

## Scientific Study

***Fast Metabolism Linked to CFS***

**“People with chronic fatigue syndrome (CFS) tend to have a faster metabolism and accelerated blood flow.”**

Most of us dream of having a fast metabolism to keep the pounds off. But we never dream of being so fatigued we cannot get out of bed after a perfectly adequate night of sleep.

Scientists have discovered that people with chronic fatigue syndrome (CFS) tend to have a faster metabolism and accelerated blood flow when compared to those who don't have CFS.

Chronic Fatigue Syndrome (CFS) is an illness primarily characterized by profound, debilitating fatigue which has been ongoing for at least 6 months and is not relieved by rest. Other symptoms include:

- Cognitive difficulties, impaired memory, and poor concentration.
- Postexertional malaise (exhaustion and increased symptoms) lasting more than 24 hours following physical or mental exercise.
- Unrefreshing sleep.
- Joint pain (without redness or swelling).
- Persistent muscle pain.
- Headaches of a new type or severity.
- Tender cervical or axillary lymph nodes.
- Sore throat.

The dramatic decline in activity level and stamina is often se-

vere enough to result in substantial occupational, educational, and social limitations that lead to defining CFS as a major functional impairment. At least one quarter of those afflicted are either unemployed or on disability according to the Center's For Disease Control and Prevention.

People with CFS are frequently exquisitely sensitive to chemicals. CFS is believed by some scientists to be in the multi-system illness family and have the same cause as multiple chemical sensitivities (MCS). The liver is responsible for the breakdown and elimination of chemicals which enter the body.

An accelerated phase one liver detoxification pathway has also been linked to multiple chemical sensitivity. When phase one detoxification is accelerated, a backup may occur in phase two. This is believed to cause the release of toxic metabolic byproducts into the body. These byproducts are believed to be responsible for fatigue, pain, and other debilitating symptoms.

Maybe those few extra pounds are not so bad after all!

**Reference**

Sakudo A, Kato YH, Tajima S, Kuratsune H, Ikuta K. Visible and near-infrared spectral changes in the thumb of patients with chronic fatigue syndrome. Clin Chim Acta. 2009 Feb 25. [Epub ahead of print]

