

["Rest, Pacing and Stress: What Every ME/CFS Patient Should Know,"](#) by Sarah Myhill, MD. This article provides very helpful advice to patients on how to pace their activities to use and preserve their energy to stave-off relapses and promote recovery. The article recommends specific actions and guidelines to assist patients in their everyday life.

There are two points in the article which patients should notice. First, some of the guidelines are inflexible: it would be very hard to follow the suggestions as written. But if one takes the prescriptions as flexible guidelines, then they are very constructive. Also, Dr. Myhill mentions that CFS/ME patients have a "personality" that can make them sick in the first place. This is not proven and the reader should try to ignore the statement in light of the benefit of the overall article.

Finally, Dr. Myhill cites dysfunction in the mitochondria as a primary element in CFS/ME. She includes includes links for summaries of some of her journal articles. In one article there is a mention of heart failure in CFS/ME. Heart failure, in the common understanding of the term, has not been shown in CFIDS.