

Treatment of Chronic Fatigue Syndrome (CFS) with Acupuncture and Diet Therapy

Fatigue is a feeling of tiredness, lack of energy and weakness, which can be classified as mental and physical. Symptoms of mental fatigue include deterioration of cognitive ability and memory, lack of concentration, making mistakes easily or depression; whereas physical fatigue shows predominant tiredness after physical activities.

Chronic fatigue syndrome (CFS) was named by the Centres for Disease Control and Prevention of the United States in 1988. Its symptoms can last for 6 months or longer, and they are flu-like symptoms, insomnia, loss of short-term memory, lack of concentration and depression.

According to some studies, the number of CFS patients in US was gradually increased from 1,775 to 6,321 in every 100,000 people; in Japan, more than 10,000 people died of sudden death every year because of exhaustion; in England, around 20% of male and 25% of female always felt tired, in which one fourth of them might have CFS. A research conducted in 2004 by the School of Chinese Medicine, HKU revealed that 57.7% out of 1,013 people aged 20 to 50 had different levels of fatigue, 6.4% were even classified as CFS patients. Engineers had the highest prevalence of CFS and people possessed master degrees are prone to have CFS. Hence, CFS is predicted to be a major health concern in the 21st century.

From the perspective of traditional Chinese Medicine, CFS can be cured by acupuncture therapy. In addition, recipes with Chinese herbs not only help preventing tiredness, but also enhance the effectiveness of acupuncture therapy. However, professional medical advice should be sought from Chinese medicine practitioners before taking any therapies.