

BEST DEFENCE AGAINST VIRUSES & OTHER MICRO-ORGANISMS

Keeping the immune system functioning properly!!

With a healthy immune system, you are less likely to be a host for microscopic invaders, regardless of which ones are lurking about. Many people have always believed the answer lies in strengthening the body, rather than hoping for some new pill or other pharmaceutical invention to rescue you.

A number of studies have supported the view that Chronic Fatigue Syndrome (CFS), or as it is more recently called, Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS) is related to [unresolved emotional responses](#), especially those in early childhood. Traumatic events, stress and negative emotions not only contribute to the development of CFIDS but they can affect your overall physical health. Your emotional health may make the difference between recovering and spending many years being miserable.

Please realize that this is not the same as saying your disease is “all in your head.” It is simply acknowledging the connection between mind and body, and recognizing the need to address healing on both levels.

The best way to recover your health is with wise lifestyle changes and energy work. Taking this approach will automatically improve all measures of your immune system and allow you to resolve any infection that might be contributing to your illness.

Easing Chronic Fatigue Symptoms the Natural Way

Dr. Mercola’s natural treatment program for CFIDS is a five-pronged approach:

1. Bio Energetic Normalization

Emotionally traumatic events can leave “energy blockages” for many years, which then interfere with your overall health, including immune function. Bio-energetic normalization of previous emotional traumas is the single most effective treatment known of for CFIDS at this time.

There are many different techniques that can be used here, but the [Meridian Tapping Technique \(MTT\)](#) is a common one. Brain Gym is another commonly used technique. MTT is a procedure that borrows from the much-heralded discoveries of Albert Einstein (everything, including your body, is composed of energy) and from the ancient wisdom of Chinese acupuncture.

In essence, MTT is an emotional version of acupuncture without the need for needles. Instead, certain release points on the body are stimulated by tapping them with your fingertips. Furthermore, the basics of MTT can be learned by anyone and can be self-applied (usually in minutes).

2. Dietary Changes

Beware of anyone recommending a specific “chronic fatigue diet.” One person’s food may be another person’s poison. Instead, look into nutritional typing.

We all process different types of food differently. Just as everyone is different in outward appearance, every person has a unique biochemistry and genetic profile with respect to nutritional needs.

When you adopt a diet based on your “[nutritional type](#),” it is very likely you will resolve most of your health problems over time, including CFIDS, because your body will have the resources it needs to heal itself. Avoiding sugar, processed food and chemicals is an important part of this dietary change since those things can damage to your immune system and prevent you from recovering.

3. Exercise

People suffering from either the fatigue of CFIDS or the pain of Fibromyalgia (a closely related cousin to CFIDS) tend to shy away from exercise, and understandably so. However, research shows that a [combination of aerobic activity and strength training](#) can improve pain and fatigue symptoms. Gentle exercise such as [yoga](#) can be an excellent part of your exercise program--and yoga benefits the mind as well as the body.

Many people with CFIDS battle weight issues, and regular exercise can help with this by boosting your metabolism and normalizing your blood sugar.

4. Avoid Toxic Substances

Avoiding processed foods and artificial sweeteners is a good start. But beware of chemicals in your environment, also...air, water, and products that contact your skin.

Many cleaning products and personal care products—like soaps, shampoos, and creams—are laden with toxic chemicals that further compromise your ability to heal. Also avoid [fluoride](#) in your drinking water AND bathing water by installing good quality filters for both.

5. Sleep

Good, restorative [sleep](#) is critical when you have a chronic illness. It isn't just the amount of sleep but also sleep quality that is important for healing. Your body cannot restore itself unless you are getting into deep, restorative sleep each night.

As tempting as it is to wait for science to find a miracle cure, the time to turn around your health is NOW.

There is no magic bullet, so there is no point in waiting around for one before taking action. You can make a huge difference in how you feel by using the natural approach, and it will be effective no matter what the causative factors are.

Related Links:

- » [New Research Confirms Powerful Cause for Chronic Fatigue Syndrome](#)
- » [Your Brain Makes You Tired, Not Your Muscles](#)
- » [How to Supercharge Your Immune System](#)

Reference website: <http://articles.mercola.com/sites/articles/archive/2009/11/12/Gammaretrovirus-Thought-to-be-Important-Cause-of-Chronic-Fatigue.aspx>