



## Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.

Be gentle with yourself.

## Goal

Self compassion and kindness towards your body

## Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.

# CHRONIC FATIGUE & FIBROMYALGIA

## WHAT IS IT?

Chronic Fatigue Syndrome (CFS) is a long-term condition characterized by extreme fatigue, muscle and joint pain, and memory and cognition issues.

Fibromyalgia (FMS) is a related condition involving widespread unexplained musculoskeletal pain, sleep problems, fatigue, and memory and mood issues.

The cause of both CFS/FMS is unknown, but both conditions may be associated with hormonal and immune dysfunction, inflammation, and disordered sleep.

## GENTLE NUTRITION SUGGESTIONS

follow as you are able to

- Eating regular snacks and meals throughout the day can help give your body the energy it needs. Staying well-hydrated can help reduce fatigue and headaches caused by dehydration.
- Caffeine and alcohol may exacerbate symptoms and contribute to insomnia, so exploring how reducing these items impacts your symptoms could be helpful.
- Some people with CFS/FMS experience food sensitivities. Notice how your body feels after you eat and talk with your dietitian if you notice that a particular food causes symptoms.
- Some nutrients that might be beneficial for this condition are iron, vitamin B12, and zinc. Food sources of iron include meat, seafood, dark leafy greens, and beans and legumes. B12 is found in all animal foods, including beef, shellfish, eggs, and dairy. High zinc sources include shellfish, meat, poultry, and whole grains.

*\*If any of these suggestions are harmful to other aspects of your health, then do not engage in them.*

## OTHER RECOMMENDATIONS

- Listen to what your body needs, and remember that you have unconditional permission to rest! Getting adequate restful sleep can be challenging for many people with CFS/FMS.
- Stress-reduction techniques, such as breathing exercises, meditation, and yoga may be helpful for some people.
- Listen to your body to determine what patterns of movement and/or rest feel most supportive.
- Seek support from friends, family, a support group, and/or a therapist.



# TOTAL HEALTH

Health is complex and is influenced by many factors.  
Not all factors are within your control.  
It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



## Psst..

It is not your fault for having this health condition!  
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

#### References

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