

Chronic Fatigue Syndrome

Chronic fatigue syndrome update. Findings now point to CNS involvement

Postgraduate medicine. Vol. 96, No. 6 November 1994.

From the Preview:

Abnormalities of immune function, hypothalamic and pituitary function, neurotransmitter regulation, and cerebral perfusion have been found in patients with the syndrome. Dr. Bell summarizes and discusses the implications of these and other findings.

One of Dr. Bell's more interesting points was that there is some form of immune system activation or immune system dysfunction. The cause of this altered immunological state remains elusive.

Vertebral subluxation complex perhaps?

Upper cervical management of primary fibromyalgia and chronic fatigue syndrome cases. Amalu WC. *Today's Chiropractic* May/June 2000 Pp.76-86.

This paper discusses 23 successive cases (5 male, 18 female from 11 to 76 years of age) of primary fibromyalgia and chronic fatigue syndrome suffering from 2 to 35 years.

Total chiropractic visits ranged from 20 to 48. All patients reported maintaining their improvements at 1 to 1 ½ years or more of follow up. After care every patient was able to resume normal activities including full time work.

The author writes:

Improvement in symptoms of 92-100% was achieved in both these syndromes. A causal relationship between biomechanical faults in the upper cervical spine, abnormal central neurophysiologic processing and subsequent peripheral neuropathophysiology, is suggested as the possible genesis of these two syndromes. "

Effective treatment for chronic fatigue syndrome. Case studies of 70 patients.

Farinelli, EJ, *Proceedings of the 1989 International Conference on Spinal Manipulation.* March 31-April 1, 1989. Washington, DC.

Patients were put in one of 4 experimental groups:

Group A was treated under the medical model which assumes a viral cause of Chronic Fatigue. They followed a six-month regimen designed to strengthen the immune system through the use of specific digestive enzymes, therapeutic herbs, vitamins, and trace minerals. Improvement in group A was temporary.

Group B followed the same regimen and also received diversified chiropractic treatment. All patients improved only temporarily.

Group C followed the same regimen and also received upper cervical specific adjustments at C1-C2. All patients improved and, at six months follow up, reported complete relief from Chronic Fatigue symptoms.

Group D received upper cervical adjustments only. Ten out of ten patients recovered permanently from Chronic Fatigue symptoms.

Progress study on chronic fatigue syndrome (CFS) study. Woodfield, C. Abstracts from the 14th annual upper cervical spine conference Nov 22-23, 1997 Life University, Marietta, Ga. Pub. in *Chiropractic Research Journal* Vol. 5, No.1, Spring 1998. P. 42. This study involves 20 patients who had no prior history of depression and fulfilled the Centers for Disease Control and Prevention definition of chronic fatigue syndrome. The adjustment used is NUCCA.

There have been two CFS patients who have completed several aspects of the procedure. SF-36 scores on these two patients after chiropractic correction show very promising results.

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