

Candida and Chronic Fatigue Syndrome

Chronic Fatigue Syndrome is an autoimmune disease, which can begin after a minor illness such as a cold, or an intestinal bug. It also strikes people during periods of high stress; it may develop gradually with no clear illness or other event preceding it. CFS symptoms are painful and pesky—headaches, tender lymph nodes, fatigue, weakness, muscle and joint pain, and the inability to concentrate, may intermittently plague an individual for more than six months. The disease can also be stressful for friends and family as it primarily affects the central nervous system and depresses the immune system of the individual. The disorder may develop as a consequence of the following issues: female hormonal imbalance, repeated administrations of antibiotic drugs in childhood, magnesium and zinc deficiencies, recurrent vaginal yeast infections, and diets high in sugar and alcohol.

Due to the fact that CFS it is often times the disease health care providers clinically diagnose after everything else has been ruled out—many patients become extremely disheartened. Unfortunately, CFS is often misdiagnosed as neurotic or psychosomatic. There are no specific laboratory tests or clinical signs for CFS and diagnosis is primarily determined through symptoms alone.

Over the past ten years, holistic healthcare providers have developed a new outlook on CFS; they believe that there is a Candida-related fungal connection to CFS. While it is unclear whether Candida actually causes the disease, many suffering from the illness have benefited from natural, anti-fungal remedies. Holistic healthcare practitioners aim to balance the body and heal the cause of the illness, so that the symptoms disappear completely. In addition to an accurate prognosis of CFS, holistic healthcare providers recommend the following lifestyle management tools to aid in the treatment of CFS: a sugar-free and nutritious diet, natural anti-fungal remedies, an unpolluted home and work environment, acupuncture, massage, chiropractic care, and emotional support. Nutritional supplements and herbs such as: magnesium, essential fatty acids, zinc, Milk Thistle, Licorice, Dandelion Root and Leaf, Oregon Grape, and St. John's Wort are often prescribed and may be supplemental in the healing process.

Candida Support www.candidasupport.org

References:

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