

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?)
-

AccrediPro Standards Institute Verified Resource

AccrediPro Standards Institute Verified | Confidential Client Resource