

## What we believe about M.E.

M.E. is a serious and debilitating physical illness of uncertain duration.

Some people with M.E. [recover](#) fully and most improve significantly over time. A minority remain very ill.

There is currently no cure but a number of [conventional medical approaches](#) and [complementary therapies](#) are available to help manage the symptoms.

We provide information so that people with M.E. can make an informed judgement on the likely effectiveness of different approaches and any risks involved.

At Action for M.E., we are unequivocally of the view that M.E. has a physical cause. We support the [World Health Organisation definition](#) of M.E. as neurological.

## NHS

Action for M.E. supports the principle that people with M.E. should have available to them an NHS service which can meet their needs.

NHS services vary enormously across [England](#), [Northern Ireland](#), [Scotland](#) and [Wales](#).

Together with the publication of [NHS guidelines](#), the establishment of specialist clinics has helped to legitimise the illness.

However, we are concerned by the emphasis on [cognitive behavioural therapy](#) and [graded exercise](#), as the results claimed do not reflect the findings of our surveys.

The current guidelines reflect the limited amount of [research](#) into the biology of the illness – and the lack of studies involving children who have M.E. and people of all ages who are severely affected.

In the absence of hard science, the knowledge and experience of people with M.E. is a particularly valuable resource. More account should be taken of patient reported outcomes.

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