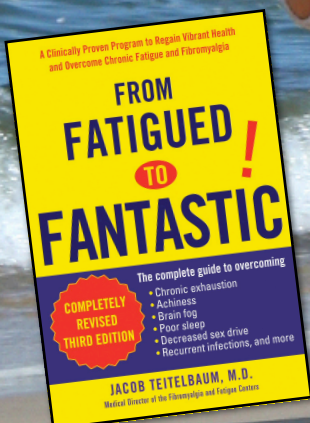


# From **FATIGUED** to *fantastic*

Today the volume of tasks and endless distractions have become a part of daily life. Habitual and environmental stress is the silent sabotage affecting our quality of life. Unlike an instant and fleeting moment of anxiety or tension that elevates heart rate and causes exhaustion, repetitive background stress stimulates a less noticeable but chronic state of fatigue. The problem is this kind of low-level but constant stress takes the vigor from your step, reduces your mental alertness and can effectively shorten your life since the body is never allowed to fully recover.

Whilst there are many therapies or medications available to help us sleep and reduce our stress levels, most of us have given up trying when they don't work. Should this mean that we must accept our lot in life as semi-fatigued and generally unwell? Not according to Dr. Teitelbaum who has created a program that addresses the cause rather than attempting to cover up symptoms with temporary solutions. In his best-selling book *From Fatigued to Fantastic* now in its third edition, Dr. T raises our awareness for the hidden stresses that plague our health and provides strategies to overcome them! This book will help you to recognize and master the negative effects of stress before they take hold, allowing you to experience less fatigue and more vitality!

*To live out your Dreams  
you need Energy & Dr. T's  
Formula will show you  
how to go from **Fatigued** to  
**Fantastic!***



*Interview by Inga Vandell*

## From **FATIGUED** to *fantastic*

### **What are some of the main factors that contribute to chronic fatigue?**

It represents an energy crisis in the body, like blowing a fuse. It can be triggered by many things, including most commonly infections, disordered sleep, hormonal deficiencies, nutritional deficiencies, after pregnancy or injury. Most often, these occur in the context of severe life stress, causing the stress of otherwise normal events to "blow a fuse".

### **Do you feel we often overlook the symptoms and therefore become accustomed to a lower level of vitality?**

Yes. In mild forms of the disease, doctors often blame it on old age if over 45 and having children if under 45 years old.

### **What are the long-term health issues associated with chronic stress and why should people be more concerned with getting adequate rest?**

Your body recovers during sleep. If you do not get enough sleep, you will have pain (from loss of tissue repair), fatigue, immune suppression, weight gain and premature aging.

### **Why do so many of the current treatments fail to work?**

They do not address the underlying problems in a coordinated way. There are multiple dysfunctions that occur in CFS/Fibromyalgia, and they often need to be treated together.

### **What things might effect the efficiency of a given therapy (i.e. natural herbs)?**

If you don't back off on the stress causing you to blow a fuse, you may not allow yourself to heal. Also, no one treatment is optimal in itself.

### **Exercise is one way to improve energy levels but when you are tired this can seem impossible, is there a solution to this?**

Start by walking as much as feels OK. This may be a minute or an hour. Exercise as able. If you feel like you were hit by a truck the next day, you did too much, ease back. After 10 weeks on this program, you'll be able to condition more easily and increase your exercise.

### **You have created a specialized line of high quality natural supplements to help rebalance the body, are supplements necessary and which would you recommend people start with?**

The key to getting well is treating the whole process using the **SHINE Protocol**. This means, in addition to exercise as above :

- 1. Sleep.** Because the hypothalamic "circuit breaker" that is offline controls sleep, most patients need a mix of many 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!** An excellent mix includes Suntheanine, Jamaican Dogwood, Wild Lettuce, Valerian, Passionflower, and Hops. These can all be found in the "Revitalizing Sleep Formula" by Enzymatic Therapy (and most of these supplements can also be found at [www.Vitality101.com](http://www.Vitality101.com)). Adding ½ mg melatonin, calcium and magnesium at bedtime can also help as can aromatherapy with Lavender. Sleep hygiene is also important.
- 2. Hormonal deficiencies.** The hypothalamus is the main control center, via the pituitary, for most of the glands in the body—and this is the "fuse" that people blow (though it is not damaged—simply asleep). Most 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.-glandulars and DHEA), and Bio-Identical ovarian and testicular hormones -- despite normal blood tests! These natural hormones have been found to be reasonably safe when used in low doses.
- 3. Infections.** Many studies have shown immune system dysfunction in FMS/CFS, which can result in many unusual infections. These include viral infections, Lyme, parasites and other bowel infections and most importantly **fungus/Candida infections**. Using Probiotics/healthy bacteria to restore healthy gut function is critical, and I prefer those with a pearl coating to protect the bacteria from stomach acid (Probiotic Pearls and Acidophilus Pearls). Natural antifungals such as "Anti-Yeast" can also be helpful. Avoiding sugar, which feeds the yeast is also important, but I will add the 3 magic words when I tell you to avoid sugar, which are "except for chocolate". Use a filtered stevia (i.e.-one that tastes good) instead of sugar.
- 4. Nutritional supplementation.** Widespread nutritional deficiencies are common, and require dozens of nutrients. As people are tired of being part of the "Handful Club" (taking handfuls of supplement tablets each day), I recommend that people use vitamin powders which can supply the 50 key nutrients needed in 1 drink and 1 capsule a day. This approach replaces well over 35 supplement tablets daily with 1 drink. I recommend the energy Revitalization System by Enzymatic Therapy.

In addition, we recently published a study showing that a special sugar called Ribose, is dramatically effective in CFS/FMS. D-Ribose is an outstanding new nutrient (a special sugar—even OK for those who need to avoid sugar) for those who want a powerful energy boost. In addition to its role in making DNA and RNA, those familiar with biochemistry remember Ribose as the key building block for making energy. In fact, the main energy molecules (like "Energy dollars") in your body (ATP, FADH, etc.) are made of ribose plus B vitamins/phosphate. That makes these energy molecules similar to the paper that money is printed on—kind of like being able to print your own energy currency. In the US, any form is OK. In England, there is a problem with poor quality forms on the market. For those overseas, I recommend the Corvalen form of Ribose (by the Bioenergy company). It is available at [www.vitality101.com](http://www.vitality101.com) and hundreds of other web sites.

Corvalen has many uses, including treating heart muscle weakness (Congestive Heart Failure). We were so impressed with this product that our research center recently completed a study which has been published in the Journal of Alternative and Complementary Medicine. Two thirds of CFS/Fibromyalgia patients improved, with an average increase in quality of life of 30%—outstanding for a single nutrient! Take 5 gms 3 times a day for 2 weeks, then decrease to 5 gm twice a day, but lower the dose if you get hyper from being too energized. **The use of Ribose is a major step forward in treating fatigue with the average CFS/FMS patient in the study having a 45% improvement in energy after 2-3 weeks.** In our study, pain, sleep, and "brain fog" also improved. Ribose is also very helpful in patients with heart disease.

# From **FATIGUED** to *fantastic*

## **Beyond improving overall health, can your program offer athletic benefits also?**

The Ribose above has been shown to hasten recovery from exercise. The nutritional and sleep treatments above, and the others when pertinent, can dramatically improve athletic performance, as they increase energy production.

## **How important is quality nutrition to overcoming chronic fatigue?**

It is Critical....

## **Is fatigue more common in those with vegetarian or vegan diets or is that a common misconception?**

It is a misconception. Each diet has its strengths and weaknesses. For vegans the most common deficiencies are Vitamin B12, iron, zinc, calcium and Omega 3s.

## **Today there are more people suffering from food intolerance or allergies than ever before, is this due to the foods we eat or how we manage stress?**

There are many causes, including "leaky gut " from bowel infections, the use of arthritis medications like Ibuprofen, and altered immune function because of poor and inadequate sleep.

## **What guidelines do you have for getting the most from our foods?**

Less processed is best, but the bottom line is eat what makes you feel good. Adding plant based digestive enzymes can help improve digestion.

## **You recently published an article on Alzheimer's what did this reveal?**

Though it was a review and not a study, much of what is called Alzheimer's is not—but rather is caused by very reversible problems such as nutritional or hormonal deficiencies.

## **What are the elements of a good sleeping environment?**

Key is to have it be cool, as the body needs to drop its temperature during sleep. Beyond that, each person has different needs and they usually have a sense of what works for them.

## **Can your program work for someone who suffers from sleep apnoea?**

Absolutely. Sleep apnea is common in CFS/FMS, but most will find their symptoms do not resolve with C Pap alone but will with the "SHINE Protocol"(Treating apnea is part of the "S" in SHINE;-).

## **What makes From Fatigued to Fantastic so unique?**

Instead of looking at just one piece of the problem, it creates an integrated treatment approach—that has been proven to work in a placebo controlled study (see [www.Vitality101.com](http://www.Vitality101.com)).

## **Finally what are your top ten tips for decreasing stress and regaining vitality?**

### **#1 "Follow Your Bliss".**

Many illnesses are associated with various psychological profiles. In CFS/FMS, a common profile is a "mega-type-A" overachiever who, because of childhood low self esteem, overachieves to get approval. They tend to be perfectionists and have difficulties protecting their boundaries—that is, they say yes to requests when they feel like saying no. Instead of responding to their bodies' signal of fatigue by resting, they redouble their efforts. Taking time to rest, and getting and staying out of abusive personal and work environments is critical. As they start to feel better, they need to be instructed to take it slowly and not to go back to the toxic environment or level of over functioning that made them sick in the first place. A simplified approach to helping patients overcome an unhealthy psychodynamic can be found in my book "Three Steps to Happiness! Healing through Joy".

### **#2 Would be the Energy Revitalization System vitamin Powder**

### **#3 Ribose 5 gm 3 x day for 3 weeks then 2 x day**

### **#4 Get your 8 hours sleep a night**

### **#5-8 Optimize thyroid , adrenal, estrogen and testosterone hormonal function using bioidentical hormones**

### **#9 If you have sinusitis or spastic colon, treat for yeast**

### **#10 Exercise**

***Although it is important to treat the metabolic problems, most chronic illnesses will not fully resolve unless mind-body issues are also treated. In CFS and fibromyalgia this means that the patients must stop seeking approval, and learn to saying no when they feel like it. Learn to do and keep your attention on what feels good from a centered place. In summary, follow your bliss!***

In addition, there is an exciting new development. The **Fibromyalgia and Fatigue Centers** (see [www.FibroAndFatigue.com](http://www.FibroAndFatigue.com) ) has opened up a chain of clinics throughout the US that see patients from all over the world. Begun by a wonderful businessman, Bob Baurys who had CFS and recovered using this protocol, he began FFC to make effective treatment available to everyone. This was after he experienced the same abusive ignorance that most CFS patients suffer through in our current healthcare system. They have seen over 5000 CFS/and Fibromyalgia patients in the last 3 years, and over 80% of their patients are feeling better by the 4 month follow up visit. I was so impressed by this group, that I agreed to become their Medical Director-and can assure you that they give outstanding, knowledgeable, and compassionate care.

# From **FATIGUED** to *fantastic*

## How Should People Proceed?

### Follow these 4 steps:

#1 Do the free short form online program at [www.Vitality101.com](http://www.Vitality101.com) (click on "Diagnosis and Treatment"). Filling out a series of questionnaires will determine the treatments most likely to help you. You can start getting well today!

#2 Read my book "From Fatigued to Fantastic!" (3<sup>rd</sup> ed-Penguin/Avery October 2007)

#3 I invite you to sign up for our free e-mail newsletter at [www.Vitality101.com](http://www.Vitality101.com)

#4 See a Holistic physician who knows how to treat CFS and Fibromyalgia effectively. There are Fibromyalgia and Fatigue Centers throughout the US ([www.fibroandfatigue.com](http://www.fibroandfatigue.com))



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 30 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" & "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). 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.Vitality101.com](http://www.Vitality101.com)

Dr. T's Formula to go from  
*Fatigued* to *Fantastic!*

