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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try to drink 8 glasses of
water every day!!



**Corporate Bodies
International**

Phone: 1300 21 31 41

Fax: (02) 9439 9366

Email: [click here](#)



This fortnight's healthy topic...

Health Hit:

Chronic Fatigue Syndrome



Chronic Fatigue Syndrome (CFS) is a condition which can significantly disrupt the lives of those affected. The cause of CFS is unknown; however, there are several factors which may trigger the onset of symptoms such as an infection, contact with some poisons, physical trauma or even immunisation.

Symptoms of CFS are widespread and may include: chronic exhaustion, lack of concentration, trouble sleeping, muscle pain, muscle weakness, joint pain, muscle twitching and tingling, shortness of breath, rapid heart beat, nausea, vomiting or other stomach related problems.

How do I know if I have CFS?

As the symptoms of CFS are similar to other conditions, diagnosis can be made only after other medical and psychiatric causes of general fatigue have been excluded. Consult your GP if you are unsure of or frequently experience any of these symptoms.

Can I prevent CFS?

There is no universally successful treatment or cure for CFS. However, some lifestyle changes can be made to prevent or reduce the symptoms of fatigue such as:

- Consuming a healthy, well-balanced diet.
- Eating adequate amounts of food. Do not skip meals.
- Avoiding fad diets and those eliminating food groups (e.g. dairy).
- Ensuring good hydration by drinking plenty of water.
- Getting enough sleep.
- Exercising for at least 30 minutes each day.

What's the moral of the story?

- The cause of CFS is unknown, and there are many symptoms.
- Lifestyle changes can help prevent and reduce the symptoms of CFS.
- Visit your GP if symptoms continue.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**