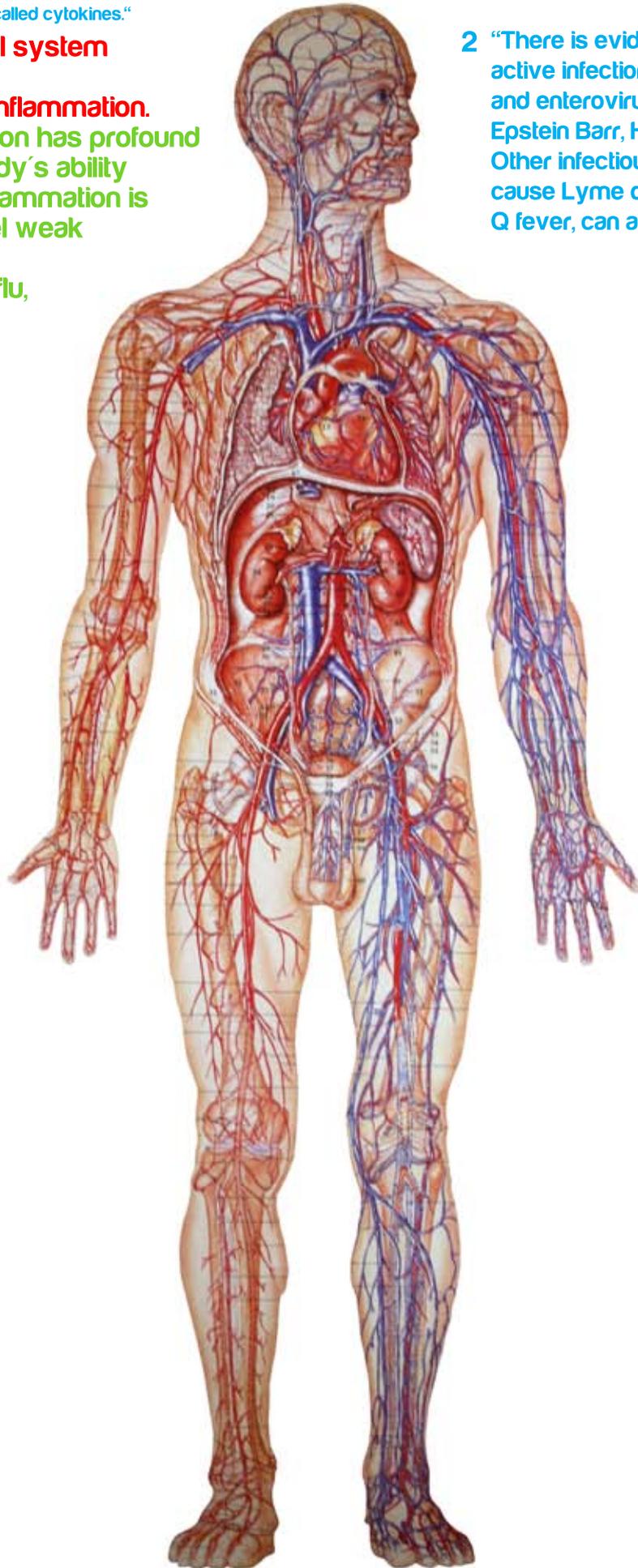


1 “There is a state of chronic, low-grade immune activation in CFS. There is evidence of activated T cells, activation of genes reflecting immune activation and increased levels of immune system chemicals called cytokines.”

**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.”