



# MANAGEMENT FILE

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This leaflet is based on an article which first appeared in the ME Association's quarterly *ME Essential* magazine.  
MEA membership costs £18 a year for people living in the UK/BFPO.  
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the me association

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## Alternative and complementary approaches to management

With orthodox medicine failing to provide any form of effective treatment aimed at the underlying disease process in ME/CFS, it's not surprising to find that many people turn to the alternative and complementary (ACM) health sectors for management advice.

The MEA remain open-minded

### IMPORTANT QUESTIONS TO ASK

*If you are going to try an alternative approach, here are some questions that are worth asking before you go ahead:*

#### ★ **Is the therapy or therapist reputable?**

This sort of information isn't always easy to obtain. Sometimes the best way to choose a therapist is on personal recommendation from someone else who has ME/CFS, or possibly your GP. An increasing number of specialties in the alternative sector now have their own regulatory bodies – rather like the General Medical Council for doctors – but they are still important to check that the