

Terry Talks Nutrition

Compliments of Terry... Naturally

Key Words

chronic fatigue, fibromyalgia, CFS, FMS, pain, adrenal, thyroid, brain fog, insomnia, iodine, candida, d-ribose, ribose, omega-3, sugar addiction, sea buckthorn, omega-7, vectorization, osteoporosis, osteopenia, myofascial pain syndrome, curcumin, boswellia, DLPA, phenylalanine, nattokinase

Dear Folks,

It's my pleasure to introduce our guest author of this week's **Terry Talks Nutrition** Feature Article. I have been an admirer of Dr. Teitelbaum's work for a long time. As medical director of the Fibromyalgia and Fatigue Centers of America, he oversees the development of effective treatment protocols that incorporate natural medicine and other strategies to help people overcome this debilitating problem. Dr. Teitelbaum is passionate about this issue because he was a sufferer himself. At the time, no one had yet identified this syndrome, but extreme brain fog and fatigue after a bout with the flu forced him to leave medical school for a year as he struggled to find a way to get better. He then devoted himself to learning more about this mysterious illness and to find ways to help others overcome it as he has done. Dr. Teitelbaum is also a respected author of popular health books such as *From Fatigued to Fantastic, Pain Free 1-2-3*, and his most recent, **Beat Sugar Addiction Now**. In today's article, Dr. Teitelbaum shares with us some of his picks for effective natural medicines useful in this disorder.

Terry Lemerond

Tired? Achy? "Brain Fog"? Insomnia? Weight gain?

For those of you with severe fatigue or

A Special Report

Effective Treatment For Chronic Fatigue, Fibromyalgia and Muscle Pain—You can go "From Fatigued to Fantastic!"

By Jacob Teitelbaum M.D.

pain associated with insomnia, there is a good chance you have Chronic Fatigue Syndrome (CFS), and/or fibromyalgia (FMS). The good news? YOU can get well NOW!

In addition, at www.EndFatigue.com, you can do a free symptom analysis program which can analyze your symptoms (and even pertinent labs if available), to tailor a treatment protocol to your specific case. I invite you to also sign up for a free e-mail newsletter that will keep you up to date on the newest developments and research on this topic.

Ready to Get Well NOW?

Our study titled "Effective Treatment of CFS and Fibromyalgia" (Journal of CFS-see full text at www.Vitality101.com) showed that over 90 percent of patients improved with treatment, with an average improvement in quality of life of 90 percent. Many patients no longer even qualified for the diagnosis of CFS or fibromyalgia after treatment! In support of our work, an editorial in the journal of the *American Academy of Pain Management* (the largest multidisciplinary society of pain specialists in United States) noted "The comprehensive and aggressive metabolic approach to treatment detailed in the Teitelbaum study are all highly successful approaches and make fibromyalgia a very treatment responsive disorder. The study by Dr. Teitelbaum et al. and years of clinical experience make this approach an excellent and powerfully effective part of the standard of practice for treatment of people who suffer from fibromyalgia and myofascial pain syndrome."

What is causing these syndromes?

CFS/FMS acts as a "circuit breaker," with the hypothalamus decreasing its function to protect the individual in the face of what is perceived to be an overwhelming stress (just like blowing a fuse/circuit breaker in a house). This center controls sleep, hormones, temperature, as well as blood flow, blood pressure, and sweating. In addition, if your muscles do not have enough energy, they will get stuck in the shortened position and you'll be in pain (think rigor mortis). This "Energy Crisis" can be caused by any of a

number of infections, stresses, or injuries.

To Get Well, Think "SHINE"!

These are the 5 key areas that need to be treated to restore energy so that your "circuit breaker" can turn back on and for fatigue and pain to resolve.



Jacob Teitelbaum M.D.

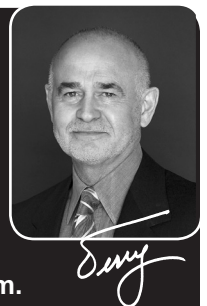
Sleep. Because the hypothalamic "circuit breaker" that is offline controls sleep, most patients need a mix of natural and prescription sleep treatments. **For you to get well and pain free, it is critical that you take enough of the correct sleep treatments to get 8 to 9 hours sleep at night.** I prefer to start with natural therapies. An excellent, revitalizing combination is a formula that includes L-theanine, Jamaican Dogwood, wild lettuce, valerian, passion-flower, and hops. Take 1-4 capsules of this type of blend 1 hour before bedtime. Melatonin (1/2 mg), magnesium and the smell of lavender oil can also help sleep. Sleep disorders such as Restless Leg Syndrome (aka PLMS) respond well to treating iron, thyroid, iodine, and magnesium deficiencies.

Hormonal deficiencies. The hypothalamus is the main control center, via the pituitary, for most of the glands in the body. Most

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of the normal ranges for our blood tests were not developed in the context of hypothalamic suppression or these syndromes. Because of this (and for a number of other reasons) it is usually necessary to treat with natural thyroid, adrenal (e.g.-adrenal glandular formulas and DHEA), and ovarian and testicular hormones -- despite normal blood tests! These hormones have been found to be reasonably safe when used in low doses.

An excellent place to begin is a trial of iodine (6.25 to 12.5 mg a day). Iodine is critical for thyroid function, and we are experiencing a recurrent epidemic of iodine deficiency. This is especially likely in women with breast cysts and tenderness. In chronic fatigue, a 2 month trial of iodine is worthwhile to see if it helps energy (if it does, I would continue on the dose above). I find the most effective iodine products combine more than one form of iodine, especially blending the iodine and iodide forms. For example, potassium iodide is most useful for the thyroid gland, but molecular iodine is better for breast health. Sodium iodide is also useful, so products that combine all three are particularly beneficial. There is also some preliminary evidence that taking iodide and iodine forms together improves absorption and utilization.

Infections. Many studies have shown immune system dysfunction in FMS/CFS, which can result in many unusual infections. These include viral infections (including possibly HHV 6, XMRV, and CMV viral infections), parasites and other bowel infections, and most importantly fungal/ *Candida* infections. Treating with antifungals and probiotics is critical.

Nutritional supplementation. Widespread nutritional deficiencies are common, and require dozens of nutrients. As people are

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tired of being part of the “Handful Club” (taking handfuls of supplement tablets each day), I greatly prefer doctor-formulated product mixes that contain 50 key nutrients in ½-1 scoop of powder taken daily (as a good tasting drink). This kind of nutrient drink mix can replace well over 35 supplement tablets with 1 drink. I have formulated a mix that combines all these essential nutrients, and all royalties for products I design go to charity. You can find it at quality health food stores and integrative clinics.

CF/FMS is a complex illness, and you need to address it from more than one nutritional direction for the best results. Many nutrients greatly help rebuilding and recovering. Here are the best:

A— A new nutrient discovery called **d-ribose** is revolutionizing how CFS/FMS and even heart disease are being treated. I completed a recent study that showed that 5 grams (1 scoop) 3 times a day increased energy an average of 60% after 3 weeks. D-Ribose dosage can then be decreased to 2 times a day for maintenance. It looks and tastes like sugar (but is safe and healthy). D-ribose actually provides an important, missing building block in the energy machinery of the body.

B— Avoid sugar (besides ribose—see my newest book *Beat Sugar Addiction Now* to learn how to ‘have your cake and eat it too’); increase water and protein intake. You should have healthy protein at each meal. If you must eat something sweet, limit yourself to two bites only.

C— Supplement with **Omega-3s**, but not in the old-fashioned way. All fish oil is triglyceride based and has very poor Omega-3 absorption. You have to take grams and grams to get positive effects. A much better way is to supplement with Omega-3s from salmon that are based on *phospholipids* instead. This form can have up to 50 times greater absorption than fish oil. The process was invented in Europe and is called “Vectorization.” This means that instead of taking 8-16 capsules of fish oil a day, you can get the same effect with 1-2

tablets of this revolutionary form of Omega-3s.

D— Dry Eyes and mouth? Also known as “sicca syndrome,” this is very common in CFS/FMS. Though the B vitamins, magnesium and Omega-3s can help, a new **Omega-7** essential fatty acid from sea buckthorn berries is especially helpful for this problem. Sea buckthorn berries contain a full spectrum of Omega fatty acids, including the rare Omega-7. These unusual berry oil extracts have been clinically studied to improve skin and mucous membrane hydration. So not only do they help with dry eyes and mouth, long-term use improves the appearance of the skin as well, including reducing fine lines. A nice benefit!

E— Osteoporosis (loss of bone density) is also very common in CFS/FMS because of the hormonal deficiencies and decreased ability to exercise. The mineral strontium (680 mg) is almost twice as effective as the bone medications that are available. Strontium is best taken on its own because it can interfere with the absorption of calcium. I recommend you take strontium in the morning and other bone building minerals later in the day and at bedtime. The best bone building nutrients are Vitamin D (at least 4000 IUs), **Vitamin K1** and **K2**, **calcium**, **magnesium**, **boron**, **silica**, and **manganese**. Finding these nutrients in a formula for strong bones is much easier than trying to supplement separately.

Exercise as able. A common mistake is that people with CFS/FMS feel especially good one day, and they engage in a great deal of physical activity, which leaves them in pain and depleted for days or weeks. You must incorporate physical activity, but you must do so slowly. This can be frustrating, but it will work much better in the long run if you start with very slow and measured activity. Do not push to where you crash the next day—this sets up a self defeating cycle. Perhaps your first walk is one time around the house. Perhaps it is one block. You will find your ability to walk increases after 10 weeks of being on the other treatments for this disorder. As your stamina increases, as your pain decreases,

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you can increase your walking by adding *one minute* each day.

Getting Rid of the Pain

Like the “oil light” on your car’s dashboard, pain is your body’s way of saying that something urgently needs attention. When this is addressed, the pain goes away. Our published research showed an over 50% drop in pain by treating SHINE, with the majority of patients no longer qualifying as having fibromyalgia after 3 months!

While you are addressing the underlying cause of the pain, there are also natural remedies that are simply amazing for pain relief—without the expense or side effects of the medications.

A new one is especially amazing (though ‘Amazing’ is too modest a word to describe it). It is a formula that combines special absorbable forms of Curcumin, Boswellia with 10% minimum AKBA, DLPA, and natto kinase. In 30+ years of pain management, we have not seen anything else whose effects have been this magical. **I can discuss it at length (and do elsewhere), but let me state simply; If you have pain, “JUST TAKE IT!”** I recommend 1 capsule 3 times a day until the pain goes away, and then you can lower the dose. In rare circumstances, you may need to go up to 2 capsules three times a day for a few weeks. Work with the dosage until you are comfortable. Give it 6 weeks, but effects are often seen on the first day of use. We commonly see disabling pain that has lasted years simply vanish using this formula!

I’m ready to get well! How do I start?

1- Do the free online “Symptom Analysis” program at www.EndFatigue.com and follow the treatment protocol, which will be tailored to your individual needs

2- Read the book *From Fatigued to Fantastic!* so you can understand the illness and treatments

3- To find a physician familiar with treating CFS/FMS, see www.Fibroandfatigue.com or see the Physician referral list at www.EndFatigue.com

At this time, you now have all the tools you need to get well! It’s time for you to **SHINE**, and we wish you all of God’s blessings and our best wishes in your healing!

Jacob E Teitelbaum MD

Dr. Teitelbaum is a board certified internist and Medical Director of the Fibromyalgia and Fatigue Centers nationally. Having suffered with and overcome Chronic Fatigue Syndrome (CFS) and Fibromyalgia in 1975, he spent the next 35 years creating, researching, and teaching about effective therapies for fatigue and pain. He is the senior author of the landmark studies “Effective Treatment of Chronic Fatigue Syndrome and Fibromyalgia -- a Placebo-controlled Study” and “Effective Treatment of CFS & Fibromyalgia with D-Ribose.” He lectures internationally. He is also the author of the best-selling book *From Fatigued to Fantastic!* (3rd ed-Penguin/Avery Oct 2007), *Three Steps to Happiness! Healing through Joy*, and *Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now* (McGraw Hill 2006). His newest book is *Beat Sugar Addiction NOW!* (Fairwinds Press; March 2010). He does numerous media appearances, including CNN and FOX National News and is a frequent guest on Oprah and Friends with Dr. Oz. His web site can be found at: www.EndFatigue.com

Terry recommends a product with these ingredients.

Phospholipid Peptide Complex 292 mg
Containing Phospholipids, Omega-3 [DHA (docosahexaenoic) and EPA (eicosapentaenoic)] and hydrolyzed peptides extracted from Atlantic Salmon (*Salmo salar*), in a balanced ratio as found naturally in salmon; not chemically altered or spiked with DHA/EPA

Terry recommends a product with these ingredients.

Proprietary Complex 1,000 mg
Sea Buckthorn (*Hippophae rhamnoides L.*) Oil (SBA 24) rich in phytosterols, tocopherols, tocotrienols and carotenoids; oil extracted in a specific ratio of berry pulp and seed oil, containing Omega 3, 6, 7 and 9 using supercritical CO2 extraction technology. No heat, hexane or solvents used.

Terry recommends a product with these ingredients.

Proprietary EP612 Complex 1,454 mg
DLPA (*DL Phenylalanine*), Boswellia (*Boswellia serrata*) Extract standardized to contain >70% boswellic acids with 10-15% AKBA, Curcumin (*Curcuma longa*) Extract standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), Nattokinase.

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.