

# Chronic Fatigue

## What is Chronic Fatigue?

This is a common, almost constant state of weariness that develops over time. It diminishes energy levels and mental capacity. Chronic fatigue has a major impact on a person's emotional and psychological well-being.

## Signs and Symptoms

Unusual physical or mental tiredness following intense activity; deep tiredness lasting through the day; difficulty in concentrating. This form of fatigue can last anything from a few days to several weeks.

## What Causes Chronic Fatigue?

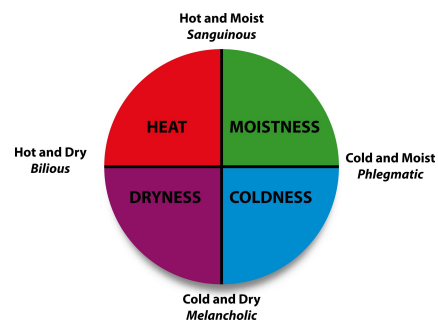
Fatigue is attributed to a number of causes, including lifestyle factors, medical and psychological conditions.

Risk factors include over-exerting the skeletal muscles and the consumption of inadequate or poor quality food. It is also a common side effect of a weight-reduction diet, from too-frequent skipping of meals, or from eating regularly 'on the hoof'; Certain medical conditions such as thyroid problems, anaemia, cancer, heart disease, depression, obesity and asthma often include fatigue as a symptom.

## The Tibb View on Chronic Fatigue

According to Tibb, fatigue is associated with **qualities of cold and moistness**, which slows bodily processes by dampening the heat of metabolism. This leaves the person affected feeling tired and sluggish. Fatigue is aggravated by a lifestyle that increases qualities of **cold and moistness** in the body.

As there are numerous causes of chronic fatigue, both mental and emotional, all temperamental types are at risk of chronic fatigue.



## Treatment and Management of Chronic Fatigue

Treatment and management is aimed at **reducing the excess cold/moistness** associated with fatigue, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and dryness**. Treatment and management of fatigue often includes rectifying the underlying condition or faulty Lifestyle Factor. A balanced diet and regular exercise is also recommended. This assists Physis, in addressing both the symptoms and the causes of chronic fatigue.

## **Tibb Lifestyle Factors**

### ***Food and Drink***

- Eat **mostly Hot & Dry foods** – such as oily fish, chicken, celery, and garlic, **followed by Hot & Moist foods** – like olive oil, ginger, turmeric and spinach.
- Eat **less of Cold & Dry foods** – such as citrus fruit, yogurt and beans, and the **least amount of Cold & Moist foods** – like milk, cucumber, broccoli, and sprouts.
- Start the day with a good high-fibre breakfast. Eat plenty of fresh fruits and vegetables and whole grain foods.
- Avoid fried foods; junk foods; processed foods; stimulants such as coffee; tea and soft drinks; sugar; products containing yeast and/or white flour such as bread or pasta; chocolate.

### ***Other Lifestyle Factors***

- Breathing – Practice deep breathing exercises, as they help to energise and relax.
- Exercise – Regular, mild or moderate physical exercise, followed by plenty of restoring rest, is known to help. Exercises such as yoga and Pilates should be practiced as they encourage deep breathing. This promotes increased oxygen supply to the brain and muscles.
- Sleep – Try to develop beneficial, regular and long-term sleeping habits, by practicing good sleep hygiene.
- Meditation – Allow time for meditation and breathing exercises, early in the morning and the evening.
- As stress often goes with fatigue, take up stress-reducing techniques (deep breathing, yoga, meditation).
- Get into positive leisure activity – not watching TV or the computer, but reading, DIY, knitting or a similar hobby.
- Do not overdo things. Be realistic about what can be achieved, and when.
- In the morning, plan your day, and prioritise the activities. Start with the worst, heaviest chores.
- Try to shake the smoking habit if applicable, as it reduces the amount of available oxygen for energy production.
- If possible, reduce your workload. Learn to say: “No thank you”.
- If overweight, taking measures to reduce body mass. This will help reduce periods of fatigue.

## **Medication**

### ***Herbal Remedies***

- **Licorice** or **gingko biloba** powder (500mg) sprinkled on food.
- Take 2 teaspoons each of **Poppy** seeds and **honey** plus 10 **almonds** and liquidised in 200ml of milk. Drink first thing in the morning.

## **Tibb Medication**

**ProMan capsules** - Contains valuable vitamins, trace elements, ginseng and coenzyme Q10 to deal with stress in boys and men.

(or) **ProWoman capsules**- Provides a wide range of vitamins and trace elements for active but stressed girls and women.

**Stress-Away tablets or syrup** - This multi-herbal product has balanced tonic and stimulant properties for fatigue associated with stress and anxiety.

**Completone tablets** – Contains many herbal ingredients aimed at treating fatigue and physical exhaustion. Completone is associated with **heat with dryness**, which are needed to improve general vitality and overcome fatigue with associated qualities of coldness with moistness.

**Livotibb tablets** – acts as a tonic to the liver and stimulates metabolism. Livotibb is associated with qualities of **moistness** with **heat**, which gently stimulates the function of the liver and promotes metabolism.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament <http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

## COLD & DRY FOODS

<b>MEATS</b>	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
<b>VEGETABLES</b>	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
<b>FRUITS</b>	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
<b>NUTS</b>	peanuts
<b>GRAINS &amp; SEEDS</b>	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
<b>DAIRY PRODUCTS</b>	egg white, sour milk, yogurt
<b>OILS</b>	coconut oil, corn oil, sesame oil
<b>SPICES, HERBS &amp; SEASONING</b>	basil, prunes, poppy seeds, tamarind
<b>DRINKS</b>	sour fruit juices, tea (black), coffee, ice, sour milk
<b>FLAVOURANTS</b>	
<b>CONDIMENTS &amp; SPREADS</b>	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	cornflakes, mielie meal, millet

## COLD & MOIST FOODS

<b>MEATS</b>	Duck, rabbit
<b>VEGETABLES</b>	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
<b>FRUITS</b>	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
<b>NUTS</b>	Macadamia nuts
<b>GRAINS &amp; SEEDS</b>	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
<b>DAIRY PRODUCTS</b>	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
<b>OILS</b>	
<b>SPICES, HERBS &amp; SEASONING</b>	Cardamom, coriander, cumin, vanilla
<b>BEVERAGES</b>	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
<b>SWEETENERS</b>	Fructose, glucose, rose syrup
<b>CONDIMENTS &amp; SPREADS</b>	
<b>CONFECTIONARY &amp; DESSERTS</b>	Custard, ice cream, rose syrup, sago
<b>CEREALS</b>	Pronutro, rice crispies

## HOT & DRY FOODS

<b>MEATS</b>	Chicken, lobsters, prawns, all small bird meat, Oily fish
<b>VEGETABLES</b>	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
<b>FRUITS</b>	Avocado, Grapes
<b>NUTS</b>	Cashews, hazel nuts, pecan nut, walnuts
<b>GRAINS &amp; SEEDS</b>	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
<b>DAIRY PRODUCTS</b>	Eggs
<b>OILS</b>	Mustard Oil
<b>SPICES, HERBS &amp; SEASONING</b>	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
<b>BEVERAGES</b>	Alcohol, Grape juice, Herbal teas
<b>FLAVOURANTS</b>	Pungent and bitter flavourants
<b>CONDIMENTS &amp; SPREADS</b>	Chili sauce, mustard sauce, peri-peri sauce
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	

## HOT & MOIST FOODS

<b>MEATS</b>	Buck, goat, goose, lamb, liver, mutton, turkey,
<b>VEGETABLES</b>	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
<b>FRUITS</b>	Bananas, dates, guavas, mangoes, peaches, papaya,
<b>NUTS</b>	Almonds, brazil nuts, pistachios, apricot kernels
<b>GRAINS &amp; SEEDS</b>	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
<b>DAIRY PRODUCTS</b>	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
<b>OILS</b>	Castor oil, olive oil, sunflower oil
<b>SPICES, HERBS &amp; SEASONING</b>	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
<b>BEVERAGES</b>	Green tea, hot water, juices (see fruit), Herbal Teas
<b>FLAVOURANTS</b>	Honey, molasses, sugar, salt
<b>CONDIMENTS &amp; SPREADS</b>	Mayonnaise,
<b>CONFECTIONARY &amp; DESSERTS</b>	Biscuits, cakes, chocolate, liquorice, vermicelli
<b>CEREALS</b>	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix