

DR. MICHAEL WALD & DR. NILAY SHAH'S

Q&A



## FATIGUE

### The Many Misconceptions

Test your knowledge regarding Chronic Fatigue Syndrome.

**1. True or False: A depressed immune system is the primary cause of chronic fatigue syndrome (CFS).**

**ANSWER:** False – A depressed immune system is not the only cause of CFS; and may not be affected at all. Factors such as viruses, bacteria, fungi, parasites, heavy metal toxicity, food allergies, autonomic nervous system dysfunction, hormonal imbalances, blood sugar problems, cancer, various anemia's, under-nutrition and/or malabsorption syndromes are just some of the possible causes and/or contributors of CFS.

**2. Which of the following is the most likely cause of chronic fatigue syndrome?**

- a. Stress
- b. Poor nutrition
- c. Food and environmental toxins
- d. Viruses, bacteria, fungi and parasites
- e. All of the above

**ANSWER:** D: However, all of the above can cause and or worsen CFS. There is no exact test that can diagnose CFS, a combination of tests that expand over several medical and nutritional specialties is often required. If a holistic, well-rounded approach is not used the underlying, often hidden, cause(s) of CFS are undiscovered and thus improperly treated.

**3. Which of the following are symptoms of chronic fatigue syndrome?**

- a. Lack of energy, malaise
- b. Joint pain, muscle soreness, tender points (with or without fibromyalgia)
- c. Irritable bowel syndrome
- d. Autoimmune reactions (allergies, rashes, etc)
- e. All of the above

**ANSWER:** All of the above

**4. True or False: Treatment for chronic fatigue syndrome should consist of acetaminophen (Tylenol), ibuprofen (Advil) and/or aspirin to relieve physical symptoms associated with CFS.**

**ANSWER:** False, if you want to treat the underlying cause of the CFS. A person suffering from CFS does not have a "deficiency of aspirin" for example. Remember, CFS is merely a "label", a diagnostic term, and nothing more. Natural therapies focused on the underlying cause's offers the potential for healing and not merely covering up symptoms. Often, medications for CFS often fail by nature of their non-specificity and have inherent risks; and should be considered last and not first resorts, for managing CFS.

**5. True or False: Coconut oil may be one of the best solutions to chronic fatigue syndrome.**

**ANSWER:** True – The fatty acids in coconut oil, lauric, capric and caprylic acid all have antibacterial, antimicrobial and antifungal properties that can be used as a natural treatment to CFS.

**REMEMBER THIS:** Our comprehensive medical, nutritional and overall-metabolic workup often helps to determine the cause(s) of CFS where other qualified health professionals have failed to. Ask for it at our office.

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