

**Nawei's Acupuncture Clinic  
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# **Acupuncture, Fibromyalgia and Chronic Fatigue**

**By Dr. Nawei Jiang**

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Some of the more difficult syndromes for Western medicine to address are those, which involve chronic pain in the muscles, tendons and joints. A wide range of disorders can be responsible for these symptoms, and so it is usually necessary to look for a variety of underlying disorders. In recent years, several syndromes with poor sleeping, muscle pain and fatigue have been labeled "fibromyalgia" or "chronic fatigue syndrome".

A wide variety of symptoms have been associated with the fibromyalgia and chronic fatigue syndromes, and symptoms can vary according to season or time of day. Some patients note that they have no fatigue, but have such poor stamina that they cannot complete simple tasks without exhaustion.

Others feel they are tired all the time and complain of weakness or lack of strength. It is common to also have fibromyalgia or chronic fatigue along with psychological complaints of depression, anxiety, and poor concentration.

Sometimes pain and fatigue are not always present, and increased muscular pain and fatigue develop after exercise or unaccustomed levels of activity. Fatigue can also be associated with increased muscular pain or joint pain for any reason. So, these syndromes overlap considerably; a diagnosis of fibromyalgia, fibrositis, or findings of many tender trigger points in the muscles is common in people with excessive fatigue.

The approach of traditional Chinese medicine to chronic fatigue and fibromyalgia requires that a specific diagnosis be made regarding the pattern of the imbalance. Here again, several types of problems can contribute to fatigue and muscle pain, and the best way to determine your particular imbalance is to consult an acupuncturist.

Acupuncture therapy, moxabustion, and traditional Chinese medicine prepared from different herbs, roots, and barks, are effective in helping many complex physical disorders like chronic fatigue, arthritis and fibromyalgia without the side effects and risks of drug therapy.

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You may also have to change your diet and exercise habits. As with many chronic disorders, treatment may be ongoing and a relapse of fatigue or fibromyalgia may occur if patients discontinue treatment.

Time will prove that traditional methods of treatment like acupuncture and Chinese herbal medicine will help to reduce both medical cost and suffering for modern patients and difficult to treat conditions.