

## Sufferers of Chronic Fatigue Find Relief With Oriental Medicine



Chronic fatigue syndrome (CFS) is far more than just being tired. It is a frustrating, complicated disorder characterized by extreme fatigue that may worsen with physical or mental activity and does not improve with rest. Those with CFS can get so run down that they can't function in day to day activities, with some becoming severely disabled and even bedridden. In addition to extreme fatigue, chronic fatigue syndrome encompasses a wide range of other symptoms, including but not limited to headaches, flu like symptoms and chronic pain.

Oriental medicine can help relieve many symptoms of CFS. Exceptional for relieving aches and pains, acupuncture and Oriental medicine treatments can help assist in the avoidance of illness, improve the ability to recover more quickly, as well as improve vitality and stamina.

### **Research on Treatments for Chronic Fatigue**

A study in China evaluated cupping as a treatment for chronic fatigue syndrome. All of the study patients complained of fatigue and some had additional problems with headaches, insomnia, muscle-joint pains, backaches and pains, poor memory, gastrointestinal disturbances, and bitter taste in their mouth, among others. Results showed that after cupping treatments there were vast improvements in fatigue levels, insomnia, memory, spontaneous sweating, sore throat, profuse dreams, poor intake, abdominal distention, diarrhea, and alternating constipation and diarrhea. In another study, conducted at the First Affiliated Hospital of Guangzhou University of TCM in Guangzhou, China, subjects with chronic fatigue syndrome were evenly divided by random selection. The observation group was treated with acupuncture and the control group was treated with an injection of a placebo medication. Participants completed a fatigue scale and results showed that people who received acupuncture reported significantly more relief from their symptoms. Most significantly, 28 papers on different studies were statistically reviewed through a meta analysis in order to assess the success of acupuncture as a therapy for CFS. The results showed that treatment groups receiving acupuncture for chronic fatigue syndrome had superior results when compared with control groups. Reviewers who conducted the meta analysis concluded that acupuncture therapy is effective for chronic fatigue syndrome and merits additional research. Participants in the group receiving traditional acupuncture reported headache rates of nearly half that of those who received no treatments, suffering 7 fewer days of headaches. The minimal acupuncture group suffered 6.6 fewer days, and the non-acupuncture group suffered 1.5 fewer days. The improvements continued for months after the treatments were concluded, rising slightly as time went on.

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