

Important notice: Please note that the information on Treatment provided here has been compiled **by patients for patients**, and represents a summary of what patients may have experienced in working with their individual health care providers. The information in this website is not a substitute for professional medical advice. Please consult with your physician or other healthcare provider in matters pertaining to your medical care. See our full [Disclaimer](#).

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Some of the most commonly explored alternative therapies to supplement treatment and management of Chronic Fatigue Syndrome/Chronic Fatigue and Immune Dysfunction Syndrome/Myalgic Encephalopathy (CFS/CFIDS/ME) or Fibromyalgia (FM) are reviewed in this section. Since the first four therapies need to be administered by specially trained practitioners, it is recommended that patients review these with their primary care doctors in order to determine which ones will be the safest and most effective for their particular problems.

- **Acupuncture**—a health system which helps to restore use and function or improve a physical problem through various hands-on techniques, exercises, and/or equipment. Therapists will help patients improve posture, overall movement and bring them to their best level of function. They will also prescribe an exercise program to be done at home. It is essential that you find a physical therapist who understands CFS/CFIDS/ME and FM, so that you will not be required to overdo and crash. FM patients can usually tolerate exercise better than CFS/CFIDS/ME patients.

- Several other systems one might consider looking into are **Feldenkrais** (a system centered on movement),

Bowen Therapy

(bodywork focused on the release of muscles and impinged nerves), and **therapeutic massage therapy**

The next group of techniques and programs are self-managed (meaning patients are instructed, but carry out the techniques by themselves). These are usually done in a group setting, but can be practiced at home. The primary consideration is to find instructors who will work with people at all levels of health and age, and who oversee that the exercises are being properly done.

- **Meditation, visualization and/or guided imagery**—many modified forms have emerged from this ancient Hindu discipline which focuses mainly on certain types of stretching and holding of postures as well as breathing awareness and control. This practice will generally can help to improve inner balance and overall flexibility.

More resources

[Complementary & Mainstream Treatment Approaches](#)

[Exercise and CFIDS](#) [by a fitness instructor with the illness](#)

[Alternative Treatments and CFIDS](#)