



Natural Treatments for Chronic Fatigue Syndrome (Complementary and Alternative Medicine)

Daivati Bharadvaj

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CFS starts as a persistent fatigue that lasts six months or more. Physical and mental activity may worsen the condition, and sleep does not produce any new energy. Originally dubbed The Yuppie Flu in the 1970s, it is accompanied by four or more other maladies?short-term memory loss or inability to concentrate, sore throat, muscle pain, joint pain, and/or tender lymph nodes. It is a therapeutic challenge, says Naturopath Bharadvaj. But this author explains naturopathic approaches that are proving effective in the treatment of CFS, either alone or in concert with Western medicines.

The reader is guided to a comprehensive understanding of this condition from its controversial history to its growing acceptance and evolving definition. Written from a foundation of scientific research, the book elaborates current theories of the cause of CFS, discusses how the disorder can display in different people, and presents alternative diagnostic methods. Naturopathic medicine, homeopathy, Ayurveda, acupuncture, clinical nutrition, and botanical medicines for CFS are all explained in this excellent resource.

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