

# Unraveling the Mystery of Chronic Fatigue Syndrome



**Dr. Jacob Teitelbaum, M.D.**, is one of the most frequently quoted medical authorities on the topics of treating chronic fatigue syndrome and fibromyalgia. He is the author of the bestselling book, "From Fatigued to Fantastic!" Teitelbaum appears often as a guest on news and talk shows nationwide including "Good Morning America," "The Dr. Oz Show," "Oprah & Friends," CNN, and Fox News Health.

## **Q: How do you define chronic fatigue syndrome?**

**A:** Chronic fatigue syndrome (CFS) and its painful cousin fibromyalgia syndrome (FMS) represent the worst form of the human energy crisis. Very low energy trips a key circuit breaker in the brain called the hypothalamus, which controls sleep, hormones, immunity, and other key functions. CFS affects 2-4 percent of the population, and it unnecessarily cripples 6 million to 12 million Americans, as well as more than 140 million people worldwide. Like most illnesses affecting immunity, 75 percent of sufferers are women. The illness becomes more common with increased age, but can be diagnosed in children. As is often the case with complex illnesses affecting women, some doctors used to consider this a psychological illness. So only 16 percent of people receive the correct diagnosis. But the research is clear that this is a very real, physical, and devastating illness.

## **Q: What are the symptoms associated with CFS?**

**A:** Sufferers exhibit insomnia despite exhaustion. Other common symptoms include widespread pain, "brain fog," nasal congestion or sinusitis, irritable bowel syndrome, numbness and tingling in the extremities, increased thirst with frequent urination, and dozens of other possible complaints. The complexity of this illness is overwhelming for many physicians, and effective treatment requires specialized care.

## **Q: What are some of the most common causes?**

**A:** Anything that causes decreased energy

production or sudden increased energy needs can trip the hypothalamic circuit breaker. CFS is especially common after infections or pregnancy if the illness starts suddenly. Gradual onset of the illness is common with Candida overgrowth, autoimmune illness, hormonal deficiencies (thyroid, adrenal, and reproductive — despite normal testing), or sleep disorders. Severe physical or emotional stress can also leave people more prone to the illness.

Also, in light of the current pandemic, we are seeing increased numbers of CFS in many people as stress and anxiety soar. Often, COVID-19 can trigger symptoms.

## **Q: What is your exclusive treatment protocol?**

**A:** Our published placebo-controlled study shows that optimizing energy production and eliminating energy drains with the SHINE Protocol is highly effective. It results in an average 90 percent improvement in quality of life:

- **Sleep.** With proper treatment, people can get their recommended eight hours sleep a night instead of just three to five hours.
- **Hormones and.** Hormonal treatments need to be adjusted to the optimal dose based on symptoms rather than blood testing. The research shows that standard blood testing is not reliable in CFS. Bioidentical hormones should be used.
- **Infections.** Candida, antibiotic sensitive (including Lyme disease), and viral infections need to be addressed.
- **Nutritional support.** It's important to eliminate processed foods and eat whole grains, lean meat, and fish as well as fresh, organic fruits and vegetables. To ensure optimal nutrition, make sure you include vitamin B12, magnesium, glutathione, and acetyl L-carnitine as well as your basic A, B, C and D vitamins.
- **Exercise.** It's important to maintain conditioning. Gentle walking is best as heavy exercise can trigger post-exertion malaise, leaving people bedridden for days. □