



# CFS/ME

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Be Perfectly Nourished

Be Perfectly Nourished:

CFS/ME

Digestive health

Mental well-being

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‘Over time, with Melanie’s support and prescribed guidance, I saw huge changes. My sleep patterns improved dramatically and thus so did my energy levels and overall ability to focus. With tweaks to my diet, I achieved a healthier sustainable weight. I’m now training to be a Yoga teacher, which would have been impossible before.’ CW

‘It was absolutely great to work with Melanie, she listened empathetically to my story, making no judgements and understanding me - something that I needed very much during this time. She is extremely professional, organised, a great listener and innovative with her ideas. The nutritional advice she gave me set me on the road to having a much healthier lifestyle and enabled me to not be confused around diet, health and lifestyle. Thank you Melanie – it’s been a life-changing experience to work with you.’ LB

‘Before I started working with Melanie, I was getting migraines on a weekly basis and constantly fatigued. I was bloating constantly and had an irritable stomach. The best part about working with Melanie was finally feeling like someone was listening. I loved how Melanie genuinely cares about how you are feeling and would go away, do extra research if she needed to, and then come up with an action plan with loads of advice on how to adapt your diet and lifestyle to something that will really support you.’ AC



# What we'll cover

- My journey

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- Where are you?

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- Causes?

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- What sits alongside CFS/ME?

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- What keeps it going and what changes can we make?

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Why am I here?

My journey to recovery.



# What are the causes of CFS/ME?

- Lyme Disease
- Other bacterial infections
- Viruses
- Mould - mycotoxins
- Genetics
- Gulf War illness
- Pesticides and other chemical exposure
- Triggers



# What other conditions sit alongside CFS/ME?

- Coeliac disease
- IBS
- Fibromyalgia
- Ehlers Danlos Syndrome
- Autoimmune conditions
- Metal sensitivities
- Nutritional deficiencies



Let's see where you are right now...

Health and Energy overview







# WHY DON'T WE SIMPLY GET BETTER, AND WHAT CAN WE DO TO IMPROVE?

CFS/ME is multifactorial and easily gets retriggered. There are several key players:

- Personality type
- Stress Regulation System
- Diet
- Toxin burden
- Self-compassion

# Personality types

- Achiever
- Helper
- Perfectionist
- Controller
- Anxiety type

Something leads us to have our traits, and this is often the hardest obstacle to remove.

What type(s) are you?

# Stress Regulation System

## Stressors:

- Exercise
- Work
- Relationships
- Money
- Life!

## Why is it a problem?

- Fight/flight/freeze response
- Cortisol
- Links with gut health, brain health, inflammatory responses, CV health and more.

# Stress Regulation System-

## What can we do to strengthen it?

- Journalling
- Gratitude
- Yoga
- Meditation
- Magnesium salts bath
- Breathing
- Nature
- Cup of tea – hug in a mug
- Connect with others (but avoid mood hoovers!)



# Why does diet matter?

- ~ Healthy gut = healing state
- ~ Energy in = energy available

# What to eat and hacks to achieve this:

- Fruit and vegetables (2+5 minimum)
- Protein at every meal – eggs, white meat, fish, tofu, beans, lentils, quinoa, nuts, seeds, hummus
- Whole grains – oats, wholemeal bread, brown pasta, lentil pasta, brown rice, quinoa
- Healthy fats – olive oil, coconut oil, avocado oil, avocado, flax seeds, chia seeds, nuts, nut butter
- Water, herbal teas, green tea, rooibos tea
- Supplements?

# What should I reduce or avoid?

- Alcohol
- Sugar
- Processed foods such as biscuits, crisps, packaged baked goods, low quality ready meals.
- Caffeine
- Possibly dairy and wheat
- Counting calories - they are not all created equal, nutrition is more important!

# What to eat and hacks to achieve this:

## Breakfast:

- Wholemeal toast with nut butter
- Eggs on toast
- Yoghurt with berries and nuts/flaxseed
- Overnight oats
- Chia seed puddings
- Smoothies with protein powder
- Leftovers



# What to eat and hacks to achieve this:

Lunch and dinner ideas:

- Batch cooking e.g. Bolognese sauce, chilli, curry, stews, dhal, – add plenty of veggies
- Roasted veggies, chopped salad veg
- Baked beans on toast
- Soup made with veggies and pulses (also good for snacking and can be frozen)
- Pouches of ready cooked grains topped with cooked meat/tofu, chopped salad veg and hummus
- Stir fry a protein (tofu, chicken etc) with a bag of stir-fry veg and pre-cooked rice noodles and sauce
- Red lentil pasta with jarred pesto
- Leftovers
- Good quality ready meals e.g. Field Doctor with a portion of steamed veg.
- Use frozen veg to save chopping
- Frozen fruit defrosted for dessert

# What to eat and hacks to achieve this:

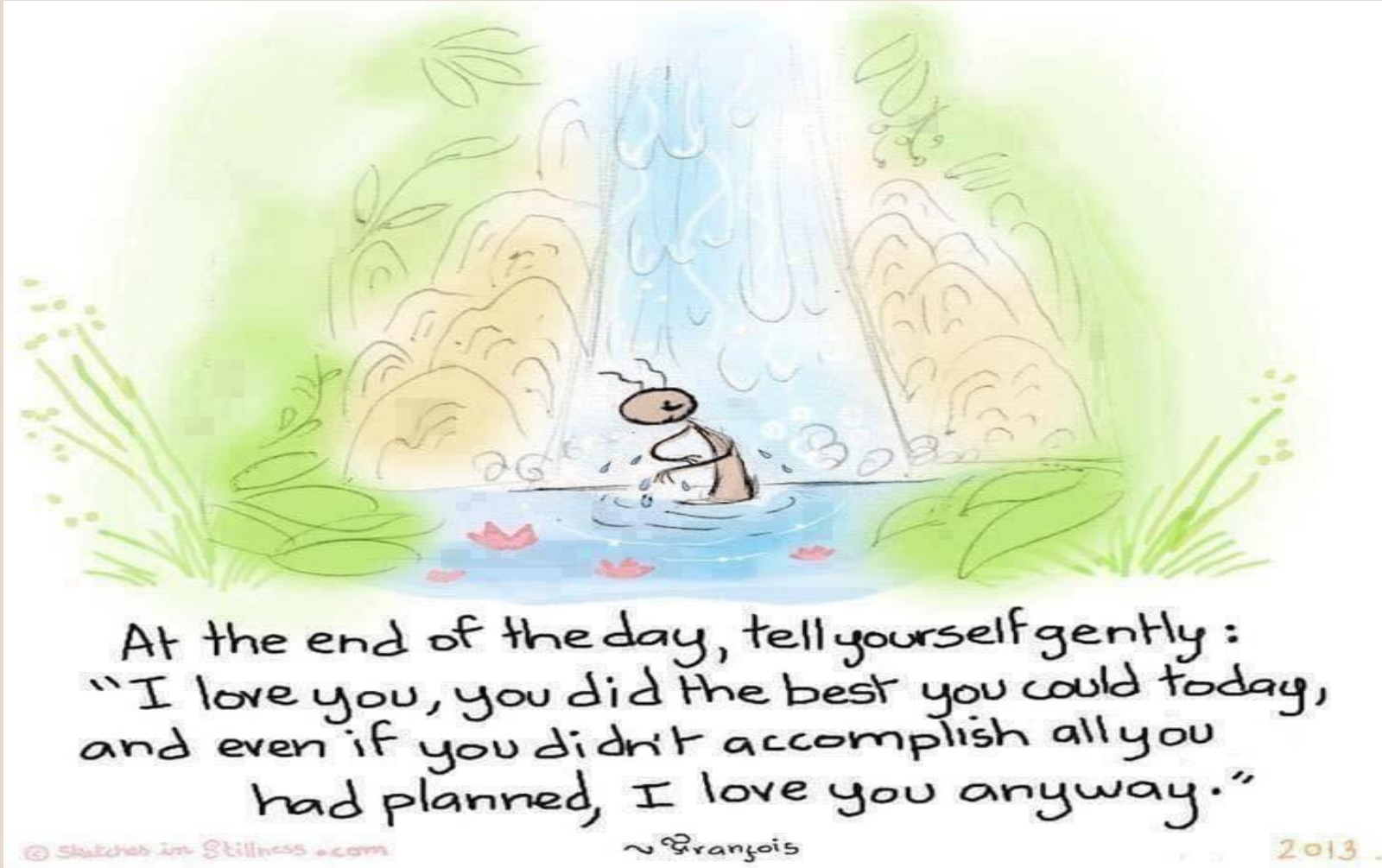
Snacks: think carbohydrate with fats or protein:

- Oat cakes with peanut butter, hummus, guacamole
- Veg sticks with nut butter, hummus, guacamole
- Piece of fruit and a handful of nuts
- Yogurt with fruit
- Frozen grapes dipped in dark chocolate
- Medjool dates filled with nut butter and chocolate chips
- Boiled eggs and cherry tomatoes
- Pre-cooked tofu
- Soup
- Smoothie with protein powder and frozen fruit

# What about the toxin burden?

- WiFi and electrical devices
- Mould
- Household chemical exposure
- Plastics
- Pesticides
- Metals – nickel, mercury

# Self -compassion





Q&A

# Good health starts here!

What 2 things are you taking away from today?

What change can you make from tomorrow?

How motivated are you?

How committed are you?



thank you

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