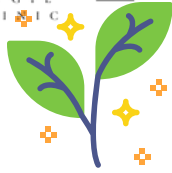




HYGIE
CLINIC



CHRONIC FATIGUE

A multifactorial syndrome characterized by persistent fatigue not improved by rest, with a major impact on quality of life.

Etiology

Mitochondrial dysfunction
HPA axis (cortisol) imbalance

- Micronutrient deficiencies

Chronic inflammation
Intestinal dysbiosis
Sleep disorders
Chronic stress

Symptoms

Persistent fatigue

- Difficulty concentrating (brain fog)
Sleep disorders
Muscle pain
Hypersensitivity to stress
Immune system weakened

Diagnosis & Treatment

**DIAGNOSTIC
BIOLOGICAL ASSESSMENT (IRON,
B12, VITAMIN D, THYROID)**

- SALIVARY CORTISOL
INFLAMMATORY MARKERS

**ALLOPATHIC TREATMENT
SYMPTOMATIC
ANTIDEPRESSANTS (SOMETIMES)**

- SLEEP MANAGEMENT

Multidisciplinary natural treatments

Nutrition
Anti-inflammatory
Rich in micronutrients
Blood glucose stabilization
Micronutrition
Magnesium
B vitamins (methylated)

- CoQ10
- Iron deficiency
- Omega 3
- Adaptogenic plants
- Rhodiola
- Ashwagandha
- Ginseng
- Mitochondrial support
- L-carnitine
- NAC
- Lifestyle
- Gentle physical activity
- Stress management
- Sleep optimization

Key points
Terrain multifactoriel
Central stress/energy axis

- Progressive and personalized care