

Natural treatment for chronic fatigue

Intake of a healthy diet and usage of herbs and homeopathic remedies as recommended can help in reduction of the debilitating symptoms of CFS, and may improve overall energy. Counselling, support groups, meditation, yoga, and progressive muscle relaxation are stress management techniques that may help as well. Some other natural remedies mentioned as below can also help in getting rid of the disease. Lifestyle Your doctor may suggest that you learn to slow down and pace yourself, so that you don't overdo it one day and pay for it the next. The goal is to maintain a steady, moderate amount of activity that includes regular exercise. Your doctor may suggest that you see a physical therapist to create an appropriate exercise program. At least one study shows that people with CFS who exercise have fewer symptoms than those who do not exercise. Stress can make CFS symptoms worse. Guided meditation or deep breathing may help you relax.

Herbs

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have to be taken only under the supervision of a health care provider. Unless otherwise indicated, make teas with 1 tsp. herb per cup of hot water. Steep covered 5 - 10 minutes for leaf or flowers, and 10 - 20 minutes for roots. Drink 2 - 4 cups per day. You may use tinctures alone or in combination as noted. Herbs that may help with symptoms of chronic fatigue include:

- Ginseng (*Panax ginseng*) may help improve energy (100 - 300 mg 2 times per day). However Ginseng can increase the risk of bleeding, especially if you already take blood-thinners such as clopidogrel (Plavix), warfarin (Coumadin), or aspirin. It also may interact with several drugs which may include those taken for diabetes or to suppress the immune system. People with heart disease, schizophrenia, diabetes, or those with hormone-sensitive cancers -- including breast, uterine, ovarian, or prostate cancer -- should not take ginseng.
- Echinacea (*Echinacea species*) may help boost the immune system (200 mg 2 times per day). However, people with autoimmune disease, such as lupus or rheumatoid arthritis, should not take Echinacea.

Essential oils of jasmine, peppermint, and rosemary may help reduce stress when used in aromatherapy. Place several drops in a warm bath or atomizer, or on a cotton ball.

Acupuncture

Several studies according to researchers in China have indicated acupuncture may help [treatment for chronic fatigue](#) syndrome. Some evidence also suggests that acupuncture may help boost your immune system. It may also help people with CFS get a more restful night's sleep. Therapeutic massage can reduce stress-related symptoms, improve circulation, and increase your overall sense of well-being.

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