Introduction and Dr. Teitelbaumu2019s Background

– Well, I am so honored to have you on this episode of Regenerative Medicine Summit, Dr. Jacob Teitelbaum, thank you so much for joining me. – Michael. It's great to be with you again as always you the people who follow you know that you care about people you care that they get not just the right information but totally useful information.

Instead of thinking, I'm going to sound very impressive and you're going to have nothing, you can use them when you're done so today. For those of you with the fatigue paying CFS five miles or post covid symptoms, any of those, we're gonna teach you how immediately you can get your lives back. – And I've always been so impressed the the interactions we've had in the past. You know how very straightforward and very practical all your information is and it is backed up by by science by studies that you've done and and so what I'd like to do just for the audience, I mean I'm sure that the majority are familiar with with your work, but I'd like to do a little bit of an intro so that they know the breath of knowledge that that you have and what you've done. So for all you, your viewers, Jacob Teitelbaum is one of the most frequently quoted integrated pain and fibromyalgia medical authorities in the world. He's the author of the bestselling from fatigued to Fantastic. Also pain free 123, the complete guide to beating sugar addiction. Real cost, real cure the fatigue and fibromyalgia solution, diabetes is optional.

And the popular free smartphone app cures a through Z. He's the lead author of eight studies on effective treatment for fibromyalgia and chronic fatigue syndrome. Dr. Teitelbaum appears often as a guest on news and talk shows nationwide, including Good Morning America, the Dr. Oz show, Oprah and France, CNN Fox News Health.

And you can learn more about everything that he is doing. He's done at vitality101.com. Well thank you so much for spending the time. I know your time is precious.

You are educating people all over the world and in so many different ways. So, so I'm really excited about what we're going to chat about today. – Absolutely. Because, you know, we're seeing a human energy crisis of really never before seen proportions. It's really amazing.

And it's kind of how the book tale of two cities started. This is the best of times. It was the worst of times. So given the information you need, it's easy to thrive in the modern environment, but it can be a challenge otherwise. – So one of the things, I mean, we were in this kind of post Covid, I'm not sure post covid, but in this covid era, you know, whatever that is and and what we've seen is that it's really hit, you're talking about energy crisis. It's really hit on on the mitochondrial function, the energy production production, you know, within the cell and people have a hard time to recover. So I have patients like I'm sure yourself they come in and they say, yeah I had Covid two years ago and I just never felt the same before.

You know, I'm dealing with this pain, my dealing with brain fog and my energy is just not the same. So what what is your experience with with that?

Post-Viral Fatigue and the Energy Crisis

– Well, funny, you should ask it that way because people ask, you know, what's a nice Jewish doctor like you doing in a field like natural medicine and say chronic fatigue syndrome fibromyalgia. And I got into the old fashioned way, I came down with a nasty viral infection, what I call the drop dead flu.

It was back in 1975 and I was paying my own way through Med School, which meant that I was homeless and sleeping in parks had to drop out of med school, I couldn't function.

You know? The professors were sweet but totally clueless. And it's funny, I didn't even know such a thing as natural paths exist, but herbalist energy medicine, all these people came by and I was sitting on my park bench, it was like the universe put a holistic homeless medical school sound on my park bench and you know, natural path

came by and there's such a field, you know, I didn't know. Anyway, good Jewish kid to become a healer except go to medical school. It was like and everybody taught me bits and pieces of what I needed to learn to recover. And I spent the last 50 years researching post viral chronic fatigue syndrome and fibromyalgia, which is what post covid as dr Fauci has noted.

Post covid syndrome is pretty much post viral Chronic fatigue syndrome and fibromyalgia. – I'm curious and I want to go into kind of, the post code a little bit more, but I'm curious at that time, back in 1975, when you were dealing with with what you're dealing with, what were some of the things that you did at that time to turn it around?

– Well, for me, what it turned out to be was a mix of one adrenal fatigue. My life, my family was, most of them died in Auschwitz and it was growing up in that community was challenging to say the least. And then, like, say, med school was one of the easiest parts of my life, you know, paying my way working in nurses in Children's hospital easy.

So the adrenal fatigue was a major thing. I mean, my wife knows if I'm irritable, don't try to hug me or console me to feed me. You know, it's so I took care of the adrenal fatigue.

Cut back to sugar was definite sugar holic, I mean, I knew I had enough sugar in my iced tea and there's about two inches precipitating crystallized out on the bottom.

So treating the candida, the yeast, uh nutritionally, I was paying my own way through med school. My diet and college consisted of about 2000 hot dogs literally, you know. – And they're cheap and easy and that quick protein, you know. – Yep. And spaghetti made of, I could cook in my popcorn popper that was my kitchen and I would throw a cup of sugar on top.

But I mean it was just crazy. So treating the nutritional deficiencies especially B 12 and other ones were major ones. And then there's the other things, I mean there's a whole shine protocol. We'll talk about today for optimizing energy but for me those are the big three. – So then then fast forward.

I mean you you have educated people in regards to chronic fatigue syndrome and fibromyalgia which which are directly linked with each other and and how to resolve that.

So now we're stepping into people struggling with this with this covid. So what are some of the impacts that you are seeing? Covid having on people? Is it just the down regulation of energy?

Or there are other factors that play a role as well? – Just like most forms of post viral chronic fatigue syndrome and fibromyalgia. We are seeing hypothalamic dysfunction.

The hypothalamus is an almond sized circuit breaker in the brain and it uses more energy for its size than any other area of the body. So when energy level drops it starts to go to sleep and malfunction first, it's like a circuit breaker that clicks off in the face of overwhelming stress. So simply looking at what that circuit breaker controls. You know if you look at your home and circuit breaker, 37 controls, living room lights and receptacles Blah Blah Blah.

If you could look in this in the control panel for the brain and look at hypothalamus, controls, controls sleep. So people have trouble falling asleep, staying asleep or even they can sleep 12 hours, we get non restored asleep.

Hypothalamus Dysfunction and Long COVID Symptoms

It controls hormones, thyroid, adrenal, estrogen, progesterone, anti diuretic hormone across the board. The hormones are low despite the blood tests being normal, we can talk about the problem with testing later.

It controls autonomic function or a big bag of water. We stand up, gravity sends it all down to our legs. We have the autonomic system that sends out blood back up to our brain and muscles and heart that malfunction. So many people will get this racing heart, they'll get the shortness of breath and get things along those lines.

Most of this relates to that circuit breaker going down from low energy. So if the other comedy and muscles muscles muscles don't have enough energy because as the energy level goes down the next thing, muscles that don't have enough energy don't go loose.

They go tight, they get short and stuck in the shortened position. That's why after having workout. You don't come home and say honey the workout. I have my muscles are all loose and limp. No, they're all tight.

So the, you'll see widespread pain that may shift all around the body. So brain fog perhaps trouble sleeping, uh, exhaustion and what's called post exertion malaise you overdo. And that could be walking a mile and some people are less will be bedridden for 23 days. So these are kind of the hallmarks.

And they're going to see the shortness of breath numbness and tingling in the fingers, all the salty stuff too. But that's just a whisper of smoke off the main fire. You address the energy crisis and we'll talk about how and are published research shows that 91% of people improve with an average 90% increase in quality of life. And this is randomized, double blind placebo controlled published research.

– That's incredible. I mean, that that's that's absolutely incredible. I mean, if you look at, you know, the medical options that are out there to treat this, I mean, they I mean, they have nothing exactly zero. They really have nothing.

They don't even know how to define the population yet. The definition of long haulers or post covid is any persistent symptom after three months. – That's insane. You can't even design a study because they don't they haven't broken into chronic fatigue fibromyalgia group.

People with pneumonia and lung damage. People with heart damage. They haven't even broken it down into the subsets. It will be 20 years, before they have much that's useful but at least now they're spending the money. They've increased the research funding for post viral chronic fatigue by 100 fold because of covid.

– Yeah, I can imagine. And then talking about the brain and then you're saying the hypothalamus which is, you know, like the breaker for for the for the whole hormonal system for the whole body. And and it also seems to be kind of like the the pathway between your your emotional, mental and then your physical so and and I see a lot of patients coming in post covid having done severe anxiety and then I was kind of thinking to myself, you know, lack inability to fall asleep.

That is so such a common scenario. Depression, anxiety and ability to sleep for these people. So you can see that just by addressing the energy crisis within the brain and then fueling up that hypothalamus what an impact that will have on the rest of the body. – And let me give one other piece too.

Because I talk about the hypothalamus but it's part of a bigger what's called the limbic system and it's going to include the adrenaline and it's balancing thing.

The vagal nerve is going to affect a lot of things we'll talk about mostly the biochemistry, herbal and even medication things you can do nutrients to improve energy but you can also reset the circuit breaker. There are a couple techniques I like one called ANS or autonomic nervous system rewire by Dan newfirm which is brilliant, dynamic neural retraining system is another one.

These are things that you do home exercises an hour a day and after two months they can reset the nervous system uh and the autonomic and limbic system.

So we're gonna talk about the biochemistry here today. We're also going to talk about this magic word which is no, which is critical for setting boundaries. And in fact let's talk about it.

Now if somebody asks you to do something because this is an illness that tends to affect people who have trouble saying no, they have trouble defending their boundaries.

And that's one reason they get an energy crisis. So let me give you the short version. If something feels bad to you. If somebody asked, can you do this and it feels bad. I'm gonna play the all knowing.

ND with the scepter of righteousness and all knowing authority given by the government of the United States and our crazy world and say thou shalt have permission to say no to anything that feels bad. Okay good.

Now you can blame it on the doctor said to say no and then they won't keep jerking you around if it does, I feel good than to have integrity and authenticity.

Your responsibilities say no. Now there may be things where you hate doing it. My medical residency. It sucked. I mean it was kind of basically this crazy conflict, but it still felt better to do it than not because that's the path I needed. You know, if you may not quit your job because you decided it's better not to be homeless or you may quit and find something else. But again, your brain won't tell you, your brain doesn't know who you are.

It's a computer program, this program by media, parents, society, everything else your feelings, no, what's authentic to you?

Setting Boundaries and Saying No

If something feels that makes you want to grind your teeth and run, just say no, that is important. First step, not just healing, but the authenticity. – I love that because you when we don't draw Boundaries, it's kind of like a boat that's leaking, you know, it's we continually have to to get the water out of the boat because we are seeping out all that energy out of the system. So we continually have to deal with that.

And especially, you know, we're talking about, you know, talk about the hypothalamus and we know the brain in itself uses about 30% of all of your energy throughout your whole body. So, you know, the the impact that is going to have on you by not protecting your energy is is tremendous. And I love how you talk about the limbic system because the limbic system, you know, a lot of people dealing with chronic fatigue, they have these candidates where the limbic system is just, it is operating not optimally. And this way we're continually, you know, leaking energy out of our system as well. – Not optimally is gracious euphemism, it's tank. So let's take a look at how we optimize energy biochemically. We talked about mind, body spirit kind of things. We talked about resetting the nervous system.

But the protocol for optimizing energy can be summarized with the words shine S. H I N. E. So that stands for optimizing and if you don't have to write this down, if you have a piece of paper right on your farm, this is critical to optimize energy, whether you just have day to day fatigue, whether you have pain, whether you have kind of fatigue or fibromyalgia or post covid it's just different degrees of mild versus intensive care.

S is for sleep. We'll talk about how to opt my sleep on the sleep center is not working. H is hormonal support and hypertension. That's the autonomic wildman hormones, I is infections, N is nutritional support and E is exercise as able and mostly out there with kind of critiques and don't know if you do too much exercise like crazy studies, they try to put out there and just exercise and my response to them is just go to hell, you know, you know, they're gonna put people in bedridden for three days, they do that, but if you don't do any because you're afraid of the post exceptional malaise you're gonna be de conditioned.

So he is exercise as able even if it's 50 steps a day, everybody's different. Someone can do a mile or two, some can't get out of bed. But at the end of the day, even people who are bedridden find that they often get healthy with this protocol.

– So let's let's go through the different steps. I mean, because I think it's really important for people to understand how to maximize and how to address these different areas. Obviously, you know, shine starts with S and I feel that s is the most important of all of them.

I mean, there's there's so much regeneration, detoxification, you know, nervous system rebalancing that takes place when you're sleeping. And obviously when you're dealing with pain, you're dealing with anxiety.

You know, that is the first one to go. So how do you when you have somebody not able to sleep, you know, dealing with these things, you know, how do you guide them to improve their sleep and to break that pattern, – Number one, make time for sleep. It helps to know that the average night's sleep has been for most of human history until light bulbs were invented.

The average night's sleep in the United States was nine hours a night. We're now down to 6.5. That's a 30% pay cut. And you talk about the things poor sleep. Also, I'll add results in an average 30% higher risk of obesity, average £6.5 weight gain, results in chronic pain firstly causes pain causes immune dysfunction and the list goes on and on.

SHINE Protocol Overview

So first make the time for sleep and I recommend you do that by keeping the things you enjoy and getting rid of the things you don't enjoy. One of the things that will help you feel so much healthier to begin with getting rid of is there's this bad habit that we call euphemistically the news and it's a fiction on both sides and I'm on the news and they really like me and if I'm quoted correctly, 20% of the time, that's a lot. It is a fiction and I love fiction.

I'm science fiction, fantasy. I'm a geek's geek and you know, I love reading it, but I prefer my fiction to be labeled fiction right now. The stuff we get in the news and again, that I don't care if you're liberal or conservative.

My politics is that the right wing and left when you're part of the same bird and this whole divisiveness is basically making people afraid and hating each other for profit.

I recommend and your adrenal glands will thank me your body will thank me to take that time. News for sleep. There's a simple tai chi move if you're watching or reading the news or anything equivalent on the media and you find you're grinding your teeth and it starts feeling about, remember feel about start saying no big problem center hands together, reach out, grab the remote and click off and take that time and use it for sleep. So number one, – I love that tai chi move.

– Yeah it's awesome isn't it? So you know so make the time. Number two how do you sleep on the sleep? So it's not working now. One simple thing you can get sleep masks for 10 bucks, 15 bucks on amazon. It's easy to find that actually shuts down even a little bit of light night lights keeps the sympathetic the adrenaline system on shutting down at night. Got a sleep mask.

It will be a start on improving sleep quality. Melatonin. I like one that's called E. P. 120 sustained release melatonin 10 mg. That helps people stay asleep. You wake up to in the morning like it sounds like everybody five miles. That has this alarm clock that rings 2 to 4 in the morning. Also get a protein underlying protein snack at bedtime. Like a hard boiled egg to maintain your blood sugars while you're sleeping. – Because I've seen that a lot with with patients when their adrenals are fatigued and they are not able to to hold the blood sugar through the night.

And then so you have this adrenal burst in the middle of the night to try to drive up the blood sugar when they have a dip in blood sugar. So you know so to eating something you know at night like that, it really will help the bounce of blood sugar throughout protein.

– Now the flip side of that coin is some of you will find that they're exhausted all day and 10 AM, 10 PM at night. Suddenly your mind is wide awake and racing.

In fact, for some of you, the only four hours a day that you're alive and functional is 10 PM to 2 AM because your day night cycle has shifted circadian to them.

And for some of you, if you're disabled, not able to go with it use that time.

Improving Sleep and Nighttime Recovery

But for those whose minds are wide awake at bed time, uh the cortisol is usually too high. So the mind can't shut

down the hospital serene. 100 to 300 mg at bed about 90 minutes before bedtime. You'll know in 2 to 3 nights if it's helping.

But again, you do that do the protein snack because too high cortisol of bedtime means it will plummet when you're sleeping and drop your blood sugar and get hypoglycemic and a general and released. Wake up.

So, so that's another thing to try uh to herbal mixes. There's one called the revitalizing sleep formula mixed six Service in nutrients. That's what I take myself. It's awesome for sleep.

I take that along with the E. P. 1 20 melatonin. Terrific ZZ Zz for essential oils. Very good for sleep um hemp oil, very helpful for those who like that. So there's a bunch of natural things.

The smell of lavender drops of lavender oil on your upper lip, your lawyer knows. But for people with CFS and fibromyalgia or post covid, they're going to usually need medications.

In addition starts with the natural stuff. But I will give very low doses like 25 mg of trazodone, 2.5 mg to five or Flexural under 2, 300 gabapentin.

And my books are from fatigued to fantastic shameless plug. That's a book over the shoulder. There goes through over 30 natural and prescription things and just how to get good solid sleep.

It'll also, if you have sleep apnea, restless like syndrome teach upper airway resistance syndrome, teach you how to take care of all those things too.

– And for the people that are concerned in regards to sleeping medication and being habit forming and and so what do you say to that? I mean is there a way you start with this pattern and then as you start and then you improve you have done your in a play where now you can start to decrease and then bringing in more of the natural things, you know as a as you shift. – It starts with the natural things which are not an issue with that. And then you're going to find that most of the addictive sleep like Valium family medications or domain and those I won't use those.

Your exceptions. It's a whole other thing. Very low dose of Klonopin actually are an N. M. D. A receptor antagonist blah blah blah quarter milligram block can be helpful.

But um but the ones I just mentioned none of those are addictive and the adults that we're using. – So move moving forward then you know the hormones we've talked about the hypothalamus and obviously that that is a key player in the regulation of the whole hormonal system, the whole endocrine pathway through the pituitary and through so forth.

So so tell and you mentioned adrenals you know they obviously they play a big role with energy and dealing with stress and so forth. So how do you address that when an individual comes in they're dealing with these issues you know where do you start and you know how do you investigate that?

– I start by telling them that the blood tests are not reliable and I saw the doctor said my TSH was normal. Okay. In hypothalamic dysfunction the research shows that the TSH is totally unreliable. It is what is described as a piece of crap test. It's useless.

You're useless anyway. In fact when I was lecturing at the annual world conference they would have in different countries each year on fibromyalgia is I was one of the speakers I asked to the main I was speaking with the main researcher on thyroid function in fibromyalgia. And I asked Gunther or Professor Nique is the TSH test reliable and fibromyalgia? Absolutely not.

You know, it's just no, it's just isn't. But that's all that most doctors will use. So uh and the normal range, most doctors don't know where the normal range comes from.

All 400 doctors at the time. I love asking this question because these doctors, they would rather you stayed home

to send the test results. And if it's in the normal range of fine, so if they're relying that much on the normal range, they should know and they want to ask them the question and they say the test is normal, said, well, doctor, where does the normal range come from?

And they may pause for a moment, then they may look at you like a deer in the headlights. And they say, well, the experts say there's no problem if the test is normal, you know the way the normal ranges drive is a statistical norm called two standard deviations, blah, blah, blah. What it means?

They take 100 people, healthy people, they do the test and the 95 in the middle are defined as the normal range. That's it. So, for example, if you look at the normal range for income, uh $8100 a year would be in the normal range.

But that's poverty are normal range would define three quarters of people in poverty as being normal. A normal shoe size is size 5 to 13, You put me in a size six shoe? The doctor's gonna say that shoe is normal Jacob? I can't get my toe in the damn thing I wear a size 12. You know.

So the tests are just not reliable. They're helpful to tell the doctor where you are in a group of 100 people where you fall. So you know if it happened to be uh seven ft tall £300 Texan and you're in a size six shoe even though it's normal you see around the lowest 10% of the population are not likely to be a good match.

You know. So how do you tell thyroid I heard a key weight gain cold intolerant any two of those. I'm going to give a trial of thyroid hormone and see if it helps. I can add infertility, I can add constipation, I can add a whole host of things or miscarriages.

And that's funny, tragic. More than funny. They show that if people have a positive test for thyroid inflammation which affects 12% of women. They are four times as likely to miscarriage.

Even if the thyroid free T four blood test is normal. But they set the information test and they see it's positive and all they have to do is give five cents a day worth 34 50 micrograms of thyroid hormone it totally abolishes the increase in miscarriages.

– So the tests of the test for the inflammation are those the antibodies or reverse T3. – P. K. P. O. Antibodies. – Yeah. Okay – And for those of you who have infertility issues, I have a bunch of information sheets.

You can email my personal addresses fatigue. F. A. T. I. G. U. E. D. O. C. Like doctor at gmail dot com (fatiguedoc@gmail.com) Ask for the infertility information sheet.

If you have the fatigue or post covid you can ask for the post covid information sheet. You can ask for the artist static intolerance information sheet.

Any of you with reflex sympathetic dystrophy now called C. R. P. S. You can ask for that information sheet for those of you with no money and you wonder how to get it all from CFS and fibromyalgia and I'm broke. You can ask for the got no money.

How do I get well information sheet. So these are all things that we can do shows on each of these on their own. But you can ask for that and I'll happily send it to you at no charge for any of them. So just so I can focus on other things.

So thyroid thyroid waking, cold and talent. You deserve a trial of thyroid hormone. You don't adjust it to the blood test to adjust it to what feels best and then you check the free T. Four blood test to make sure that it's in the normal range for safety.

– So when they do that and they have a medical doctor the TSH is like 0.1. The hypothalamic dysfunction. The high TSH will normally be low. If you're getting the proper dose of thyroid the free T4 should be checked.

That may be low to if you're getting desiccated thyroid that's okay. As long as the free T4 is not high. All of the other tests when you're getting armor or desiccated thyroid are pretty much meaningless.

– So the only like you're saying the free T4 if that one is elevated, – Lower the dose – Lower the dose okay. – Otherwise I'm adjusting it to what feels best rather than to the test. – Yeah exactly and and all of the concerns in regards to osteoporosis. – And studies show that if the TSH there's no study showing that as long as the free T. Four is not in the upper 10% higher.

Low TSH will cause Osteoporosis. It is not more thyroid more bone loss. It's more thyroid. No change. No change when you get to the upper 10%ile of the normal range than bone density loss occurs In the top 10%. They're too high as far as I'm concerned.

– Yeah. And you would notice that you know irritability agitation, harder to sleep. Heart rate. Yeah. – [inaudible] – Yeah exactly. So I mean and this is huge. I mean for all the people all the women that are wanting to become pregnant. I mean it should be it should just be medical practice to test a routine test. – Every woman who's looking to get pregnant should check a T. P. O. Antibody and they should also check a testosterone level D. H. A. Sulfate. If the latter two are high they should consider polycystic ovarian syndrome but form and blocks the problem with infertility and the increased miscarriages reverses out if they have a positive T.

P. O. Antibody they should be on synth at least 50 micrograms so that take care of the infertility issues that come from the low thyroid and the threefold increase four fold increase in miscarriages totally reverses out with a little bit of thyroid but that it is so cheap like no nobody's paying $400 million to the FDA to prove and get it okay for that nickel's worth of Ireland we're not going to give it well they can go screw off, go to a doctor who cares about you and not preaching the religion of medicine which says only that.

Which is insanely expensive enough to go through the $400 billion FDA process and then be advertised to physicians is allowed to be used. That's medicines. Religion. That's what boils down to anything natural is not patentable cannot go through the FDA process gets blown off and this is you know how our medical system works. But anyway blah blah blah and they move on to adrenal before I got type of mix.

– Exactly – Forgive me if I get a little bit dramatic but it just – Just thinking of FDA is, is making my adrenals good people, – They're good people.

But congress has given them laws and you're looking right now. They're trying to make it that Medicare can even negotiate drug prices. Just insane. Only place in the world that's illegal.

And the drug companies are overtly in the media threatening them that anybody who votes that Medicare should be allowed to have and negotiate broad crisis.

They can expect that in the next election. They're going to have the slam, you know, big money campaign against them. It's, it's basically terrorism and they're all good people. I never met anybody in the industry and the FDA or the pharmaceutical industry who wasn't love people?

The system is broken. Let me give a little plug. If you want to help fix this. The go to a website oneminutefix.org and sign the petition. It'll give you more information. That will be a start.

And our representatives being able to support and represent us instead of only business. But it's another thing to, should we go to adrenal. – Would love your adrenals, obviously, you know, thyroid and adrenals. I mean those, those are your two energy producing plans. So, – The blood and the blood testing for adrenal is meant to gear. Is it so low that it can kill you literally anything in between. You can be bedridden.

That's no problem. You know, if, if the cortisol is over six in the morning, you're fine most around 18. 6.1 normal range. No problem. 5.9 life threatening 6.1 is fine.

And if you do two tests on the same tube of blood, on the same person, they will normally be about four points different. Same test, same tube of blood. 5.9 deadly. 6.1.

No problem. So the tests are if he, how do I diagnose it? Just what I told you before you get irritable and hungry. Do you tend to get frequent infections that take a long time to go away?

You know those kind of symptoms? I'm going to give a trial and I simply give a supplement called adrenal plex adrenal plexus, awesome. It smooths it right out. If you have high blood pressure, adrenal support can raise, it will be a little careful without.

But the adrenal plex is outstanding. There's an energy nutrient. We just finished the study. I thought I haven't published it yet called Smart Energy System. It's a mix of Adeola, green tea extracts, Cassandra and licorice, which also dramatically supports adrenal function. Increased energy in the study over 70%, of people are better with an average increase Stamina went up at least 78% on average.

So simple things you can do start to the smart energy system and take the adrenal plex. And you will find within two weeks, three weeks, your energy will and it will be much stable, Your mood will be more stable and it is way cheaper than divorce lawyers in marriage counseling. – I agree with you.

Talk a little bit about rivals. You know if you had rivals in that ingredient and what is that? And what does it do? – Ribose is the backbone of energy production. If you look at A.

T. P. Which is the energy molecules. If you eat food, your body can burn it for energy, it has to turn it into energy molecules like A. T. P. And A. D. H., F. A. D.

All those those are all made of ribose as the backbone. And one of the B. Vitamins and fascinating. That's all these energy batteries are. And when we go into an energy crisis, our body loses ribose.

It's so busy trying to make energy that it basically turns two of them to get to charge one battery cell instead of the usual. One of them loses them.

It has to dump it as a in a desperate attempt to try to make any energy bottom line is with low energy people become rivals deficient. And we've done published two studies now.

One was a study of, A large number of medical centers together about 256 people. Increased energy. An average of 61%. So I just have people take the one scoop a day but the ribose is ready in the smart energy system and you get the other five nutrients to I would just easy if I had to have for those of you with fatigue. You want to start with three things that will take you less than a minute a day. Not overly expensive.

Get something called the Energy revitalization system, vitamin powder over 50 nutrients from one drink places literally over 35 pills. I'll give you a challenge if you can get in lots of one drink In less than 35 pills.

Most people takes about 60. I'll give you a free bottle. Yeah. And then the smart energy system add a scoop of ribose to that powder and the two capsules. And then H.

R. G. 80 red ginseng chewable. We just that study was published three months ago and that increased energy also about 70% on average. That's that's the one thing I have on my desk I can reach over to that if I'm having a busy day like today but I will go ahead and get the S. I. C. Reds and sing but I will get the chewable because the chewable are four times as effective by milligram as the capsules. But the capsules are really good but I get the chewable because that makes it cheap. And I just take one half of one once or twice a day. And and in case you can't tell I'm not quite like little kids or sugar on that, but it's healthy energy.

And it's you know these three things um the energy revitalization system, Smart energy system and the H. R. G. 80 red ginseng, that's the only brand I would use. You're looking at one drink and three pills a day for most people, you'll find it will double your energy and will be healthy energy along with a lot of other side benefits. So that's a

nice simple place to begin.

You can find, I think we can buy most things on amazon, you can find them best price you're gonna find is and fatigue.com. But these will change your life. – Yeah. Yeah. And so we talked about the thyroid, talked about the adrenals does working on the adrenals and bleed into these, the sex steroids like you know that the ovaries uh your testes or do you need to function, you know, focus on them as well in addition to or does that just become like a downstream effect? – All of these things help each other.

They're all interrelated. But how do you tell from the blood tests if they need a second estrogen progesterone testosterone 70% of men who have fibromyalgia are in the lowest 30th percentile for testosterone.

not in those 2.5 percentile because they're not 90 years old, but they're in the lowest 30th percentile uh work by Professor Hilary white of Dartmouth showed that in women, even with normal testosterone levels who have fibromyalgia or she gave a little testosterone cream, their pain got much less.

So I'm not gonna I'm gonna check the blood test but I'm not gonna rely on the blood test. How do I tell if a woman comes in? How do I tell if they need estrogen?

And again, when I say the hormones I'm talking bio identical, not just poison that was patentable and therefore pushed all the doctors. Simple question is your five miles or worse around the benches.

That's when your estrogen progestin are dropping. If those hormones are dropping and your insomnia and pain and brain fog and energy go down the tank suggests that lowest estrogen and progesterone are contributing their vaginal dryness, night flashes, things like that. I'll go ahead and give the hormones and I will add testosterone and women unless they're in the upper half of the population in terms of the testosterone level because it will help the pain and men uh again, if the 10,000 levels under 5 40 not under 2 20 or so, but under 5 40. If they have erectile dysfunction, decreased libido metabolic syndrome which has increased abdominal girth, pre diabetes, high blood pressure, high cholesterol.

Any of those things I'm gonna optimize your testosterone. – Yeah, that's such a key to look at the hormonal system as a whole and and not just focus on one component because they all are interrelated and they all work together.

So so moving down to kind of the next I component. And obviously we we talked about post Covid talked about viral but we have other types of infections as well that that can really sap the energy out of the system.

So what what are some of the things that that you see that are the most common to address? – Well understand that the let me mention underage first that with hypertension which is P. O. T. S. Ortho static intolerance, you stand up the blood rushes to your head if you get lightheaded you get brain foggy um racing heart.

The easiest thing email me at fatiguedoc@gmail.com. Ask for the low blood pressure Ortho static intolerance information sheet. There'll be two simple tests you can do at home the screen for that and that will tell you how to treat it. Okay so let's look at the infections. The whole the immune system is is down, it shifted in a way that the certain infections are able to hide And that causes problems. And most of these kind of infections are not things that you can put on a culture dish and grow them 24 hours later and that's all we knew how to do test for for grossly oversimplifying that.

But by and large we're looking for acute not chronic infections and most of the tests. So viral infections. If somebody had a viral onset basically like me, they have dropped dead flu and they keep having viral symptoms, especially if they have the Ortho static intolerance and flu like symptoms, especially when they push. I'm gonna address the adrenal.

But I will consider the combination of the medications familyer and Celebrex.

Infections, Candida, and Lyme Considerations

And I'll do those for 4 to 6 months and they can help reverse that. Most important infection in CFS and fibromyalgia, candida overgrowth. There's no test.

I would give a nickel for the way that I tell I ask, do you have post nasal drip? Do you have chronic sinus or nasal congestion? Do you have irritable bowel syndrome?

Gas bloating, diarrhea, constipation. If you have any of those um In people with CFS and fibromyalgia, I am going to give a good probiotic. I'm going to go ahead and I like the pearls. because those don't get killed by stomach acid. There's ones have a pearl coating.

I will go ahead berberine nine other antifungal. There's nice berberine met X, which is a wonderful way for those metabolic syndrome and diabetes for those diabetes. My book diabetes is optional.

The berberine met X. High absorption and the Sioux Cantrell d those too often brings blood sugar way down and optimizing testosterone uh and then um high testosterone women can cause diabetes blah blah blah.

But anyway. Diflucan, 200 mg a day for 6 to 8 weeks. I'm sorry but three days of 100 mg Is is not going to do it in this little clear you know the vaginal yeast infection but it's not going to get the gut and the sinuses.

And you do that there's a compounded sinusitis nose spray from my T. C. Pharmacy. The doctors can call in this is all in the book and simplifies it. But the that will knock out the sinusitis and the irritable bowel syndrome.

And most people have also helped. five miles are dramatically remember the science of the organism of a virus. You know, drawing it to scale was the size of a period at the end of a sentence, bacteria might be the size of a room in my home.

The Candida organism is bigger than a city block. These guys are massive and it's hard on the immune system that causes leaky gut. So the first one I'm going to go after is the Candida and most people see a festival fire bro.

Then we talked about the viral things antibiotic, you know, there's all kinds of antibiotic sensitive infections. We could do five shows online and I'm sure you're gonna have other people talking about that. So I'm just gonna say if you have a history of your allergic to multiple, unrelated antibiotics and nothing else that's not an allergy? You're killing something off and flaring.

Do you have lung congestion? That's chronic. Do you have scalp sores that usually responses Zithromax when you pass gas from Candida because you go by fermenting, you know, sugar and that's why you get very gassy with the Candida. But it doesn't have much smell.

If you have the silent but deadly smell, that sulfur smell that's likely small intestinal bacterial overgrowth, I'm going to go after that infection. But for the Lyme disease, I don't know of any tests that I consider reliable.

I'm gonna go. Do you have a history to ever take an antibiotic where you felt better your cf festival better when you took it? Yes, I'm gonna give that to you for an extended period while covering the Candida.

So I'm gonna recognize, we don't know what the tests. And I'm going to treat empirically based on the symptoms in response to treatment. And then for limes Michael you can discuss that like, say that's a whole another three shows.

So I'll do that to the Lyme literate doctors. – Yeah, yeah, yeah. And then yeah, that's I have a podcast called integrated Lyme solution with Dr. Karfeldt and yeah, it's you can fill volumes of of the information in regards to lime and what to do and so forth.

So and you're absolutely right. I mean a lot of times you you've you know the test is do I feel better on like doxycycline or some antibiotic and if I do then that that's a good indication and it's more kind of symptom, you know, looking at it empirically rather than the kind of test.

– Now, here's the thing though, Michael, what do you see a lot, I bet is to give people the antibiotic and they get better. But then after a while they get worse again and they keep bumping the antibiotics and adding more different ones and going after more co infections.

What's often happening is the antibiotic is killing something or helping my quick little activation. But either way, But then what's happening is triggering candida overgrowth. That's taking the person back down again.

If you simply tweet the six weeks of that, you can again, but you have to be careful with the other antibiotics. Motion will play well without and then have them take the flu can 400 mg one day a week to keep the Candida in check, along with maybe the Berberine Medex.

You're not going to keep see this continually chasing, it's like chasing a drug high in terms of more and more antibiotics because as you push up the antibiotic that he stopped dying and the symptoms improve. So, again, my two cents worth is kill those bugs. But keep the candy while you're doing so.

– Yeah and that is why you get so hyper focused. And I see there's a lot of doctors, a lot of patients, you get hyper focused on the line that you forget everything else around it.

And just because you got some some traction with lyme, you know using an antibiotic. You keep, you know, riding that horse even though it has changed completely, you know within the systems so…

– And again the lyme and the other toxin producing bacteria will suppress the hypothalamus. When you add the shine protocol to lyme literate doctors protocols, useless magic happening in your life.

– And I hear that story again and again that yes, you want to go after the infection but at the same time you need to work on the hormones you need to turn on the energy using nutrients because if you are energy deficient, you're not going to be able to battle any kind of infection or your immune system is going to be not functional. So yeah, so that that's key.

So let's move that into the nutrients and we talked a lot about some of the things to turn on the mitochondria for energy. – But let's talk about basic diet stuff.

Most of people listening, you already know food is food and junk is junk and you know the difference. So I don't I don't have to talk, I don't think about the whole foods versus eating snicker bars.

Generally though you want to keep sugar low stevia interestingly stevia for those who have a taste for it. I think it's genetically whether you squeeze toothpaste from the middle of the cap on. But there's some people who really love the taste of tv, my wife and I are one of those, we haven't doubted my wife hasn't out of a teaspoon of sugar turf for 20 years. But the stevia you can get your pleasure.

I like feeding my sweet tooth and I have all these flavors. Stevia is Stevia you're interested in, you know, if it's anti lyme, especially if you get the whole leaf stevia. So Stevia is okay but cut back sugar otherwise it leaves you feeling must increased salt intake unless you have heart failure with hypertension. Salt restriction lowers blood pressure and whites one millimeter. If you totally salt restrict to where it from a very high diet to intolerable, your blood pressure drops one millimeter.

Okay, if you're black it will drop three millimeters. No. Increase potassium intake, increased vitamin D. And magnesium. But for most of us who don't have the heart failure, high salt. Your body's craving salt because it wants it.

I'm not saying it Lipton cup of salt soup, I'm saying you know, not to process but use the salt shaker. Use a good sea salt salt was more than sodium chloride to me. – Yeah, because you need I mean you have the electrolytes. Obviously if you look at the battery in order to be able to to move energy within that battery, you need electrolytes.

And so if you don't have the potassium, the sodium, you know the chloride, you know, you're not gonna be able to

to kind of charge that battery within yourself.

– Yes. And if your adrenal or or blood pressure maintaining systems are not working aesthetic intolerance you salt restrict, you will crash and burn.

Nutrition, Electrolytes, and Immune Support

– So I'm glad you mentioned that because you have the scenario of pots for instance which which is what you're talking about and and then you have the swelling in the feet.

So then you think, well, I shouldn't do salt because I already have swelling. So you're saying it is the opposite. You should do salt to support your adrenal function and support your energy. – If your body likes to taste the salt wants it, it's usually because you need it. – Mm hmm.

So in regard to nutrients, you know, the the electrolytes, you know, salt you know that that is kind of the key. Obviously low sugar starts, – That's just the starting point.

– That's what I figured. – That gets you out of the gate. People ask me what vitamin or mineral do I need for. And the answer is by definition all of them.

Okay. And that's why it was funny and you know, I don't take money from any of these companies and the royalties that I make for designing things, I'll go to go to charity and stuff. But I started just 15, 20 years ago I went into uh it's now nature's way.

And I said, look, you know, I'm tired of people having take handfuls of pills just to get the basic vitamins and minerals they need each day Because again the food processing in the American diet trips literally half of the vitamins and minerals.

We use the calories but takes out half the micronutrients. And you have some doctors out there well it goes out in the urine. You're just making expensive urine. I said you know you guys are right when you drink water it goes out in the urine stopped that and then when we die off everybody else can start doing what they need to to get well. But anyway um so you need all of them and the R.

D. A. Or ridiculous dietary allowances. Yes they will be enough to keep you from getting scurvy and beriberi but they're not optimal. So there's the energy revitalization system, vitamin powder. You look at that have 50 key nutrients at optimal levels.

And one drink. That's why you don't have to take handfuls of pills. That's for everybody unless you have kidney failure. And you have to be careful taking magnesium but it's that's what I take each morning. Now some people find that strong nutrient because it has to see high dose magnesium it has probiotics.

If it causes gas release tools that's a problem to take clinical essentials instead. But take uh some zinc with it. There's a something called Vira probe when Covid is going around through town. I don't I'm not overly worried about Covid, it's, it's something that warrants caution, but it's been turned into 9/11, you know, 20 years later, people every time they wanted people to be able to be manipulated.

9/11, 9,/11 and they realized, oh, nobody cares anymore Covid, you know? So, yes, it's an important thing. And again, there's arguments on both sides and there's most of theirs nonsense on both sides to, but what we forget is 40% of people with Covid, almost half have no symptoms, whatever. If you have six people in the household with somebody has Covid, only one of the elder people will get it.

Our own immune system is an important part of determining how we do with Covid. And what I'm gonna do is do my vitamin powder. But if Covid's going through town, I'm gonna take viral pro, which is elderberry, and other nutrients that really optimize immunity and I don't really worry about it. I do common sense and caution, but you know, it's not the plague. The plague, bubonic plague, Black plague killed one half of the adult population.

One in two people, adults died. That's a plague. This killed less than 1% of the population, the vast majority being 70 and over. So this takes common sense it takes.

And again, you can make arguments for against the vaccine. I'm not here and that's to which one feels best to you, you know. But what I'm saying is do what you need.

So your body doesn't get into trouble. You know, and developed a long covid. Because again, you know, for those of you, I know we're kind of probably running out of time to discuss it.

But I have a nice 4000 word article on how to address persistent covid symptoms. You can email me at fatigue D. O. C. Fatiguedoc@gmail.com. Ask for the post covid long covid information sheet.

I'll send that over to you. But again, what we talked about today was post viral CFSand fibromyalgia. So we've talked about how to do that. If you have the lung inflammation, something called caromed because post covid what you're seeing um is three radical and oxidative stress to a large degree clinical glutathione here.

A pro these are things that turn that off low dose naltrexone, brilliant. And strangely enough and I can't explain why. But I've ever met them whether people have a post viral or post vaccine I've seen about as many people get post vaccine. CFS. And I'm not anti vaccine.

Throw the same use of vaccines. As get it from the covid, it's a strange things, you know, we'll see both the ivory meghan seems to work 27 mg a day for four or five days and we often see dramatic improvement.

I don't know why on the vaccine. I can't explain that. But Janet travel who's one of my mentors and I hold her. So you know, she said, look first, you see what is then you explain it because if you only see what you can understand, you won't see anything new.

This is one of those, I can't explain why it is, but I've seen over and over that. It is. – And that's how science moves forward is that we observe something in nature and then we try to figure out why it's doing it And and and then we try to explain it.

– But in the interim, it's not cheap. It's safe. And if it helps, I'm going to use it. I will, I will note the controversial nature. But those are interested in it. But it's just one of a very big piece Larose naltrexone and other things like that. Very, very helpful.

But what you'll find is that right now there's this big push to attack anything low cost related to covid because it threatens profits from the high cost things and I'm sad to say so. But these are all very nice people, good folks. But the misinformation, the common denominator is that if it's cheap, the research is ignored or attacked or or set up to fail.

You'll see a study on ivor mexican being designed at Duke University.

Exercise, Pacing, and Recovery Strategies

Nice study, good size. I was all excited. I looked it up in clinical trials dot gov. And for the study group, the Ivan vaccine will be administered within 10 days of having a positive test. What this can be two weeks into the disease that they're starting the treatment that has to be started within three days.

It's a study designed to fail the lead author. I'm sure it's a very nice woman. Is one of the key people in charge of Duke's research program. And they get by my estimate about $600 million dollars in research funding controlled by the pharmaceutical industry, whether it's through the NIH indirectly or directly.

And you know, you'll find that the common denominators, these things that are misinformation um, all seem to have that in common. They're protecting pharmaceutical profits. And I'm not saying anything about pharmaceutical people are really good people. But I'm saying we have a problem.

– Yeah exactly. And and we when we allow money to rule our medical decisions. Yeah. Then this is where we end up. We yeah, it's not for the benefit of the people. So yeah, nutrition obviously is key. And then exercise.

We're talking a little bit about that and it's exercise according to your ability. Obviously if you're you're talking about the muscles fibers being tight and if you then start to push those muscle fibers when you're dealing with fibromyalgia post covid or whatever it is then you know they're not going to respond very well.

So you can just do what it is that you can do. – If you feel wiped out the next day, bedridden for the next day or two you do too much is back. But on this protocol energy production will skyrocket and then people will be able to condition instead of just crashing. – Yeah because then you're you're unable to feed the muscles and the cells are controlling muscles.

The muscle find with the nutrients that they need in order to be able to to regenerate, repair and elongate and be able to respond better to any kind of exercise that you're doing. Exactly. So four exercise.

I mean are there certain types that you promote more than others? Walking? – Walk in the sunshine? Not 95 degrees outside. But again sunshine makes vitamin D.

Sunshine is healthy. The avoid the advice to avoid sunshine is insane. The proper advice is avoid sunburn, not sunshine. So you go out for a walk, get your sunshine and once you're up to walking an hour a day you want to increase the intensity.

Yeah. You go for if you can't even walk very much at all, find a warm water pool where the buoyancy will help you recondition. – Yeah. Well Dr. Teitelbaum, it's I mean you're such a wealth of knowledge and you know I strongly urge the viewers to to get your books.

I mean especially from fatigued to fantastic. That's an incredible insight just filled with the kind of information that you just gave us here. And and these are our key key pieces to know because if we, if we can reclaim the power to ourselves and do not become dependent on the pharmaceutical companies and then we can become free. – And we already can we have everything we need for that. It's just empowerment through knowledge and the you know the ranting against the machine. It's fun.

Sometimes much more fun if you have a bottle of tequila and a hot tub and you know, but in general instead of that the focus is educate yourself, realize when you look at things keep your bs detector going including what I say, something feels bad then I would take it to the grain of salt or let it go see what feels the best to you. Let your intuition guide you without a bit help you soar through the morass um follow the money trail.

That's why I'm not, I don't take money from any of the companies you mentioned. Everything that I mentioned can go, you can find on amazon, I won't make a penny if you buy it on amazon unless you buy the smart energy system.

That's the only thing because I make that one. But all the other stuff if you want to say well how do I make sure he's not making a buck just without me say get on amazon all screwed up pastor do that. I'm a happy man.

Get the what you need to do to feel safe and to do what you need to reclaim your health. – I love that. Thank you so much. Dr. Teitelbaum. – Aloha. Be well. Thanks.