

Is Diet A Treatment For Chronic Fatigue Syndrome

Sufferers of Chronic Fatigue Syndrome that carry extra weight may be able to speed their recovery by reducing some of this excess. Obesity levels in the developed world have reached unprecedented levels in recorded history. It is also accepted that the lifestyles we lead are often causes of stress. Is it a coincidence that these new peaks of obesity and stress correlate directly with an increase in the occurrence of "modern" or "new" diseases? Heart disease, cancer, and others illnesses including Fibromyalgia and Chronic Fatigue Syndrome have increased along with our unhealthy way of life. There was a time when the medical profession was so blinkered as to suggest that Chronic Fatigue Syndrome didn't really exist and was simply caused by the sufferer's state of mind. Thankfully, we have moved past this stage. Carrying too much weight will aggravate the balance of our musculoskeletal system and in combination with a certain genetic tendency appear to start the onset of Fibromyalgia and Chronic Fatigue Syndrome in certain individuals, while others who suffer the same initial condition recover relatively unscathed. Once effected with Chronic Fatigue Syndrome, carrying extra weight might cause your condition to last longer and result in you being more effected than in patients of normal weight. The Autonomic Nervous System will be damaged by the initial condition that brought on CFS, thereby effecting your homeostasis (your internal environment), digestion, and organs such as the kidneys and liver. These areas will already be under additional stress in individuals who are overweight or obese.

Sufferers probably don't want to hear when they are struck with the early stages of Chronic Fatigue Syndrome that they need to lose weight - it's probably the last thing on their mind, but it is advised that they eat a well balanced diet. The foods you eat should be natural and unprocessed whenever possible and rich in all the essential vitamins and minerals. Eat 5 or more portions of fresh fruit and lightly boiled vegetables (try steaming them) each, with a good balance of protein and carbohydrates. Eat whole grains and other high fiber foods. This helps avoid constipation which itself can cause fatigue. Eat red meat sparingly. Chicken and fish are a better alternative. Avoid refined sugar. Fresh fruit contains all the natural sugars you need. Restrict high fat dairy products - use the low fat alternatives. Avoid alcohol. The load on the liver, kidneys and stomach won't help. Take a daily supplements of multi-vitamins and multi-minerals. Eliminate caffeine - use decaffeinated drinks instead. Drink plenty of water - this will help flush out toxins. At a later stage as toxin levels fall, the immune system recovers, and digestive stress is reduced, a weight loss program can be considered and undertaken - but gradually. Due to the very nature of Chronic Fatigue Syndrome it is important to avoid activities that involve laborious exercise. This is due to the fact that with CFS, severe fatigue can be made worse with high levels of activity, so the point is to start very slowly and for short periods then build up the exercise levels as the condition improves. Patients suffering Chronic Fatigue Syndrome should never attempt to waste what energy they do have on hard exercise. The only energy to expend is on essential daily activities, and relaxing walks or hobbies which will reduce your susceptibility to depression. In summary, eat healthily - avoid foods high in sugar and fats, just as in any weight loss diet and you should gradually reduce the level of excessive weight, which in turn should help recovery from CFS.

About the Author

Description of mineral including major functions, food sources, and deficiency.

Source: <http://www.productsherbal.com>