

Table 1
CDC Diagnostic Criteria for Chronic Fatigue Syndrome

Major Criteria

- **New onset of fatigue causing 50% reduction in activity for at least 6 months.**
- **Exclusion of other illnesses that can cause fatigue.**

Minor Criteria

- **Presence of 8 of the 11 symptoms listed or presence of 6 of the 11 symptoms and 2 of the 3 signs listed.**

Symptoms

1. **Mild fever**
2. **Recurrent sore throat**
3. **Painful lymph nodes**
4. **Muscle weakness**
5. **Muscle pain**
6. **Prolonged fatigue after exercise**
7. **Recurrent headache**
8. **Migratory joint pain**
9. **Neurological or psychological complaints:**
 - Sensitivity to bright light**
 - Forgetfulness**
 - Confusion**
 - Inability to concentrate**
 - Excessive irritability**
 - Depression**
10. **Sleep disturbance (hypersomnia or insomnia)**
11. **Sudden onset of symptom complex**

Signs

1. **Low-grade fever**
2. **Nonexudative pharyngitis**
3. **Palpable or tender lymph nodes**

Table 2
Frequency of Symptoms in CFS

Symptom/Sign	Frequency
Fatigue	100
Low-grade fever	60-95
Muscle pain	20-95
Sleep disorder	15-90
Impaired mental	50-85
Depression	70-85
Headache	35-85
Allergies	55-80
Sore Throat	50-75
Anxiety	50-70
Muscle weakness	40-70
After exercise fa	50-60
PMS (women)	50-60
Stiffness	50-60
Visual blurring	50-60
Nausea	50-60
Dizziness	30-50
Joint pain	40-50
Dry eyes and mo	30-40
Diarrhea	30-40
Cough	30-40
Decreased appe	30-40
Night sweats	30-40

Table 3
Organisms Proposed as Causative Agents in CFS

- **Epstein-Barr virus**
- **Human herpes virus-6**
- **Inoue/Melnich virus**
- **Brucella**
- **Borrelia burgdorferi**
- **Giardia lamblia**
- **Cytomegalovirus**
- **Enterovirus**
- **Retrovirus**

Table 4
Immunologic Abnormalities Reported for CFS

- **Elevated levels of antibodies to viral proteins.**
- **Decreased natural killer cell activity.**
- **Low or elevated antibody levels.**
- **Increased or decreased levels of circulating immune complexes.**
- **Increased cytokin (e.g., interleukin-2)levels.**
- **Decreased interferon levels.**
- **Altered helper/suppressor T-cell ratio.**

Table 5
Diagnostic Criteria for Fibromyalgia

Diagnosis requires fulfillment of all three major criteria and four more minor criteria:

Major Criteria

- Generalized aches or stiffness of at least three anatomic sites for at least three months.
- Six or more typical, reproducible tender points.
- Exclusion of other disorders which can cause similar symptoms.

Minor Criteria

- Generalized fatigue
- Chronic headache
- Sleep disturbance
- Neurological and psychological complaints
- Joint swelling
- Numbing or tingling sensations
- Irritable bowel syndrome
- Variation of symptoms in relation to activity, stress, and weather changes

Table 6
Causes of Chronic Fatigue
Pre-Existing Physical Condition

- Diabetes
- Heart disease
- Lung disease
- Rheumatoid arthritis
- Chronic inflammation
- Chronic pain
- Cancer
- Liver disease
- Multiple sclerosis
- Drugs, Prescription
 - Antihypertensives
 - Anti-inflammatory agents
 - Birth control pills
 - Antihistamines
 - Corticosteroids
- Tranquilizers and sedatives
- Depression
- Stress/low adrenal function
- Impaired liver function and/or environmental illness
- Impaired liver function and/or environmental illness
- Impaired immune function
 - Chronic fatigue syndrome
 - Chronic candida infection
 - Other chronic infections
- Food allergies
- Hypothyroidism
- Hypoglycemia
- Anemia and nutritional deficiencies
- Sleep disturbances
- Cause unknown

Table 8
Causes of Cholestasis

- **Dietary factors:**
 - Saturated fat**
 - Refined sugar**
 - Low fiber intake**
- **Obesity**
- **Diabetes**
- **Presence of gallstones**
- **Alcohol**
- **Endotoxins and other gut-derived bacterial toxins**
- **Hereditary disorders such as Gilbert's syndrome**
- **Pregnancy**
- **Natural and synthetic steroid hormones:**
 - Anabolic steroids**
 - Estrogens**
 - Oral contraceptives**
- **Certain chemicals or drugs:**
 - Cleaning solvents**
 - Pesticides**
 - Antibiotics**
 - Diuretics**
 - Nonsteroidal anti-inflammatory drugs**
 - Thyroid hormone**
 - Viral hepatitis**

Table 9
Factors Predisposing to Candida Overgrowth

- **Impaired immune function**
- **Anti-ulcer drugs**
- **Broad-spectrum antibiotics**
- **Cellular immunodeficiency**
- **Corticosteroids**
- **Diabetes mellitus**
- **Excessive sugar in the diet**
- **Intravascular catheters**
- **Intravenous drug use**
- **Lack of digestive secretions**
- **Oral contraceptive agents**

Table 10
Typical Chronic Candidiasis Patient Profile

- **Sex: Female**
- **Age 15 - 50**
- **General symptoms:**
 - Chronic fatigue**
 - Loss of energy**
 - General malaise**
 - Decreased libido**
- **Gastrointestinal symptoms:**
 - Thrush**
 - Bloating, gas**
 - Intestinal cramps**
 - Rectal itching**
 - Altered bowel function**
- **Genitourinary system complaints:**
 - Vaginal yeast infection**
 - Frequent bladder infections**
- **Endocrine system complaints:**
 - Primarily menstrual complaints:**
 - Depression**
 - Irritability**
 - Inability to concentrate**
- **Immune system complaints:**
 - Allergies**
 - Chemical sensitivities**
 - Low immune function**
- **Past history**
 - Chronic vaginal yeast infections**
 - Chronic antibiotic use for infections or acne**
 - Oral birth control use**
 - Oral steroid hormone use**
- **Associated conditions:**
 - Premenstrual syndrome**
 - Sensitivity to foods, chemicals, and other allergens**
 - Endocrine disturbances**
 - Psoriasis**
 - Irritable bowel syndrome**
- **Other:**
 - Craving for foods rich in carbohydrates or yeast**