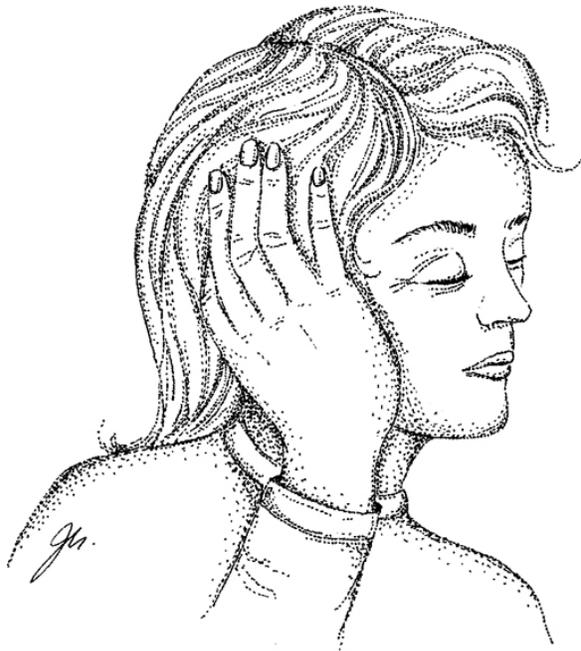


Following 10 days of massage therapy, fatigue related symptoms (particularly anxiety) were reduced, as were depression, difficulty sleeping and pain. Stress hormone (cortisol) also decreased and dopamine increased.

~ Journal of Chronic Fatigue Syndrome

Chronic Fatigue Syndrome

You experience **constant, unremitting fatigue** that grips your life for months on end. Your muscles and joints remain achy and stiff, accompanied by headache, and your sleep just doesn't seem to refresh you. You might even have a sore throat, mild fever, depression, inflamed lymph nodes, or impaired memory/concentration. Some researchers believe that Chronic Fatigue Syndrome CFS is somehow linked to the Epstein-Barr Virus (the herpes virus that causes mononucleosis), however, little to no evidence has been shown to support that theory. Largely, the cause and development of CFS remains unknown. Some clinicians believe it is merely a presentation of depression/psychosomatic illness, while others argue that people claiming to have CFS piggy-back on the diagnosis to explain the effects of overwork and normal fatigue. Research has shown that **CFS is in fact quite different from depression**. Individuals with CFS lack the depressive symptoms of anhedonia (inability to feel pleasure),



guilt, inadequate motivation, and they suffer from additional physical complaints uncommonly seen with depression. In addition, CFS commonly presents with a new and definite onset (not resulting from overexertion), and the symptoms are not substantially alleviated by rest. It has also been observed that CFS can impair occupational, educational, and social lifestyles.

Although CFS does occur in both sexes and in all age groups, Caucasian females between the ages of 20 and 50 are most commonly affected.

Cont'd on reverse side...

Chronic Fatigue Syndrome (Cont'd)

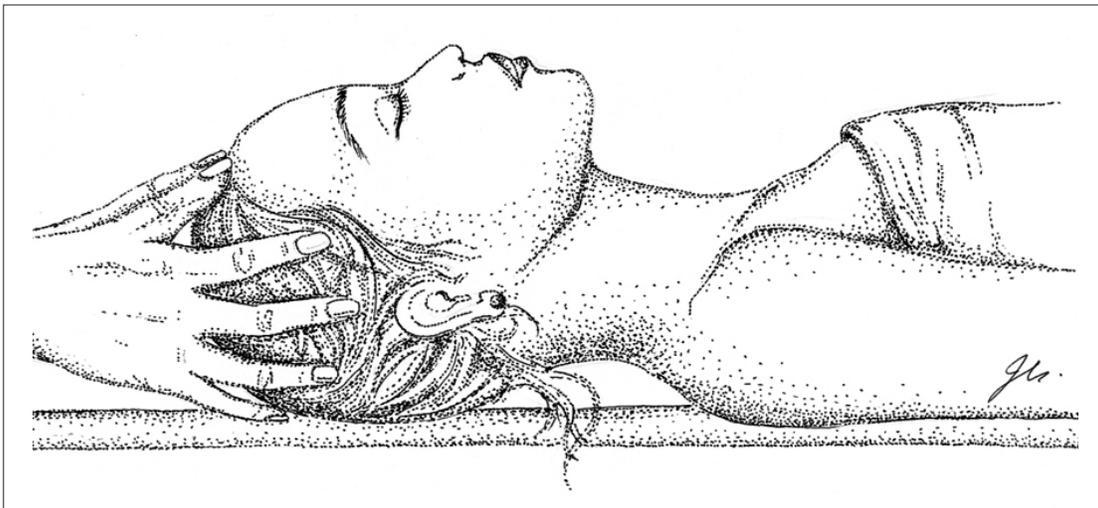
Massage Therapy and Corrective Measures for CFS

Many people experience fatigue in daily life, however, the syndrome of Chronic Fatigue is much less common. **In the greater majority of "fatigue" (not CFS) sufferers, there is some other medical or psychiatric illness present that is usually treatable.** Consult with your family doctor or CFS specialist to obtain a proper evaluation and diagnosis for your condition.

According to the Journal of Chronic Fatigue Syndrome, "*following 10 days of massage therapy, fatigue related symptoms (particularly anxiety) were reduced, as were depression, difficulty sleeping and pain. Stress hormone (cortisol) also decreased and dopamine increased!*" Dopamine is a chemical messenger of the brain that affects movement, emotional response, and ability to experience pleasure and pain. **Gentle massage treatments focus to relieve symptoms, primarily stress and pain,** and sessions are usually kept to 1/2 hour appointments.

Other corrective measures include: avoiding over consumption of pharmaceuticals, a gentle exercise routine, psychotherapy where indicated, improvement of sleep patterns, stay away from alcoholic drinks, and improvement of overall nutrition.

Some researchers have suggested adding anorexia and nausea to CFS's diagnostic criteria, also that patients with CFS may exhibit night sweats, dizziness, and alcohol intolerance.



For appointment bookings or more information, please call: (905) 897-8889