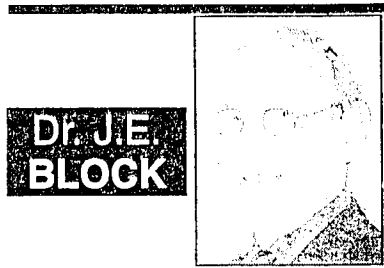


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— All Things Medical —



**Dr. J.E.
BLOCK**

CFS/Fibromyalgia — the “F” word
F is for Fatigue, Fibromyalgia and Frustration for both the patient and the physician. Hope is on the way. Dr. Jacob Teitelbaum, M.D., profiles patients with chronic fatigue syndrome and fibromyalgia into specific subtypes. Although this is considered one disease now in 2000, in the next decade we will have teased/distinguished out many various diseases with similar symptoms. Depending on the profile, there are several treatment protocols. According to his research, there has been marked improve-

ment in all but one patient who followed the regime compared to the placebo. Nutritional deficiencies, toxins, opportunistic infections and disordered sleep are considered. The profiling has a questionnaire which takes between two to three hours to complete and can be done at home or on a computer. Dr. Teitelbaum does have a website: www.endfatigue.com, which now has some of this information. It was he who wrote the book, “From Fatigue to Fantastic”.

“Rome was not built in one day and similarly, even with the proper profiling and protocol, it will be weeks before one gets better with the CFS/Fibromyalgia Syndrome. With much of the literature and junk science in this malady in the past, I feel this is a real breakthrough. Even though there may not be a complete cure, there is definitely help.