

A great number of fatigue-related conditions may start with some type of viral infection. CFS is still another disease characterized by fatigue in which a viral origin seems to be implicated.

Chronic fatigue is like having the flu all the time. The body has some reserve capacity to fight the eicosanoid damage brought on by a viral infection, but that capacity is not infinite. Once this reserve capacity for making eicosanoids is exhausted, fatigue sets in. That fatigue will continue unless something intervenes to change the situation.

In a clinical study done at the University of Glasgow, patients with postviral fatigue syndrome who were given supplements of activated essential fatty acids (**FISHOL E.C.**) had a statistically significant reduction in their fatigue compared to controls who were given placebo capsules. Other researches have confirmed this study. Other proposed causes of CFS include anemia, chronic mercury poisoning from amalgam dental fillings, hypoglycemia, hypothyroidism, infection with the fungus *Candida albicans*, and sleep problems. Intestinal parasites are also comparatively common in people with CFS. It is likely that there are different combinations of factors that result in CFS in susceptible individuals.

#### **SUGGESTED NUTRIENTS**

**FISHOL E.C.** 1000 mg capsules two three to four times daily

**Primrose oil** 500 mg one three times daily

**Mega-Vitamin Kit** containing oil soluble, water soluble and minerals (3 bottles) One of each daily.

**Vitamin C** 5 Grams to 10 Grams daily in divided doses.

For a quick check of your thyroid function use a basal glass thermometer every 3 hours for one day. If you average below 36.7 C ask your physician to do a thyroid blood test. CFS patients respond well to slow release T3 medication (Rx)

Follow a hypoglycemic diet to reduce the level of arachidonic acid (AA).

**Mega-Zyme** a digestive enzyme and **Car-base E.C.** is strongly recommended.

**Niacin** start with 100 mg and gradually increase to 500 mg three times daily.

**Zinc** 100 mg take 50 mg twice daily.

**Vitamin E** 400 IU twice daily

**Selenium** 200 mcg daily

**Glutathione** 100 mg three times daily