

Chronic Fatigue Syndrome (CFS)

CFS sufferers describe their symptoms as extreme fatigue without an underlying medical condition. The fatigue does not improve with rest and can get worse with physical or mental activity. Other common symptoms are sleep problems, headaches, joint and muscle pain, sore throat, and brain fog, We aim to find your triggers to resolve the problem.

Some causes of CFS:

Bacterial imbalance

Imbalanced gut bacteria, known as dysbiosis, has been linked to CFS.

Food sensitivities

Foods that we are sensitive to can activate the immune system, causing inflammation.

Adrenal function

Altered adrenal function is caused by repeated physical and emotional stress. This has been linked to poor energy and fatigue.

Thyroid dysfunction

Suboptimal levels of thyroid hormones are often observed in cases of CFS.

Infections and toxins

Viruses, heavy metals and even mould can damage the mitochondria, the energy-producing factors of the cell. This can lead to fatigue.

A poor diet

Although this doesn't cause CFS, excess sugar, processed foods and trans fats can increase the inflammatory processes in the body.