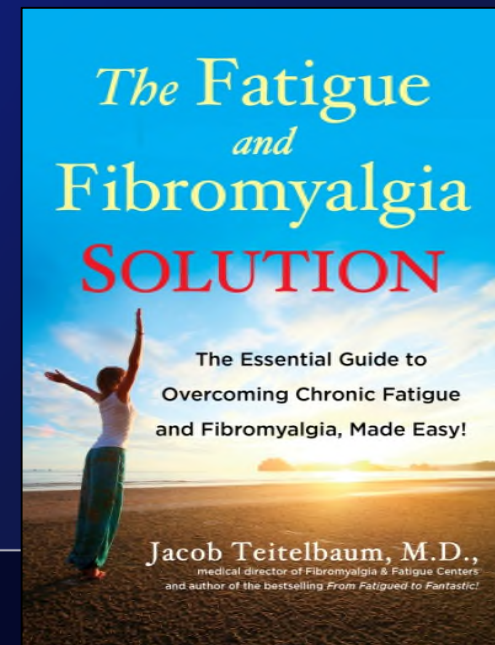


Jacob Teitelbaum MD

- ◉ Board certified internist and Medical Director of the Practitioners Alliance Network (PAN)
- ◉ Lead author of groundbreaking research on effective treatment for Chronic Fatigue Syndrome and Fibromyalgia
- Author of the best-selling books *From Fatigued to Fantastic!* and *Pain Free 1-2-3*, and *The Fatigue and Fibromyalgia Solution*
- Featured in many publications, radio and television events, including Good Morning America, CNN, Fox News Channel, the Dr Oz Show and Oprah & Friends
- Knows CFS/Fibromyalgia as an insider -- he contracted Chronic Fatigue Syndrome when he was in medical school and had to drop out for a year to recover. In the ensuing 35 years, he dedicated his career to finding effective treatments.



SUCCESSFUL TREATMENT OF THE HUMAN ENERGY CRISIS WITH SHINE

Jacob Teitelbaum MD

1-14-15

Statistics

- 31% of adults with severe chronic fatigue
- 1 to 4+ million Americans suffer from Chronic Fatigue Syndrome (CFS)
- ~85% of people identified in community studies of CFS have not been diagnosed and are not receiving appropriate medical care
- Researchers estimate between 3.7 to 12 million Americans suffer from fibromyalgia syndrome (FMS)
- It takes an average of five years before a person is accurately diagnosed with FMS

The Perfect Storm for a Human Energy Crisis

- Half of our diets vitamins and minerals lost in food processing
- 30% drop in sleep
- Media Mantra: “Fear Sells”
- Increased Speed of Life
- New infections combined with weakened immunity
- 85,000 chemicals in the environment

Yet...

I Suspect This is the Best Time Ever in Human History- & Getting Better

- It has its challenges, yet supplies the tools needed to address them
- Knowledge is power. You can not only recover and survive, you can thrive!

CFS/FMS/ME

- Reflections of the “worst case scenarios” of the human energy crisis
- The “tip of the iceberg” impacting the “canaries in the coal mine”

The Good News

Powerful help is now available
from a mix of natural and
prescription therapies

Most people with pain,
fatigue, and/or CFS/FMS
can reclaim their vitality
and be PAIN FREE!



You have CFS/FMS/ME until
proven otherwise

Why are these conditions so poorly treated?

- Poor physician knowledge base
- No simple testing or treatment
- 75 % of those affected are female
- Not able to treat within the average 5-8 minute office visit
- Standard laboratory tests are usually normal
- Many doctors don't believe it is a real condition

Causes of CFS/FM

- CFS/FMS represents a mix of many different processes with a common endpoint
- Each problem may trigger other problems
- Like “blowing a fuse”
 - These syndromes reflect an energy crisis in the body
 - Can be triggered by anything that causes severe stress or prevents energy production

Effective Treatment For CFS and Fibromyalgia: A Placebo Controlled Study

*Teitelbaum J, Bird B, Greenfield R, Weiss A, Muenz L, Gould L
Annapolis Research Center for Effective FMS/CFIDS Therapies*

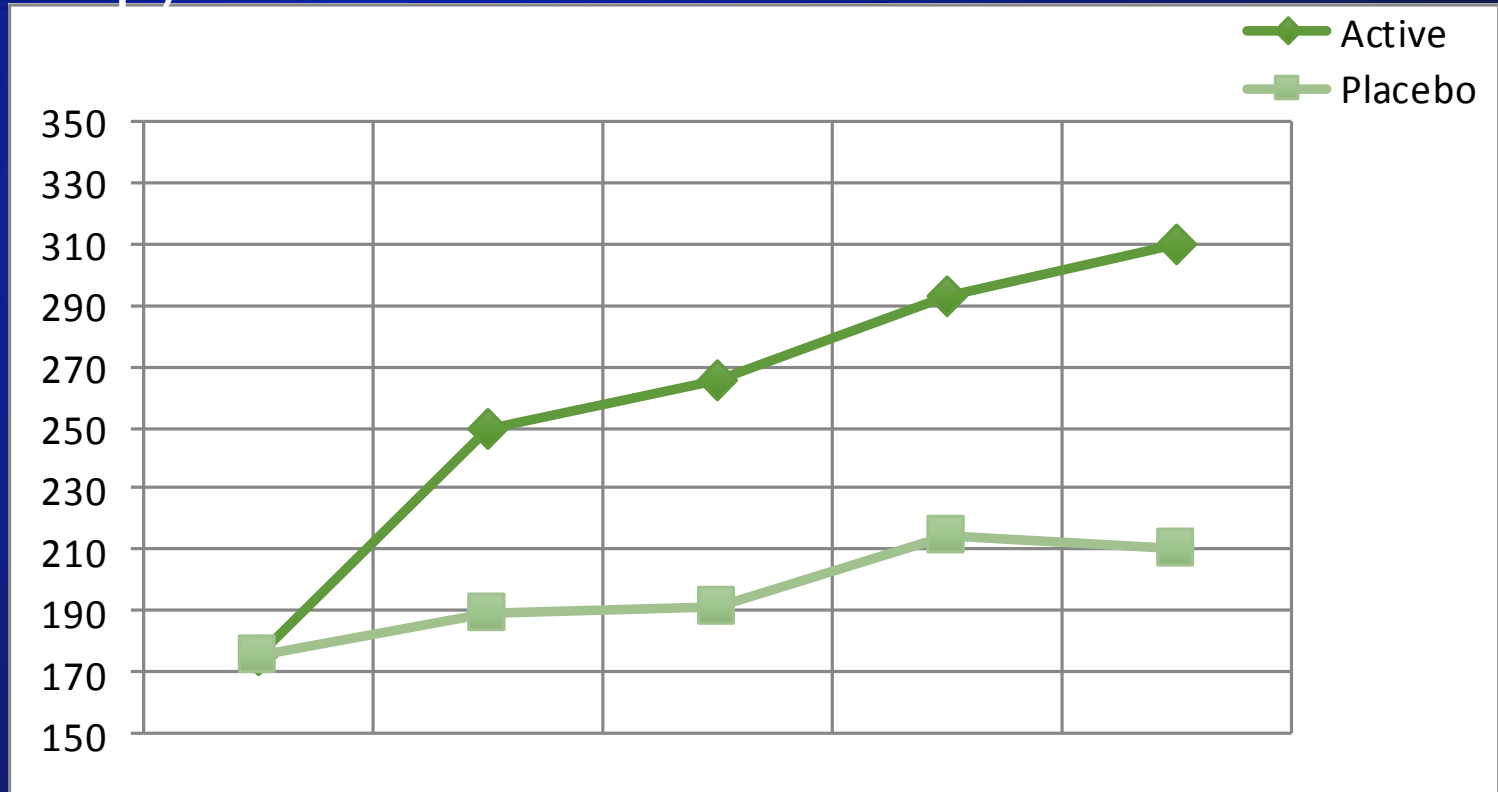
Clinical Research

- Randomized, double blind, placebo controlled, intent to treat analysis
- Integrated treatment plan vs. placebo
- 91 percent of treated patients experienced moderate to marked improvement in their symptoms

Results

(p<.0001)	Much Better	Better	Same	Worse	Much Worse
Active	16	13	2	0	1
Placebo	3	9	11	6	3

Well Being (Analog) Index Score Average (By Group) – Per Visit



Average Analog Score per group by visit number

1. (p=.95)

2. (p=.0051)

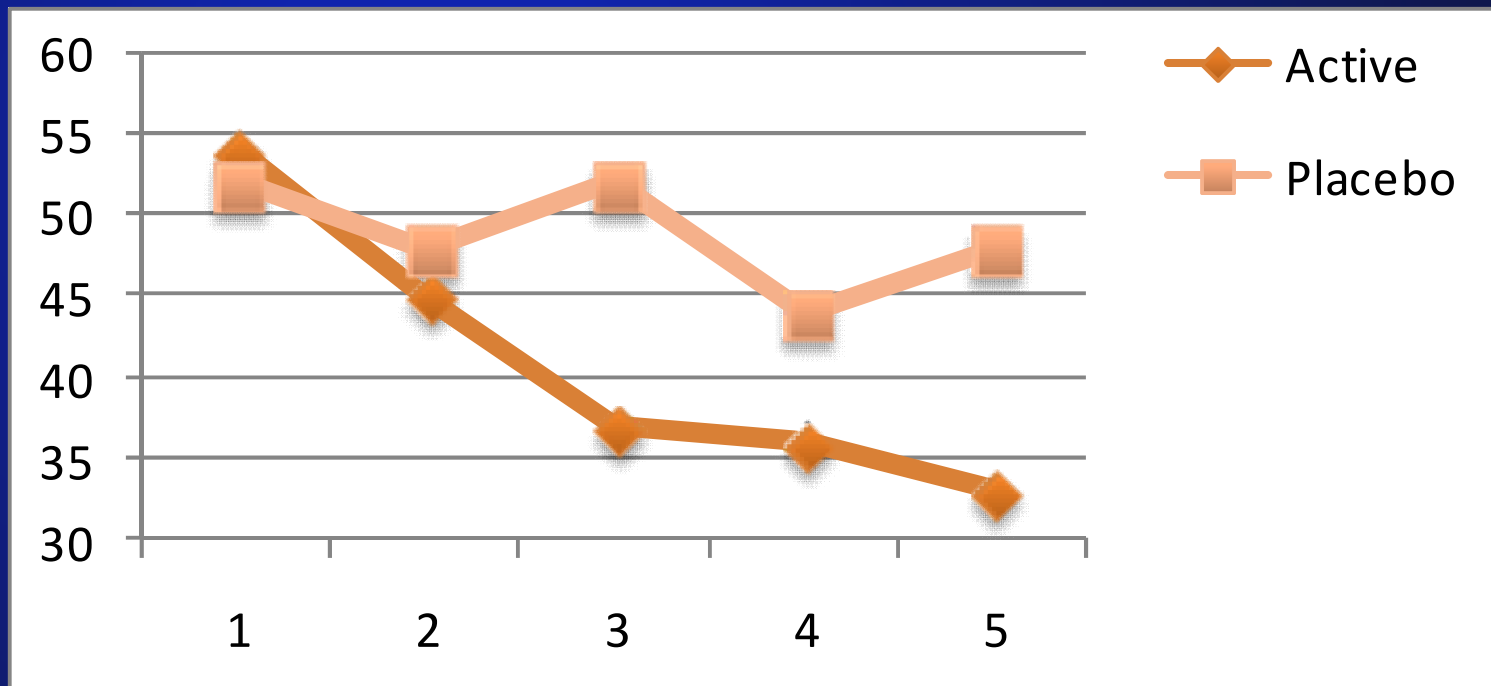
3. (p=.0063)

4. (p=.0053)

Final (p=.0002)

(*p<.0001 adjusted for baseline score)

Disability (FIQ) Index Score Average (By Group) – Per Visit



FIQ Score

1. (p=.14)

2. (p=.37)

3. (p=.0013)

4. (p=.080)

Final (p=.0005)

(*p< or =.0001 adjusted for baseline score)

Jacob 

Teitelbaum, MD

Long Term Effectiveness

- A 2-year follow up showed that patients continued to improve despite being able to wean off most treatments
- They went from an average ~ 75% improvement in quality of life at 99 days to an average ~90%

Study Conclusion

Effective treatment
is now available for
CFS and Fibromyalgia

CFS/FMS Symptoms

In addition to fatigue, symptoms include

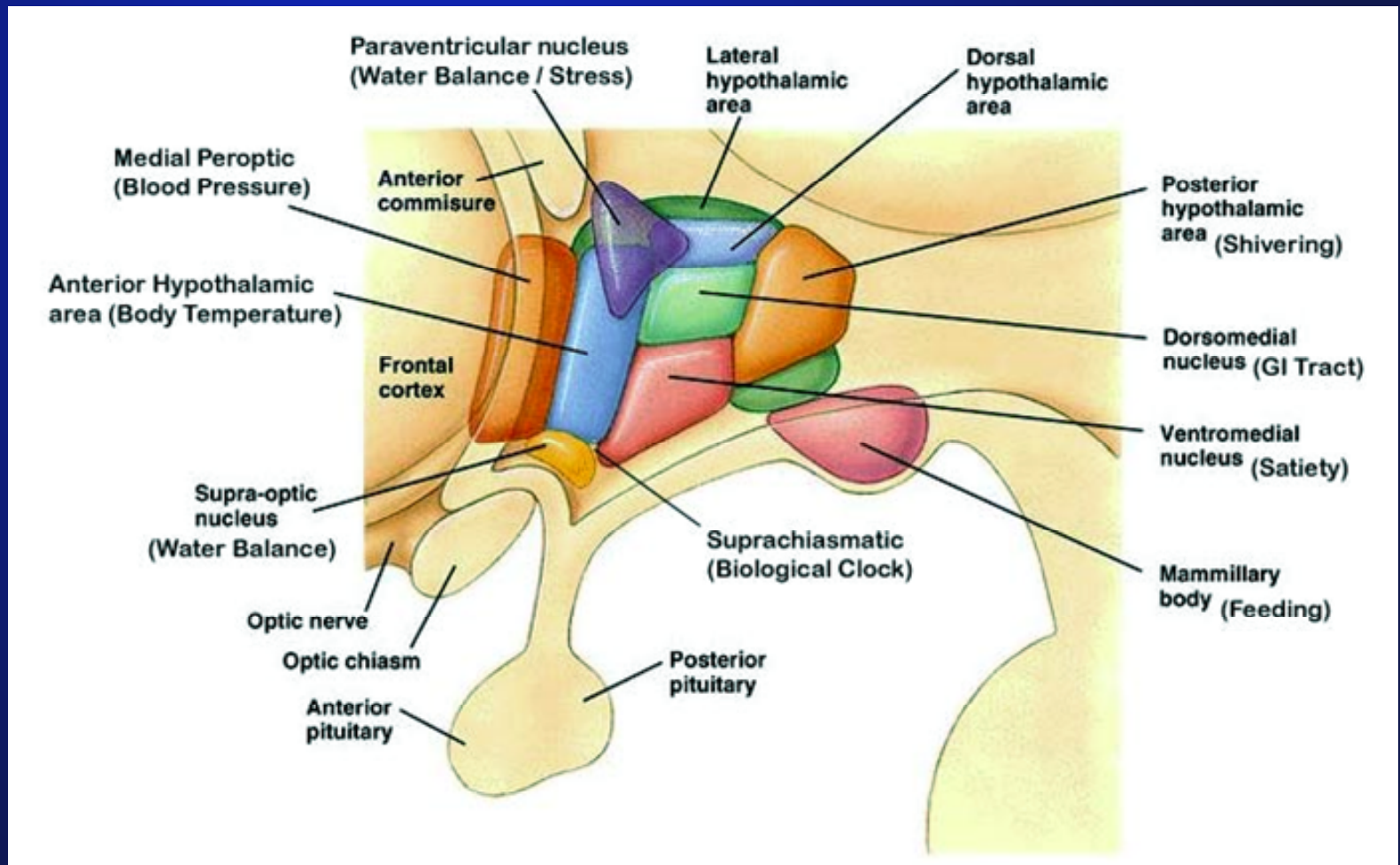
- Insomnia
- Muscle and Joint Aches
- Allergies
 - Foods and Medication (www.NAET.com)
- Inability to concentrate or “brain fog”
- Chronic Sinusitis
- Spastic Colon
- Frequent Infections
- Weight Gain
- Decreased Sex Drive
- Sugar Addiction

Causes of CFS/FMS

A Body-Wide Energy Crisis that **suppresses** your hypothalamus (i.e., makes you blow a fuse!):

- Infections – including yeast overgrowth
- Hormonal deficiencies
- Food sensitivities and toxins
- Nutritional deficiencies – faulty digestion
- Stress
- Disrupted sleep

Hypothalamus



Why You “Blew A Fuse”

⦿ Sudden Onset:

- Infections
- Pregnancy
- Injury

⦿ Gradual Onset:

- Hormonal or nutritional deficiencies
- Chronic stress
- Autoimmune illness
- Candida

Beat Sugar Addiction NOW!

- Fatigue/sugar addiction driven by:
 - Fatigue/Hectic life
 - Adrenal Exhaustion
 - Yeast/Candida overgrowth
 - Depression/Anxiety caused by a shift in hormones

I had CFS/FMS in 1975

**Since then, I've dedicated
myself**

**to creating effective
treatment for everyone**

You “blew a fuse”
(the hypothalamus)!
To turn it back on and
make your fatigue and pain
go away,
you need to rebalance your
energy equation

Instead of focusing on
illness, it's time to optimize
health

symptoms and conditions
point you in the direction of
what areas need
optimization

GOT FATIGUE?

There are 5 steps needed
to optimize energy

These 5 steps are...

Remember “SHINE”

S

Sleep

H

Hormones

I

Infections

N

Nutrition

E

Exercise as able

Making it simple!

The free “**Energy Analysis Program**”
program at

www.EndFatigue.com

Via simple quizzes, and even review of labs if available), assesses the cause(s) of your low energy, and tailors a detailed recommendation list for your case, so you can optimize vitality!

Start with

**A SPECIALIZED NUTRITIONAL
PROGRAM
FOR RECOVERY.....**

Vitamins

- Levels in people with CFS and FMS are often low
- **Vitamin A**
 - Critical for immune defense
- **Vitamin C**
 - Enhances immune and adrenal function
- **Vitamin D**
 - Regulates functions of the immune system

B Vitamins

- B vitamin deficiency contributes to symptoms of fatigue, mental fogginess, and pain
- Recommendations: niacinamide, thiamin, riboflavin, vitamin B6, vitamin B12, and pantothenic acid in high doses

Minerals

- **Magnesium**
 - Critical for relief of muscle pain
 - Has central role in over 300 enzyme systems
- **Zinc and selenium**
 - Strengthen overall immune system
- **Selenium and iodine**
 - Thyroid function
- **Chromium**
 - Balances blood sugar
- **Boron**
 - Bone density and brain

Nutritional Co-Factors

◎ Malic acid

- Especially important in optimizing mitochondrial energy function

◎ Inositol

- Helps anxiety and nerve healing
- When combined with betaine and the other nutrients, markedly increases SAM-e production in your body

Amino Acids

- ⦿ Amino acids such as:
 - Serine
 - Taurine
 - Tryptophan
 - Tyrosine
- ⦿ Essential for energy, brain function, and improving mood

Amino Acids and Glutathione Production

- Many CFS/FMS sufferers have a depletion of glutathione, a potent antioxidant
- This may be a key underlying cause of energy depletion
- Amino acids glycine, cysteine, and glutamic acid enhance the production of glutathione

Take a good multivitamin. I like powdered forms, where 1 drink replaces handfuls of pills



What To Look For

- All of these in a convenient drink mix
 - One drink replaces 30+ tablets!
- Over 50 key nutrients, including
 - Vitamins and minerals
 - Amino acids
 - Malic acid and other energy cofactors
 - Inositol

All in the ENERGY REVITALIZATION
SYSTEM vitamin powder

Other Important Nutritional Advice

- Increase water intake and decrease sugar intake
- Add salt if you have low blood pressure
- Consider high protein-low carb diet
- For 3-9 months consider:
 - Acetyl L-Carnitine 1000 mg/day for energy and weight
 - D-Ribose for energy production
 - CoEnzyme Q10-200 mg/day for energy
 - Fish oil –1 Vectomega replaces 8 fish oil caps
 - Clinical Glutathione 2 sl each morning

D-Ribose

- Naturally occurring five-carbon sugar found in all living cells
- Component of:
 - ATP, FAD, Acetyl CoA, DNA and RNA
- Does not exist in food as a free standing compound
- Ribose availability critical to energy production – especially in people having an energy crisis

D-Ribose Study

- ⦿ 257 people with severe fatigue; 53 doctors
- ⦿ Improvement was amazing
- ⦿ The average improvements in:
 - energy levels (+61%),
 - sleep patterns (+29%),
 - mental clarity (+30%),
 - pain (-16%), and the
 - overall well being (+37%)

D-ribose (SHINE or Corvalen)

- Dosing: 5 gm 3 times a day for 3 weeks; then 2 times a day
- Comes as a powder that looks and tastes like sugar
- Effects are usually seen by 3 weeks and often in days
- Side effects--~ 5% get over energized
 - If present, give with food and adrenal support and lower dose
- Use a powdered form

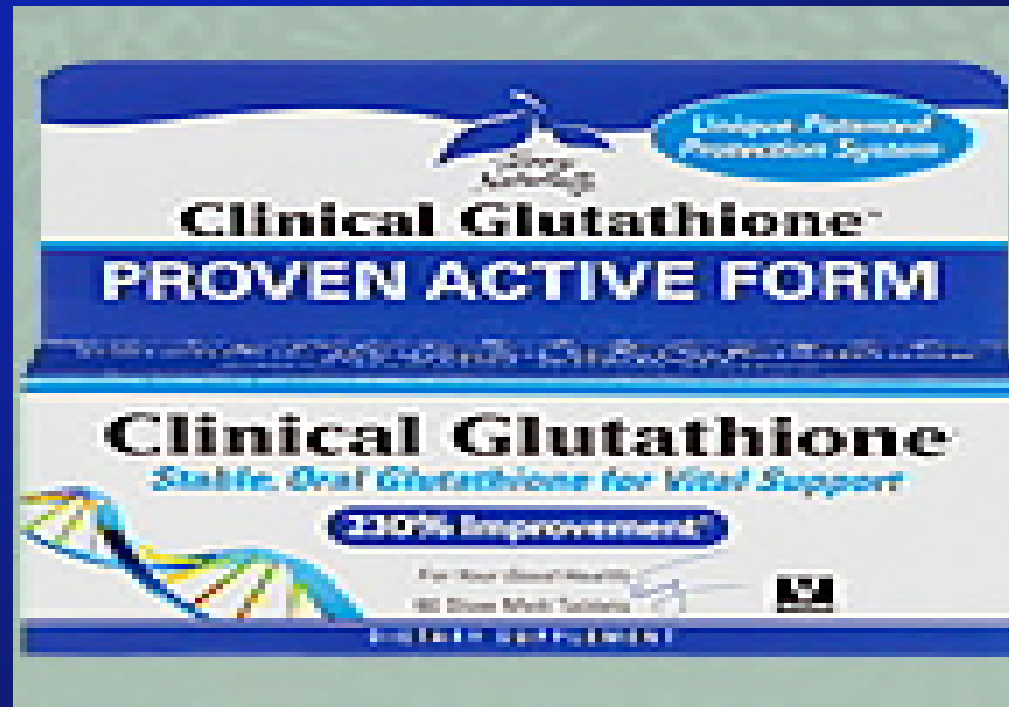
Omega 3 Fatty Acids from Salmon

Critical for:

- Immune balance
 - Brain health
 - Mood
- 1 a day replace 8 large fish oil caps.
- No toxins or fish oil burps!









GOOD QUALITY SLEEP

Getting A Good Night's Sleep

- It is critical to get **8-9 hours** of deep sleep each night

- Lack of deep stages of sleep:

Hypothalamic dysfunction

drop in blood sugar

infections

reflux

Hormone dips

Revitalizing Sleep Formula



- valerian,
- passion flower,
- lemon Balm,
- hops,
- theanine and
- wild lettuce

Other Natural Sleep Aids

- Magnesium 100-300 mg
- Melatonin 1/2 mg
- 5-HTP 200-300 mg
- Lavender (aromatherapy) (Calm Aid)
- Sleep Tonight
- Keep bedroom cool
- 1 oz PROTEIN snack at bedtime (e.g.-an egg)
- Don't forget a good, old fashioned hot bath!

The Body's Communication and Control System

HORMONES

Hormone Production

- Hormones are produced by glands, which are controlled by the hypothalamus
- Thyroid – your body’s gas pedal
- Adrenal (cortisol & DHEA) – the stress handler
- Ovaries (estrogens and progesterone) and testes (testosterone)

Hormonal Deficiencies

- Even mild under-production of hormones (deficiency) can be associated with many health problems
 - Can leave people sick, tired, craving sugar, “brain-fogged” and in pain!
- Hormonal deficiencies are common – **despite normal blood tests**
- Treat with natural hormones

Low Thyroid Hormone

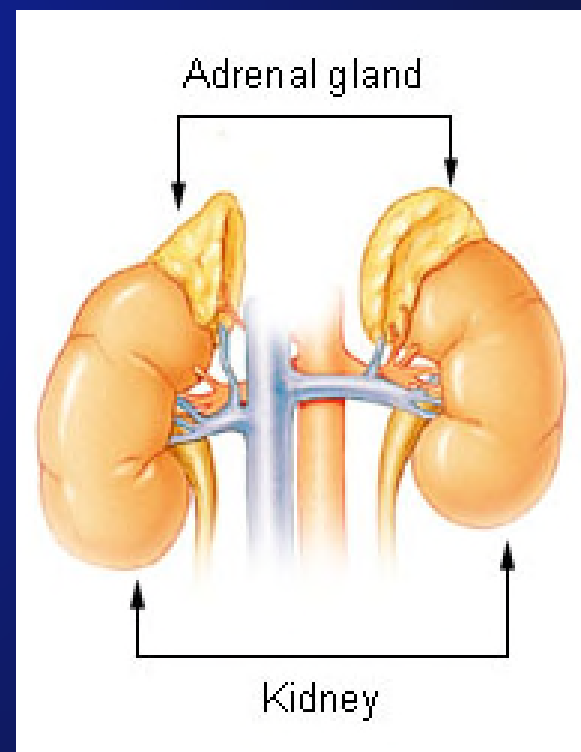
- ⦿ Thyroid (the body's gas pedal)
- ⦿ Symptoms of low thyroid include:
 - Fatigue
 - Weight gain
 - Joint/muscle pain (aches)
 - Cold intolerance
 - Thinning of lateral eyebrows
 - Poor memory and depression
- ⦿ Treat – Prescription Thyroid (Rx) and nutritional support

Weight Gain

- The average weight gain in CFS is 32 pounds!
- Can help promote weight loss by:
 - Addressing thyroid and adrenal hormone deficiency
 - Taking acetyl L-carnitine (1000 mg/day)
 - Treating fungal overgrowth
 - Getting 8 hours sleep a night
 - Treating insulin resistance

Adrenal Exhaustion

- Too much time spent in state of high stress can exhaust the adrenal gland
- Adrenal exhaustion is common and not recognized yet by traditional medicine
- Symptoms:
 - Low blood pressure
 - “Feed me NOW or I’ll kill you!”
 - Crashing with stress
 - Frequent infections
 - Type 2 Sugar addiction



Natural Support : Adrenal Stress End

- ⦿ Glandular adrenal extract containing supportive nutrients
- ⦿ Vitamin C and pantothenic acid (Vitamin B5)
 - Critical to support of adrenal gland function
- ⦿ Licorice
 - Supports cortisol and acts as an antiviral
- ⦿ Also consider:
 - DHEA if level is low and natural cortisol (cortef) in ultra low dosing

Adrenal Stress End



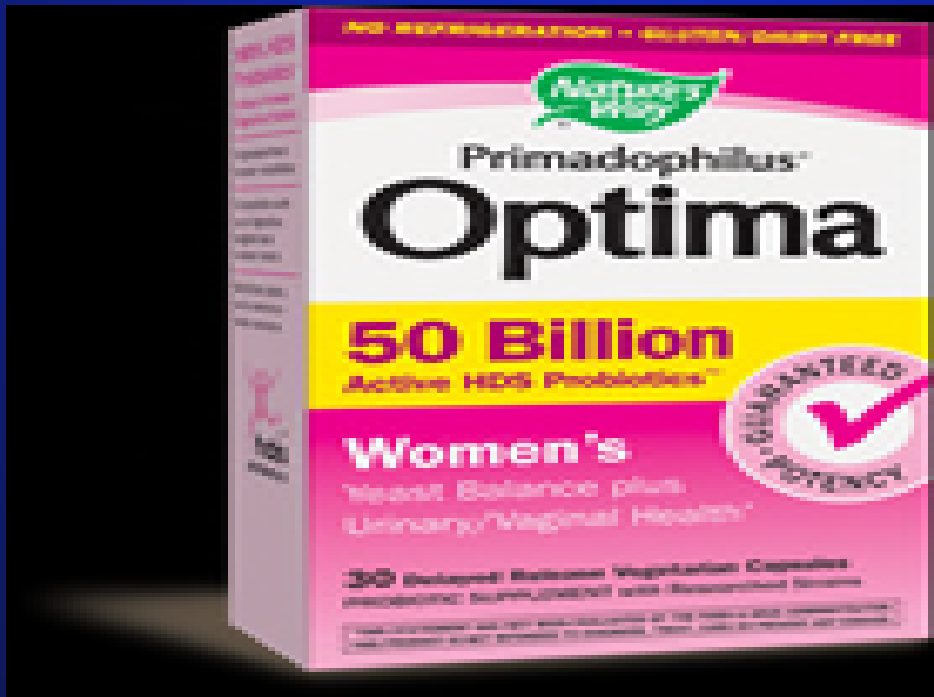
- Have “Feed Me NOW or I’ll Kill You” moments?
- Smooth out your moods and energy
- Cheaper than marriage counseling!

INFECTIONS

Infections

- Most important is yeast/fungal overgrowth
- Presume present: Sinusitis, Spastic colon
- Rx:
 - Probiotics (Optima or Pearls Elite)
 - Low sugar
 - Antifungals (e.g. Berberine)
 - Diflucan (Rx)
- Look for other infections as well – parasites, viral, antibiotic sensitive, etc.

New Optima Formula



- High potency probiotics
- 50 billion CFUs per capsule
- Potency guaranteed through date of expiration without refrigeration

Chronic Infections in CFS/FMS

- EBV, CMV, HHV-6
- *Borrelia burgdorferi* (Lyme)
- *Chlamydia pneumoniae*, *Mycoplasma*
- Yeast (*Candida* and others)
- Parasites

ADDRESSING PAIN

Pain

Your muscles also need a lot of energy

When you run out, they get stuck in the shortened, rigid position and hurt – including by the joints where they attach (think about writer's cramp or rigor mortis).

Chronic pain then triggers “Central Sensitization” (“Brain pain and nerve pain)

Pain is not the Enemy



It's like a warning light on
your body's dashboard

Pain Relief

- You do not have to choose between dying from Motrin or being in pain
- Many safer and more effective medications (e.g., Ultram Skelaxin, Rx pain creams, Neurontin, Lyrica, Cymbalta, Flexeril, etc)
- Better yet, herbal remedies have been shown to be *highly effective –and very safe*

CURAMIN

—A Pain Relief MIRACLE!

- Bioavailable curcumin, Boswellia (>15% AKBA, <5% beta boswellic acid), DLPA, nattokinase
 - Best curcumin absorption: micronize and mix back with tumeric essential oils; high bioavailability in human absorption tests AND very safe
 - Beta boswellic acid CAUSES inflammation; reducing the amount found in a boswellia extract to <5% **doubles** its effectiveness
- DLPA – amino acid
 - L-phenylalanine naturally boosts mood-supporting and pain relieving brain compounds (serotonin and dopamine)
 - D-phenylalanine naturally blocks the breakdown of the brain's natural pain killing compounds (endorphins)
- Nattokinase
 - Enzyme from fermented natto
 - Increases circulation, breaks up clots

What this Means???

- Curamin KICKS PAIN'S BUTT!!!



A Natural Pain Formula

- Willow Bark
- Boswellia
- Cherry



Teitelbaum, MD

Rub Pain Away!



For more in-depth and referenced
information
on a Comprehensive Medicine approach to
pain management, see the
Pain Free 1-2-3! book

Making an Appointment with Dr. T

- I do phone and in person consultations for people with CFS/FMS worldwide
 - Contact Sarah at appointments@EndFatigue.com
- or call 410-573-5389 and leave a message

Consultations include 3-4 hours of my one-on-one time, and are very thorough!

Mind Body Connection

- All illnesses (e.g., cancer, MS, heart attacks) have a psychodynamic element
- In CFS/FMS it is often:
 - Low self esteem as a child
 - Trying to be all things to all people (approval)
 - Not being able to say no
 - “Mega Type A” overachievers
 - Taking care of everyone – except yourself!!

Mind Body Connection

- Counseling can be helpful, but be picky
- “Psychoanalyst” should be one word - not two!

Resources

◎ www.EndFatigue.com

- Free e-mail newsletter—give your e-mail address to sign up today
- Free Energy Analysis Program
- Cures A-Z app
- Useful articles
- Monthly webinars
- And much, much, much more!

Monthly Free Webinars

- 4 pm EST/ 1 pm Pacific 1st Monday of each month
- Sleep
- Hormonal issues
- Infections
- Methylation
- Pain
- And much much more

Special Q&A Webinars

- For “Get Well NOW Club” Members who use our auto-ship program
- 2nd Monday of each month at 4 pm EST
- Get your questions answered by Dr. T

Publications

○ From Fatigued To Fantastic!

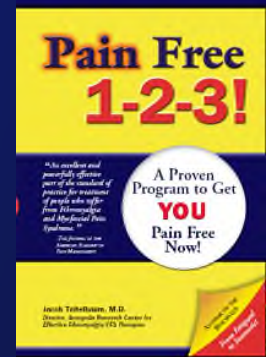
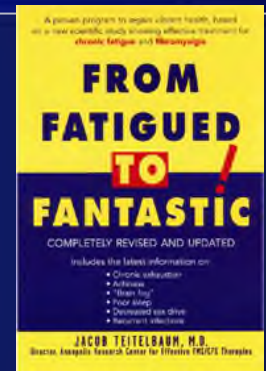
- The best-selling book ever on effective CFS/Fibromyalgia therapies

○ Pain Free 1-2-3!

- Over 100 natural and prescription treatments discussed in this book

○ Beat Sugar Addiction Now!

- Cutting-edge program that cures your type of sugar addiction



Teitelbaum, MD

**A
NATURAL
OWNER'S
MANUAL FOR
YOUR BODY
& MIND**

**REAL
CAUSE,
REAL
CURE**

**MORE THAN
400 NATURAL
CURES**

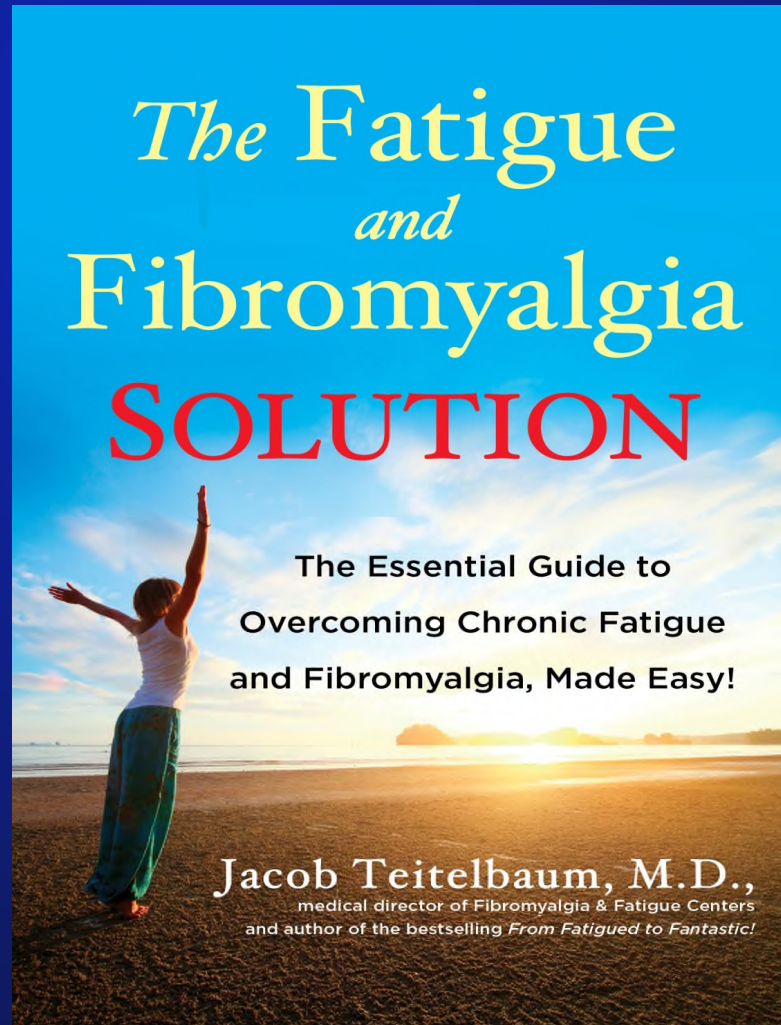
The **9** root causes of the
**most common
health problems** and
how to solve them

**Jacob Teitelbaum, MD
& Bill Gottlieb, CHC**

Alzheimer's
Heartburn

Colds & Flu
Psoriasis
Back Pain
Anxiety
Cancer
Fatigue
Fibromyalgia
Sinusitis
Indigestion
Chronic Fatigue
Syndrome
Depression
Osteoporosis
Diabetes
Heart Disease
Macular
Degeneration
Skin Problems
Erectile
Dysfunction
Food Allergies
Shingles
Headaches
Inflammatory
Bowel Disease
Hay Fever
Nerve Pain
Urinary
Incontinence

MY NEWEST BOOK



Jacob 
Teitelbaum, MD

Supplements can be found at....

- ◎ www.EndFatigue.com
- ◎ Use the discount code “web20” for a 20% discount (Good till Jan 21, 2015) off your next purchase
- ◎ Use the monthly autoship for an additional 20% off each purchase and free membership in the “Get Well NOW!” Club

**You can now get your
vitality back
and
Be PAIN FREE
Remember SHINE!**

“Teitelbaum’s treatment approach is an excellent and highly effective part of the standard of practice for treating Fibromyalgia and MPS”

~Journal of the American Academy of Pain Management

Jacob
Teitelbaum, MD 

Questions???:-)