



CHRONIC FATIGUE SYNDROME

Natural Therapy



The three mistakes
to avoid when
dealing with Pain
while recovering
from Chronic Fatigue
Syndrome

It is unfortunate to find ourselves in pain when suffering from Chronic Fatigue Syndrome. On top of the tiredness, lack of energy, and exhaustion, we also find ourselves forced to endure pain in different forms.

Pain may be localised, in the legs, in the muscles and/or the joints, it also shows up as headache. Sometimes it is dull, sometimes it is sharp, deep or superficial, it gives a burning sensation or it is diffused, constant, as when we perceive it all around our abdomen or our lower back.

When feeling these types of pain, then it is difficult to do almost anything during the day, let alone helping ourselves with Chronic Fatigue Syndrome.

It is true though that we tried them all, the remedies! We tried painkillers, non-steroidal anti-inflammatory, corticosteroids... Why these are not helping? Why the pain always comes back?

Let me introduce myself, my name is Tommaso Perego, I am an emerging Researcher and Therapist in Natural Therapy for Chronic Fatigue Syndrome based in London, UK. I regularly lecture at College of Naturopathic Medicine in London and other institutions. I practice in London and online, and have clients in UK, Europe, and USA.

For the past four years I have been researching Chronic Fatigue Syndrome and helping people suffering from it, achieving excellent recovery results with my clients, gaining in-depth experience. I want to share this experience with you today.

So, when people are taking conventional pain relief medications, I hear the following most of the times:

- The medication does not seem to hit exactly on the pain issue, it works around it. In a way or the other it does help...I guess
- The medication has reduced the pain, but I feel awful ...still
- I feel I should not take any but I have no other choice. My Chronic Fatigue Syndrome symptoms are not improving, pain is at least bearable...sometimes.

These three situations correspond with the three key mistakes that we do when treating pain. This booklet is here to explain precisely that, so

that you can stop making them, and finally put the foundation to a successful recovery.



Where is my pain?

We know how pain in Chronic Fatigue Syndrome moves around, changes intensity and strength, duration and timings. This variability makes it difficult to treat and detect its cause but only at a superficial look.

When assessing pain, people mostly think about its location: my pain is in the nerves, on the skin, on the muscles, in my legs, in my joints. Fair enough, it is important to know where the pain is located.

However, there are two more aspects of pain that must be considered: the **quality** of the pain, and the **loss of function** (in tissues, organs, circulation, fluids) that is at its cause.

For the quality, we need to distinguish if pain is sharp, dull, or a burning sensation, then if it is diffused or specific. These aspects and their location tell us a big deal about the location of the inflammation of the most likely body function that is in distress.

The second aspect is the function: for function we mean the ability of parts of our body to do what they are supposed to do. The skin to be at a certain level of moisture to be ready for any circumstance; the muscles toned enough to do the basic movements but also the stronger ones, should the need arise.

In the areas of crisis that we identify in the body where pain manifests, the skin can be dry, moist, pale or red, or dark, blue, or yellow. The tissues might be tense, or too relaxed. These aspects tell us what

happens in the tissues, so that we can expect they will not perform as they should, as they would have lost function.

If a skin is dry, needs lubrication (by oil, or water); if it is damp and moist it needs drainage; if it is tense, you need to bring relaxation; if an area is cold needs warming action... and so on.

These observations tell us about areas in the body that are in trouble. We look at these areas as the cause of pain. In this way, we gain a more practical perspective and each time a more direct understanding of why the body reached the sensation of pain, so that we can then resolve it naturally by supporting the correct functions needed in the area in crisis.

2

Good Function is often not stimulated but bypassed

There is a fundamental aspect of the body that has been lately very often ignored: it is the self-regulating, self-correcting force, in other words the body's ability to be returned from an unbalanced state to one of balance or homeostasis.

The body naturally can do so, and every *body* in the world is designed to do so, therefore it is important to support this process when doing therapy, not to block it or bypass it.

What does it mean to stimulate the body function and not bypassing it? I would like to explain this with the following example.

There is a body dry and in pain. A conventional drug will go and suffocate the pain. Or it will go and block the process of inflammation. It will act fast and strong. There are chances that you won't feel pain after taking it. But not for long afterwards or just for the time you'd use the drug.

Conventional medications will be taken regardless if the body is dry, and if there are several signs of dryness all over the body. That is because the objectives the drug is directed to are solely the mechanisms of pain sensation. That is how you feel pain, not **why** you feel pain.

That is in our view, an oversight. In a dry body state, which is lacking of fluids, when foreign chemical action and toxins are ingested with the drug, the body needs a call for action to counteract and remove them.

It is designed to do so always. If it didn't we would die just by breathing-in a little city pollution. But if the body has poor fluids and tissues function, it will be put under strain by an emergency called by the ingestion of the drug. The pain might resolve through the robust chemical action, but certainly the overall state of the body and its strained functions will aggravate, causing further pain down the line.

Causing further pain down the line often happens in Chronic Fatigue Syndrome, and that's precisely our point and what we are recommending to avoid.

3

Using Toxic Drugs

The use of chemical drugs is a problem. These drugs are powerful but they work according to principles that really do not suit well the bodies of people suffering from Chronic Fatigue Syndrome.

Medicinal drugs are designed to do their beneficial action 'no matter what'. By bypassing the natural functions of the body they cause strain and they do not help to full recovery. They indeed cause numerous side effects as they go through the body to make their action.

In Chronic Fatigue Syndrome the body usually struggles to do anything. It is difficult to deliver the basic physiological functions for thinking, eating, and resting.

Imagine if the body has time to deal with such strong actions, and compensate for their highly toxic waste residues! Yes, when we take drugs we load our body with a great deal of work that is proportional to the amount of drugs with take.

If many people can afford that is because they are not struggling with their body's basic functions.

In Chronic Fatigue Syndrome though, alternative methods must be sought for reducing the pain through remedies that little encumber the body and let it free to self-heal as it naturally would.

These natural methods are herbal remedies and dietary changes. Herbal remedies and diet can be used to restore peace in a body suffering pain, but they will do helping the areas that are causing the pain to find back their balance and their performance.



So, you are reading this document acknowledging that the solutions we are used to take are not always the best for resolving the overall problem. It is often the case in many areas of life that further observations and a closer look at each problem, bring better perspectives, and thus better decisions.

What you are reading here is an invitation to think and act according to the natural principles of the body, trusting that:

- The body is able to heal itself
- The body of a person suffering from Chronic Fatigue Syndrome is a very fragile system whose balance is easily broken
- That using medications must be carefully planned for their action has to be gentle and working with the body functions, not bypassing them or overriding them, not blocking them either, or hassling the body with unnecessary toxicity,

So here is what I want you to do next:

Book a call at this link for starting your real gentle and effective method to remove pain.

In the call you will be able to understand the real reasons behind your pain, discovering which functions or areas in your body are in crisis, **so that you can** move on step by step to get it resolved.

You will have a free private time with a specialist, so that you can discuss your concerns in-depth, go through your medical history and medication, so you can ensure your clinical picture is understood by your practitioner in full

There is no other pressure or catch in these calls: we offer them for free because **we want people to learn as much as possible what exactly means resolving pain naturally** before committing to a therapeutic journey that **will be successful**, but that requires effort.

This would make you confident that this solution is right for you, so you can invest your time and energy to embrace it.

So, finally discover the real reasons behind pain by booking a call clicking this link.

Reduce Pain Now Report: The three steps way to resolve Pain in Chronic Fatigue Syndrome

As we discussed in our video class, three mistakes in dealing with pain affect our recovery from Chronic Fatigue Syndrome.

I understand how you feel, it is impossible to think, to sleep, to function during the day.

So we have to reduce pain, get rid of it, to be able to take care of ourselves.

[1]

The first step to recover from pain is to **assess the body well**.

Pain reveals itself in specific areas of the body. We can call it areas of crisis. When you know where those are and how they are, you can act on them using the right remedies.

How do you assess the body properly?

You don't have to back and forth to doctor's appointments. You can do it online. You can for example book an appointment [here](#) for a free 30 minutes call. In the call you will run the test and discuss in real time its results with the practitioner.

[2]

The second step is to **use external herbal remedies**.

You need the pain to go down fast. If you have pain while you sleep, you need to sleep, during the day, you need to function! It has to stop.

So now that you know the areas in crisis, you can go ahead and apply external herbal remedies to give you relief.

What's an external herbal remedy? They are herbs infused oils, liniment, ointment, creams.

When you apply them they go through the skin as oils is well absorbed by it. So by being absorbed by the skin they carry the herb and their actions to the fluids just under. These fluids are called Extra Cellular Matrix and they surround our tissues and organs. So they internally bring relief to each area of crisis, as the action of the herbs immediately reaches the painful area with its healing action.

[3]

The third step is to use internal herbal remedies.

These act through ingestion, via the digestive system. So we still absorb the but from the inside. They are able to nudge the body in a much broader and complex way than the external remedies, being a formidable companion to them.

What is an internal Herbal Remedy? They are teas, tinctures, powders, or raw herbal plants.

How is that different than using conventional medications? The first aspect is that Natural remedies do not increase toxicity in the body.

At normal regular dosage, herbal remedies mainly act as food for the body, so they are easily absorbed and eliminated once their action is over.

Conventional medicines are extraneous chemical substances which do not nudge the body in doing its natural actions. They force the body structures, elements and substance into producing a result. This method rarely agrees with what naturally the body is prepared to do, thus becoming a trauma, and effort more the body needs to take when recovering from Chronic Fatigue Syndrome.

So now that you are reading or listening to this report, you could easily agree that there is another option to reduce pain in Chronic Fatigue Syndrome. This approach offers a gentle therapy by respecting the natural functions of the body.

How? **This approach looks first at exactly which functions are in trouble, then applies the right remedies to it first locally, through oils and creams, then internally to achieve a broader and more long term results.**

If you liked this report, and if you liked the idea and solution it offers, feel free to try it out by **booking the Improve Your Pain call here**, do a test and discuss its results live with Tommaso Perego, Naturopath, Nutritionist, and Herbalist.

T. Perego

