

# LASER THERAPY

## CHRONIC FATIGUE SYNDROME

### When I woke up and immediately tired

For the first time, chronic fatigue syndrome (CFS) was described by the Englishman A. Lloyd in 1986. The syndrome is accompanied by chronic fatigue, which is permanent, which does not go away even after prolonged sleep and rest, and numerous articular, muscle, infectious and neuropsychiatric symptoms.

The disease can last 5-8 months, sometimes several years. In the course of the disease, the patient's mental and physical performance gradually decreases, the activity of the immune system decreases.



The incidence of CFS is growing and getting younger every year. The syndrome is most often found in developed countries, in the risk group residents of megacities, entrepreneurs, businessmen, persons with high responsibility - pilots, air traffic controllers, medical workers.

The main cause of the syndrome is psycho-emotional stress on the nervous system. Currently, the ethology of the disease is not fully understood. The disease can occur both independently and as a side symptom of other latent diseases.

## Chronic Fatigue Syndrome - Diagnosis of Exclusion

Patients with CFS should be examined comprehensively, to exclude latent infectious diseases (including hepatitis, herpes viruses HSV-1, HSV-2, HSV-6, EBV, CMV, cytomegalovirus, enteroviruses, Coxsackie viruses A and B), autoimmune and endocrinological diseases, metabolic disorders, poisoning with poisons, medicines, etc. It is necessary to consult with specialists: infectious disease specialist, gastroenterologist, endocrinologist, neurologist, immunologist, rheumatologist, psychiatrist and psychologist.

It is believed that CFS often affects women of reproductive age - 20-45 years, but it is possible that the low detection rate of the syndrome in men is associated with their low access to doctors. As you know, men go to the doctor when they are completely "hot".

### The main symptoms

They are varied: frequent unreasonable headaches, sleep and wakefulness disorders - sleepiness during the day and insomnia at night, difficulty falling asleep, bad mood, irritability, mood swings from apathy to aggression, forgetfulness and absent-mindedness, decreased memory and concentration, anxiety, fear and panic, decreased performance and sex drive, hair loss, acne. Some people experience obesity or, conversely, weight loss. The history reveals the presence of frequent allergic, colds and ENT diseases. CFS often leads to temporary disability.

The main difference between CFS and banal fatigue is that after a long rest, when overworked, the human body recovers, but when CFS does not.

### How to save yourself?

An integrated approach and constant contact with the attending physician is the main principle of CFS treatment. Comprehensive treatment includes the normalization of work and rest, adherence to a fasting diet, rejection of bad habits, dosed physical activity (preferably on a fresh vacation), auto-training, psychotherapeutic correction techniques, drug treatment (antidepressants, tranquilizers, non-steroidal anti-inflammatory and sedative drugs, immunomodulators, metabolic agents, symptomatic therapy, etc.), relaxing massage, physiotherapy.

From the methods of physiotherapy as part of complex treatment, the following are recommended: massage (relaxing), hydrotherapy, laser therapy, magnetotherapy, acupuncture in combination with exercise therapy.

Chronic fatigue is payback for progress.

Let us dwell on laser therapy in more detail. But first, a little digression.

There is a constant information and energy exchange between the organism and the environment. In modern realities, it plays a special role in the processes of human life. In other words, our health directly depends on the Earth's magnetic field, on infrared solar radiation, natural range of light and other physical factors provided by nature for normal life. Now look around, assess the environment, and the answer to the question "Why do we all get tired and often get sick?" will come by itself.

The downside of progress is that we all live and work for a long time among powerful electromagnetic radiation, artificially created by man. We spend a little time under the influence of the healing sun rays, because we spend most of our time at work indoors, and if we go outside, we do not receive enough sunlight due to smog.

Laser-magnetic-infrared radiation helps to solve this problem, giving the body what nature should give, but which, due to progress, we do not receive from it in full.

Laser therapy is a modern, high-tech and effective method of treating a wide range of diseases, including the field of psychiatry. In this regard, Handy Cure laser therapy devices are of particular interest to specialists and users.

Handy Cure laser devices are safely providing the following types of IR/ electromagnetic radiation:

- Pulsed laser infrared radiation of the near range (wavelength 800-910 nm);
- Pulsed incoherent infrared radiation (wavelength 860-960 nm);
- Pulsating red / blue light (wavelength 600-700 nm);
- Constant magnetic field (magnetic field induction 35 mT);

The listed physiotherapeutic factors, acting simultaneously and mutually reinforcing each other, determine a pronounced clinical effect.

### **Operating principle**

The laser effect of HANDY CURE devices is capable of creating a dense energy flow at a depth of 7 cm, replenishing the existing energy deficit of the body, speeding up metabolism, enhancing regenerative processes, and stimulating the work of the central nervous system.

Of the laser techniques, priority is given to supra-venous laser irradiation of blood (NLBI) in combination with a zonal effect on the projection of the affected organs, paravertebral (Th2-Th6) and suboccipital zones. The combination of zonal exposure with the method of laser acupuncture (using optical probes for the device) is effective. The course of treatment consists of 8-10-15 sessions, 1 session per day or every other day. The duration of the course of treatment depends on the rate of resolution of the main clinical symptoms of the disease. If necessary, it is permissible to conduct 4-5 courses per year. It was found that conducting laser therapy sessions in the first half of the day activates, and in the second, suppresses the activity of those structures that are exposed to laser light, which should be taken into account when conducting laser therapy sessions.

Preventive physiotherapy courses are recommended to be carried out 2 times a year - in spring and autumn.

Everyone who has suffered from CFS or who suffers needs to reconsider their lifestyle, sleep and rest regime, adjust their diet, try to find a source of positive emotions. Pay special attention to the state of the cardiovascular system and immunity.

Here again, laser therapy will help. It should be understood that if you do not draw the necessary conclusions and change your life, then the disease can return again. With careful adherence to the recommendations of doctors and the patient taking the necessary efforts in the fight against the disease, a positive effect will come.

Be healthy!



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