostic criteria. While modern medicine stands befuddled and can only state that there is “no known cause, no effective treatment, and no known cure,” Natural Health Professionals have proven that their evaluative model based on the patient’s individual circumstances, and their understanding of the accumulation of causative factors, leads to a viable and effective pathways for the individual’s body to restore a more optimal level of health.

With over ten-million people suffering from some aspect of the life-debilitating effects of Chronic Fatigue Syndrome (CFS), and over one-million clinically diagnosed, and millions more on the brink, plus millions more who suffer from CFS’s sibling-diseases, Fibromyalgia, Irritable Bowel, Anxiety/Depression; the primary responsibility of helping these people rests with those who are proven successful—the Natural Health Practitioners. The following material will help Natural Health Practitioners master the intricacies of the CFS phenomenon, and point the way for success in helping CFS sufferers re-establish their inherent, optimal vitality and live lives free of this debility.

Simply put, CFS is a dual condition – a loss of mitochondrial energy production coupled with the body’s innate response to conserve energy.

There are varied causes and a number of contributors for a person’s body to enter into CFS expression, but at the core, it’s all about energy production inside the cells. Thus we could say that CFS, and its partner *fibromyalgia*, are simply *cellular energy crises*.

Here, we’ll take a look at the history of CFS because it serves as a model for understanding other mitochondrial diseases – conditions that modern researchers are now labeling as “mitochondrial diseases” and include all the chronic-degenerative diseases as well as auto-immune diseases in this category.

Without knowing exactly why, for the past 30 years natural health practitioners have been helping people with CFS. Some practitioners address pathogens, others intestinal dysbiosis. Some address detoxification, others endocrine imbalance such as low thyroid or adrenal insufficiency. By working naturally with the body, natural health practitioners have helped a moderate, thus significant percentage of people with CFS.

Of the thousands of people who claim that natural health practices (chiropractic, acupuncture, nutrition, detoxification, herbology, massage, stress-relief, homeopathy etc.) have helped them overcome the debilitating effects of CFS, no drug company, no governmental agency, no medical study has been conducted to find out what they did to get better. Yet it only makes sense that the richest source of information comes from those who have “been there” and escaped the clutches of CFS.

Because of their dedication to genuine results, over the past 30 years, natural health practitioners have paid attention to what is really helping people. They have known that the natural health

disciplines had the key to solving the mystery, but in any individual case, the struggle was to find the right key for the individual.

Further and most unfortunately, the natural health community has been plagued by the same lack of understanding, and natural health publications today still talk about “Managing the CFS patient” instead of “helping the CFS patient’s body cure itself.” We must always embrace the fact that within each person’s body is an innate healing process that simply needs the directives (frequencies, information, instructions) and tools (nutriments) to effect restoration of its metabolic functions and integrity.

“Here is the credo of natural healing. Give the body the directives and nutrients, and it will heal itself. This is the body’s own Natural Law.” – Dr. Jack Tipton

Excerpt continued ...

Why the Physical Fatigue?

From a combination of medical, nutritional and orthomolecular sciences comes important insights on what is going on in the body that results in the chronic fatigue pattern. Science has documented how the body derives energy from food. This is the Citric Acid Cycle and was first established by Dr. Albert Szent-Gyorgyi and completed by Dr. Hans Krebs thus it’s often called the Krebs Cycle.

Fundamentally, the individual cell is responsible to create a chemical called mitochondrial adenosine triphosphate (ATP). This is the chemical energy that the body uses for its life supporting, metabolic processes at the cellular level. ATP is the basic source of cellular energy and a form of stored energy (like a battery). It is well-established that mental/emotional symptoms of attention deficit, impaired memory, poor concentration and depression may be reflective of an insufficient central nervous system ATP synthesis, and the resulting impaired neurotransmitter chemical production.

A break in the body’s ability to synthesize ATP inevitably results in fatigue. Because fundamental energy processes are based on: 1) nutrition (biochemistry) and 2) circulation of meridian energy (bio-energetics); and not the application of synthetically-derived drugs; nutritional support of the body’s energy processes—and more specifically the nutrition that supports mitochondrial ATP production—has proven itself to be of significant help to CFS sufferers, though only partially effective as it focuses on how to help the cells make their energy, but not on the *cause* of why the cells had that ability impaired in the first place.

It is here in the synthesis of ATP that we find the immunological connection to CFS. When the immune system is challenged, it grabs the lion’s share of the body’s energy resources. This is why it is normal for fatigue to accompany an infectious illness. In the presence of the multiple pathogens associated with CFS, the immune system may claim 65-75% of the body’s ATP as an energy source to build its antibodies to fight the infection. With the body’s primary energy resources engaged in a cold war with various infections, it is no wonder that the state of chronic fatigue endures.

Energy Conservation

Let's go back to our opening statement: *Simply put, CFS is a dual condition – a loss of mitochondrial energy production coupled with the body's innate response to conserve energy.*

We've entertained some discussion about the loss of mitochondrial energy production as it is inflicted on the body by cellular inflammations that result from xenobiotic toxins, pathogens, and just to round out that subject, there is also the concept of electro magnetic radiations from cell phone, computers, cordless phones, and electrical appliances that can damage mitochondrial DNA. There are many sources of the cell's distress.

Part of our simply-put statement is "the body's innate response to conserve energy." Let's briefly examine this.

There are times when the body knows that it needs to conserve energy. Most people are aware that there are times when the body chooses to engage a "conservation of energy" metabolic process. Just think of a bear hibernating, or a frog virtually frozen in the mud only to come to life during the Spring thaw. You can also think of a comotose person being in a reduced metabolic process.

So there is a mechanism in the body that can choose to enter a state of reduced metabolism. This conservation of energy allows the body to use its energy resources for other endeavors such as repair of tissues or to wage an immunological war.

You might recall that one of our two examples about what it feels like to be engaged in chronic fatigue was the feeling of coming down with the flu where someone pulls the plug and your energy drops.

Where did the energy go? It went to the immune system and other processes needed to "fight for your life against a viral invader." The cloning of immune cells takes massive amounts of energy and the body relegates its energy resources to that endeavor in lieu of other activities. Reducing energy production may also be a way of slowing down the viral replication process inside the cells, so that is like the SWAT team turning off the electricity to the building where hostages are being held.

There's a second scenario under the body's innate control – the lowering of energy production to protect a tissue that might become hyperactive and do permanent damage. In cases of Grave's Disease, and Thyroid Storm, and fevers that climb too high, there is a hyper response that does not engage the governor on the system and, like a engine in the red zone, there are severe consequences.

The body's conservation of energy mechanism is cellular and systemic. Because the mitochondria are engaged in generating reactive oxygen species (free radicals), excessive operations can damage DNA and result in cancer and diseases. So of course the body has mechanisms to govern that process and keep it in the safe zone, just like nuclear reactors have lead rods to keep them in the safe zone (if the production of dirty energy from nuclear reactors can every be call "safe.")

And systemically, the neuroendocrine system is engaged in controlling energy metabolism. This is why the thyroid and adrenal glands are often called the *energy glands*. Along this line, the pituitary is intimately involved in endocrine regulation, but it's the hypothalamus' job to coordinate the messages.

If the hypothalamus gets involved with its own NO/ONOO cycle from pesticides or mercury from dental fillings and vaccinations, or toxins interfere with its innate assessment of the body's energy processes, then the conservation of energy mechanisms can be turned on and left on.

The on/off switch is the aforementioned methyl molecule CH₃, of which people under prolonged stress or a lack of Vitamins B-12 and Folic Acid are often deficient. And that is tantamount to chronic fatigue because it's a body-directed low ATP decision and it doesn't rally a movement to turn the energy-producing processes back on. This is discussed in detail in Research Report #6: *Methylation—The Body's Alchemical Wizard* available free of charge on the Systemic Media Site, <http://www.systemicformulasmedia.com>

Summary So Far

Now it's becoming clear that Chronic Fatigue is a cellular issue. There are two fundamental processes that reduce the production of ATP – one externally derived from environmental toxins, and one internally derived from an “locked on” energy conservation process; and there are a number of contributors to the process including pathogens, toxins, stress, electromagnetic frequencies, poor nutrition, etc. We might say that this is starting to sound like “the usual suspects.”

A NEW DEFINITION OF CHRONIC FATIGUE SYNDROME

Thus nutrients such as amino acids, especially phenylalanine and tryptophan, have proven to help or palliate people with CFS while the deeper-acting therapies take time to effect their curative actions.

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