



Chronic Fatigue Syndrome



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► Stay hydrated.

While drinking more water is not a complete cure for chronic fatigue, it is still important. Dehydration causes more severe fatigue, and staying hydrated is important for improving or maintaining good health.

► Elimination diet

Discontinuation of nutrients in neurological and chronic diseases accompanied by CFS may be tempting, but there is no evidence that a restrictive diet can improve symptoms. Consult your doctor before eliminating any food from your diet to prevent weight gain or loss and lack of important nutrients. You can only start dieting if your dietitian determines that an elimination diet may work for you.

► Limit caffeine intake.

Caffeine seems like a great way to improve your energy, but it has consequences. It can give you a false sense of energy and lead you to overeat. A little caffeine may be good for some people. Just be careful not to overuse caffeine and make sure it does not affect your sleep.

► Try smaller, more frequent meals.

Many people with chronic fatigue syndrome often feel hungry after eating. If you are planning to lose weight or overeat during the day, it is recommended that you eat fewer meals to a greater extent or include small snacks between each meal. Increasing the number of small meals can help you maintain your energy.

Smaller meals may also be easier for you.



► Be careful in consuming sugar.

Sugar can temporarily increase your energy levels, but then it can make you feel tired. Instead of eating foods that contain refined sugar, it is recommended that you eat sugary foods with some protein to help lower your blood sugar and energy levels.

► Consumption of vegetables

Try to use all the colors of vegetables in your diet during the day so that you can enjoy their unique nutrients and benefits. For example, red vegetables are rich in substances that act as antioxidants and help reduce inflammation. Yellow vegetables contain important vitamins and minerals such as vitamins A, C, and B6.

► Consume healthy fats

By consuming a few walnuts, a few slices of avocado, and a slice of salmon fillet, you can easily add healthy fats such as omega-3 fatty acids to your diet throughout the day. Healthy fats are important for brain and heart health and can also help reduce inflammation.



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▶ **Chronic fatigue syndrome** ◀

Chronic fatigue syndrome (CFS) is also called ME, which stands for Myalgic Encephalomyelitis, or Encephalopathy. Chronic fatigue syndrome affects both adults and children and can be serious and cause long-term illness and disability.

▶ **Symptoms of Chronic fatigue syndrome** ◀

Symptoms of Chronic fatigue syndrome include:

- ▶ Persistent and excessive mental fatigue
- ▶ Sleep disturbance and unpleasant sleep
 - ▶ Weakness after exercise
 - ▶ Muscle pain or weakness or joint pain

- ▶ Headache and memory impairment

- ▶ Nausea

- ▶ Symptoms of irritable bowel syndrome include bloating, stomach pain, diarrhea, and constipation



▶ **Nutrition and diet therapy tips in Chronic fatigue syndrome** ◀

▶ **Inflammatory foods**

Because inflammation appears to contribute to CFS, it is recommended to follow an anti-inflammatory diet by adding anti-inflammatory foods such as fish and olive oil and limitation of inflammatory foods such as sugar, fried foods, and processed meats.

- ▶ Intolerance or allergy to alcohol, caffeine, certain foods, or medications