

# Understanding Your Energy: From "Hibernation" to Healing

## What is Metabolic Rigidity?

When you have ME/CFS or chronic fatigue, your body often enters a state of "cellular hibernation." To protect you from stress or illness, your internal power plants (mitochondria) slow down on purpose. **Metabolic rigidity** is when your body gets "stuck" in this low-power mode, making it hard to create energy even when you rest.

## Why This Matters For You

- **The "Wired but Tired" Feeling:** This happens when your body is trying to rev its engine, but the gears aren't catching. You feel exhausted, yet your nervous system feels on edge.
- **Preventing the "Crash":** By understanding your "Energy Envelope," you can stop the cycle of overdoing it one day and being bedbound for the next three (Post-Exertional Malaise).
- **Moving Beyond Basic Vitamins:** Standard supplements often fail because your cells aren't ready to use them yet. We focus on "opening" your metabolism safely so you can actually use the fuel you take in.

## What You Can Do Today

1. **Practice the 15/15 Rule:** To avoid a crash, try breaking your activities into 15-minute segments, followed by 15 minutes of "horizontal rest" (lying down with your eyes closed). This helps your body stay out of the "danger zone."
2. **Monitor Your "Engine":** If you use a wearable device (like a Fitbit or Apple Watch), keep an eye on your heart rate. If it spikes during simple tasks like walking to the mailbox, it's a sign your body is working too hard. Slow down and breathe.
3. **Support Your "Battery" Backbones:** Talk to your coach about using **D-Ribose**. This is a simple, sweet-tasting powder that provides the raw building blocks for energy (ATP) without over-stimulating your system.

## Questions to Discuss with Your Practitioner

- **What is my "Threat"?** (Is my body in hibernation because of mold, a past infection, or high stress?)

- **Are my "Gears" stuck?** (Can we look at my lab tests, like the Organic Acids Test, to see if I'm stuck burning sugar instead of fat?)
- **Is my dose right?** (Do I need to increase my CoQ10 or NAD+ levels to bypass my energy blocks?)

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