

What is Chronic Fatigue and What Causes It?

Chronic Fatigue is a complex illness characterized by debilitating fatigue, a variety of neurological problems, a group of symptoms, a range of cognitive problems, and various emotional symptoms. Symptoms vary from person to person.

A simple explanation of chronic fatigue is 1) the control systems are malfunctioning and 2) there are a lot of symptoms for which medical reasons can't be found.

The control center of your body is the nervous system. This can be compared to a power generator. If the generator isn't working right, nothing supplied by the generator will work right either. In other words, if your nervous system isn't working right, you aren't healthy.

A malfunctioning nervous system (control center) is caused by interference and deficiency. Interference is caused by toxins from food, water and the environment, hormone disruption, medication side-effects, taking low quality "nutrients", subluxations (misalignments in the spine), and/or the stress-body-mind connection. Deficiencies include a lack of rebuilding and repair material, low quality food supply, junk food, processed foods, low quality vitamins, and excessive stress.

The body is designed to heal itself and will always do its best in a given circumstance. If you provide the body with the exact high-quality materials that it is designed to have, the self-healing and repair design of your body will work. However, if you give your body materials from a junk yard (junk, packaged, and processed food), it should not surprise you that the outcome will be poor.

You can't make a high-performance, long-lasting and durable living body with junk-yard scrap, dead chemicals and poisons.

If you suffer from Chronic Fatigue, please consult a healthcare provider who can help you navigate your way towards better health and better living. Call 278-YOST for more information.