

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 United States, South America, Canada, and throughout Europe have reached unprecedented levels in recorded history.

It is also accepted that the lifestyles we lead are often causes of stress.

Is it pure coincidence that these new peaks of obesity and stress correlate directly with an increase in the occurrence of "modern" or "new" diseases of Western society?

Heart disease, cancers, and others illnesses including the rheumatic and fatigue varieties, specifically Fibromyalgia and Chronic Fatigue Syndrome have all increased along with our unhealthy lifestyles.

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 era

Carrying superfluous weight will aggravate small anomalies in the balance of our musculoskeletal system

These anomalies in combination with a certain genetic tendency appear to underlie the onset of Fibromyalgia and Chronic Fatigue Syndrome in certain individuals, while others who suffer the same initial "prompting" infection or exposure recover relatively unscathed.

Once effected with Chronic Fatigue Syndrome, carrying extra weight might cause your condition to last longer and be exacerbated more than in patients of normal weight

The Autonomic Nervous System will be damaged by the initial onset of your condition thereby effecting your homeostasis (your internal environment), digestion, and organs such as the kidneys and liver. These areas will be under additional stress in individuals who are overweight or obese.

The last thing sufferers need to hear when they are struck with the early stages of Fibromyalgia or Chronic Fatigue Syndrome is that they need to lose weight. It is however advised that they eat a well balanced diet.

It is important that the foods you eat should be natural and unprocessed whenever possible and rich in vitamins and minerals.

Eat 5 or more portions of fresh, raw fruit and lightly boiled or steamed vegetables per day, 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 no more than once a week. Chicken and fish are a better alternative.

Avoid sugar as much as possible. Fruit contains all the sugars you need in a more useable form.

Restrict dairy products due to the possible immune systems over-reaction to cow's milk.

Avoid alcohol consumption. The load on the liver, kidneys and stomach are excessive.

Take a daily supplements of quality multivitamins and multiminerals

Eliminate caffeine - use decaffeinated drinks instead

Drink plenty of water - this will help flush out toxins

At a later stage as overall toxicity reduces, the immune system recovers, and digestive stress is reduced, weight loss strategies can be considered and undertaken - but gradually.

Due to the very nature of Chronic Fatigue Syndrome it is important to avoid activities that involve demanding exercise. This is due to the fact that with CFS, extreme fatigue can be made worse with high 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 little energy they have on strenuous exercise. The only energy you should be expending is on your essential daily activities, and relaxing walks or pastimes 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

Welcome to Diet at LoveToKnow. We bring you everything you would love to know. LoveToKnow Diet turned to Steve Burton of GlaxoSmithKline.

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