

# **Chronic Fatigue**

### What is Chronic Fatigue?

This is a common, almost constant state of weariness that develops over time. It diminishes energy levels and mental capacity. Chronic fatigue has a major impact on a person's emotional and psychological well-being.

### **Signs and Symptoms**

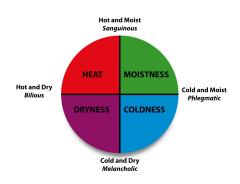
Unusual physical or mental tiredness following intense activity; deep tiredness lasting through the day; difficulty in concentrating. This form of fatigue can last anything from a few days to several weeks.

### What Causes Chronic Fatigue?

Fatigue is attributed to a number of causes, including lifestyle factors, medical and psychological conditions. Risk factors include over-exerting the skeletal muscles and the consumption of inadequate or poor quality food. It is also a common side effect of a weight-reduction diet, from too-frequent skipping of meals, or from eating regularly 'on the hoof'; Certain medical conditions such as thyroid problems, anaemia, cancer, heart disease, depression, obesity and asthma often include fatigue as a symptom.

### The Tibb View on Chronic Fatigue

According to Tibb, fatigue is associated with **qualities of cold and moistness**, which slows bodily processes by dampening the heat of metabolism. This leaves the person affected feeling tired and sluggish. Fatigue is aggravated by a lifestyle that increases qualities of **cold and moistness** in the body. As there are numerous causes of chronic fatigue, both mental and emotional, all temperamental types are at risk of chronic fatigue.



### **Management of Chronic Fatigue**

Treatment and management is aimed at **reducing the excess cold/moistness** associated with fatigue, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and dryness**. Treatment and management of fatigue often includes rectifying the underlying condition or faulty Lifestyle Factor. A balanced diet and regular exercise is also recommended. This assists Physis, in addressing both the symptoms and the causes of chronic fatigue.

## **Tibb Lifestyle Factors** Food and Drink

- Eat mostly Hot & Dry foods such as oily fish, chicken, celery, and garlic, followed by Hot & Moist foods – like olive oil, ginger, turmeric and spinach.
- Eat less of Cold & Dry foods such as citrus fruit, yogurt and beans, and the least amount of Cold & Moist foods like milk, cucumber, broccoli, and sprouts.
- Start the day with a good high-fibre breakfast. Eat plenty of fresh fruits and vegetables and whole grain foods.
- Avoid fried foods; junk foods; processed foods; stimulants such as coffee; tea and soft drinks; sugar; products containing yeast and/or white flour such as bread or pasta; chocolate.

#### Other Lifestyle Advice

- Breathing Practice deep breathing exercises, as they help to energise and relax.
- Exercise Regular, mild or moderate physical exercise, followed by plenty of restoring rest, is known to help. Exercises such as yoga and Pilates should be practiced as they encourage deep breathing. This promotes increased oxygen supply to the brain and muscles.
- Sleep Try to develop beneficial, regular and long-term sleeping habits, by practicing good sleep hygiene.
- Meditation Allow time for meditation and breathing exercises, early in the morning and the evening.
- As stress often goes with fatigue, take up stress-reducing techniques (deep breathing, yoga, meditation).
- Get into positive leisure activity not watching TV or the computer, but reading, DIY, knitting or a similar hobby.
- Do not overdo things. Be realistic about what can be achieve, and when.
- In the morning, plan your day, and prioritise the activities. Start with the worst, heaviest chores.
- Try to shake the smoking habit if applicable, as it reduces the amount of available oxygen for energy production.
- If possible, reduce your workload. Learn to say: "No thank you".
- If overweight, taking measures to reduce body mass. This will help reduce periods of fatigue.

#### **Herbal Remedies**

- Licorice or gingko biloba powder (500mg) sprinkled on food.
- Take 2 teaspoons each of **Poppy** seeds and **honey** plus 10 **almonds** and liquidised in 200ml of milk. Drink first thing in the morning.

## **Cold & Dry Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

## **Cold & Moist Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

## **Hot & Dry Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

## **Hot & Moist Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						