

Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME)

A Brief Explanation

By Dr Raymond N Perrin DO PhD

CFS/ME (now known in The USA as Systemic Exertion Intolerance Disease) is an example of the newly classified neuro-lymphatic diseases and is characterised by severe, disabling fatigue together with a combination of symptoms made worse by exertion.

The lymphatic system enables our bodies to get rid of harmful substances and although there is no true lymphatic system in the brain and spinal cord, scientists in the USA and Finland have proved that fluid within the central nervous system acts as a lymphatic system, draining toxins out of the body or into the liver where they are broken down.

However, emotional or physical stress, an over-reaction to infections or pollution can all lead to an over-strain of the sympathetic nervous system due to a build-up of toxins in the fluid around the brain and the spinal cord. These toxins are meant to drain through lymph ducts in the face, neck and spine mostly at night when we are in deep, restorative sleep known as delta wave sleep. Unfortunately, in a CFS/ME sufferer these normal drainage points are congested and, as they get little delta wave sleep, the toxins stay in the brain at night with some draining away during the day. A backflow of toxins into the central nervous system creates further damage to the brain and affecting functions such as sleep, temperature control, moods as well as pain in muscles and joints all over the body. Other symptoms include reduction in concentration, difficulty reading, sinusitis, short-term memory problems, 'muzziness' in the head/brain fog, headaches, increased sensitivity to light and noise, nausea, sore throat and dry eyes, but most of all it is the post-exertional malaise and fatigue that affects patients. This is due to the toxins stuck in the brain which makes most sufferers feel poisoned.

The Perrin Technique™ is an osteopathic approach that manually stimulates the fluid motion around the brain and spinal cord. Manipulation of the spine further aids drainage of these toxins out of the cerebrospinal fluid. Massage of the soft tissues in the head, neck, back and chest direct all the toxins out of the lymphatic system and into the blood, where they are detoxified in the liver. Eventually, with no poisons affecting the brain, the sympathetic nervous system begins to function correctly and health is restored.