

Breaking the root cause of chronic fatigue - ME

ME is deemed to be a complicated human condition with sufferers experiencing many different physical and psychological effects; however, in most cases the root cause to all of these symptoms can be isolated down to one or two causative factors. If you imagine an upside-down triangle of symptoms you can usually trace it all down to one or two simple changes that, over time, led to all the other symptoms building up.

The problem for sufferers is that most therapists and experts attack different parts of the triangle that they believe is at fault from what is their speciality (i.e. nutrition, exercise, drugs, massage etc). These interventions may have an effect but only at the right time in a person's recovery. For example, I highly recommend live food intolerance testing but only after bowel imbalances and digestive valves have been reset and released.

As all ME sufferers know our problem is based purely on energy, when we have energy we stand upright with our chin up and speak loudly with confidence, we can eat and drink nearly anything without side effects and still have energy to exercise, think, laugh and sleep. When we don't have the energy we start to breakdown. It has been my experience while treating hundreds of sufferers from all over the world that they all have the same imbalance with very similar experiences and symptoms - except one (mentioned later).

When I suffered I had terrible advice from many doctors, therapists (and so-called experts!) about what I should be doing, eating, exercising etc. "You need to exercise more." How can I if I don't have the energy to get out of bed and the pain in my legs is killing me? "You need to eat apricot kernels and bananas as they are full of...." How can I if they make me feel bloated, sick and more tired? "You must not sleep in the day, only at night." If you are exhausted you have to sleep wherever you can, after lunch I always had to sleep in the car for 20 minutes to stop me crashing. > >



I'm not quite sure how some of these people got the term 'expert' as it was very obvious that they had never experienced or understood the problem at all. When I first experienced ME I was running two martial arts classes, studying to be a therapist, treating clients, going through a divorce and playing football (hardly the best advice to exercise more!).

The list of conditions that most ME people suffer is so long it has most experts and doctors in a spin as their training is to deal with each symptom, instead of looking for the root cause or causes. It's very important to understand that your body has only one battery of energy, this energy is used to do all of the body's needs - moving, thinking, digesting, blood flow, toxin removal, reproduction, etc. Without the correct level of energy some, if not all, of these systems are affected, leading to a wide range of symptoms. Blood tests can now reveal some chemical imbalances and we can have artificial drugs to rebalance this, but the best natural and long-term answer would be to find the cause and fix it, as it wasn't there before, so something must have changed.

In Oriental medicine, the spleen system ensures that energy is absorbed from the food we eat. If there is a problem in this system patients will usually suffer from bloating, loose bowels, anaemia and cold extremities, bruise easily, quickly get tired legs, food intolerances, Candida, need to sit down often, IBS, acute smells that may bring on nausea, mental anxiety, etc. The kidney system gives us life-long energy, the quality of which depends on the Spleen system and lungs. The symptoms associated to the kidneys are back pain and discomfort, tiredness, excessive and nocturnal urination, water retention, weak bones and teeth, fear and fright, poor memory, poor hearing, etc. This system is known as the foundation of the body, it energetically lifts and raises the rest of the body up helping the liver to detox, the lungs to breathe, the spleen to digest and controls the heart to strengthen the mind and spirit.

When you look at just these two systems it is no wonder ME sufferers have a long list of issues, and that is before these problems over time then affect the other systems in the body. The problem is that sufferers have tried acupuncture, drugs, herbal medicine, nutrition, physiotherapy, hypnotherapy, chiropractic, etc. some will have been successful but most will still be suffering to one degree or another. The reason for this is that each treatment is isolated and the therapist is hopeful that it may work, ME needs an integrated treatment approach to clear many of the influencing problems, we can often clear the causes but leave different symptoms in the system that then drag the body down and regenerate the causes again.

ME is caused by one simple problem 'Digestive imbalance' the inability to absorb nutrients and energy from food, all your focus must be on correcting this problem. To achieve this we need to look at the causes and complications of the problem which cover a number of influences including:

Spinal imbalance: Irritation of the spinal nerves that innervate the digestive organs and the Vagus nerve in the neck.

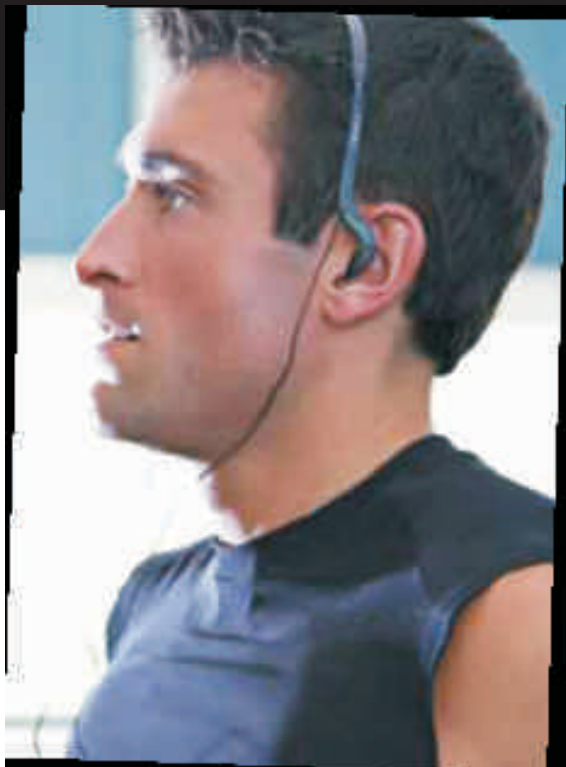
Bowel twist: Blood restriction to organs and muscles, increased toxicity.

Food intolerance: Using more energy digesting food than you gain from it.

Organ exhaustion: Inability to carry out its tasks (especially Adrenal).

Psychology: Emotional stress and its effect on digestion and energy levels.

Lymph restriction: Over toxicity. Treatment must be directed at all of these problems to get to the root cause and ensure the fullest recovery possible. Too many sufferers recover to a point then start slowly falling back again because the therapist couldn't clear certain necessary aspects of their condition.



ME RECOVERY IMPORTANT FACTS:

- 1.** Your treatment is measured to your needs, not on time! Time is irrelevant in ME treatment, too long and you will feel worse!
- 2.** Don't exercise until you feel you can. You need lots of energy to recover so it may make you worse. As soon as you can, start walking and build up gradually. Don't ever over do it!
- 3.** Be sceptical of all diets unless you are sure it works for you! Everyone's digestion is different so only eat what you know makes you stronger and better. Not what you hear and read. Keep a food and energy level diary.
- 4.** Listen to lots of self-development tapes to help clear anxieties and focus on small achievable goals that will raise your confidence and energy levels.
- 5.** Only use therapists (and experts) that you have full confidence in. You should be seeing improvement in six treatments.
- 6.** Always drink and eat warm products, don't make your body need to burn energy just to warm the food up to your body temperature.
- 7.** Avoid alcohol and spicy foods.
- 8.** Make a list of the 20 greatest moments in your life, stick it on your mirror and review it every day.
- 9.** Practice abdominal breathing to pump your digestive system and take the pressure off of your heart.

10. Ask your therapist to show you how to release your Illeo-Cecal Valve (ICV) every day and why. If they don't know, it is the wrong therapist!

In KORE Therapy we utilise western researched muscle testing diagnostics to evaluate spinal issues, bowel and digestive problems, and pelvic imbalance. Treatment is directed at all of the areas in question using deep organ massage, energy driving techniques, spinal realignment, psychological empowerment, and many more dependant on each client's needs. Our success speaks for itself.

MAGNETS AND ME

One of the most difficult dients I have had to treat came to me after suffering for about two years, the only way he could keep his energy up was eating every half an hour. After five treatments I was frustrated to see no improvement even though he improved after each treatment he just fell back again.

On the sixth treatment I noticed magnets in his shoes; I used muscle testing to test the magnets on me, as I expected they were OK on one side but bad on the other. I did the same evaluation on the client, who failed on both sides! This meant that they constantly drained his energy every time he put his shoes on. He admitted he had them for about two years. Two treatments later he was dramatically better, well on his way to recovery.

Don't believe everything you read, if it's for sale it will always sound amazing.

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