CHRONIC FATIGUE

If you have chronic fatigue, it is going to take a long time for the body to heal because there are so many factors involved. Both chronic fatigue and fibromyalgia are usually both preceded with an emotional upset. It is the body's way of having a nervous breakdown. Everything is shutting down, the body is confused and reacting to everything (auto immune).

To Help:

- **See how you can stabilize emotional upsets in your life - de-stress. Learn how to detach from the things that bother you. As Buddha said "it is our attachment to things/people (whatever) that creates our disease and pain".**
- **Get the best possible food to eat to help the cells rebuild on a higher level of nutrition.**
- **If there are vitamin/mineral supplements available, get them.**
- **Rest a lot, even if you can't sleep, rest. Go to bed early and rest.**
- **Detox chemicals and impurities out of the body by eating lots of raw foods if available and if you can also get chlorella - take 6 tablets in the morning every 3rd day.**
- **This can be an endocrine problem – meaning the endocrine system glands have been stressed, mostly the hypothalamus, pituitary, thyroid, and adrenals.**

Here is an overview of the endocrine system:

The endocrine system is a complex network of glands responsible for producing and releasing hormones that regulate various bodily functions. It plays a crucial role in maintaining homeostasis, growth, metabolism, and reproduction.

Main Functions

Hormone Production: The system creates hormones that act as chemical messengers.

Regulation: Hormones control processes such as metabolism, growth, and mood.

Feedback Mechanisms: The system continuously monitors hormone levels to maintain balance.

Major Glands of the Endocrine System

Gland	Location	Function
Hypothalamus	Base of brain	Links endocrine and nervous systems; regulates pituitary gland
Pituitary	Behind eyes	Referred to as 'master gland'; controls other endocrine glands. Pituitary needs magnesium.

Thyroid	**Front of neck**	**Regulates metabolism through hormone secretion. Thyroid needs iodine.**
Adrenals	**On top of each kidney**	**Produces hormones related to stress response and metabolism. Adrenals need Vitamin C.**