

SAMPLE SUMMARY

In the article “Chronic Fatigue Syndrome,” Toni Rizzo defines chronic fatigue syndrome (CFS), a condition characterized by exhaustion, according to its causes, symptoms, and treatment options. Researchers have linked several causes to the onset of chronic fatigue syndrome. In particular, people with a weak immune system are more susceptible to the condition. CFS is basically characterized by extreme fatigue that prevents people from completing their regular tasks. The condition can be treated with self-care as well as the use of various medications. Self-care involves a balance of getting proper rest, exercising, and following a proper diet. Furthermore, medication, along with nutritional supplements and herbal preparations, may also help sufferers of this condition.