

Chronic Fatigue Syndrome and the Jing Method™ by Mandala Massage Brighton

What is it?

Chronic fatigue syndrome (CFS) is a complicated disorder characterized by extreme fatigue that lasts for at least six months and that can't be fully explained by an underlying medical condition. The fatigue worsens with physical or mental activity, but doesn't improve with rest. The cause of chronic fatigue syndrome is unknown, although there are many theories — ranging from viral infections to psychological stress. Some experts believe chronic fatigue syndrome might be triggered by a combination of factors.

There's no single test to confirm a diagnosis of chronic fatigue syndrome. You may need a variety of medical tests to rule out other health problems that have similar symptoms. Treatment for chronic fatigue syndrome focuses on improving symptoms. (1)

Treating Chronic Fatigue Syndrome with the Jing Method™

The chronic and complex nature of this systemic condition is perfectly suited to the Jing Method™

(2) The Jing Method™ blends the best of advanced bodywork techniques from both East and West including trigger point, fascial work, acupressure and stretching with a truly holistic approach based on the biopsychosocial model of pain and modern neuroscience.

You can expect a warm and compassionate partner to guide you on your journey out of chronic pain, a thorough assessment, an individual treatment plan and after care tailored to your specific needs.

Signs and symptoms

- Fatigue
- Problems with memory or concentration
- Sore throat
- Headaches
- Enlarged lymph nodes in your neck or armpits
- Unexplained muscle or joint pain
- Dizziness that worsens with moving from lying down or sitting to standing
- Unrefreshing sleep
- Extreme exhaustion after physical or mental exercise. (1)



Does massage help?

Yes it does. There is research supporting massage therapy as a viable and effective treatment for Chronic Fatigue Syndrome. A 2020 literature review of studies found that massage was beneficial for improving severity of general symptoms and fatigue at post treatment in CFS patients. (2)

This is great news as, not surprisingly, Chronic Fatigue Syndrome can lead to social isolation, depression, work absences and lifestyle restrictions. (1)

It's not a quick fix though, so it's essential you find a massage therapist you can trust to understand this condition and support you on your journey of using advanced clinical massage to help manage your symptoms and improve your overall wellbeing.

Things you can do yourself

Monitoring and pacing activity

Scheduling in rest and relaxation, fun and enjoyment and achievement

Rewarding yourself

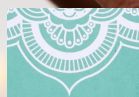
Physical exercise

Thought challenging (4)

Yoga Nidra

Chronic Fatigue Syndrome can affect the quality of sleep. Yoga Nidra is a specific type of guided meditation which can take those who practise regularly into a state of deep sleep whilst still awake. Clinical studies have shown that yoga nidra meditation is associated with many positive physiological changes. (5)

Free resources can be found at yoganidranetwork.org



Contact me on **07737 142699** or visit mandalamassagebrighton.com to book your appointment

Sources

(1) Chronic fatigue syndrome - Symptoms and causes - Mayo Clinic

(2) Jing Advanced Massage Training

(3) Song, J., Kim, J., Nam, D., Song, J., Kim, J. and Nam, D., 2020. Benefit of chuna for managing symptoms in chronic fatigue syndrome patients: A systematic review and meta-analysis. *Journal of Korean Medicine*, 41(3), pp.205-220.

(4) Chronic Pain and Fatigue Self Help | Get.gg - Getselfhelp.co.uk

(5) Pandi-Perumal, S.R., Spence, D.W., Srivastava, N., Kanchibhotla, D., Kumar, K., Sharma, G.S., Gupta, R. and Batmanabane, G., 2022. The Origin and Clinical Relevance of Yoga Nidra. *Sleep and Vigilance*, pp.1-24.