

MODULE 1.2

Systems and Stages

Module Purpose

To learn about the perpetuating factors of the condition – systems of the physical body and begin to create a formal wellness plan.

Key Points

- ME/CFS/FM are multi-factorial illnesses that require different interventions at different times for different people
- ME/CFS/FM are functional illnesses, which means systems in the body are functioning sub-optimally
- All systems in the body work in an interconnected way to maintain optimal functioning. By supporting sub-optimally functioning systems we can assist the healing process
- Understanding the different stages of ME/CFS/FM can assist us to navigate our next steps towards wellness

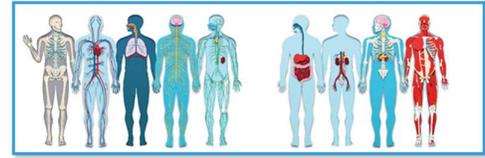


Image Source: <https://www.thoughtco.com/origan-systems-373571>

Summary

The nervous system - Central Nervous System (CNS) and Peripheral Nervous System (PNS) are explained and broken down further, including: Somatic, Autonomic, Sympathetic, Parasympathetic, Dorsal and Ventral Vagal Systems.

Neurally Mediated Hypotension (NMH) and Postural Orthostatic Tachycardia Syndrome (POTS) are also discussed.

We take a look at the stress response and its correlation between the systems in the body, and provide an informative handout which provides possible steps to wellness for each of these systems.

We give a brief overview of the mitochondria processes and how they are potentially affected by ME/CFS.

The activities contained in this module include body systems and their relationship to ME/CFS/FM, a daily action plan and questions around how you relate to the stages of ME/CFS.

Key Messages

- It is the small, cost-free interventions that we implement on a regular basis that have the biggest impact over time
- It's all about getting back to basics!