



# **Acupuncture & Chronic Fatigue**

Chinese Medicine uses a combination of techniques to manage CFS. First emphasis is on the immune system and to conserve or generate energy. Chinese Medicine uses a combination of acupuncture, Chinese herbs, moxibustion and lifestyle changes, including diet, exercise, rest, and meditation to treat fatigues and CFS.

Generally, a low stress diet is emphasized to conserve the energy that goes into digestion.

Acupuncturists treat people with CFS based on an individualized assessment of the excesses and deficiencies of Qi located in various meridians. In the case of CFS, a Qi deficiency is usually detected in the spleen or kidney meridians, but a deficiency may also be found in the lung or liver meridians. Practitioners with herbal training may recommend specific herbal remedies as well as dietary changes.

One way of explaining the vast majority of chronic fatigue syndrome symptoms from the Chinese medicine perspective is through one of four likely diagnoses; Damp heat, Latent heat, Qi deficiency or a Blood deficiency.

In the case of damp heat, we find a variety of signs and symptoms that all suggest a sort of turbidity in the body; yellow pus, too much earwax, vaginal secretions, acne, coughing up yellow phlegm.

In the case of latent heat, one can get a really bad flu, mononucleosis or any other viral invasion. In time, the body is able to overcome the acute invasion but the heat isn't entirely overcome and it lies semi-dormant for months and years following. It is the body's reaction to this semi-dormant virus that makes up some of the cases of CFS.

In the case of Qi deficiency, we should understand Qi energy as bioelectric energy. It has many associations with the functions of the nervous system as well.

In the case of Blood Deficiency, the function of Blood in Chinese medicine is a little different from blood in Western medicine.

The Qi pushes the Blood around the body and the Blood is the material from which Qi is made. Blood and Qi are reliant upon each other. When there is a Blood deficiency, it can be followed by and complicated with Qi deficiency. The above four syndromes are the key diagnosis that will likely give rise to so many of the typical cases of CFS.

If the root cause of the syndrome were a Qi deficiency, we would treat it one way. If the problem is mostly a Blood disease, we might attack the Syndrome from another angle.

Some of the symptoms of CFS are; severe fatigue that comes on suddenly after a flu, dizziness, low-grade fever and chills, sore throat and swollen glands, chronic viral attack, frequent colds and flues, muscle and joint aches, headaches, feeling of being in a fog and unable to concentrate or remember, persistent empty feeling, unrefreshed sleep, dream disturbed and restless sleep, awakens frequently or in the early morning and unable to return to sleep, difficulty in falling asleep, and tremors of the extremities.