

M.M. Van Benschoten, O.M.D, CA, Inc.

CHRONIC FATIGUE SYNDROME

Causative factors

- A. infections - bacterial (respiratory), viral (EBV, CMV, HHV-6 influenza), fungal (candida, geotrichum, aspergillus, stachybotrys), parasites (giardia, amoebas)
- B. toxins - pesticides, petrochemicals, toxic metals (mercury, lead, cadmium, arsenic)
- C. diet - dairy and sugar excesses, overeating of refined carbohydrates

Treatment

- A. Diet - zero dairy, low sugar, more cooked vegetables
- B. Herbal prescriptions with antibacterial, antiviral, antifungal and immune stimulating effects
- C. Acupuncture for pain relief, anxiety, depression

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