

Attune Health's Approach to Fibromyalgia and Chronic Fatigue Syndrome

People with Fibromyalgia (FM) experience widespread pain that may rise and fall but remains chronic. While people with Chronic Fatigue Syndrome (CFS) may not experience the generalised pain and tenderness associated with FM they do share many of the other symptoms listed below -

Fatigue

Poor sleep quality – difficulty getting out of bed

Cognitive problems (Fibro fog)- affecting memory, concentration and mood

Secondary Headaches

Dizziness

Feeling too hot or cold

Tingling, numbness, burning sensations in hands and feet

Anxiety

Depression

Traditional treatments are usually directed at treating symptoms using drugs for pain, depression and poor sleep. Research has shown that many of the debilitating symptoms associated with these conditions are a result of mitochondrial dysfunction. Mitochondria being the energy factories of the cells in the body and when they fail to work you are in a constant state where energy demand outstrips supply.

Attune Health's approach to helping clients with FM and CFS is personalised and therefore will vary depending on various factors but will usually involve a combination of natural therapies including Neuroacoustic Sound Therapy (NST), Photobiomodulation Therapy (PBMT) combined with Molecular Hydrogen Inhalation and the HOCATT Ozone Sauna. Our aim being to restore mitochondrial function, modulate the autonomic nervous system to reduce stress and ultimately increase energy levels and reduce pain.