

Science

Vaccines, Infections, & Consumer Goods May Lead to Chronic Fatigue Syndrome

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Once thought to be “yuppie flu”, scientists have now confirmed that chronic fatigue syndrome (CFS) is most likely a deregulation of the immune system influenced by specific toxic agents, such as infections, vaccination, and consumer products.

Chronic fatigue syndrome (CFS) is characterized by disabling fatigue, unrefreshing sleep, headaches, depression, cognitive dysfunction, and body pain. More than 4 million Americans suffer from CFS. While more frequent in women aged 40-59 years, people of all ages, ethnicities, economic statuses, and both sexes may develop CFS.

“Vaccination is depicted as playing an important role in CFS onset,” according to researcher Ortega-Hernandez and colleagues. A case study confirmed a cause and effect link between a hepatitis B vaccination and silicon breast implants leading to new onset chronic fatigue syndrome in a previously healthy woman.

There is also notable overlap between CFS and other autoimmune and infectious diseases. Ortega-Hernandez says, “Autoantibodies commonly described in some autoimmune diseases have been found in CFS patients as well.” Autoimmune diseases arise from an immune response attack against the body’s own cells.

Certain infections which result in antibody production have also been

linked to CFS.

Ortega-Hernandez concludes that “evidence suggests that CFS is a complex disease in which several risk factors might interact to cause its full expression. Thus, although different alterations have been found in CFS patients, undoubtedly the main feature is central nervous system involvement with immunological alterations.”

He also proposes a new term, neuropsych-immunology, with the view that immunological alterations are thought to be associated with concomitant psychological and health disturbances.

Most others have labeled CFS a neuro-endocrine-immune disorder, which is viewed by many as more accurate since CFS is not psychological in cause.

The depression seen in some cases of CFS is most likely due to endocrine and immune dysfunction and would resolve upon correcting endocrine and immune imbalances.

In a few cases, depression may be reactionary in terms of grief suffered as a result of the severe life changes illness presents.

Reference

Ortega-Hernandez OD, Shoenfeld Y. Infection, vaccination, and autoantibodies in chronic fatigue syndrome, cause or coincidence? *Ann N Y Acad Sci.* 2009 Sep;1173:600-9.