

Aromatherapy and Myalgic Encephalomyelitis (ME) Chronic Fatigue Syndrome (CFS)

What is ME/CFS

NHS Choices says that ME/CFS is:

“a long-term illness with a wide range of symptoms. The most common symptom is extreme tiredness.

CFS is also known as ME, which stands for myalgic encephalomyelitis. There's some debate over the correct term to use for the condition, but these pages will refer to it as CFS/ME. CFS/ME can affect anyone, including children. It's more common in women, and tends to develop between your mid-20s and mid-40s.

Symptoms of CFS/ME

The main symptom of CFS/ME is feeling extremely tired and generally unwell.

In addition, people with CFS/ME may have other symptoms, including:

- sleep problems
- muscle or joint pain
- headaches
- a sore throat or sore glands that aren't swollen
- problems thinking, remembering or concentrating
- flu-like symptoms
- feeling dizzy or sick
- fast or irregular heartbeats (heart palpitations)

Most people find over-exercising makes their symptoms worse.

The severity of symptoms can vary from day to day, or even within a day.

The symptoms of CFS/ME are similar to the symptoms of some other illnesses, so it's important to see your GP to get a correct diagnosis.”

How Can Aromatherapy Help with ME/CFS

Certain essential oils may help to reduce the symptoms of ME/CFS. These include:



- Basil (*Ocimum basilicum*)
- Eucalyptus Lemon Scented Ironbark (*Eucalyptus staigeriana*)
- Lemon (*Citrus limon*)
- Geranium (*Pelargonium graveolens*)
- Lavender (*Lavandula officinalis*)
- Sweet Orange (*Citrus sinensis*)
- Rosemary (*Rosmarinus officinalis*)
- Rosewood (*Aniba roseodora*)
- Frankincense (*Boswellia thurifera*)

Always contact a qualified Aromatherapist who will guide you on the oils that are suitable for your individual needs.

References:

<https://www.nhs.uk/conditions/chronic-fatigue-syndrome-cfs/>

<http://www.meassociation.org.uk/>

Aromatherapy for Health Professionals – Price

The Complete Guide to Aromatherapy – Salvatore Battaglia

To find a practitioner to discuss your needs please visit www.ifaroma.org