



Chronic Fatigue Syndrome

A certain degree of fatigue is normal in an athlete training hard for their sport or event. However, excessive and persistent fatigue and feelings of exhaustion with reduced sporting performance often indicates a more serious problem.

Chronic fatigue syndrome has eight official signs and symptoms, plus the central symptom that gives the condition its name:

- Fatigue
- Loss of memory or concentration
- Sore throat
- Enlarged lymph nodes in your neck or armpits
- Unexplained muscle pain
- Pain that moves from one joint to another without swelling or redness
- Headache of a new type, pattern or severity
- Unrefreshing sleep
- Extreme exhaustion lasting more than 24 hours after physical or mental exercise.

No one knows what causes CFS. It is most common in women in their 40s and 50s, but anyone can have it. It can last for years. Previously known as myalgic encephalomyelitis, this condition causes an athlete who was once energetic, competitive, and resourceful to become chronically exhausted, weak, and debilitated. The illness causes curtailment of their competitive sport, professional career, and social life.

The AcuGraph energy exam at Contemporary Acupuncture can determine areas of your energy that are out of balance. Treatment plans are designed to not only balance the energy, but enhance it as well.

Always remember to eat well, get plenty of sleep, drink water throughout the day and take appropriate supplements.