

Root Cause of Fibromyalgia Syndrome (FMS) and Chronic Fatigue Syndrome (CFS)

by Andreas Moritz

Although it may be of considerable interest to a physician to study the various symptoms that each of the above disorders accompany, knowledge of these symptoms is quite irrelevant when it comes to determining and treating the respective root causes. The patients are labeled according to disease categories of which the real causes remain a mystery. In fact, it doesn't help the patient at all to know that he/she has FMS or CFS, it may even cause hopelessness and resignation, which are major setbacks to recovery and healing.

Studying the symptoms of these so-called illnesses can never reveal why the body develops them in the first place. Correcting the basic imbalances that exist in the afflicted person's body, mind, and lifestyle, and seeing the symptoms disappear in the same way as they emerged, is a much more realistic and benign approach to understanding the principles of disease-manifestation and its reversal than to look at each symptom separately and try to suppress or relieve it through whatever means. It is of no real benefit to take symptoms away without removing the original cause(s). On the contrary, such an approach robs the body of its ability to fight its own problems and may lead to permanent health damage and dependency on drugs and treatments that often have devastating side-effects.

The following discussion of the above disorders offers a different platform of understanding that may shed some light on why people develop these "diseases," which when analyzed properly, turn out to be no diseases at all but appropriate, natural responses by the body to protect itself against the conscious or unconscious abuse of its resources by its owner. Depending on constitutional status, dietary habits, lifestyle, ability to deal with stressful situations, environmental factors, and existing predisposed weaknesses in the body, the symptoms may vary from case to case, but the mechanisms of disease-manifestation are pretty much the same. One person develops CFS, another FMS, a third, ADD, yet they are all suffering from severe intestinal trouble and resulting lymphatic congestion as well as undernourishment of cells. Wherever the blockage occurs, symptoms show up. And wherever the blockage is removed, the symptoms disappear. It is up to each person suffering from any of these health problems to help himself/herself, since these conditions are chronic in nature, that is, they are constantly re-created by the afflicted person making the same mistakes over and over again; and effective orthodox treatments for these conditions are unavailable.

1. FIBROMYALGIA SYNDROME (FMS)

FMS is a painful condition that affects the connective tissue responsible for holding muscular cells in place and feeding them with nutrients. The symptoms may vary from case to case. In some patients the pain is felt all over the body. In others, it appears in localized areas, for example in the shoulder (frozen shoulder), the elbows (tennis elbow) or hands (karpaltunnel syndrome). FMS is considered to be a form of rheumatism with the difference that it affects the softer tissues of the muscles rather than the harder tissues of the joints.

Although there may be a number of causes involved, all of them lead to one common underlying factor -- acidification of the body's connective tissues. Many patients are told that excessive, regular, and one-sided use of muscle groups causes the death of muscle cells because the increased oxygen requirement cannot be met. This then results in the accumulation of dead muscle cells, leading to a thickening and hardening of the connective tissue. Tendons may become inflamed and painful. This explanation doesn't reveal, however, why only a fraction of the people who are involved in exactly the same strenuous activities develop FMS and the majority remain free of pain.

It is much more likely that the respiratory functions are already impaired through congestion and insufficient drainage of lymph/waste from the lung and bronchial areas. The oxygen demands of the body cannot be met, particularly in those parts of the body where waste removal through the lymphatic ducts is obstructed. Most respiratory weakness is due to lack of regular exercise, not enough fresh air, air-conditioning, acid-forming foods such as milk and dairy products, meat, sugar, cakes, candy, chocolate, pastries, soft drinks, coffee, cigarettes, irregular lifestyle, and sleeping while the sun is up. Suppressing emotional issues is another major contributing factor to respiratory difficulties; this also translates into constant muscular tension.

For muscle cells to die and remain trapped in the connective tissue it takes much more than just repeated strenuous physical movements. Thickened and acidified connective tissue does not permit sufficient amounts of oxygen and nutrients to make their way through to the cells. Among the above reasons responsible for causing poor respiration, diet and digestion assert the greatest influence. Regular consumption of animal proteins, dairy food, refined and hardened oils and fats, as well as most processed foods are notorious for causing such acidity-related problems as FMS. Most factory-made food products are deprived of all living substance, and are considered "non-physiological", that is disease-generating.

No longer being in their natural form these "foods" not only rob the body of vital nutrients but also damage the probiotic flora of essential bacteria located on our skin and mucous lining along the intestinal and respiratory tracts. These highly useful bacteria are our first line of defense against any harmful substances and adverse invading organisms. Once the flora has been damaged, these acidic food compounds (and perhaps harmful microbes) find entry into the connective tissues creating havoc there. Consequently, just to neutralize these substances, the muscle, bone, and organ tissues must give up some of their own oxygen, minerals, vitamins, trace elements, etc. Once this second line of defense is exhausted, too, the connective tissue becomes increasingly filled and saturated with cellular debris, metabolic waste, and toxic compounds and it thickens to a gel-like consistency. Microbes start coming on the scene, attacking the accumulated waste matter, which may lead to inflammatory processes and pain.

Since all of this hampers proper lymph drainage, that is, the clearing of all naturally occurring metabolic waste products, the resulting stagnation causes especially overused and tense muscle groups in the body to malfunction and cry for urgent attention (e.g. pain signal). Most of the people who are affected in this way have no idea, however, that the regular intake of sugar, chocolate, stimulants such as coffee, tea, and cigarettes, cokes, alcohol, ice creams and other dairy products, ham, sausage, fast foods and junk foods, etc., may have something to do with their "muscular rheumatism". They may also not realize that the pain syndrome in their body indicates the presence of a deeper metabolic imbalance that affects the entire organism.

The organs of elimination and detoxification become heavily overtaxed, which forces the body to dump the waste matter elsewhere, such as in the connective tissue of muscles. Also energy levels drop, and emotional well-being is disturbed. All this can cause multiple symptoms, including headaches, constant tiredness, reduced ability to concentrate or memorize information, dizziness, numbness and tingling sensations, fluid retention, abdominal pain and diarrhea. Symptoms can vary from case to case, depending on the severity of the congestion occurred.

The most thorough and fundamental treatment program for these and many other health problems consists of cleansing the major organs and systems of elimination and detoxification, including the liver, kidneys, large intestine, small intestine, lymphatic system, lungs and skin. Unless they are cleared of any obstructions such as gallstones in the gallbladder and bile ducts of the liver, stones or grease in the kidneys, hardened deposits of undigested foods in the intestinal tract, layers of accumulated protein in the walls of blood vessels, etc., the body will continue to absorb toxic wastes in the connective tissues. Once the absorption capacity is exceeded, the waste spills over into the body's orifices, e.g., eyes, ears, nose, mouth, skin pores, causing major congestion there and impairing sensory functions.

Whenever these organs and systems are cleansed and begin to function more efficiently again, the body systematically retrieves and neutralizes the deposits of toxic wastes in the connective tissues. As a result, the symptoms of pain begin to disappear. This is easy to understand since pain arises only when ducts, pathways, vessels, etc. become obstructed. Fibromyalgia cannot be considered to be a disease, it is but a signal the body generates in order to warn its owner of the imminent danger and to deal with the existing toxicity crisis in the best possible way. A body that is cleansed and free of congestion has no need to generate pain signals of any kind; instead it is a constant source of happiness, freedom, and rejuvenation.

2. CHRONIC FATIGUE SYNDROME (CFS)

As the very expression "chronic fatigue" suggests, those suffering from this condition, are always tired. In extreme cases, a person may be unable even to get out of bed or move an arm or a leg. There is no availability of either physical energy in the form of ATP molecules, or vital energy in the form of Chi. All basic bodily functions that require much energy such as digestion, metabolism, and removal of waste, are subdued due to lack of energy. The brain and nervous system, too, suffer from energy deficiency and so are unable to keep up their workload. This affects not only memory and concentration but also vital processes in the rest of the body. Since waste elimination is suppressed, there may be multiple symptoms of congestion, swellings, headaches, pain in joints and muscles, enlarged lymph nodes, etc. Since exercise may take away the last bit of energy reserves, the condition usually worsens thereafter. Sleep has no rejuvenating effects either.

Chronic fatigue is a sign of major imbalance on all levels of living, physiological, psychological, and sociological. Its main cause, however, is overuse of the body's energy resources. Many professional athletes, for example, suffer from this condition later in life, especially when drugs were used to increase performance. There is a certain amount of life-energy available that is supposed to last for the entire natural lifespan. If used up within a few years, there is not much left for the later years.

But not only athletes tend to abuse their energy systems. Many people over-stimulate their body unnecessarily, just to derive sensory pleasure. Excessive sexual activities can lead to

the same depletion of energy that athletes can suffer. But even the overuse of the sense of sight, by watching too much TV for example, can cause major energy depletion. The nervous system must use vast amounts of energy, vitamins, and water in order to keep up with the incredibly fast change of picture frames. If this over-stimulation, prompting a constant release of the stress hormone adrenalin, becomes too strenuous for the body, it goes into exhaustion and may fall asleep -- a common experience especially among the elderly. Regular exposure to low frequency electromagnetic fields, radiating from TV sets, computers, car engines, and household appliances, are another major source of energy depletion.

Perhaps the most important cause of CFS is many years of over-stimulation through food and beverages. Foods that are non-physiological, that have no real value for the body, rob the body of its energy reserves. They all need to be processed, detoxified, if that is at all possible, and be eliminated. But since they don't provide energy to the body, the body is forced to give up its own resources to deal with them. Typical foods and drinks that have such an effect on the body are isolated sugar, cakes, candy, pastries, all stimulants such as caffeine in coffee, tea, chocolate, cokes, and most other soft drinks, preservatives, coloring agents, emulsifiers and other chemical food additives, pesticides, hormones, and antibiotics contained in meat, milk, and other foods, meat, and basically all factory-produced foods.

Many modern foods and drinks literally trigger a fight-or-flight response in the body -- a system of survival that is only to be used in emergency situations, such as facing an immediate danger from an approaching car. All stimulants trigger this survival response. Medical drugs are among the most powerful stress-hormone triggers. Constant stress, and irregular sleeping habits, of course, do the same. A typical adrenalin release uses up a vast amount of energy in the body. Chronic fatigue results when a number of these factors, combined with a longstanding weakness of the digestive functions, lead to the exhaustion of almost all energy reserves in the body. Since digestion is impaired there is not much energy left to fill up the complex sugar reserves. The life force chi is depleted, too.

CFS always goes hand in hand with severe congestion occurring in many parts of the body. This applies particularly to the lymphatic system, where thickened lymph fluid filled with metabolic waste products, cellular debris, and toxins from foods and environment block the small and large lymph ducts and cause lymph node swelling or lymph edemas. Once lymph flow is continuously inhibited the surrounding tissue turns into a pool of toxins, which in turn can have a detrimental effect on nutrient and energy supply to the cells, organs and systems in the body.

The body, being a composite of ducts, channels, vessels, biochemical and electrical pathways, can only be energetically self-sufficient, when it is free of any abnormal obstructions. The various symptoms of disease simply reflect the location and degree of congestion and toxicity. In the case of chronic fatigue, the degree of congestion in these ducts and vessels is very high. Water, oxygen, glucose, and other essential substances are increasingly hindered from entering the cells. Consequently, cellular energy production (ATP molecules) remains too low to meet the body's high demands for energy.

As in the case of FMS patients, CFS patients, too, suffer from an almost total obstruction of the liver bile ducts through hardened bile clots or gallstones. Since the liver serves as the main energy distribution center in the body, a series of liver cleanses usually alleviates the situation greatly and in fact often fully restores normal energy levels. [See the book *The Amazing Liver and Gallbladder Flush* by the author]. The most important organs regulating balanced chi-flow in the body are the kidneys. Any holdup there in the form of kidney stones or grease, for example, can lower energy considerably. The kidneys can be cleansed

through a combination of specific herbs that are able to dissolve all harmful sediments that may have accumulated there over the course of many years. [See the book *Timeless Secrets of Health & Rejuvenation* by the author].

Summary: To restore normal energy levels, remove pain and other symptoms of disease it is necessary to open all congested areas in the body through simple cleansing procedures with the emphasis being on the liver, kidneys, and colon, and lymphatic system. Diet and lifestyle must be adjusted to support the body in restoring its complex energy reserves and to bring nourishment to all organs and systems. Any karmic residues and other causes than physical ones can be transmuted by using such methods as "Ener-Chi Art" and "Ionized Stones" [see author's website: www.ener-chi.com].

I have been fortunate enough to formulate a system of health and healing that makes it easy for any person to improve his/her health without having to deal with the symptoms of disease. My work is based on the premise that problems cannot be resolved by attending to the problems. This is confirmed by the fact that for 85-90% of all illnesses, mostly of chronic nature, there is no effective treatment available, at least not in the area of conventional medicine. Yet, by attending to the root problems, which basically are our own making, we can regain health and vitality without having to treat, alleviate, or suppress the complex appearances of symptoms of disease. My three books and the Ener-chi Art, which instantly restores Chi-flow through the all organs and systems in the body, can serve as a health-generating system for anyone who is no longer satisfied with partial success in the pursuit of health and healing.

Andreas Moritz is a medical intuitive, practitioner of Ayurveda, Iridology, Shiatsu and Vibrational Medicine. He is the founder of Sacred Santimony - Divine Chanting for All Occasions. Born in Southwest Germany, Andreas has spent most of his life living and practicing in Europe, Asia, Africa and the United States. He has authored four books on health and healing: *The Amazing Liver and Gallbladder Flush*, *Timeless Secrets of Health & Rejuvenation*, *It's Time to Come Alive* and *Lifting the Veil of Duality*. Andreas also is the artist who created the oil paintings for a new innovative approach to healing through energized art, called Ener-Chi Art. For more information or sessions with Andreas Moritz contact him at Tel: 866-258-4006 or E-mail: andmor@ener-chi.com.

Copyright © 2009 Ener-Chi Wellness Center
All rights reserved.