Hebden Bridge Acupuncture Centre Patient Information Sheet

Myalgic Encephalomyelitis (ME), Chronic Fatigue Syndrome (CFS)

Myalgic Encephalomyelitis (ME) is also known as 'Post-Viral Syndrome' and 'Chronic Fatigue Syndrome'. Whilst the exact causes of ME are still unknown, viral infection is strongly suspected with 85% of sufferers experiencing an initial acute onset of flu-like symptoms such as mild fever, sore throat and extreme fatigue after minimal exertion. Many patients also have a history of multiple allergies. ME sufferers may experience a wide variety of chronic reoccurring symptoms.

These include:

- Persistent flu-like feelings
- Fatigue
- Anxiety
- Sleep disorders
- Weight fluctuation
- Skin rashes
- Night sweats
- Muscular and joint aches and pains (Myalgia)
- Poor memory and concentration
- Depression
- Blurred vision
- Headaches
- Nausea and vomiting

Western Medicine and ME

Western medical treatment for this condition primarily centres around managing the individual symptoms with a variety of prescribed drugs e.g. antidepressants for sleep disturbance and depression, NSAIDS for headaches and muscular pain.

Traditional Chinese Medicine (TCM) and ME

From a TCM perspective, ME is considered to be caused by a combination of invasion by an external pathogenic factor, such as Wind, Cold, Heat or Damp, and an underlying deficiency in a patient's Qi and Blood. Acupuncture can be extremely helpful for this condition. An acupuncturist will use points to assist the body in clearing the pathogens whilst at the same time nourishing and strengthening the patient's Qi and Blood.

Patient recovery rates vary for this condition, with some returning to health more rapidly than others. Sufficient rest is essential allowing the body a chance expel the pathogens and recover its strength. A healthy diet is also very important as this is a key source for the production of Qi and Blood.

How We Can Help

At the **Hebden Bridge Acupuncture Centre** we offer a combined therapeutic approach to the treatment of ME including acupuncture, dietary and lifestyle advice, and simple breathing exercises (Qi Gong) to promote the body's own natural healing processes.

For more information on how we can help you please contact us:

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References

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