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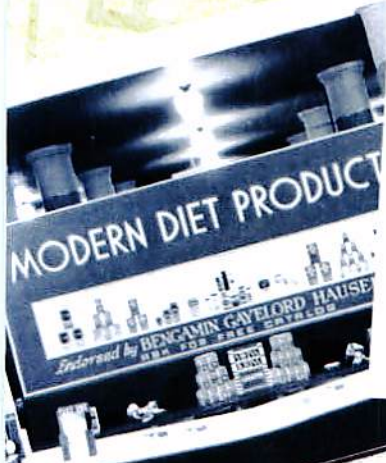
THE DIETARY SUPPLEMENT
INDUSTRY'S LEADING MAGAZINE

A VRM, Inc. Publication

July 2008

TRIBUTE TO THE NATURAL PRODUCTS ASSOCIATION

The Voice of the Industry



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Jacob Teitelbaum, MD
www.Vitality101.com

THIS MONTH:

Jacob Teitelbaum, MD is a board certified internist and medical director of the Fibromyalgia and Fatigue Centers, Inc. 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 is also the author of the best-selling book *From Fatigued to Fantastic!* (3rd ed-Penguin/Avery Oct. 2007). He has made numerous media appearances, including CNN and FOX National News and is a frequent guest on the Oprah and Friends radio program with Dr. Oz.

Question: You've written three editions of *From Fatigued to Fantastic!* How did you first become interested in the topics of chronic fatigue and fibromyalgia?

Answer: I came down with and overcame chronic fatigue syndrome (CFS) and fibromyalgia syndrome (FMS) in 1975 after a severe viral infection. It forced me to drop out of medical school and left me homeless for a good part of the year. While homeless, I met a host of natural

Back Talk

practitioners and learned how to get well. I returned to medical school and spent the next 30 years creating, researching and teaching about effective therapies for fatigue, fibromyalgia and pain.

Question: What prompted you to update the book? What are the most important recent advancements in this area?

Answer: The research is advancing in leaps and bounds, so the book needs to be updated regularly. One way I keep our readers up to date is with a free weekly e-mail newsletter that they can sign up for at www.Vitality101.com. New studies on the role of infections as well as the role of energy production problems in these illnesses are opening up exciting new research possibilities. For example, our recently published study showed that a supplement called ribose increased energy an average of 45 percent in CFS/FMS. Also, a new antiviral called Valcyte has shown great promise. There is much more as well.

Question: What are your suggestions to natural product retailers for dealing with customers who are seeking help with fatigue and lack of energy?

Answer: Whether it is for CFS/FMS, heart problems or simply enhancing vitality, energy production is dependant on what I call the "SHINE Protocol." This was shown to increase energy and well being an average of 91 percent in our published placebo controlled study. SHINE stands for:

1. Sleep—I like an herbal mix called the Revitalizing Sleep Formula the best.
2. Hormonal support—Thyroid, adrenal, estrogen etc. This can be done naturally.
3. Infections—Especially yeast/Candida with probiotics and immune stimulants.

4. Nutritional support—This needs to be aggressive. For overall nutritional support, I recommend a powder called the "Energy Revitalization System" by Enzymatic Therapy (One drink replaces over 35 supplement tabs a day), ribose (Corvalen by Bioenergy 5gms three times a day), Coenzyme Q10 and acetyl L-carnitine.

5. Exercise—As much as one is able. The most exciting new nutrient for retailers to be aware of is the ribose.

Question: You are medical director of the national Fibromyalgia and Fatigue Centers, Inc. What are the goals of the center? Are physicians receptive to the use of natural ingredients?

Answer: Their goal is to make effective treatment available for every one with fatigue, CFS or fibromyalgia. The doctors are very comfortable with natural remedies and use them expertly as a key focus of treatment.

Question: What supplements do you take?

Answer: My personal regimen is to take the Energy Revitalization System vitamin powder plus ribose in the morning and the Revitalizing Sleep Formula herbal mix at night. To nip any infections in the bud, I use Pro Boost at the first sign of any infection.

Question: What is next for you?

Answer: Working as a patient advocate in general. We will be beginning a study using natural remedies for infertility this month and are exploring doing a study on iodine treatment for breast cancer. In addition, I hope to be active in healing our health care system by working on health care reform and assuring that the public has access to care with natural therapies.