

Jacob Teitelbaum, M.D. Jacob Teitelbaum, M.D.

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Personal Information

Date of Birth: April 21, 1952
Place of Birth: Cleveland, Ohio

Education

College/University: 1969 -1972, B.A., Washington University, St. Louis, Missouri
Medical School: 1972 -1977, M.D., Ohio State University, Columbus, Ohio
Residency: 1977-1980, Internship and Residency, Internal Medicine, Washington Hospital Center, Washington, D.C.

Board Certification

September 1980 Board Certified, Internal Medicine
December 2000 Founding Diplomate, American Board of Holistic Medicine

Medical Licensure

Maryland, Hawaii, and Virginia

Positions

2006 to present Medical Director, Fibromyalgia and Fatigue Centers
1990 to present Medical Director, Annapolis Research Center For Effective CFS/Fibromyalgia Therapies
1981-1996 Senior Partner, Teitelbaum-Greenfield MDPA Internal Medicine group practice

Honors and Awards

1972 ODK Honor Society, Washington University
1995 to 2001 Who's Who Among Outstanding Americans
2001 Who's Who of Professionals, International
2004 to 2005 Guide to America's Top Physicians. Consumers' Research Council of America
2007 Outstanding Leadership Award, NARF Research Foundation
2008 Mind-Brain-Body Award, Voice America
2008 Listed in "Guide to America's Top Physicians"

Previous Professional Positions and Appointments

9/80 to 4/81	Internist on staff, South County Health Plan
4/81 to 5/96	Began a private practice which grew to a multiple physician group of which I was the senior and managing partner
5/96 to present	Left previous practice and set up a national research and clinical center for Chronic Fatigue Syndrome and Fibromyalgia
12/04 to present	Trustee and Editorial Board Member of the <i>Journal of NECM</i>
4/05 to present	Peer reviewer for <i>Alternative Therapies in Health and Medicine</i>

Professional and Society Memberships (Partial Listing)

1982 to 2000	ACP
1979 to 2000	ASIM
1980 to 1996	AHHA, Annapolis, Board of Trustees
1980 to 1990	ASCH
1980 to 2000	State Medical Society, Maryland
1980 to 2000	County Medical Society, Anne Arundel County, Maryland
1982 to 1984	Served on County Medical Society executive committee
1995 to 1998	Health Awareness Board member
1995 to 2004	Peer reviewer and physician supervisor for BPQA
1995 to 1997	Served as State Medical Society appointee to the Governor's Commission on Complimentary Medicine
1999 to present	International Society for Neuroimmunomodulation
1999 to present	American Association for CFS
1999 to present	International MyoPain Society
1998 to present	Advisor to various groups including IMEGA (umbrella organization for M.E. groups in England), The National Fibromyalgia Awareness Campaign, The National CFIDS Foundation, The Thyroid Association of The UK, TYH and ProHealth
2003 to 2005	American Academy of Environmental Medicine
2000 to present	American College for the Advancement of Medicine
1990's to present	American Holistic Medical Association
2002 to present	American Academy of Pain Management
<i>Currently also:</i>	Sponsor/Director's Circle Member of the American Botanical Council
2000 to present	Founding Diplomate of the American Board of Holistic Medicine
2006 to present	Medical Director of ICAF (International Coalition for the Advancement of Fibromyalgia and Fatigue Therapies)

Presentations at National Meetings & Conferences

This is not a complete list. It is a small sampling (also presented many times in 2002-3 which are not listed. Stopped updating in Dec 2004).

2005 to 2007	Numerous lectures and presentations including A4M (Tokyo, Chicago, Las Vegas), ACAM, AANP, California and Arizona
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	Naturopathic Assns, IACFS preconference trainings and lectures, Int and American Assn of Clinical Nutritionists, and many more
8/5 to 8/04	NAET Annual Conference: Los Angeles
8/20 to 22/04	A4M conference, Chicago
10/7/04	Pre-conference before AACFS Research Conference, Madison, WI
12/3 to 5/04	A4M Conference, Las Vegas
5/2 to 4/03	Broda Barnes Foundation, Stamford, CT
5/28/03 to 6/1/03	American Holistic Medical Association Conference 2003 San Diego, CA; Taught pre-conference workshop and conference intensive
7/18/03 to 7/19/03	Kauai, Hawaii, NAET Practitioner Annual Conference
8/15/03	Portland, Oregon, American Association of Naturopathic Physicians Meeting
9/7/03	American Academy of Pain Management, Denver, CO
10/30/03	Phoenix, AZ. Keynote Address at The American Academy of Environmental Medicine annual conference
11/19/03 to 11/23/03	Las Vegas, Nevada, American College for Advancement in Medicine
2001	Hoag Hospital, Los Angeles, CA
2001	4th Annual Arthritis Conference, Los Angeles, CA
2001	Effective Treatment of CFS/FMS for FMS Friends Support Group, Las Vegas, NV
2001	Effective Treatment of CFS/FMS, Kansas City, MO
2001	Myopain '01, International Myofascial Pain Conference, Portland, OR
2001	American Academy of Pain Management, Arlington, VA
2001	AACFS Research Conference, Seattle, WA
2000	On faculty ABHM Board review course, Denver, CO
2000	IAACN, Las Vegas, NV
1999	ACAM, Reno, NV
1999	AACFS Research Conference, Boston, MA
1999	International Myopain 1998 Conference, Italy
1998	Keynote address at AHMA Annual Conference
1997	NFRA (Fibromyalgia) Research Conference, OR
1996	Annual CFIDS Research Conference, San Francisco, CA
1996	Frontiers of Pain Management, Phoenix, Arizona (invited to present again 12/97)
1995	Myopain '95, International Myofascial Pain Conference, San Antonio, TX
1995	AHHA National Conference, led 2 workshops on CFIDS/FMS
1994	Annual CFIDS Research Conference, Ft. Lauderdale, FL
	Intramural Presentations
1980 to present	On staff at Anne Arundel Medical Center. Currently emeritus member to allow time to pursue research and teaching activities. Many presentations given over the years including: <ul style="list-style-type: none"> ▪ Preventing CNS injury post CPR

- Evaluating for and treating magnesium deficiency in acute cardiac injury and arrhythmias
- Evaluation and treatment of chronic Myofascial pain and fibromyalgia
- Nutritional assessment and treatment of patients

Committee positions included:

- Chairman of Medical Records Committee (1980's)
- Dietary Committee (1990's)

Clinical Interests and Accomplishments

Expanding our understanding of hypothalamic dysfunction in Fibromyalgia (FMS) and Chronic Fatigue Syndrome (CFIDS). This has allowed development of an effective treatment protocol for these diseases. The endocrine and immune dysfunction make Internal Medicine the best specialty for treating these illnesses.

Research Interests

Senior researcher on a 2001 published randomized, double blind, placebo-controlled intent to treat study on a treatment protocol which was found to be effective (in a previous open trial on which I was also senior author) for treatment of CFIDS/FMS (published in 1995; see below). Our RCT protocol was developed with the assistance of major NIH and University researchers in the field. Co-authors include Barbara Bird, Robert Greenfield, Alan Weiss, Larry Muenz and Laurie Gould. In addition, I am Medical Director of the Kona Kauai Research Center. We recently completed a pilot study on treatment of CFS/Fibromyalgia with ribose. We are currently doing an RCT on treatment of CFS/Fibromyalgia with ribose and planning a study on metabolic therapies for infertility and on the role of iodine deficiency in breast cancer. We also funded and helped develop a highly successful study using NAET in the treatment of Autism.

Civic Activities

1991 to 1994	Founder & president of a private Annapolis day school (ABJDS) and chairman of the fundraising committee
1980 to present	Numerous lectures (over 300) given to the public on medical and health issues including over 1,000 radio and television shows and magazine articles internationally
1995 to 1998	On rotation on hospital physician team providing free medical care at a homeless shelter
2002 to present	Founder and Trustee of the Teitelbaum Family Foundation, supporting many different charitable functions

Bibliography

Publications (Journals)

Feb. 1978 "First Reported Case of Idiopathic Dilation of the Nonprimary Pulmonary Artery." *Chest*

1994 "Effective Treatment of Severe Chronic Fatigue States – A Report of a Series." Winter 1995 (Vol. 3, Issue 4); *Journal of Musculoskeletal Pain*, Pg. 91-110

2001 "Effective Treatment Of Chronic Fatigue Syndrome & Fibromyalgia – A Double-Blind, Randomized, Placebo-Controlled Study": Vol. 8 (2) 2001. Pg. 3–25, *Journal of Chronic Fatigue Syndrome*

2006 "The Use of D-Ribose in CFS and Fibromyalgia: A Pilot Study." *JACM* 12(9), 2006 p35-40

2011 "Improving Communication Skills in Children With Allergy-Related Autism Using Nambudripad's Allergy Elimination Techniques: A Pilot Study." *Integrative Medicine*, Vol. 10, No. 5 Oct/Nov 2011. P36-43

2012 "Effective Treatment of Chronic Fatigue Syndrome and Fibromyalgia with D-ribose: A Multicenter Study." *The Open Pain Journal*. 2012:5:32-37

2020 "Effect of Recovery Factors® Nutritional Supplement in CFS & Fibromyalgia." *The Open Pain Journal*, 2020, Volume 13

2022 "HRG80™ Red Ginseng in Chronic Fatigue Syndrome, Fibromyalgia, and Post-Viral Fatigue." *Pharmaceuticals*, 2022, 15, 43

Publications (Newsletter and Books)

1995 to Present Assisted in writing multiple chapters and articles written for different books and books and magazines

1996 to 2006 Book: *From Fatigued To Fantastic!: A Manual For Moving Beyond Chronic Fatigue Syndrome & Fibromyalgia*. A best-selling book on effective treatment of CFS/FMS with over 500,000 copies in print.

1997 to present Newsletter: From Fatigued To Fantastic!

2007 to present Newsletter: Vitality 101

2003 Book: *Three Steps to Happiness! Healing Through Joy* (Deva Press)

2006 Book: *Pain Free 1-2-3!* (McGraw Hill)

2005 Guest chapter in *Scientific Evidence for Musculoskeletal, Bariatric, and Sports Medicine Nutrition* (Taylor and Francis: Dec 2005)

2006 Guest chapter in *The Textbook of Integrative Medicine*

2006 Guest chapter in book *Sixty Things to Do When You're 60*

2006 Forward for book *Recovery from CFS - 50 Personal Stories*

2006 Forward to *Reversing Fibromyalgia* by Dr. Joseph Elrod

2006 Guest chapter in *Integrative Medicine*

- 2008 Guest chapter in *Food and Nutrients in Disease Management*
- 2011 Book: *Beat Sugar Addiction Now!* (Fair Winds Press) Learn about the exploding health risk sugar poses to our diet. Find out if you're 1 of the 4 types of sugar addicts, and learn how to break the addiction! Co-authored by Chystle Fiedler
- 2013 Book: *The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy!* (Penguin Group)
- 2011 Book: *Real Cause, Real Cure: Discover highly effective, safe and low-cost natural approaches to improving your health — from arthritis to zits!* (Rodale) Coauthored by Bill Gottlieb
- 2012 Book: *Beat Sugar Addiction Now! for Kids: The cutting-edge program that gets kids off sugar safely and easily* (Fair Winds Press) Coauthored by Deborah Kennedy
- 2012 Book: *Beat Sugar Addiction Now! Cookbook: Recipes That Cure Your Type of Sugar Addiction and Help You Lose Weight and Feel Great!* (Fair Winds Press) Co-authored by Deirdre Rawlings, Ph.D., ND, and Chystle Fiedler
- 2018 Book: *Diabetes is Optional: Hintonia: The Natural Way to Control Type 2 Diabetes* (To Your Health Books) Many of us think diabetes is an inevitable part of aging. Nothing could be further from the truth!
- 2020 Book: *From Fatigued to Fantastic!* (Avery Penguin Group) Dr. T's best-seller on living with, and overcoming, CFS and fibromyalgia. Fourth revised edition

Media--Have done many hundreds of TV (including CNN and FOX Network News) and national radio appearances (including often being on Oprah and Friends with Dr. Mehmet Oz) and talks to the public. I am frequently quoted by many consumer publications, including *USA Weekend*, *First for Women*, *Redbook*, and most of the top women's glossies.

Based on my work and that of the late Dr. Janet Travell (White House physician for Presidents Kennedy and Johnson and Professor of Medicine at George Washington University Medical School) the *Journal of the American Academy of Pain Management* noted that “the comprehensive and aggressive metabolic approach to treatment in Teitelbaum's study is highly successful and makes FMS a very treatable disorder. The study by Dr. Teitelbaum et al. and years of clinical experience makes this approach an excellent and powerfully effective part of the standard of practice for treatment of people who suffer from FMS and MPS — both of which are common and devastating syndromes. It is very exciting that this research helps to usher in a new, more effective era in medical care.”