

1 “There is a state of chronic, low-grade immune activation in CFS. There is evidence of activated T cells, activation of genes reflecting immune activation and increased levels of immune system chemicals called cytokines.”

These biochemical system changes lead to a state of chronic inflammation.

Chronic Inflammation has profound effects on your body's ability to stay healthy. Inflammation is the reason you feel weak and exhausted when you get the flu, not the flu itself!

2 “There is evidence of more frequent latent active infection with various herpesviruses and enteroviruses. The herpesviruses include Epstein Barr, HHV-6 and cytomegalovirus. Other infectious agents, like bacterium that cause Lyme disease, Ross River virus and Q fever, can also trigger CFS.”

