

## **Recovering from Chronic Fatigue Syndrome.**

### *A Simplified Guide.*

1. Your main symptoms (fatigue, brain fog and muscle pain) are created by brain mechanisms working through the Hypothalamic-Pituitary-Adrenal Axis. Other symptoms are spin-offs created through the HPA Axis interacting with the immune system, the sympathetic nervous system, and the central nervous system.
2. These symptoms are REAL! They are not 'psychological'.
3. The symptoms are warning signals that your body is in distress.
4. Distress comes in 4 forms: 1. Unresolved tensions between yourself and others. 2. An overload of anxiety. 3. Recurring, frustrating situations. 4. Reduction in activities that supply variety and reward.
5. When symptoms (warning signals) get 'louder' your body is conveying a symptom message to you: 1. Speak up to others about your feelings and needs. 2. Disengage from anxious thoughts. 3. Take time out from frustrating situations. 4. Re-engage in rewarding activities.
6. Rest by itself is only a temporary solution (if it enables you to take time out from a triggering situation). Sooner or later however, your body will raise fresh symptom-signals if it notices your inactive rest period is going on for too long
7. Important Note: 'Fatigue' is not the same as 'tiredness' or 'exhaustion'. It is created by glucose depletion in the muscles that clears up when you relieve your body's distress.
8. Due to fear of the symptoms, and anxiety over the impact they might have, sufferers can develop an 'illness' loop. In which constant body scanning, anxiety, and extended rest periods retrigger fresh symptoms. The first step to breaking this loop is to recognise the real nature and purpose of the symptoms of 'Bodily Distress Syndrome'.

*For more information consult John Eaton's Book: Reverse Therapy: Chronic Fatigue Syndrome, Fibromyalgia and Related Disorders.*

*Available on Amazon.*