

# 11 signs of chronic fatigue syndrome



We all know what it feels like to be exhausted, especially if you're working long hours and not getting enough sleep.

There is a different kind of tiredness that can leave you unable to do everyday tasks. No matter how much you sleep or time off you take, it can even leave you bedridden, depending on the severity of your symptoms.

According to a study in the *Journal of Korean Oriental Medicine*, about 10% of people worldwide suffer from chronic fatigue syndrome. Although the name of the syndrome makes it sound like you are merely tired, the symptoms may be debilitating and may keep you from living a normal life.

In fact, when you suffer from this syndrome, your normal everyday routine may feel something similar to climbing Mount Everest without any energy every day.

## 11 signs you may be suffering from chronic fatigue syndrome

1. You feel mentally exhausted, you can't remember things, and you struggle to concentrate.
2. Sleeping or resting doesn't make you feel better or less tired.
3. You experience non-stop flu-like symptoms.

4. Your joints and muscles ache.
5. Your muscles feel tired and a little exercise leaves you exhausted.
6. After exercising, you feel spent for a day or more.
7. You experience digestive problems and abdominal pain.
8. You may be sensitive or intolerant to light, alcohol, or certain foods.
9. You feel numbness or tingling in your hands or feet.
10. You suffer from severe headaches.
11. You have been suffering from some or all of these symptoms for six months or more.

There is still uncertainty about what causes chronic fatigue syndrome, although some studies show that a virus may be responsible. But, until further research is done, the cause remains a mystery.

If you have been experiencing any of these symptoms for more than a few weeks, seek advice from your doctor.