



HEALTH AND HEALING

Chronic fatigue and fibromyalgia

by **Mike Ventresca**

Vital Choice

Can a simple sugar provide relief to the millions of people afflicted with fibromyalgia and/or chronic fatigue syndrome? That's what researchers set out to learn in a recent study of a supplement called D-ribose, or ribose.



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Ribose is a naturally occurring sugar made in the body from glucose and is an essential component of ATP (adenosine triphosphate), the compound that stores and delivers energy in every cell of the body. For years, athletes and body builders have used ribose to enhance energy and performance. In fact, it's a natural fit for anyone who uses creatine for muscle building, as ribose helps kick-start the metabolic process of making the ATP needed for explosive workouts.

It's this ability to increase ATP that has researchers asking whether ribose can help those suffering with chronic fatigue syndrome (CFS) and fibromyalgia, as both may be related to a shortage of ATP. While each condition presents its own set of challenging symptoms, the two also have

several that often go hand-in-hand. In fact, according to the Arthritis Foundation, 50 to 70% of people with chronic fatigue also fit the criteria for fibromyalgia, and vice versa.

To determine whether supplementing with ribose could help, researchers gave ribose to 36 people with chronic fatigue, fibromyalgia, or both. At the end of the study, those people reported significant improvements in energy levels, sleep patterns, mental clarity, pain intensity, and feelings of well-being. The average energy increase was 45%, and about 66% of the people said that they felt "somewhat better to much better" while taking ribose.

While there are many good ribose products available, I prefer **Jarrow Formulas D-Ribose** as it is 100% ribose. It's available as a pure powder with nothing else added, or as a chewable, natural raspberry flavored tablet.

Mike Ventresca is the owner of Vital Choice Healthstore located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday through Friday, 10 a.m. to 8 p.m.; Saturday, 10 a.m. to 6 p.m., and Sunday, noon to 5 p.m.

This information is not intended to diagnose, treat cure or prevent any disease. If you have concerns about your own health, you should always consult with a healthcare professional.



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