Chronic Fatigue Syndrome (CFS) is a debilitating disorder that can be extremely distressing, and is becoming more and more common due to the toxic environment that we live in. But don’t lose hope. There are natural ways that can help you regain your energy levels and quality of life. It is important to slow down and pace yourself in everything you do. If you overdo it you’ll pay for it later with more severe symptoms. Good nutrition is essential. What you put into your body is extremely important in managing CFS. Avoid refined foods, sugar, caffeine and alcohol. Eat more fresh vegetables, legumes, protein, and essential fatty acids (found in nuts, seeds, and cold water fish). Many people with CFS develop sensitivities or even allergies to foods. An elimination diet may help you identify which foods to avoid.

Vitamins and mineral supplements can be highly beneficial. Always take supplements in consultation with a qualified practitioner. The following supplements are commonly used to treat CFS: Magnesium, Fish oil and Evening Primrose oil, Coenzyme Q10, Vitamin C, and Vitamin B12 injections.

Some people with CFS find that their symptoms are relieved if they eliminate harsh chemicals from their lives. These chemicals include cosmetics, shampoos, soaps, perfumes, sunscreen, and cleaning products. A chemical elimination program is often done in conjunction with a food elimination diet.

Traditional Chinese Herbs can help strengthen your body and stimulate your immune function. An herbal formula that is beneficial for CFS is Bupleurum & Peony Formula. It contains a combination of 10 herbs.
that have the following biomedical actions – anxiolytic, tonic, adaptogenic, nerve, analgesic and mood stabiliser. This medication should not be taken if you are on anti-coagulant medication, sedative medication, interferon or during pregnancy. If taking antibiotics allow at least 90 minutes before taking this medication. Always tell your health care practitioner everything you are taking. This medication should be taken for at least 3 months, and is safe for long term use. The herbal remedy can be ordered through Linda on 4636 6100. This natural treatment costs approximately $15 per week.

When you’re consistently exhausted even the thought of exercising can be exhausting for you! But people with CFS who exercise regularly have fewer symptoms than those who do nothing. Just be sure you don’t overdo it initially. You might start with a five-minute stroll. Next week you might manage 10 or 15 minutes. Tai Chi and Yoga are also particularly beneficial for CFS as they can be adapted to match the ebb and flow of your energy levels.

A soothing massage by a qualified aromatherapist using essential oils can do wonders to ease CFS symptoms and enhance overall well-being. At home, add a few drops to an oil burner or a warm bath. The following oils can be helpful for boosting the immune system, relieving muscle pain, enhancing your mood, and/or improving sleep quality: Jasmine, Chamomile, Geranium, Peppermint, Lavender, Lemon, Marjoram, Petitgrain and Rosemary.

A homeopath will look at your constitutional type -- your physical, emotional, and psychological makeup -- when determining the most appropriate remedy. Homeopathic remedies to treat CFS include: Arsenicum, Gelsemium and Pulsatilla.

A course of Acupuncture treatment can help boost your immune system, stimulate energy production, relieve muscle pain, improve digestion processes and enhance the quality of your sleep. An acupuncturist will look for excesses or deficiencies of Qi (pronounced Chee as in “cheese”) in various meridians, particularly the spleen, kidney, lung or liver. The AcuGraph is a powerful tool in this regard to help balance all the 12 major meridians in the body. The treatment program initially involves weekly treatments to determine the lifestyle changes necessary for the individual, while harmonising and stimulating the meridian Qi. After about 6 initial weekly treatments the patient should receive fortnightly treatments for a few months. Ideally, after the patient is feeling more normalised and more energetic, a monthly maintenance treatment ensures the improved wellness and energy levels are maintained.

Chiropractic spinal manipulation and therapeutic massage are also beneficial for management of the condition. Living with CFS can be a very stressful and isolating experience. It is vitally important that you have support around you – family, friends and/or health care practitioners. A combination of natural therapies can be very successful in treating, managing and recovering from CFS.

Reference: http://tinyurl.com/3bnnm5o

**CANCER DRUGS ARE FAR TOO LUCRATIVE**

On May 26 2011, The Economist reported that there were more new cancer drugs in development in 2010 than any other therapeutic area. Drug makers are well aware that a blockbuster cancer drug could easily earn them profits in the billions, even if the drug is only borderline effective. It is abundantly clear that profit is a primary motive of these companies.

A course of treatment with the cancer drug Provenge costs $93,000 but extends life by only about four months. Another cancer drug, Yervoy, costs $120,000 to give patients an extra 3.5 months. Even Otis Brawley, chief medical officer for the American Cancer Society, acknowledged in The Economist that "We are not buying a lot of life prolongation with these drugs." Yet in the same breath he called these drugs “the next frontier” in cancer treatment.

Many of these new drugs will be brought onto the market under the U.S. Food and Drug Administration’s (FDA) “fast-track” status, even though they’ve only been tested on a small number of people and their effects and safety risks are not clearly known. Unfortunately, there are serious and, sometimes fatal, consequences of bringing drugs to market without adequate safety testing. Take the leukemia drug Mylotarg, which was brought to market in 2000 after being tested on just 142 patients. In 2010 the FDA asked Pfizer to withdraw the drug after a clinical trial showed that more people were dying while being treated with the drug than among those not taking it.

In 2008 the FDA granted Avastin accelerated approval to treat metastatic breast cancer. In 2011, the Agency deemed the drug to be more harmful than beneficial based on recent studies, and recommended phasing it out as a treatment. As is often the case with cancer drugs, Avastin was also extraordinarily expensive, and cost about $8,000 a month.

So as you can see, the drug companies stand to gain immense amounts of money by getting their drugs approved as quickly as possible. The drug company
gains between $1 million and $2 million for EVERY extra day that the drug is approved.
http://tinyurl.com/3zxe4h4n

**TEN YEAR OLD ON TWO DRUGS INCLUDING RITALIN DIES AFTER HANGING HIMSELF**

Harry Hucknall, a ten-year-old boy, died after hanging himself with a belt from his bunk bed. His father blames the death on Ritalin and Prozac, two drugs that the boy had been prescribed by a psychiatrist to cure his boisterous behavior and low spirits. At the time of his death, he had more drugs in his body than the normal level for an adult.

According to the Daily Mail: "... 661,000 prescriptions are dished out annually in Britain to treat childhood ADHD -- double the figure of five years ago. These medicines are being given to very young children -- one aged just 15 months ... despite official guidelines from the manufacturer and the fact that the UK’s National Institute for Health and Clinical Excellence (NICE) prohibits their use for those under six."

In the New York Times article linked below, internist Danielle Ofri talked about the effects of depression. Suicide is the third leading cause of death for 15 to 24 year olds. Each year, about a million people worldwide take their own lives. Ofri says: "It's not just one million lives, but millions of families, friends and neighbors left with thorns in their hearts, black holes that may scab over but will never disappear."

New research suggests that **people who take antidepressant drugs are actually more likely to suffer relapses of depression**, in fact, used over the long term, antidepressants may "**do more harm than good.**" The data indicates that the longer the period of drug administration, the more likely the patient will relapse. And **experts say that 15 years' worth of data from clinical trials of antidepressants, much of it unpublished, shows that antidepressants are hardly better than placebos.** Sources: [http://www.dailymail.co.uk/health/article-2002856/Harry-Hucknall-10-killed-taking-Ritalin.html](http://www.dailymail.co.uk/health/article-2002856/Harry-Hucknall-10-killed-taking-Ritalin.html) New York Times June 8, 2011.

**TREATING DEPRESSION NATURALLY**

Here are a few of the most important lifestyle factors that you'll want to address, whether you're trying to address depression, Post Traumatic Stress Disorder, or any other mental health problem:

**Animal based Omega-3 fat:** This is one of the most common nutritional deficiencies that can have a major impact on your mental health. Many people don't realize that their brain is 60 percent DHA, which is an animal-based omega-3 fat. Dr. Stoll is a Harvard psychiatrist and was one of the early leaders in compiling the evidence supporting the use of animal based omega-3 fats for the treatment of depression. Another vitamin deficiency that can contribute to depression is vitamin B12, which affects about one in four people.

**Vitamin D** is also important. One study found that people with the lowest levels of vitamin D were 11 times more prone to be depressed than those who had normal levels. The best way to get vitamin D is through regular year-round exposure to sunshine. Remember, SAD (Seasonal Affective Disorder) is a type of depression that we know is related to sunshine deficiency, so it would make sense that the perfect way to get your vitamin D is through sun exposure, or a safe tanning bed if you can't have regular access to the sun. Another important deficiency is **exercise.** There's a veritable mountain of well-done scientific research pointing to the fact that exercise is one of the most potent treatments we have for depression. Unlike drugs, it is FAR more consistently effective than placebo when done properly.

**Sound sleep** is another critical issue. You can have the best diet and exercise program possible but if you aren't sleeping well your mental health can suffer. Sleep and depression are so intimately linked that a sleep disorder is actually part of the definition of the symptom complex that gives the label depression.

**Acupuncture** treatment is very beneficial in the treatment of all psychiatric disorders and stress.

All the very best wishes for your wellness and longevity from Louis and Linda.

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The Clinic is located at 216 Ramsay Street, Middle Ridge, 5 houses south of Kate’s Place, directly opposite the Blue Care Nursing entrance, and beside the Story Farm Park. Parking signage is present. Follow the pavers to Entry signs to the Clinic at the rear of the house.

4636 6100
www.no-more-cravings.com
www.thenaturalmedicalhealthwell.com

**MISSION STATEMENT:**

“I aim to get my patients as well as possible, as quickly as possible, and then to keep them that way.”