

# Chronic Fatigue

## 5 Ways to Increase Wellness



**There are doctors that say Chronic Fatigue is all in our mind. Is this true? Here are 5 ways to increase wellness.**

**1-**It's about elimination of toxins. What may need to be addressed first is our elimination habits. The fatigued person may be constipated or have diarrhea. You may want to pay attention to the "chronically constipated" for chronic fatigue syndrome. I have seen some who move their bowels once every 7 days! Doctors may not know to address elimination habits. And if they do, ex-lax isn't the answer. [Holistic practitioners](#) know that daily elimination is important. You can improved bowel habits by including more green vegetables, fruits and pure clean water. The good news is- your energy may improve, as bowel function will improve and consequent auto-toxemia will decline.

**2-** Your liver and gut bacteria together play a vital function in your overall health. And with this knowledge, some doctors aren't willing to prescribe dietary changes. Ultimately, we have to take a stand. A toxic liver and gut will affect all other organs without exception. It could deter healing, slow down recovery, cause fatigue, weaken immunity, increase low energy, weight gain, depression, ailments of all sorts including other autoimmunity disorders and degenerative diseases. Decrease inflammation by avoiding sugar, wheat, and alcohol. This can be a positive beginning. Invite fermented foods and probiotics into your lifestyle.

**3-**Sleep disorders are often the causative agent in chronic fatigue. The body rebuilds and releases toxins when we sleep. Going to bed at the same time every night, avoiding caffeine intake and remove EMF's from your bedroom can help to relieve insomnia. Daily exercise in the afternoon can help as well. It's not healthy to

ingest stimulants such as caffeine, when suffering from low energy.

**4-**Chronic stress can play a causative role in chronic pain and increase overall inflammation. Make a plan and find healthy ways to release your stress.

**5-**Correct toxic-buildup in the intestines. Up to 90 percent of Ileocecal Valve Syndrome, (ICV) problems occur when the valve locks open and allows materials to pass from the larger intestine back into the small intestine, much like a septic tank backing up into the kitchen. Very painful! A skilled chiropractor may be able to help.

What can you do now? Begin taking a bite size step in your own recovery. Join me in learning about toxins that interrupt the healing process: [Get those toxins out today](#)

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You may choose to see a [Holistic Practitioner](#) for your Chronic Fatigue Syndrome and dietary habits. Clients using a combined protocol as above in the vast majority of cases will feel much better in four to six months, and often sooner. [Get those toxins out today](#)

Book Purchase Here: [Path to a Healthy Mind & Body](#)

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**footnotes:**

<http://digestiveawareness.drupalgardens.com/content/ileocecal-valve-preventing-backflow>