

CHRONIC FATIGUE SYNDROME/FIBROMYALGIA



A chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points that occur in precise, localized areas, particularly in the neck, spine, shoulders, and hips; also may cause sleep disturbances, morning stiffness, irritable bowel syndrome, anxiety, and other symptoms.

For many decades, fibromyalgia syndrome was considered an emotional problem, created by anxious or depressed persons. During the mid-1970's, this theory was dispelled, mainly due to the fact that most fibromyalgia patients do not have emotional problems (as the root cause, many do as a result of chronic pain). Fibromyalgia syndrome (FMS) may resemble a post-viral state. This similarity is the reason experts of FMS and Chronic Fatigue Syndrome believe these two syndromes may be one and the same.

Fibromyalgia Syndrome afflicts more women than men overall. Over 12 million Americans suffer from FMS, estimated at 4% of the general population; 90% of which are women. Typically, the problem begins between 20-30 years of age. 70% of the patients consider themselves to be disabled. Most, if not all, report sleep disturbances.

The root cause of CFS and FMS is still unknown. There are, however, triggering effects that are thought to precipitate the onset. Such triggers are: viral or bacterial infection, a severe injury, or the development of another disorder (rheumatoid arthritis, lupus, or hypothyroidism). While they don't directly cause Fibromyalgia Syndrome, they may awaken an underlying physiological abnormality that is already present. Some evidence also points to a problem with the immune system. Certain immunologic abnormalities are common among people with FMS.

WAYS OF MANAGING CFS AND FIBROMYALGIA

Treatments for fibromyalgia syndrome and chronic fatigue syndrome are aimed towards improving the quality of sleep

and in reducing pain commonly experienced by sufferers. Medications that boost the body's level of serotonin and norepinephrine are commonly prescribed.

This is a listing of commonly used treatments:

- Acupressure
- Acupuncture
- Physical Therapy
- Relaxation/Biofeedback techniques
- Chiropractic care
- Therapeutic Massage
- Ayurvedic medicine
- Herbal teas, supplements, etc
- Naturopathic Medicine
- Osteopathy
- Physiatry
- Homeopathy

The list of treatments do not stop there. Since everyone suffers from Fibromyalgia and CFS differently, what will ease their suffering will also vary. Other management strategies include but are not limited to:

- Consuming 50% of diet from raw food e.g. fruits, vegetables, whole grains, raw nuts and seeds
- Taking probiotics that contain Acidophilus
- Increasing water consumption
- Increasing fiber to keep bowels moving
- Avoiding highly processed foods that deplete the body of magnesium, which leads to fatigue
- Getting adequate sleep and rest
- Maintaining a moderate exercise program

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CFS AND FIBROMYALGIA PROTOCOL

In addition to the above listed strategies, it is also helpful and beneficial for the patient to introduce a nutritional supplementation program:

SUPPLEMENT	DOSAGE
Vitamin A (Palmitate)	5000 IU
Vitamin C (Ascorbic Acid)	1000 mg
Vitamin E (Natural – Succinate)	400 IU
Thiamin (Vitamin B1)	100 mcg
Riboflavin (Vitamin B2)	100 mg
Niacin (Niacinamide) (Vitamin B3)	100 mg
Pyridoxine hydrochloride (Vitamin B6)	100 mg
Folic Acid	400 mcg
Biotin	200 mcg
Pantothenic Acid (Vitamin B5)	100 mg
Methylcobalamin (Vitamin B12)	100 mg
Magnesium (Malate)	200 mg
Zinc (Chelazome Amino Acid Chelate)	25 mg
Selenium (Amino Acid Complex)	100 mcg
Copper (Amino Acid Chelate)	1 mg
Manganese (Amino Acid Chelate)	2 mg
Garlic Powder	100 mg
Turmeric Root	500 mg
Borage Oil	1000 mg
Co-Enzyme Q-10	200 mg
L. Acidophilus	1 billion
Fish Oil	2000 mg
L-Carnitine (Fumarate)	1000 mg
L-Glutamine	500 mg
N-Acetyl-Cysteine (NAC)	500 mg
Lipoic Acid	200 mg
Quercetin	470 mg
MSM (Methylsulfonylmethane)	3000 mg

RECOMMENDATIONS

The supplements in the above listed protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists have the ability to customize each supplement (or even add/delete) to a patient's unique nutritional requirements. The CustomVite formulation can be tailored to each patient depending on how they are managing their CFS/Fibromyalgia. The CustomVite program can help improve your patient's overall nutritional status. This recommendation does not take into account drug-nutrient interactions. By having the patient provide us with their current prescriptions and supplements through our Lifestyle and Medical History Questionnaire, we can cross reference their information to determine if there are any interactions for their personalized formulation.