

SHINE Treatment Protocol for CFIDS/Fibromyalgia

Adapted from the book *"From Fatigued to Fantastic!"* by Jacob Teitelbaum, M.D.
(The books and supplies can be ordered by calling 800-333-5287 or through our website at www.Vitality101.com)

Dear patient,

Below is a listing of the more common treatments used in treating CFIDS/FMS. Use this list as a record of your treatments and have it with you for follow-up/phone visits. Put a line through the number in front of any treatment you stop and note the reason stopped and date. Put the date started in front of the other treatments.

Possible Side Effects

Although it can take 6 weeks to see a treatment's benefits, most of the medications' side effects will usually occur within the first few days of starting a treatment. Except for treatments number 1-21 which can all be started in the first 1-3 days, add in one new treatment each 1-3 days. If a side effect occurs, stop the last 2 or 3 treatments for a few days and see if it goes away. If the side effect is acute and worrisome, call your family doctor (or go to the E.R.) immediately. Do not get pregnant while on treatment or drive if sedated. It is normal for a woman's periods to be irregular during the first 3 to 4 months of treatment.

On average, it takes 3 months to start feeling better. You can begin to slowly taper off most treatments when you feel well for 6 months. Stop things one at a time (e.g., one pill every 1-2 weeks) so you can see if you still need it. If needed, however, any or all of these can be used forever (usually not necessary).

Some prescriptions can be obtained at a much lower cost from Consumers Discount Drug Company (323-461-3606). Another good source for generic prescription drugs is www.costco.com (click on "Pharmacy").

Do not take any treatments below that you are allergic to or that have caused prohibitive side effects. Prescription items have "Rx" after their names. If a recommended (i.e., checked off) treatment has "***" by the number, then it is a "most important" treatment. If it has an "*", it is an important treatment. If it has no "*", then the treatment is helpful but not critical. If you choose to simplify your program, you can begin with just the "***" items followed by the "*" items and then the "" items that are checked off.

Cheryl Alberto (410.573.5389) is available for protocol counseling for \$45 per half hour. Having counseled Dr. Teitelbaum's patients for 7 years, she has the clinical experience and knowledge to help you organize and effectively utilize your protocol for maximum results.

Only the items that are checked off are the ones recommended for you.

Nutritional Treatments

___ 1.** **Energy Revitalization System - Daily Energy Enfusion Powder (Berry or Citrus):** ½-1 scoop a day (as feels best) blended with milk, water or yogurt with 1 capsule of the included Daily Energy B-Complex (also available separately). If diarrhea occurs, mix the powder with milk and/or start with a lower dose and work your way up to the dose that feels best or divide the daily dose into smaller doses and take 2-3 times a day. These products are made by Enzymatic Therapies and are available in our website store and most health food stores.

___ 2. * **Complete GEST Enzymes** (Enzymatic Therapies)/**Similase GS** (Integrative Therapeutics): 2 capsules with each meal to help digest your food properly. If you have ulcers or they irritate your stomach begin with GS Similase.

___ 3. **Calcium:** 500 to 1000 mg daily with 400 units of vitamin D (a chewable calcium or Calcium Chelate is recommended). If you get a non-chewable tablet, see if it dissolves in 2 to 3 inches of vinegar over 1 hour (swirl a few times). If not, it won't dissolve in your stomach, and you need to get a different brand. (Do not drink the vinegar). You can also avoid this problem by using capsules or liquid filled gel caps. Taken at bedtime, it may help sleep. Calcium can block thyroid absorption if taken within 4 hours of each other.

___ 4. **Lipoic Acid:** 200mg a day (protects the liver) whenever you're on Sporanox, Nizoral, or Diflucan (#94). If you have active Hepatitis or Cirrhosis, consider 300 to 2000 mg a day depending on it's severity. In addition, it has been shown to be helpful for diabetic neuropathy and burning mouth syndrome (200 mg 3 times day for 2-5 months) and is likely helpful for many kinds of nerve pain.

___ 5.* **Vitamin B-12 (Rx):** 1 I.M. injection (1 cc = 3000 mcg) 3 to 7 times weekly for 15 doses, then as needed (e.g. 1 to 12 times a month). This needs to be made by a compounding (holistic) pharmacy (e.g. Cape Drugs 800-248-5978).

___ 6.* **NAC (N-Acetyl-L-Cysteine):** 500-650 mg a day for 2-3 months. Makes Glutathione.

___ 7.* **Iron (Chelated Iron)** (Ultra-ceuticals): 29 mg plus 100 mg Vit C - Take one tablet a day. Or Chromagen Forte (Rx, iron) - one tablet a day. Do not take within 6 hours of thyroid or Cipro (antibiotic), as this can prevent their absorption. Take on an empty stomach (i.e.- take between 2 and 6 PM on an empty stomach). It is OK to miss up to 3 doses a week. Stop in 4 to 6 months or when your Ferritin blood test is over 40. If afternoon fatigue is a problem, consider continuing iron supplements until your Ferritin level is over 100. Iron may turn your stool black. If this is a problem, Flora Dix iron is much easier on the stomach and is not constipating

___ 8.* **Eskimo 3 Fish Oil or Arctic Omega:** ½ to 1 Tablespoon a day or 1 softgel 3 times a day for 3 to 9 months until the dry eyes and mouth resolve, and then as needed. Use this brand as most others are rancid and often contain mercury, lead or other toxins. Dry eyes, mouth, & hair, pain, and excessive hard ear wax suggest a need for this.

FOR ANXIETY - Natural Treatments

___ 9. **Calming Balance** (Health Freedom Nutrition) or **Tranquility** (Ultraceuticals): (Vitamin B1) 500 mg, passion flower, Theanine, magnolia, B vitamins, and magnesium 1-3 caps 1-3x day is outstanding for anxiety (the effect increases with 1-4 weeks of use).

Mitochondrial Energy Treatments

Use these for 4-9 months. Then drop the dose to the lowest dose that maintains the effect (or stop it if no benefit).

___ 11. * **Acetyl-L-Carnitine**: 500 mg - 1 capsule once or twice a day for 3 months. Then 250 to 500 mg/day or stop it. Although important in CFS/FMS, it is even more important to take this if you also have Mitral Valve Prolapse, MS, and/or elevated blood triglycerides. This helps with weight loss.

___ 12. **Coenzyme Q10**: 200 mg - 1x a day. Especially important if taking cholesterol lowering prescriptions (e.g. Mevacor). Take it with vitamin E or a meal that has fat, oil supplements or in an oil based form to improve absorption. Vitaline makes the best form and this is the one I recommend. It also already contains vitamin E to enhance absorption.

___ 12A.** **D-Ribose(Corvalen)**: - 1 scoop of powder 3x day for 3 weeks, then 2x day. If too energizing, take with milk or food or lower the dose. Effects are usually seen within 2-3 weeks.

___ 13. **Magnesium/Potassium Aspartate**: two 500 mg capsules - 2 x a day (need to use a "fully reacted" brand) for 3 to 4 months.

___ 14. **Daily Energy B-Complex**: 1 capsule in the morning or mid day (by Enzymatic Therapies). (Already contained in # 1- The Energy Revitalization System Berry or Citrus.)

___ 15. **NADH** (Enada brand): 10 mg sublingual tablets - dissolve one under the tongue (or swallowed two 5 mg tablets) each morning. Take it on an empty stomach first thing in the morning (leave it by your bedside in the bottle or foil wrap with a glass of water) at least ½ hour before eating. It takes 2 months to see if it works.

Other Nutrients

___ 16. **Betaine HCL (Hydrochloric Acid)**: 650 mg capsules. Take 3-7 capsules during each meal. Use less or stop if heartburn occurs. Do not use if you have ulcers.

___ 17. **Magnesium Glycinate 75 mg/Malic Acid 300 mg (Fibrocare)**: 2 tablets 3x a day for 8 months, then 2 tablets a day (less if diarrhea is a problem. Start with 1 to 2 a day and slowly work up as able without getting uncomfortable diarrhea. You can take up to 10 a day for constipation. Taking it with food may lessen diarrhea. If pain or fatigue recurs on lowering the dose, increase it. Taken at bedtime, it helps sleep.

___ 18. **Vitamin E**: 400 units a day (natural).

___ 19. **Physicians Protein Complex:** 1-2 scoops a day.

___ 20. **Potassium - Micro K Extentabs 10 MEQ (Rx):** 1 capsule 1-2 times a day for 8 weeks.

___ 21. **Inosine** (from compounding pharmacists): Can raise a low uric acid (uric acid acts as a peroxynitrate scavenger and can be helpful in multiple sclerosis and other neurologic diseases).

**** Sleeping Aids For Fibromyalgia**

You can try these in the order listed or as you prefer based on your history. ADJUST DOSE AS NEEDED TO GET 8-9 HOURS OF SOLID SLEEP WITHOUT WAKING OR HANGOVER. No going to the bathroom if you wake up unless you still have to go 5 minutes later. Mixing low doses of several treatments is more likely to help you sleep without a hangover than a high dose of 1 medication. You can take up to the maximum dose of all checked off treatments simultaneously. Do not drive if you have next day sedation (adjust your treatment to avoid this). If you're not sleeping 8-9 hours a night without waking on the checked off treatments, do not wait until your next appointment to let us know or contact your physician! Ambien, Klonopin, Xanax and Soma are considered potentially addictive, but in the dose and form that we use this is rarely a problem. If you have next day sedation, try taking the medications (except the Ambien) a few hours before bedtime. The antidepressants (e.g. Prozac/Paxil) can improve sleep a lot after 6 weeks. Taking calcium and magnesium at bedtime can help sleep. In addition YOU CAN TRY THE OTHER NATURAL&/OR NONPRESCRIPTION PRODUCTS IN COMBINATION FIRST TO SEE IF THEY GIVE YOU 8 HOURS OF SLEEP A NIGHT. ADD THEM IN THIS ORDER #23, 26, 27, 28, 37, 40, 41, 45A.

___ 22. **** Ambien (Rx, zolpidem):** 10 mg- ½ to 1½ at bedtime. If you tend to wake during the night, leave an extra ½ to 1 tablet at bedside and you can take it as needed to help you sleep through the night.

___ 23. **** Revitalizing Sleep Formula (30 ct or 90 ct)** (Enzymatic Therapies/Integrative Therapeutics): Valerian 200 mg, Passion Flower 90 mg, L-Theanine 50 mg, Hops 30 mg, Piscidia 12 mg and Wild Lettuce 28 mg. Take 2-4 capsules each night 30 to 90 minutes before bedtime. It can also be used during the day for anxiety. If Valerian energizes you (occurs in 5-10% of people) use the other components. It is also excellent for anxiety. Do not take more than 8 capsules a day.

___ 24. *** Desyrel (Rx, trazodone):** 50 mg - ½ to 6 at bedtime. Although sedating, it can be used (50-250 mg at a time) for anxiety. Do not take over 450 mg a day (or 150 mg a day if on other antidepressants).

___ 25. *** Klonopin (Rx, clonazepam):** ½ mg - begin slowly and work your way up as sedation allows. Take ½ tablet at bedtime increasing up to 6 tablets at bedtime as needed. Can be very effective for sleep, pain and Restless Leg Syndrome. Klonopin may be addictive. Taking one quarter to one half tablets in the morning (not more) can actually decrease brain fog in some CFS patients.

___ 26.* **5 HTP (5 Hydroxytryptophan):** 200 to 400 mg at night. Naturally stimulates Serotonin. Don't take over 250 mg a day if you are on Prozac, Paxil, Zoloft, Desyrel or Celexa. Can help with pain and weight loss at 300 mg a day for at least 3 months. Or ___ Tryptophan 500 mg caps 1-6 at bedtime. Available at www.vitaganza.com (\$65 for 180 caps).

___ 27. **Calcium:** 500-600 mg and Magnesium 100-200 mg at bedtime helps sleep.

___ 28. **Doxylamine (Unisom for Sleep) or Benadryl:** 25 mg at night (antihistamines). May also help pain.

___ 29.* **Neurontin 300 mg** (see #220A): 1-2 caps at bedtime. Also helps pain and restless legs syndrome.

___ 30.* **Zanaflex:** 4 mg ½-2 at bedtime for sleep (more for pain, see #230A). Stop if it causes nightmares.

___ 31. **Sonata (Rx):** 10 mg. Take 1-2 capsules during the night if you wake after 3 AM or if you only have trouble falling (vs. staying) asleep. It's sedation only last 3-4 hours.

___ 32.* **Soma (Rx, carisprodol):** ½ to 1 at bedtime. This is very good if pain is severe. Soma may be addictive.

___ 33.* **Flexeril (Rx, cyclobenzaprine):** - 10 mg - ½ to 2 at bedtime. Muscle relaxant - can cause dry mouth.

___ 34.* **Doxepin (Rx, Sinequan):** 5-10 mg, 1-3 capsules at bedtime or Doxepin liquid 10 mg/cc. If a lower dose is needed you can start with 1-3 drops at night. A powerful antihistamine. Some people get the greatest benefit with the least next-day sedation with a dose of less than 5 mg a night.

___ 35. **Elavil (Rx, amitriptyline):** 10 mg - ½ to 5 tablets at bedtime. May cause weight gain or dry mouth. Good for nerve pain and vulvadynia.

___ 36. **Remeron (Rx, mirtazapine):** 15 mg - 1 to 3 tablets at bedtime (especially helpful if you feel like you're "hibernating" during the day).

___ 37. **Melatonin:** ½ mg - 1 mg at bedtime (available at health food stores). If you feel wide awake at bedtime, try 5 mg taken 3 to 5 hours before bedtime. Don't use a higher dose unless you find it more effective (.5 mg is usually as effective as 5 mg and may be safer).

___ 38. **Gabitril:** 2 mg twice a day (see # 220B). Increase by a maximum 4 mgs daily each week to a maximum of 24 mg a day (optimal effect is seen at an average dose of 16 mg/day). Even 5 mg at bedtime can markedly improve deep sleep and can sometimes decrease next-day sedation. The main side effects are sedation, dizziness and gastric upset.

___ 39. **Lyrica (Rx-Pregabalin):** 50-250 mg a night (or 100-200 mg 3x day for pain).

___ 40. **Delta Wave Sleep Inducing CD/Tape:** This helps with no side effects. Play it to fall asleep and if you wake during the night. They can be played throughout the night if desired (order from 800-333-5287 or from our website at www.Vitality101.com). You can use either of the CD's.

___ 41. **Kava Kava:** 30% extract - 250 mg capsules - 1 to 3 capsules at night (if a rash develops add a B-complex 50 mg at night, and stop/decrease the dose/frequency of use. If the rash persists, see your family doctor). Do not use if you have liver inflammation. May rarely cause liver inflammation.

___ 42. **Xanax (Rx, alprazolam):** ½ mg - ½ to 4 tablets at bedtime. This is short-acting and gives a good 3 to 5 hours sleep with less hangover in the morning. Xanax may be addictive.

___ 43. **Permex (Rx):** (see #240). For Restless Leg Syndrome and pain.

___ 44. **Seroquel (Rx):** 25 mg - 1 at bedtime (an anti-schizophrenic medication).

___ 45. **Zyprexa:** 10 mg - ½ -2 tabs at bedtime. After 6 weeks, also helps pain. Causes weight gain. (An anti-schizophrenic medication.)

___ 45A. **Cuddle-Ewe Mattress Pad:** Use if pain interferes with sleep (800-328-9493, ext. 000 - company may offer a 90-day money back guarantee).

___ 46. **Xyrem (Rx, GHB):** an excellent sleep medication in fibromyalgia. Because the DEA claimed that it was being used as a date rape drug, it has gone from being inexpensive and over-the-counter to being tightly regulated and costing approximately \$500 a month. If all else fails, this often works very well. Be sure to rinse your mouth well and swallow after taking liquid. If the medication is left to sit on your teeth, it can dissolve your enamel and damage your teeth. Take nine cc (4.5 g) at bedtime and repeat approximately four hours later when you wake up if needed. The first night you use the Xyrem, take it by itself without other sleep meds. You can then add back in one tablet of any sleep medication with each dose until you're getting good sleep for at least four hours with each dose.

___ 46A. **Lunesta (Rx):** 2-3 mg at bedtime. If taken with Sporanox, Nizoral, Diflucan or Zithromax a lower dose may be needed.

Hormonal Treatments

Thyroid supplementation - several studies show that thyroid therapies can be very helpful in CFIDS/FMS - even if your blood tests are normal. This treatment is, however, very controversial - even though it's usually very safe. All treatments (even aspirin) can cause problems in some people though. The main risks of thyroid treatment are:

1. Triggering caffeine-like anxiety or palpitations. If this happens cut back the dose and increase by ½ to 1 tablet each 6 to 8 weeks (as is comfortable) or slower. Sometimes taking vitamin B1 (thiamine) 500 mg 1-3x day a day will also help after about a week. If you have severe, persistent racing heart, call your family doctor and/or go to the emergency room.

2. Like exercise (e.g. climbing steps), if one is on the edge of having a heart attack or severe 'racing heart' (atrial fibrillation), thyroid hormone can trigger it. In the long run though, I suspect thyroid may decrease the risk of heart disease. If you have chest pain, go to the emergency room and/or call your family doctor. It will likely be chest muscle pain (not dangerous) but better safe than sorry. To put it in perspective, I've never seen this happen despite treating many hundreds of patients with thyroid. Increasing your thyroid dose to levels above the upper limit of the normal range may accelerate Osteoporosis (which is already common in CFIDS/FMS). Because of this, you need to check your thyroid (Free T4 - not TSH) levels after 4 to 8 weeks on your optimum dose of thyroid hormone. All this having been said, we find treatments with thyroid hormone to be safer than Aspirin and Motrin. If you have risk factors or Angina, do an exercise stress test to make sure your heart is healthy before beginning thyroid treatment. These risk factors include: 1. Diabetes, 2. Elevated cholesterol, 3. Hypertension, 4. Smoking, 5. Personal or family history of Angina, 6. Gout, 7. Age over 50 years old.

There are several forms of thyroid hormone, and one kind will often work when the other does not. Do not take thyroid within 6 hours of iron or calcium supplements or you won't absorb the thyroid. It can take 3 to 24 months to see the thyroid's full benefit.

___ 47. **Levoxyl** or **Synthroid (Rx, L-Thyroxine)**: 50 mcg - (100 mcg = .1 mg). See paragraph below and thyroid information above.

___ 48. ** **Armour Thyroid (Rx)**: 30 mg (1/2 grain = 30 mg) (natural thyroid glandular). If #54 (Cortef) is checked, begin the Cortef and/or adrenal support 1-7 days before starting the thyroid. See paragraph below and thyroid information above.

For each of these 3 forms (#47, 48, & 52), take ½ tablet each morning on an empty stomach for 1 week and then 1 tablet each morning. Increase by ½ to 1 tablet each 1 to 6 weeks (till you're on 3 tablets or the dose that feels best). Check a repeat Free T4 blood level when you're on 3 tablets a day (or your optimum dose) for 4 weeks. If okay, you can continue to raise the dose by ½ to 1 tablet each morning each 6 to 9 weeks to a maximum of 5 a day and then recheck the Free T4 4 weeks later. Adjust it to the dose that feels the best (lower the dose if shaky or if your resting pulse is regularly over 88/minute). Do not go over 5 tablets a day without discussing it with your doctor (Although it may take as many as 10 a day to see the optimal effect). When on your optimum dose, you can often get a single tablet at that strength. Interestingly, Armour thyroid hormone (or a similar one called 'Bio-thyroid') can be mailed to the U.S. without a prescription from www.biogenesis.co.za/pi-thyroid.asp or www.antiaging-systems.com. Only use thyroid under a doctor's supervision. If your energy wanes too early in the day, you can also take part of your thyroid dose between 11 AM and 3 PM. Some people find that taking part of their thyroid dose at night feels better. You can divide your thyroid dose through the day to see what feels best.

and/or

___ 49. **Iodine**: **Iodoral** tablets from Optimox ½-1 a day for 2-4 months if you have daytime body temperatures under 98.3 degrees or breast or ovarian cysts. It contains 12.5 mg iodine (iodine 5 mg & iodide 7.5 mg). May flare Hashimoto's Thyroiditis and rarely may suppress thyroid function (with long term use).

___ 50. **Thyrophin PMG Thyroid Glandular** (Standard Process): 1 tablet is the ~

equivalent of 15 mg Armour Thyroid. Take 1 tablet 3 times a day.

and/or

___ 51. **Dessicated Thyroid:** 130 mg from www.nutri-meds.com - it is over-the-counter. ½-2 tablets each morning (caution - contains active thyroid hormone).

___ 52. **Thyrolar (Rx):** ½ (this equals T4 25 mcg plus T3 6.25 mcg). See thyroid information above.

___ 53.* **Cytomel (Pure active T3) (Rx):** 5 and 25 mcg tablets. In Fibromyalgia, resistance to normal thyroid doses may occur and patients often need very high levels of T3 Thyroid to improve. Dr. John Lowe's research group feels that the average dose needed in FMS is 75-125 mcg each morning - much higher than your body's normal production. Because we are often going above normal levels with T3, the risks/side effects noted above increase. Because of this, if you have risk factors, it is more important to consider an exercise stress test to make sure your heart is healthy (i.e., no underlying Angina) before beginning this protocol. Also, consider a Dexa (Osteoporosis). Scan each 6 to 18 months while on treatment. There may be initial bone loss the first year, then increased bone density. Bone density may decrease at 6 months and then increase after that. This having been said, in our experience this treatment has been quite safe and, in some FMS patients, dramatically effective. Begin with 5 mcg each morning and continue to increase by 5 mcg each 3 days until you feel well, shaky or you're at 75 mcg a day (whichever comes first) and then increase by 5 mcg a day each 1 to 6 weeks until (whichever comes first):

1. You reach 125 mcg each morning (or 60 mcg if you're over 50 years old unless approved by your physician).
2. You feel healthy.
3. You get shakiness, worsening significant palpitations (occasional "flip flops" are common), anxiety, racing heart, sweating or other uncomfortable side effects. If this happens, lower the dose a bit for 2-4 weeks and then try raising again till you note significant improvement WITHOUT uncomfortable side effects or you tried to raise it 3 times and still became shaky/hyper.

Blood tests for thyroid hormone or TSH are not reliable or useful on this regimen. If you feel no better even on the maximum dose, taper off (decrease by 5 mcg each 3 days until you're at 15 mcg a day. Take 15 mcg a day for 3 weeks and then drop to 5 mcg a day for 3 weeks, then stop). After being on treatment for 3 to 6 months, some patients can lower the T3 dose or stop it. Feel free to try dropping the dose. If you feel better initially and then worse (beginning more than 4 weeks after starting a new dose), you probably need to lower the dose. If you lose too much weight, try to eat more (and discuss this with your physician) and lower the dose. If using the compounded Sustained Release T3, get it from ITC Compounding Pharmacy by mail (303-663-4224) as there is a major problem with the reliability of compounded T3 if not made properly. If you lose too much weight, try to eat more (and discuss this with your physician) and lower the dose.

Adrenal Hormones, Glandulars & Support

Helps your body deal with stress and maintains blood pressure.

___ 54.** **Cortef (Rx)**: 5 mg tablets - ½ to 2½ tablet(s) at breakfast, ½ to 1½ tablets at lunch and 0 to ½ tablets at 4 PM. Use the lowest dose that feels the best. Most patients find that 1 to 1½ tablets in the morning and ½ to 1 tablet at noon is optimal. Take it with food if it causes an acid stomach. Do not take over 4 tablets a day without discussing the risks with your physician. Take Calcium (see #3) if on Cortef. If taken too late in the day, Cortef can keep you up at night. You can double the dose for up to 1 to 3 weeks (to maximum 7 tablets a day), during periods of severe stress (e.g. infections - see or call your doctor for the infection and let him/her know you're raising the dose). If routinely taking over 4 tablets a day (at your doctor's direction), wear a "Med-Alert bracelet" that says "on chronic Cortisol treatment." After 9-18 months, you can try to wean off the Cortef (decrease by ½ tablet a day each 2 weeks) if you feel OK (or no worse) without it.

OR 55 plus 56

___ 55.** **Adrenal Stress End**: From Enzymatic Therapies or Integrative Therapeutics. Take 1-2 capsules each morning (or 1-2 in the morning and 1 at noon). Take less or take with food if it upsets your stomach.

___ 56. **Isocort (Adrenal Glandular)**: Contains approximately 2½ mg Cortisol (Cortef) per pellet (see #54 above for directions). Order from (800) 743-2256.

___ 57. **Hydrocortisone (Rx)**: 5 mg from natural sources. Hoyes pharmacy in Tampa (813) 835-5331 can make them.

___ 58. **Drenamin (Adrenal Support)**: Take 3-6 tablets in the morning and 3 at lunch for 3-7 days. Then lower the dose (e.g. 3 a day) to what feels best.

___ 59. **Panax Ginseng**: 100-200 mg twice a day can help your adrenals to heal.

___ 60.* **DHEA (5 mg or 25 mg)**: _____ mg each morning or twice daily (lower the dose if acne or darkening of facial hair occurs). Some experts recommend that the entire dose be taken in the morning. Keep your DHEA-Sulphate levels between 140-180 mcg/dL for females and 300-500 mcg/dL for males. If you have breast cancer, do not use without your physician's OK. See information sheet for dosing.

___ 61. **Florinef (Rx, fludrocortisone)**: 0.1 mg - 1 each morning. Begin with ¼ tablet and increase by ¼ tablet each 3 to 7 days. Increase more slowly if headache occurs. Increase your water, salt and potassium (e.g. 12 oz V-8 juice and one banana a day) intake. See the NMH information sheet and check a potassium level and blood pressure each 6 weeks for 4 months and then each 3 to 4 months. Dexedrine is much more effective and I would use it first for NMH treatment.

___ 62.* **Increase your salt and water intake a lot**. If your mouth and lips are dry (and you're not on Elavil) you're dehydrated - drink more water (or herbal tea or lemonade

sweetened with Stevia - see # 87), not sodas or coffee. Celtic Sea Salt is an excellent form to use (800-867-7258).

Other Hormones

___ 63. **Oxytocin (Rx)**: 10 units each morning; ___ by mouth or nose spray: ___ by I.M. injection - as is helpful. The injections may sting. If so, you can add Lidocaine 2/10 to 5/10 cc (without Epinephrine) to the Oxytocin. Try the tablets, nose spray and injections and use the one you prefer.

___ 64.* **Natural Estrogen (Rx)**: ___ take Estrace (estradiol) 1 mg, 1 to 2 times a day, OR ___ put a Climara .05 to .1 mg patch on each Sunday, OR take a Biestrogen 2½ mg 1 to 2 times a day. If you have not had a hysterectomy, you must be on progesterone with the estrogen to prevent uterine cancer. If you are on the patch and it seems to stop working the last 1 to 2 days of the week, you can change the patch every 5 days.

Use the Estrogen ___ every day; ___ day 1 through 25 of your cycle (day 1 of your period is day 1 of your cycle). It is normal for your periods to be irregular for 3 to 4 months. If your symptoms (including migraines and anxiety) worsen for the week you are off the Estrogen, we can add a Climara .025mg patch for that week. If they worsen a few hours before you take the Estrogen by mouth, divide the dose up through the day (e.g. ½ tablet - 4 times a day vs. 2 tablets each morning). Estrogen/Progesterone capsules are available from ITC Compounding Pharmacy by mail (303-663-4224).

OR

___ 65.* **Biest** ___mg, plus **Progesterone** ___mg, plus **Testosterone** ___mg all in 1 capsule: Take one capsule 1-2x day. Available from ITC Compounding Pharmacy by mail (303-663-4224).

OR

___ 66. **Natural Non-Prescription Estrogen/Progesterone**: ___ Phyto B - 8 pellets a day (= 2½ mg Triest + 50 mg progesterone); ___ Osta B3 - 8 pellets a day (= 2 mg Estradiol + 50 mg Progesterone) OR; ___ Osta Derm Cream ½ teaspoon a day (= 2 mg Triest + 66 mg Progesterone). Available from ITC Compounding Pharmacy by mail (303-663-4224).

OR

___ 67. **Black Cohosh**: 2 tablets 2 times a day for 2 months and then you can lower to 1 tablet twice a day (for hot flashes). Can take 6 weeks to work.

___ 68. **Ortho-novum 1/35 (Rx)**: Begin the Sunday after this period. It's effectiveness as birth control begins after you've been on it the first week. If you miss a pill, add alternate contraception that cycle. It's effectiveness as birth control is decreased while on Doxycycline or Amoxicillin/Augmentin family antibiotics. If you feel poorly the week off the pill, you can take it every day till you get your period (or 5 months, whichever comes first). Then stop the pill for 5-7 days and then repeat this cycle.

___ 69.* **Natural Progesterone (Rx)** - (Prometrium - available in most pharmacies) - 100 mg daily if over 48 years old OR 200 mg a day for the 16th to 25th day of your cycle if under 48 years old. Take it at night. Available without prescription from (800) 743-2256 as _____ Progerol Cream (66 mg/1/2 teaspoon) or _____ Progon B 12½ mg per pellet.

___ 70.* **Testosterone (Rx)** Females: 2 mg tablets or cream, 1 to 2 times a day - make 4 mg/gm of cream (less if acne or darkening of facial hair occurs). Rub the cream into an area of thin skin on the abdomen or inner thigh. Available from ITC Compounding Pharmacy by mail (303-663-4224).

___ 71.* **Testosterone (Rx)** Males: ___ 25 to 50 mg (order 100 mg/gm of cream) 2 to 3 times a day (less if acne occurs). Rub the cream into an area of thin skin on the abdomen, or inner thigh. The cream is available by prescription from ITC Compounding Pharmacy by mail (303-663-4224). Or ___ Androgel ___25 or ___50 mg - apply gel 1-2x a day Or ___ Striant buccal system (30 mg). Apply to the gum region twice daily; morning and evening (about 12 hours apart). Striant® should be placed in a comfortable position just above the incisor tooth (on either side of the mouth). With each application, Striant® should be rotated to alternate sides of the mouth. Upon opening the packet, the rounded side surface of the buccal system should be placed against the gum and held firmly in place with a finger over the lip and against the product for 30 seconds to ensure adhesion. Striant® is designed to stay in position until removed. To remove Striant®, gently slide it downwards from the gum towards the tooth to avoid scratching the gum.

Consider also checking estrogen and DHT levels when you check your testosterone blood levels. If the DHT goes too high it can cause hair loss - which can be prevented by Proscar (Rx) or Saw Palmetto 160 mg 2x day. If estrogen goes too high, this can be blocked by Arimidex (Rx) 1 mg a day. If you are taking thyroid tablets, be aware that adding testosterone can increase your thyroid blood levels. If you get moody, anxious, or racing heart, check a blood level for your thyroid and consider lowering the dose.

___ 72. **Somatomed:** Helps make growth hormone - take 2 tablets on an empty stomach (at least 2 hours after eating), 1 hour before bedtime on weeknights (don't take Saturday and Sunday night). After 3 months, stay off of it for 2 to 4 weeks.

___ 73. **Mestinon (Pyridostigmine) (Rx):** 60 mg - Take ½ tablet in the morning and before exercise (enhances exercise induced growth hormone release 8 fold).

___ 74. **Relaxin (Vitalaxin 20):** 20 mcg tablets. Take 1 to 2 tablets 1 to 2 times a day. Often takes 3 months to see the benefit (from 612-946-1550). May have morning sickness and/or _____ during the first month of use. Start with 1 tablet at night - if OK take 1 tablet twice a day for 5 days and then increase to the dose that feels best.

Antiviral Agents

For more information see Treating Respiratory Infections Without Antibiotics and for HHV-6, CMV & EBV Infections, see Vol. 4, Issue 1 of our newsletter.

___ 75. **Colloidal Silver:** (Use Argentyn 23 from our web store, or wholesale from

www.natural-immunogenics.com or 888-328-8840). Take 2 tbsp by mouth in the morning, 1 tbsp before lunch, and 1 tbsp 20 minutes before dinner. Silver should be taken on an empty stomach (at least 10 minutes before eating or drinking). If you get a "die-off" reaction (flaring of symptoms) as the infection is killed, lower the dose to 1 tsp a day and increase more slowly. Although the higher dose can be taken safely for at least a year, 1 tsp a day is good maintenance dose after the infection resolves.

___ 76. **Lithium (Rx):** 300 mg ___ times a day. If tremor occurs, take 2 teaspoons of Expeller Pressed Safflower Oil from a health food store (uncooked - e.g. as salad dressing) daily or lower the dose. Check a Lithium level 1 month after beginning medication. Then check a Lithium and thyroid blood test (Free T4) each 6 to 12 months.

___ 77.* **Anti-Viral (Ultraceuticals):** 3-6 caps twice a day. This contains a mix of Milk Thistle Extract (80% Silymarin), Phylanthus amarius, Phylanthus uraria, Monoammonium glycyrrhizinate, L-Lysine, N-Acetyl L-Cysteine, Astragalus Herb Powder, Lactoferin, Olive Leaf Extract, Dionea (Venous Fly Trap extract), and Selenium (Selenomethionine). Available from www.Vitality101.com.

___ 78. **Tamiflu:** 75 mg 1-2x day. Effects are seen within three weeks if it is going to help

___ 79. **Symmetrel (Rx, Amantadine):** 100 mg 2 times a day.

___ 80. **Monolaurin:** 300 mg capsules. Take 9 capsules once a day on an empty stomach for 1 week, followed by 6 capsules once a day for 20 days. Take Lysine 1500 mg twice a day while on Monolaurin.

___ 81. **Olive Leaf:** 500 mg - 3 to 4 capsules 3 times a day for 10 to 14 days for respiratory infections or 3 to 4 capsules, 3 times a day for 6-24 weeks for chronic infections (e.g. HHV-6, Epstein Barr, etc).

___ 82. **Nexavir (Rx, Kutapressin):** 2 cc daily for 14 weeks by subcutaneous injection. If not better use 4 cc daily for 14 more weeks. (Costs approximately \$160 for 20 cc.). Available from <http://www.nexcopharma.com/mailorder.htm>.

___ 83. **Transfer Factor 540 for Epstein Barr, Transfer Factor 560 for HHV-6:** 1-3 capsules each morning on an empty stomach. Consider the *Immunity Today* brand.

___ 84. **Famvir (Rx):** 750 mg 3 times a day.

___ 85. **Valcyte:** 900 mg (two tablets of 450 mg each) twice a day for 21 days with food followed by two tablets once daily with food long-term for maintenance. It can be effective against cytomegalovirus (CMV) and possibly HHV-6 but is potentially quite toxic and expensive. Check a CBC and platelet count blood test weekly on the medication.

Anti-Yeast Treatments

For a non-prescription approach, use 86, 88, 89, & 90

___ 86.** **Avoid Sweets:** this includes sucrose, glucose, fructose, corn syrup, or any other sweets until the doctor says that it is okay to include them in your diet again. Avoid fruit juices, which are naturally sweet. Having 1-2 fruits a day (the whole fruit as opposed to the juice) is okay. Stevia is a great sugar substitute. Inositol & Xylitol (# 189 - helps osteoporosis) are also excellent and healthy sugar substitutes that look and taste like just like sugar.

___ 87. **Stevia:** A wonderful herbal sweetener. A great tasting one is "Body Ecology's" available from 800-478-3842. Use all you want.

___ 88.** **Acidophilus Milk Bacteria - Acidophilus 'Pearls' form (30 ct or 90 ct)** (by Enzymatic Therapy/ Phyto Pharmica). Take 2 twice a day for 5 months. Then consider 1 a day to help maintain a healthy bowel. Do not take within 6 hours of taking an antibiotic (e.g. take it midday, if you take the antibiotic morning and night). The Enzymatic Therapy/Integrative Therapeutics Acidophilus or Probiotic Pearls form contains ~ 2.8 billion units per pearl - even though box says only 1 billion. I use only this brand, as in many other brands the bacteria are not viable.

___ 89. **Primal Defense Powder:** 1-6 scoops 3x day for 3-5 months along with the acidophilus (contains "soil based organisms" that also fight yeast, but do not stay in the bowel long term like acidophilus).

___ 90.** **Anti-Yeast (Ultraceuticals):** a combination of natural products shown to aid in fighting yeast (candida) overgrowth and also provides important protection for the liver during yeast treatment. Take 2-6 capsules daily before meals, or as directed. Sensitive individuals may want to take with food.

___ 91. **Citricidal:** 100 mg (use the tablets) 1-3 times a day.

___ 92. **Mycelex Oral Lozenges (Rx, for Thrush and/or "in the mouth" sores):** Suck on 1 lozenge, 5 times a day for 1 to 4 days (as needed). After sucking on it awhile (e.g. 10 minutes), put pieces of the lozenge up against the sore(s) until you are tired of it being there.

___ 93.** **Nystatin (Rx):** 500,000 units- 2 tablets 2-4x a day. Begin with 1 a day and increase by 1 tablet a day until you are up to the total dose. Your symptoms may initially flare as the yeast die off. If this occurs, stop it and take Actos (Rx) 45 mg a day for 10 days. On the 7th day of taking Actos, resume the Nystatin and raise the dose more slowly or stop for awhile if die off is still severe. The Nystatin is usually taken for 5 to 8 months. If nausea occurs take 2 twice a day and/or switch to the Nystatin powder in capsules or mixed in water (available from Kronos Pharmacy 800-723-7455- in 1 million unit capsules which are much cheaper & better tolerated but need to be refrigerated). Repeat Nystatin for 4 to 6 weeks anytime you take an antibiotic or have recurrent bowel symptoms. Can use Phytostan instead.

___ 94.** **Diflucan (Rx, fluconazole):** 200 mg a day. Or, if not covered by insurance - Nizoral 200 mg a day. Take it for 6 weeks. IMPORTANT - begin taking the Diflucan 4 weeks after starting the Nystatin or Phytostan. See the paragraph below.

or

___ ** **Sporanox (Rx, itraconazole):** 100 mg, take 2 each day (simultaneously) with food.

Begin taking the Diflucan, Nizoral or Sporanox 4 weeks after beginning the Nystatin or Anti-Yeast. If the symptoms have improved and then worsen when you stop the antifungal, refill the prescription for another 6 weeks. (Note: A 6-week supply costs over \$500!) If your symptoms flared when you began the Nystatin, begin with ¼ to ½ the above dose for the 1st week. Do not take cholesterol lowering agents related to Mevacor or antacids (e.g. Tagamet) while on Sporanox! Diflucan 200 mg a day may be substituted for Sporanox if you are on antacids. Do not take Mevacor family medications with Diflucan or Nizoral! Take Lipoic Acid (#4) any time you take Sporanox, Nizoral or Diflucan. Also, taking Betaine HCL (stomach acid to help digestion - available at most health food stores) at the same time as the Sporanox, can dramatically increase Sporanox's absorption and effectiveness. Lipoic Acid may decrease the risk of liver inflammation from the Diflucan, Nizoral or Sporanox. If you need to stay on these medications more than 3 months, check liver blood tests (ALT, AST) every 3 months. If you feel well and symptoms (especially bowel symptoms) recur over time, consider retreating yourself with Acidophilus Pearls 2 twice a day, Nystatin or Anti-Yeast and Sporanox (or Diflucan) for 6 weeks as needed. If you flare your symptoms on this treatment, take Actos (Rx) 45 mg a day for 10 days. Retry the Diflucan/Sporanox on the 7th day of taking Actos.

___ 95. **Oregano Oil (enteric coated):** Candida Formula from Enzymatic Therapies. 2 capsules on an empty stomach 1-2 times a day for 3 to 4 months, then as needed for yeast overgrowth.

Immune Stimulants

___ 96.* **Thymic Protein (a.k.a - Proboost and Bio Pro A):** Dissolve the contents of 1 packet under your tongue - any that is swallowed is destroyed! Take it three times a day for 12 weeks, then 1 a day for 6 weeks. Also take it 3 times a day at first sign of any infection until the infection resolves (it is approximately \$1.80 a packet). Available from our office (800-333-5287 or www.vitality101.com). Works in the first 24 hours for acute infections but takes 2-3 months to work for chronic infections.

___ 96A.* **Colloidal Silver:** (Available in our web store or wholesale from www.natural-immunogenics.com or 888-328-8840). See #75.

___ 97.* **Leuko-Stim (Ultraceuticals):** This mix mostly stimulates immune function, but the olive leaf may also have anti-viral properties. It contains Olive Leaf Extract, Beta 1,3, Glucan, Maitake Mushroom Extract, and Arabinogalactan.

___ 98. **Maitake D Fraction 30 (Ultraceuticals):** With 330 mg of maitake mushroom and extract (an excellent immune stimulant).

___ 99.** **Gamma Globulin:** 2 cc IM 1-2x week or 4 cc IM each 1-2 weeks for 6 weeks then as needed. Can "jump start" the immune system. Costs ~ \$38 per 2 cc dose.

___ 99A. **ImmPower:** 500 mg capsules - Take 2 capsules 3 times a day for 3 weeks. Then

take 1 twice a day. This natural product triples some important components (natural killer cells) of your immune system. It is expensive.

___ 100. **Cold Water Therapy:** see newsletter.

___ 101. **Isoprinosine (inosine pranobex):** 500 mg tabs: Weeks 1, 3, 5, 7, 9 & 11 take 2 tabs 3x day Monday through Friday. Weeks 2, 4, 6, 8, 10 & 12 take 2 tabs each morning Monday through Friday.

For Brain Fog

___ 102. **Ginkgo 60 mg:** 1 capsule 2-3 times a day.

___ 103. **Remember - Mental Sharpness Formula (Enzymatic Therapy):** Take 2 capsules daily. For mild memory problems associated with aging, this comprehensive formula is more powerful than ginkgo alone. It safely supports enhanced focus and brain function through its unique blend of powerful antioxidants, energizing B vitamins, high-potency alpha lipoic acid and clinically-studied herbal extracts.

___ 104. **Niacin** (not niacinamide or "flush free niacin): Take 100-500 mg of niacin 3-4 times a day on an empty stomach as needed to cause a "flushing" feeling, which occurs within ~ 10-20 minutes. The Flushing feeling is often intense, but not dangerous. It opens the blood vessels to your brain and other areas that have been deprived of blood flow. You may choose to let the pill dissolve in your mouth, and follow it with a glass of cold water. The flush can significantly help brain fog and pain and niacin is very inexpensive. Try to keep the dose at 1000 mg a day or less if this is enough to cause flushing, as higher doses can rarely cause liver inflammation or unmask diabetes. This treatment also helps to lower cholesterol.

___ 105. **Piracetam (Rx):** 1200 mg twice a day for 2 weeks, then take 2400 mg twice a day for 2 weeks. Then adjust to optimum dose (up to 4800 mg a day). Can be ordered from England. Take with Hydergine (#106) (www.antiaging-systems.com).

___ 106. **Hydergine (Rx):** 4 to 6 mg each morning.

___ 107. **DMAE:** up to 400 mg a day.

For Migraines - Prevention

For migraine prevention, Magnesium (see #1 plus take an extra 200 mg at bedtime) is very important. I would add vitamin B2 and butterbur (or feverfew if the butterbur is too expensive). It can take three months to see the effect of these preventive measures! If your migraines are predominately around your period or associated with taking estrogen, they can often be eliminated by adjusting estrogen dosing. Many medications which are elsewhere on this form can also be helpful for the prevention of migraines when taken regularly. These include Neurontin, Topamax, Elavil, and Doxepin. Inderal XL can also be helpful but may aggravate fatigue, asthma, or depression. Food allergies should also be

addressed. Other medications can also be helpful. For more information see A Comprehensive Medicine Approach To Migraines.

___ 108.** **Food allergies** are also very important to consider in the production of migraines. To tell if foods are playing a role, it is helpful to do a food elimination diet. Although a very limited diet is needed for five days (eat only pear and lamb, and drink only bottled spring or distilled water), this kind of strict elimination diet for five days will make it easier to tell if true food allergies are present and triggering your migraines when you reintroduce the foods into your diet. In one study, by avoiding the ten most common food triggers, there was a dramatic reduction in the number of headaches per month, with 85% becoming headache free. The most common reactive foods were wheat in 78% of patients, orange in 65%, eggs in 45%, tea and coffee and 40% each, chocolate and milk and 37% each, beef in 35% and corn, cane sugar, and yeast in 33% each when the patients were challenged with these foods . If you have severe and frequent migraines, it is worth exploring this. You may find that instead of avoiding these foods for the rest of your life, you can eliminate the sensitivities/allergies using an acupuncture technique called NAET (see www.NAET.com).

___ 109.* **Vitamin B2 (riboflavin)**: 400 mg each morning to prevent migraines.

___ 110.* **Petadolex (butterbur)**: 50 mg 3 times a day for 1 month and then twice a day to prevent migraines. Can take 2 every 3 hours up to 6 capsules for acute migraines. Use only Enzymatic Therapy or ITI brands - others often have impurities and do not contain the amount of Butterbur the label claims. This can be highly effective.

___ 111. **Feverfew**: 250 mg 1 to 3 times a day to prevent migraines.

___ 112. **Zonegran (Rx)**: 100 mg, an anti-seizure medication. Begin with 100 mg a day for two weeks and then increase to two tablets a day. The maximum dose is 400 mg daily, although most of the benefit occurs at the first 200 mg. Because there have been rare occurrences of a life threatening rash (most rashes caused by the medication are not however), stop the medication immediately if you get a rash.

Acute Migraines

___ 113.* **Petadolex (butterbur)**: 50 mg, 2 every 3 hours up to 6 capsules for acute migraines

___ 114.* **Imitrex (Rx)**: For the treatment of acute migraines, medications in the Imitrex family still remain the first choice. Imitrex comes in 25, 50, and 100 milligram tablets, and up to 100 mg may be taken at a time. If pain persists at two hours, another dose of up to 100 mg can be taken. In addition, it is also available by nasal spray, using a dose of up to 20 mg initially, followed by one more spray of up to 20 mg 2 hours later if needed. Another alternative is a 6 mg subcutaneous injection which can also be repeated one-hour later if needed. It is reasonable to try these different forms to see what works best for your migraines. You may also want to try a newer cousin called Amerge. Use 2.5 milligrams initially. This dose may be repeated four hours later if needed. #114A below is more effective than Imitrex 50 mg in a head to head study, however, and much cheaper.

___ 114A.* **Acetaminophen** 500 mg, **aspirin** 500 mg, and **caffeine** 130 mg is more effective than Imitrex 50 mg in a head to head study, however, and much cheaper.

___ 115. **Axert (Rx, Almotriptan)**: 6.5 or 12.5 mg. Can repeat after 2 hours. A cousin to Imitrex but less expensive.

___ 116. **Magnesium**: 1-2 grams intravenously over 15-30 minutes will usually knock out acute migraine attacks.

___ 117. **Midrin. (Rx)**: Two capsules are taken immediately followed by one capsule every hour until the headache is relieved (to a maximum of five capsules within a 12 hour period). It can also be helpful for tension headaches in a dose of two capsules four times a day as needed.

___ 118. **Metoclopramide 10 mg plus lysine acetylsalicylate (Rx)** (compounded): 1620 mg or aspirin 900-1200 mg (chewed). Metoclopramide returns the absorption of aspirin to normal during migraine attacks and also combats nausea and vomiting. In 2 placebo-controlled studies, this combination (using lysine acetylsalicylate) was more effective than 100 mg of Imitrex by mouth and was better tolerated.

OR

___ 119. **Indomethacin** (a "super-aspirin"), **prochlorperazine** (for nausea), and caffeine in suppository form (also compounded) eliminates an acute migraine in 49% of patients.

___ 120. **ACTIQ (Rx, Fentanyl Lollipops)**: 200-1600 mcg. This powerful narcotic should only be used for breakthrough pain that is not relieved by other medications (i.e., used instead of going to the emergency room). Fentanyl lollipops should be sucked on, not chewed or swallowed. In between being sucked on, it should be left between the cheek and lower gum. Time it so that it takes approximately 15 minutes to be absorbed into your cheek. In doing it this way, it is most effective. It begins working within 5 to 10 minutes with pain relief lasting approximately three hours. Its effectiveness is similar to 2-16 mg of intravenous morphine. The most commonly used doses are 400 & 800 mcg. Because these medications are only approved by the FDA for use in patients who are on chronic narcotics, it is reasonable to have you (if you are not on chronic narcotic pain medications) take the first dose in a doctor's office to make sure that it does not cause excessive sedation. Like other narcotics, this medication can be highly addictive. Because of this, it should only be used as a rescue medication when other medications have failed. Once you have tried the 200 and 400 mcg doses and know that they are not too sedating, begin with a 400 mcg dose over 15 minutes. If adequate pain relief is not achieved 10 minutes later (25 minutes after beginning the first lollipop), use another 200 or 400 mcg unit each 25 minutes until adequate pain control is achieved or you reach 1200 mcg. The average dose needed is 800 mcg.

___ 121. **Phenergan Rectal Suppositories (Rx)**: For nausea, 25 mg- 1 every 4 hours as needed for nausea (up to 5 a day).

___ 122. **Diamox (Rx)** (a diuretic): 125-500 milligrams once or twice daily may decrease

severe pressure headaches. Carbonated beverages will taste funny while you're on this medication.

Treatments for Parasites

If your stool test shows parasites, recheck the stool test 3 to 4 weeks after finishing the treatment below. You can use the natural remedies #132 and #134 with either #135 or #136.

___ 123.* **Vermox (Rx)**: 100 mg - Chew 1 twice a day for 3 days. 1 week later chew 1 twice a day for 1 day. Good as an "empiric" therapy if you suspect parasites but cannot isolate them.

___ 124.* **Neomycin (Rx)**: 500 mg - 3 times a day for 10 days. Used for small bowel bacterial overgrowth.

___ 125.* **Multi-pure Water Filter**: Most other filters except reverse osmosis are ineffective. Available from Bren Jacobson, 410-224-4877. Decreases the risk of reinfection.

___ 126.** **Flagyl (Rx, metronidazole)**: 750 mg 3x a day for 10 days. It is followed by Yodoxin for many parasites. For Clostridium Difficile take 250 mg, 4 times a day or 500 mg, 3 times a day. It may cause nausea/vomiting (uncomfortable but usually not worrisome). Do not drink alcohol while on this medication as it will make you vomit. The SR (sustained release) form is easier on the stomach (as is the brand name form). If you get numbness/tingling in your fingers (or it worsens if you usually have it) stop the Flagyl.

___ 127. **Yodoxin (Rx, iodoquinol)**: 650 mg - 3x a day for 20 days after Flagyl is completed.

___ 127A. **For Blastocystis** begin with **Tinidazole 500 mg, Amphotericin B 100 mg, and Furazolidone 100 mg** with each of these being taken twice a day for seven days. Take with psyllium - 1 tsp with any liquid - this will trap the pills so they do not get absorbed in the stomach but go right to the intestinal tract. Eat a low carbohydrate diet and do not take B-complex vitamins or anything containing folic acid during treatment. If not successful, they retreat bid for 14 days.

127B. **Alinia (Rx, nitazoxanide)**: 1 gm 2 times a day for 10-14 days. This is longer than the standard recommendation for this medication and it is expensive but will be off patent soon, so there hopefully will be less expensive generics available soon.

___ 128. **Paromomycin (Rx)**: 250 mg 2 tabs 3x day for 15 days (Cryptosporidium). For Blastocystis add Yodoxin (as in #127) &/or Tinidazole 500 mg 3 x day for 10 days.

___ 129. **Bactrim DS (Rx)**: 1 twice a day for plus Yodoxin 650 mg 3 times a day with food for 10 days. Do not take Folic acid supplements (e.g. B Complex or multivitamins) for these 10 days (for Blastocystis). For Blastocystis, also be on a low carb diet and add glutamine 1000 mg/day.

___ 130. **Amphotericin B (Rx)**: 100 mg twice a day plus Tinidazole 500 mg twice a day plus Furaxon (Furazolidone) 100 tablet twice a day. Take these 3 together with food for 7-14 days (Amphotericin B, Furaxon and Tinidazole are available from Clark's Pharmacy 800-480-3432 @ ~ \$56/weeks supply) (treatment for refractory Blastocystis).

___ 131. **Tinidazole (Rx)**: 2000 mg - ___ Once daily for 3 consecutive days with food (for Entamoeba Histolytica).

OR

___ 3 doses each 2 weeks apart (for Giardia or Dientamoeba Fragilis) @ Clark's Prescriptions 800-480-3432.

___ 132. **Parastat (Holarrhena Antidysenterica)**: 500 mg - you can take up to 8 capsules a day. From Premier Research Labs (800-325-7734).

___ 133. **Zithromax (Rx)**: 250 mg 1 a day on an empty stomach for 10 days, along with Bactrim 1 tablet twice a day for 10 days (alternate treatment for Cryptosporidium). Add Artemesia (#135 or 136).

___ 134. **Lactoferrin**: 350 mg, 1 to 3 capsules at bedtime.

___ 135. **Artemesia Annu (an herbal antiparasitic)**: 500 mg- 2 tablets 3x a day for 20 days.

OR

___ 136. **Tricyclin (an herbal antiparasitic)**: 2 tablets 3x a day after meals for 6-8 weeks (concentrated Artemesia).

___ 137. **Colostrum (mother's milk)**: 3 capsules 3x a day for 6-9 months. Then stop or use the lowest dose needed for symptoms. If nausea or indigestion occurs, lower the dose to a comfortable level for 1-2 weeks till it passes. Take on an empty stomach. May increase "Growth Hormone Effect" by raising IGF-1 - it takes 5 months to see this effect.

___ 138. **Quinacrine (Rx)**: 100 mg a day for 5 days. May be useful for empiric therapy of suspected but not identified parasites.

___ 138A. **Rifaximin (Rx)**: 400 mg 3x day for 10 days-a non absorbable antibiotic for SIBO.

Treatment for Bacterial, Mycoplasma, Chlamydial, Bladder (E-Coli), Sinusitis, Chronic Lyme or Other Infections

These infections usually take months to years to eradicate. It is common to flare your symptoms (from the infection "die off") the first 2-6 weeks of treatment. Take the antibiotics for 6 months and, if better, then repeat 6 week cycles until your symptoms stay gone. Antidepressants, Neurontin, and/or Codeine may block the antibiotic's effectiveness. Be sure to take Nystatin 2 tablets twice a day and Acidophilus while on the antibiotics. If you

have occasional low grade fever (i.e., if over 98.6 degrees F), check your oral temperature occasionally to see if the antibiotic reduces or eliminates the fever. If so, stay on that antibiotic. See Dr. Nicholson's website (www.immed.org) for more information. YOU CAN ATTEMPT IMMUNE STIMULATION WITH #96-100 INSTEAD OF OR WITH ANTIBIOTICS.

___ 139. **Cipro (Rx, ciprofloxacin)**: 500 mg - twice a day for 6 months. Do not take magnesium products (e.g. Fibrocare, some antacids, *From Fatigued To Fantastic!* Formula) within 6 hours of Cipro or you won't absorb the Cipro).

OR

___ 140.* **Minocycline (Rx, a tetracycline)**: 100 mg - 2x a day for 6 months. If symptoms recur when the Minocycline is completed, keep repeating 6 week courses until the symptoms stay resolved. Take Nystatin (at least 2 twice a day) while on the antibiotic. Your birth control pill may not work while on Minocycline. Do not take any Minocycline tablets older than its expiration date (very dangerous).

OR

___ 141. **Zithromax (Rx, azithromycin)**: 250 mg tablets - 1 tablet a day (take with food if it bothers your stomach). Don't take magnesium containing products within 6 hour of the Zithromax.

___ 142. **Biaxin (Rx)**: 500 mg, 2 times a day.

Chronic & Acute Sinusitis

___ 143.* **Sinusitis Nose Spray (Rx)**: Contains Sporanox, Xylitol, Bactroban, and triamcinolone. Use 1-2 sprays in each nostril twice a day for 6-12 weeks. If it irritates the nose, use nasal saline spray just before using the prescription. Use with silver spray below. Available by prescription from ITC Compounding Pharmacy by mail (303-663-4224).

___ 144.* **Silver Nose Spray**: 5-10 sprays in each nostril three times a day for 7-14 days until the sinusitis resolves (from our web store or wholesale from www.natural-immunogenics.com or 888-328-8840).

___ 145. **Nasal Irrigation (Rx)**: Get 1 liter of normal saline with 100 mg Amphotericin B and a second liter with 80 mg gentamycin. Use 1 ounce of each in each nostril as a nasal rinse twice a day as needed. Use Cape Apothecary (800-248-5978 or 410-757-3522).

Kills Many Infections

___ 146. **Colloidal Silver**: (Use Argentyn 23 from our web store or wholesale from www.natural-immunogenics.com or 888-328-8840). Take 2 tbsp by mouth in the morning, 1 tbsp before lunch, and 1 tbsp 20 minutes before dinner. Silver should be taken on an empty stomach (at least 10 minutes before eating or drinking). If you get a "die-off" reaction (flaring of symptoms) as the infection is killed, lower the dose to 1 tsp a day and increase

more slowly. Although the higher dose can be taken safely for at least a year, 1 tsp a day is good maintenance dose after the infection resolves.

E.Coli Bladder Infections

___ 147. **D-Mannose**: 1 teaspoon (2 grams) stirred in water every 2 to 3 hours while awake for 2 to 5 days for acute bladder infections (may use up to 1-2 times a day long term if needed for chronic infections) caused by E.Coli (this causes approximately 90% of bladder infections). If not much better in 24 hours, get a urine culture and consider an antibiotic. Continue taking it for 2-3 days after the last symptom resolves. 1 tsp. Taking it an hour before and immediately after intercourse can also prevent bladder infections. D-Mannose is available from BioTech (800-345-1199), our office or our website Vitamin Shop.

Food & Other Sensitivities

___ 149.** **NAET**: Wonderful for elimination of sensitivities/allergies (see www.naet.com for more information). In Annapolis see Laurie Teitelbaum at 410-266-6958.

___ 150. **Food Allergy Elimination Diet**: See Multiple Food Elimination Diet by Doris Rapp.

___ 151. **MSM (sulfur = methyl sulfonyl methane)**: 2000-6000 mg - 2 times a day for 2-3 months, then as needed for allergies, wound healing, and arthritis. Vitamin C 500 mg with each dose may improve absorption. This is O.K. to take even if you are Sulfa allergic.

I.V. Nutritional Support

___ 152.** **Myers Cocktail (Rx)**: I.V. nutritional therapies (very helpful). In the Maryland, Virginia, and Washington DC areas, an excellent IV nurse is Rhonda Kidd (443-994-0126).
* Detoxification- There are several simple things that you can do that can be very helpful.

___ 153. **Sweating can remove toxins**: especially if you shower immediately after, and can be very helpful for health. Many of the newer saunas are what are called "far infrared," and a half-hour 3-7 times a week can help detoxification. See <http://hightechhealth.com> for more information.

___ 154. Some of you may be more comfortable with **hot baths**. This is one recipe that was given to me by a wonderful practitioner (Anette Mnabhi, DO in Montgomery, IL):

Recipe for a detox bath — which helps a lot with general muscle aches and pains.

Epsom Salt - 2 cups & Baking Soda - 1 cup & Hydrogen Peroxide - 1/3 cup

Fill tub with hot water and add above ingredients. Soak for 20-30 minutes. You will sweat in the tub and Lose toxins (which causes you to lose some water as well). It is important to

drink plenty of water while you soak. You can make fresh lemon juice and mix with water and drink, or plain water, but it is essential to drink while you take the bath. If you have a tendency to get light headed easily, be cautious when getting out of the tub, or have someone nearby the first time you take a detox bath. Take a lukewarm to cool shower after getting out of the tub to rinse off the salts or you may itch. Rest for 30 minutes after the bath.

___ 155. There are two excellent products that can be used intermittently to eliminate toxins. These are the ___ "**Whole Body Cleanse**" and ___ "**Metal Magnet**" by Enzymatic Therapy. Simply follow the labeled instructions.

___ 156. **For pesticide detoxification** (usually takes 3-10 months to start working and symptoms may initially flare). Add 50 gm choline and 25 gm vitamin C to 500 cc (1 pint) of flavored water. Take 10 cc (2 teaspoons) 3x a day for 1 month then 5 cc (1 teaspoon) 2 times a day. Choline can cause a fishy smell at a higher dose. If this a problem, lower the dose. Reference *Journal of Chronic Fatigue Syndrome* 6 (2) 2000 p11-21.

___ 157. **D-penicillamine** for heavy-metal elimination. Take 500 mg (two 250 mg capsules) 4 times a day for two days each week (e.g. Monday and Thursday) for 4-12 weeks on an empty stomach.

NMH and/or Energy Boosters

___ 158.* **Dexedrine (Rx, dextroamphetamine):** 5 mg - 1 to 2 tablets in the morning; plus ½ to 1½ tablets at noon; or Concerta 18 mg take 1-2 each morning and/or _____ Provigil (Rx) 200 mg. ½- 1 tablet in the morning and at noon, as needed for energy. Dexedrine is an amphetamine family stimulant similar to Ritalin and may be addictive. Take less if you have caffeine-like shakiness. Most patients use 1-3 tablets of Dexedrine in the morning and ½-2 at noon. If appetite suppression and/or weight loss is a problem you can add Periactin (Rx) 4 mg (antihistamine & anti-serotonin) up to 5 tablets a day.

___ 159. **Strattera (Rx):** 25 or 40 mg caps - 40 mg each morning. Can increase by another 40 mg in the AM or afternoon as needed. Raises Norepinephrine. May suppress appetite.

___ 160. **Midodrine (Rx, Proamatine):** 5 mg 1-2 tablets. Take up to 1 hour before exercise/activity up to 3 times a day (for NMH).

Anticoagulants

___ 161.** **Heparin (Rx, blood thinner):** _____units (_____cc) subcutaneously twice a day for 3 months. Then switch to Heparin in lozenge form (1000 units/dose more than you took by injection) and dissolve under your tongue 2-3 times a day. A heparin nose spray (10,000 units per CC with one spray equally 1000 units) is also available from University pharmacy 800-985-8065. Avoid any traumatic injuries. There are 10,000 units/cc of the injectable. If you have preloaded syringes (____units/cc) use 1 syringe 2 times a day. This is a blood thinner. Call immediately if you have any bleeding problems. Check the Platelet Count and PTT blood tests (#147) weekly for 1 month, then every 3 months while on Heparin injections. Inject it into the fat (not muscle) in your abdomen. Use a different spot

each time (you may get a bruise where the injection is given). Can cause a (potentially fatal) bleeding problem or drop in platelet count.

AND/OR

___ 162. **Lumbrokinase (natural powerful blood thinner):** Take 1 tablet at night or twice a day.

AND/OR

___ 163.* **Megazyme** (see #202 below)

Neurotoxin Therapies

Read the info sheets on www.Vitality101.com

___ 164. **Questran (Rx):** 1 packet or scoop 4 times a day mixed with water or apple juice. Take ½ hour before eating meal containing fat. Binds other treatments so take them at least 1 hour before or 4 hours after Questran if possible. Can cause severe and dangerous constipation. Take #180-186 as needed to have at least 1 bowel movement a day. If Questran flares your symptoms, stop it and take Actos (Rx) 45 mg a day for 5 days first and for 8 more days after resuming Questran and then retry Questran (and consider adding antibiotics). See the Neurotoxin information sheet for detailed instructions - also do the Vitamin C Flush and, if needed, the "Alkaline Way" Diet with it. Information sheets available on www.Vitality101.com.

Antidepressants- helps pain, brain fog, energy - even if not depressed. And may be helpful in treating NMH.

___ 165. **Happiness 1-2-3! (Hypericum/St. John's Wort), 5HTP, magnolia** and more - It is outstanding for depression! Available from HFN (800-980-8780) or www.Vitality101.com. It takes 6 weeks to see the full antidepressant effect. Take 1-3 capsules 1-3x day. Do not take with other prescription anti-depressants without your doctor's permission.

___ 166. **Effexor (Rx, venlafaxine):** 37½ mg _____ tablets - _____ times a day.

___ 167. **Prozac (Rx, fluoxetine):** 20 mg - _____ capsule(s) each morning. Begin with 10 mg a day the first week if the full dose makes you hyper.

___ 168. **Celexa (Rx):** 20 mg _____ tablet(s) a day

___ 169. **Zoloft (Rx, Sertraline):** 50 mg - _____ tablet(s) each morning or evening.

___ 170. **Paxil (Rx, paroxetine):** 20 mg - _____ tablet(s) each morning.

___ 171. **Wellbutrin (Rx, bupropion):** _____ mg - _____ x a day. Not sedating.

___ 172. **Meridia (Sibutramine):** 10 or 15 mg each morning. Causes weight-loss.

___ 173. **Pindolol (Rx)**: 5 mg - 1½ tabs a day for 3 weeks, then 3 tabs a day. Give 3 months to work. Blocks Norepinephrine/serotonin.

Sexual Dysfunction/Loss of Libido

This is a common problem, found in 73% of CFS/FMS patients. Make sure your testosterone levels are adequate.

___ 173A. For women **Desire (Ultraceuticals)** or **Hot Plants-For Her (Enzymatic Therapy)**: Maca Root Extract 400-800 mg/day, Rhodiola Rosea Extract 150-300 mg/day, Ashwagandha Root Extract 250-500 mg/day, Siberian Ginseng Extract 150-300 mg/day, Ginkgo Biloba Extract 50-240 mg/day, Diindolymethane (DIM) 100-200 mg/day, Macuna Pruriens Extract (15% L-dopa) 100-200 mg/day.

___ 173B. For men, **Potency Plus (Ultraceuticals)** or **Hot Plants-For Him (Enzymatic Therapy)**: Maca Root Extract 400-800 mg/day, Rhodiola Rosea Extract 150-300 mg/day, Epimedium Extract 100-200 mg/day, Longjack Extract 50-100 mg/day, Panax Ginseng 100-200 mg/day, Ginkgo Biloba Extract 50-240 mg/day, Diindolymethane (DIM) 100-200 mg/day, Macuna Pruriens Extract (15% L-dopa) 50-200 mg/day, Tribulus Terrestris Extract 100-200 mg/day.

___ 174. Antidepressant induced sexual dysfunction can be treated with ___ **ginkgo biloba** 120 mg twice daily, ___ **Dexedrine** - 25 mg each morning, ___ **Symmetral** 100 mg twice daily, or switching to **Wellbutrin** (see # 171)

___ 175. **Viagra (Rx)**: 100 mg- take ¼-1 tab 1 hour before intercourse on an empty stomach for erectile dysfunction (do not use with nitroglycerin or underlying heart disease). Chew and dissolve under tongue for faster effect.

___ 176. **Cialis (Rx)**: 20 mg - take one half to one tablet 15 minutes before intercourse for erectile dysfunction (do not use with nitroglycerin or underlying heart disease).

Vulvadynia

Treat with Elavil (or Doxepin) and Neurontin (oral or topical). Suboptimal testosterone can also cause Vulvadynia.

Spastic Colon-IBS

Treat the yeast and parasites and the IBS will usually go away. For symptomatic relief:

___ 177. **Peppermint Oil**: Enteric/stomach coated (2/10 =.2 cc) capsules, 1 to 2 capsules 3 times a day between meals (not with food) for spastic colon. Peppermint Plus from Enzymatic Therapies. Mentharil from Integrative Therapeutics .

___ 178. **Simethicone (Mylicon)**: 40 to 80 mg, chew one tablet 3 times a day as needed for abdominal gas pains.

___ 179. **Iberogast (digestive system herbal)**: Take 20 drops 3 times a day in warm water with meals. Very helpful for indigestion (takes 4 to 8 weeks to work). From Phyto Pharmica.

Constipation

Can adjust these as needed for one soft bowel movement a day. Increasing your water, fiber (e.g. 1 bowl of whole grain cereal in the morning) and magnesium intake is also helpful.

___ 180. **Miralax Laxative (Rx)**: 1 heaping tablespoon a day in 8 oz water (comes in 14 oz and 26 oz bottles).

___ 181. **Prunes and/or Prune Juice**

___ 183. **Artichoke Extract**: 160 mg by Enzymatic Therapies. Take 2 capsules 3 times a day. It can also help spastic colon. Stimulates bile acid release and may also help gall stones.

___ 184. **Sorbital 70%**: 1-3 teaspoons 3 times a day as needed.

___ 185. **Challenge Caps**: up to 2 capsules 3 times a day between meals.

___ 186. **Lactulose Liquid (Rx)**: Take as needed for constipation. (lowers ammonia levels as well).

Osteoporosis

In addition to weight bearing and estrogen replacement, DHEA and testosterone replacement can also be very beneficial in the treatment of osteoporosis. In addition to calcium, numerous nutrients (e.g. magnesium, boron, etc) are critical for building bone strength. Except for calcium, strontium, and vitamin K, most of these are contained in the Energy Revitalization System (See #1 above) which contains over 50 nutrients. Take this plus calcium and:

___ 187. **Bone Health (Ultraceuticals)**: Take 3 capsules 1-2 times per day as directed by a physician. Do not take calcium products within 2 hours of thyroid medications. Bone Health contains Strontium, which is much more effective than Fosamax for building strong bones, but safe. This product also contains vitamins D and K, Calcium, magnesium, and manganese for maximum benefit. It is outstanding for building bone density. Available at www.Vitality101.com

___ 188. **Fosamax (Rx)**: 70 mg once a week on an empty stomach taken with a full glass of water. It is best to take it immediately on waking and then stay upright for 30 minutes so

gravity helps it get past the stomach quickly (because it can irritate the stomach). For those of you on the 35 mg a week prevention dose, be aware that the 35 and 70 mg tablets cost exactly the same amount. So you can save half the cost by getting a 70 mg tablet and breaking it in half!

___ 189. Use **Xylitol powder** instead of sugar (increases bone density and tastes and looks like sugar).

Cholesterol

Statin drugs like Mevacor can severely flare Fibromyalgia, and Co-enzyme Q10 200-400 mg a day should always be taken with it (see #11). Better yet, I substitute the natural formula below (which can also be taken with cholesterol lowering meds if needed).

___ 190.** **Chol-Less (Ultraceuticals)**: This natural mix of cholesterol lowering herbs is excellent. Give it 6 weeks to see the effects. Take 3 capsules a day. Available at www.Vitality101.com.

Other Helpful Treatments

___ 191. For severe dry eyes: Use **#1**, **#8** and **Testosterone** cream applied to eyelids.

___ 192. **Parlodel (Rx, bromocriptine)**: 2½ mg - ½ tablet at night for 1st week, then 1 tablet at night. Lowers elevated Prolactin levels. Vitamin B6 200+ mg a day can also lower Prolactin.

Pain Treatments

(Antidepressants #165-173 or Lithium #76 often helps pain.) THE NATURAL TREATMENTS CAN BE SUBSTITUTED FOR OR ADDED TO THE PRESCRIPTION PAIN MEDICATIONS. If side effects occur, they often can be avoided by starting with a low dose and raising it each 3-7 days as your body gets used to the medication. It may take 2-6 weeks for a treatment to start working.

Natural Pain Therapies

___ 193. **Rolfing, Trager, Myofascial Release, Chiropractic**, other body work & manipulation modalities, and/or Acupuncture. In Annapolis Maryland, Bren Jacobson (410-224-4877) does superb Rolfing.

___ 194. **EndFatigue Pain Formula**: Contains Willow Bark, Boswellia, and Cherry. Take 2 tabs 3x day. It takes 2-6 weeks to see the full effect. At that time, you can often lower the dose to 1 tab 3x day or 2 twice a day. Available from Integrative Therapeutics or Enzymatic Therapy.

___ 194A. **Curamin** (by Europharma): Contains DLPA, Boswellia and Curcumin. Take 1 cap 2-3x day. (If you have fibromyalgia, take a higher dose of 1-2 caps 3x day.) Can lower to 1-2 a day after 6 weeks or take as needed. It works well in combination with the End Pain herbal mix.

___ 195. **NAET**: Treat food and other sensitivities and pain often resolves. See www.NAET.com and the book "Say Goodbye to Pain" available on the site. Other related techniques such as JMT can be very helpful for rheumatoid and other arthritis problems.

___ 196. **Niacin**: (not niacinamide or "flush free niacin"). Take 100-500 mg (100 mg is usually enough to cause the desired flush) of niacin 3-4 times a day on an empty stomach as needed to cause a "flushing" feeling, which occurs within ~ 10-20 minutes. This can significantly help pain by flushing nutrients into and toxins out of painful areas, and is very inexpensive. Try to keep the dose at 1000 mg a day or less if this is enough to cause flushing, as higher doses can rarely cause liver inflammation or unmask diabetes. This treatment also helps to lower cholesterol and decrease brain fog.

___ 196A. **Limbrel (Rx)**: 250 or 500 mg caps. This prescription flavonoid is a natural anti-inflammatory (similar in effects to Motrin) but much safer. Usual dose in 250-500 mg 2x day.

___ 197. **NF Joint Gel**: Simply roll it on and rub it in. For best results, massage Joint Gel into your skin until absorbed. You can use Joint Gel up to 3 to 4 times daily.

___ 198. **Lipoic Acid**: 200 mg 3 times a day for neuropathic pain. Benefit usually begins to be seen by 2-3 months. It has been shown to be helpful for diabetic neuropathy and burning mouth syndrome (200 mg 3 times day for 5 months).

___ 199. **Glucosamine Sulfate**: 500 mg, 3 times a day (for arthritis). Takes 6 weeks to see if it will help. When the maximum benefit is seen, you can decrease to the lowest dose that maintains the effect.

___ 200. **MSM**: 3 grams a day for arthritis.

___ 201. **Eskimo 3 Fish Oil** or **Arctic Omega**: (see # 8) can markedly decrease inflammation and pain. Dry eyes and mouth suggest you need it.

___ 202.* **Megazyme** (Enzymatic Therapies) or **Biozyme** (Integrative Therapeutics): Like a super Wobenzyme. Take 2-4 capsules 3 times a day between meals. May dissolve clots in the blood vessels. Can be helpful for pain and other symptoms (takes days to weeks to work). Especially helpful with inflammatory pain.

___ 203. **Purple Pectin for (especially arthritis) Pain**: Purchase Certo in the canning section of your local grocery. It is the thickening agent used to make jams and jellies. Certo contains pectin, a natural ingredient found in plants. Take 1-3 tablespoons of Certo in 8 ounces of grape juice 1-2 times a day (1 to 2 tbsp a day is enough for most people, but you can try more). If it's going to help, you'll likely know in 7-14 days. As the pain disappears, the dose can be reduced to 1 teaspoon in grape juice once or twice a day as needed. Many people have found this simple, safe and cheap treatment to be very effective!

___ 204. **Heel Lift:** _____ inches for _____ foot (for uneven hip heights).

___ 205. **John Sarno, MD's approach for localized pain.** The mind can decrease blood flow to muscles to distract us from uncomfortable emotional feelings. When you feel pain, tell your mind you will use the pain as a signal to look for and feel uncomfortable feelings for 10-15 minutes, then do so. The pain will often leave within 6 weeks. Also read my book "*Three Steps to Happiness - Healing through Joy!*" available in our office as this will help you to let go of feelings that may be buried and causing pain.

___ 206. **Rhus Tox (homeopathic treatment):** Dissolve under the tongue as directed on the bottle as needed for muscle pain.

___ 207. **Magnets:** Start with spot magnets, insoles and seat. If they help in 2 months, consider a mattress pad. Available from Bren Jacobsen (410-224-4877) or Amy Podd (410-757-7295).

___ 208. **Copper/Magnet Bracelet:** Use nail polish remover to remove any coating on the inside of the bracelet so the copper is in direct contact with your skin.

___ 209. **Quercetin:** For prostate pain. 500 mg twice a day decreases symptoms in both prostatic pain and prostatitis.

___ 210. **Flexyx:** Flexyx can be very effective. It is a brainwave biofeedback system (www.flexyx.com).

___ 211. **Humibid (Rx, guaifenisin):** 600 mg _____ tablets _____ times a day (see instruction sheet). No aspirin or herbals can be taken while on Guaifenisin. GuaiLife - a shorter acting form may be more effective. See www.fludan.com for more information.

___ 212. **Cetyl Myristoleate:** 385 mg capsules - 3 capsules 2 times a day for 10 days. You can raise the dose to a maximum of 17 gm a day. For pain - benefits often persist after the 10 days of treatment.

Pharmacologic Pain Treatments

If you are not clear about the source/type of your pain, there are many reasonable sequences in which to try the medications. One reasonable order to try them in is the one listed below. It can take 2-6 weeks to see the full effect of the medication. When there are several medications with the same number (e.g. 215A, 215B, 215C), if the first medication helped but was not tolerated because of side effects, go to the next medication of the same number. If it simply did not help significantly, go to the next number. If you get partial benefit from a medication, continue it and add the next medication as needed to get pain-free. A reasonable order to try pain meds is : #.....216, 215, 214, 222,221, 220A, 220C, 220B, 230A, 228A, 223, 231,235,237, 234, narcotics.

___ 213. **Tylenol (acetaminophen):** For many people, this can be a safe and effective pain medication. Simply be aware that chronic use at too high of a dose can cause liver and

sometimes kidney problems. Do not take over 4000 mg a day, and for chronic use it is best to stay under 2000-3000 mg daily. If you are taking over 1500 mg of acetaminophen a day on a regular basis, get an extra 500-650 mg of NAC and take it each day along with the vitamin powder. Otherwise, you will deplete a key antioxidant (which is why Tylenol can damage the liver).

___ 214.* **Ultram (Rx, tramadol)**: 50 mg 1 to 2 tablets up to 4 times a day as needed for pain. Side effects are less with 4 or less tablets a day. May cause nausea/vomiting. Caution: May very rarely cause seizures or raise serotonin too high when combined with antidepressants.

Topical Treatments

___ 215.* **Arizona Pain Formula Cream (Rx)**: Rub a pea size amount onto painful areas 3 times a day as needed. You can use this on up to 3 or 4 "silver dollar" sized areas at a time. Use ITC Compounding Pharmacy by mail (303-663-4224).

___ 216.* **Lidocaine Patches (Rx, lidoderm)**: Can be cut into pieces to put over different areas. Leave the patch on for 12-18 hours then off the rest of the day. It can help localized pain (i.e., it helps pain that is right under the patch). Up to 4 patches can be used at a time each day. It can take 2-3 weeks to see if it works.

NSAIDs

___ 217. **Daypro (Rx)**: 600 mg - 2 each morning as needed. Aspirin family medications can cause stomach bleeding. Take with an antacid or food if it upsets your stomach. If gastritis persists, stop the medicine or lower the dose. If you have a black stool (and are not taking iron tablets or Pepto Bismol), this may represent a life threatening stomach bleed (the stool will often have a very foul smell). If this occurs, go to the Emergency Room immediately.

___ 218. **Voltaren (Rx)**: _____ mg _____ times a day as needed. Aspirin family medications can cause stomach bleeding. Take with an antacid or food if it upsets your stomach. If gastritis persists, stop the medicine or lower the dose. If you have a black stool (and are not taking iron tablets or Pepto Bismol), this may represent a life threatening stomach bleed (the stool will often have a very foul smell). If this occurs, go to the emergency room immediately.

COX-2 Inhibitors

___ 219A.* **Celebrex (Rx, celecoxib)**: 100 to 200 mg 1 to 2 times a day for pain. Do not take if you're allergic to sulfa or Aspirin (e.g. hives). Do not use over the 200 mg a day while on Sporanox or Diflucan. FlexAgility (#112B) is a natural form and is safer.

GABA Agonists

___ 220A.** **Lyrica (Rx, pregabalin):** 100 mg 2-3x day. After 2-4 weeks can increase to a maximum of 200 mg 3x day. Helpful for pain, increasing deep sleep, and restless legs syndrome. The main side effects are dizziness and drowsiness, which tend to decrease over time, and weight gain (in ~ 2-4% of those taking up to 300 mg/day. It is more common with higher doses). If too sedating, take the entire dose at night (up to 250 mg).

___ 220B. **Gabitril (Rx):** 2-4 mg twice a day and increase by a maximum 4 milligrams daily, each 3-7 days to a maximum of 24 mg a day. Helps both pain and deep sleep. The main side effects are sedation, dizziness and gastric upset.

___ 220C. **Neurontin (Rx, gabapentin):** ___mg ___ times a day (to a maximum of 3600 mg a day). Cut back and increase by 100 mg a day each 4-5 days if it causes any uncomfortable or unusual neurologic symptoms or excessive sedation. Begin with 100-300 mg at night, slowly increase to 300-900 mg 3 times a day as is comfortable. In some, pain relief is immediate, in others, it can take a minimum of 1200 mg a day. You can go up to 3600 mg a day.

Muscle Relaxants

___ 221. **Flexeril (Rx, cyclobenzaprine):** 10 mg - ½ to 2 at bedtime. Muscle relaxant - can cause dry mouth.

___ 222.* **Skelaxin (Rx, metaxolone):** 400 mg 1-2 tablets 4 times a day as needed for pain. This is usually non-sedating.

___ 223. **Baclofen (Rx):** 10 to 20 mg 1 to 3 times a day (sedating).

___ 224. **Norflex Tablets (Rx):** 1 tablet twice a day.

___ 225. **Dantrium (Rx):** (25 mg) For muscle spasm take 1 a day for 1 week. Then one 3 times a day for 1 week, then 2 tablets 3 times a day for 1 week then 100 mg 3 times a day. Adjust to the lowest dose that feels the best. Stop or lower dose if severe diarrhea occurs. Check liver blood tests (#271) at 6, 12 and 24 weeks and then each 1 to 6 months to make sure there is no liver inflammation.

___ 226. **Robaxin (Rx, methocarbimol):** 750 mg - 1 to 2 capsules 3 to 4 times a day as needed for pain (sedating).

Antidepressants

Antidepressants can be very helpful in alleviating pain even you are not depressed! Do not presume that your pain specialist thinks that you have a psychological problem if you're offered an antidepressant. Tricyclic antidepressants (e.g. Elavil/amitriptyline, doxepin, etc.) can be dramatically beneficial (even at very low doses) for neuropathic pain. They also improve the sleep problems caused by the pain. SSRI antidepressants such as Prozac,

Effexor, and Celexa can also be highly effective for pain. These medications raise serotonin, which lower levels of a major pain messenger (substance P).

Tricyclics

___ 227A. **Elavil (Rx, amitriptyline)**: 10 mg- ½ to 5 tablets at bedtime. May cause weight gain or dry mouth. Good for nerve pain and vulvadynia.

___ 227B.* **Desipramine** (norpramin - use 25-150 mg at bedtime) or ___ **nortriptyline** (Pamelor - 10-25 mg at bedtime) cause less sedation and other side effects than Elavil, and may be as effective. If sedation is still a problem, consider switching to doxepin 10-40 mg at bedtime.

___ 227C.* **Doxepin (Rx, Sinequan)**: 5-10 mg, 1-3 capsules at bedtime or Doxepin liquid 10 mg/cc. If a lower dose is needed you can start with 1-3 drops at night. A powerful antihistamine. Some people get the greatest benefit with the least next-day sedation with a dose of less than 5 mg a night.

SSRIs

___ 228A. **Effexor (Rx, venlafaxine)**: 37½ mg ___ tablets - ___ times a day.

___ 228B. **Prozac (Rx, fluoxetine)**: 20 mg - ___ capsule(s) each morning. Begin with 10 mg a day the first week if the full dose makes you hyper.

___ 228C. **Celexa (Rx)**: 20 mg ___ tablet(s) a day

___ 229. **Cymbalta (duloxetine)**: a norepinephrine and serotonin reuptake inhibitor. It has fewer side effects and does not cause weight gain. It has been shown to be very helpful in treating FMS pain.

Alpha 2 Adrenergic Agonists

___ 230A.* **Zanaflex (Rx, tizanidine)**: 4 mg - Take with food - ½ to 2 tablets 1-2 times a day as needed for spasm and/or pain (sedating). Begin with 2-4 mg at night. If side effects occur raise dose more slowly, increasing by 2 mg at bedtime each 4 nights until you are on 8-12 mg at bedtime. Stop if it causes nightmares.

___ 230B. **Catapres TTS 1 Patch (Rx)**: Wear 1-3 at a time and change patch weekly. Related to Zanaflex but cheaper and lowers blood pressure more. Helps pain and raises growth hormone.

NMDA Receptor Antagonists

___ 231.* **Klonopin (Rx, clonazepam):** ½ mg - begin slowly and work your way up as sedation allows. Begin with ½ tablet at bedtime increasing to 1-2 mg 3x day as needed. Can be very effective for sleep, pain and anxiety (it is in the valium family). Klonopin may be addictive. Taking one quarter to one half tablets in the morning (not more) can actually decrease brain fog in some pain patients.

___ 232. **Dextromethorphan (Rx, DM):** 25 mg - 2 times a day if on narcotics (e.g. codeine/Vicodin) makes the narcotic more effective and less likely to lose effectiveness.

___ 233. **Amantadine (Rx):** 100 mg 1-3 tablets each morning may help nerve pain and also is an antiviral. The most common side effects include visual blurring, dizziness, and nausea.

Other Medications

___ 234. **Keppra (Rx):** Is another new anti-seizure medication that we are just starting to explore which has been effective when other treatments have not helped. The dose is 250 to 1500 mg twice daily. Can help "burning pain".

___ 235. **Topamax (Rx, topiramate):** Begin with 25-50 milligrams daily, and increase it by 25-50 milligrams a week until you get the desired effect. This medication is usually given twice a day at a total daily dose of 50-100 milligrams/day for migraines and 200-300 milligrams a day for nerve pain, although lower doses can be effective. This is a medication that I have seen work wonderfully in patients who failed numerous other treatments and sometimes starts working within a few days. If you get side effects, decrease the dose and perhaps later increase it more slowly until you get the desired effect. The most common side effects are diarrhea, loss of appetite, sedation, and nausea. The nausea will often go away after one has been on the Topamax for three months. It also has the benefit of causing weight loss as well as pain relief. Besides sedation, its most worrisome albeit unusual side effect is that it can make your body very acidic- to the point where it is dangerous. Because of this, it is reasonable to check a blood bicarbonate level every so often (especially if you start developing symptoms such as fatigue) to make sure that it is over 17.

___ 236. **Benadryl:** 25+ milligrams 3-4 times daily can often markedly decrease pain (worth trying).

___ 237. **Lamictal (Rx, lamotrigine):** 25 mg - 1 at bedtime for 1 week. Can then increase to 1 three times a day for 1 week. You can go as high as 100 mg 4 times a day. Although rare, it can cause a rash that, if you stay on the medication, can be fatal. Although most rashes would not be this, to be on the safe side. STOP LAMICTAL AT FIRST SIGN OF ANY RASH!

___ 238. **Trileptal (Rx):** 150 mg twice a day. Can go as high as 600 mg 2 times a day.

___ 240. **Mirapex (Rx, pramipexole):** ¼ mg - begin with 1 a night and increase by 1 tablet weekly as needed to a maximum of 6 mg. In one study it resulted in a 50% reduction in pain after 2 months at an average dose of 4.5 mg at bedtime. If stomach pain occurs, Nexium or similar medications are used during the first month. If restless leg syndrome worsens, Klonopin is also added at bedtime. Both of these side effects generally go away as the dose is increased.

___ 241. **Risperdal (Rx, risperidone):** ¼ mg to 1½ mg a day (not more). Begin with ¼ mg and increase by ¼ mg each 6 weeks. Going above optimal dose will cancel out the effect. Takes 2 weeks to work. Blocks Serotonin (not dopamine at this low dose). Helps pain, anxiety and sleep.

Acetylcholine Raisers

___ 242. **Aricept (Rx, Donepezil):** 5 mg in the AM (or 2½ mg AM and noon) to a maximum of 20 mg a day. Central acetylcholinesterase inhibitor - decreases both pain and opiate induced fatigue by 50% in cancer patients. Effects begin within 1 week. Rotate with #108C (Galanthamine) if tolerance occurs.

Cannabinoids

___ 243. **Marinol (Rx):** 5 mg capsules 1-2 twice a day. As this is a THC extract it may cause sedation and increased appetite.

For Opiate Side Effects

___ 244. **Constipation** is common: (see #180-6). In addition, opiates can lower testosterone and this should be checked for and treated if loss of libido occurs. They can also cause B2 vitamin deficiencies, so be sure to take the B-complex (see treatment # 1). Provigil (#158) and Aricept (see #242) can also decrease opiate induced fatigue.

I.V. Treatments

___ 245. **Lidocaine Intravenously (I.V) (Rx):** _____mg (_____mg 1st dose) I.V. each 3 to 20 days as needed. Give 75 mg IV over 10-15 minutes, followed by up to 120 mg per hour (total dose 200-400 mg). Take with I.V. Myers - see #152. For the first dose, give 60 mg over ½ hour first and only continue if blood pressure is stable.

For Interstitial Cystitis

___ 246. **Elmiron (Rx):** 100 mg 3x day is reasonable to try. It may take 3 months to work. Take with water at least 1 hour before or 2 hours after eating.

___ 247. **MSM (Methyl Sulfonyl Methane):** at a dose of 6-18 grams a day can mimic the

effect of DMSO and may be helpful as well.

___ 248. Some practitioners have found that patients with interstitial cystitis often have chronic very alkaline urine. This can be aggravated by excessive coffee and cola intake. PH strip paper can be obtained cheaply at most pharmacies and one can test multiple urine samples at home to see if the pH is regularly over 7.0. Also take the enzyme product URT (enzyme product No. 24) 4 capsules five times a day between meals. During flares add the enzyme product called "kidney" two capsules every 20 minutes as needed. In two to four weeks the symptoms may subside and the products can then be taken just as needed. (Available from our office at 410-573-5389).

___ 249. **L-arginine:** 500 mg 3 times a day for 3 months

___ 250. **Saw Palmetto:** 160 mg twice a day for six weeks. If it helps, continue as needed.

Goldstein Protocol Treatments

___ 251. **Nimotop (Rx, Nimodipine):** 30 mg 1 to 4 times a day as is beneficial for symptoms.

___ 252. **Naphzoline .1% Eye Drops (Rx):** 1 drop in each eye 3 to 4 times a day as needed for symptoms.

___ 253. **TRH Eye Drops (Rx):** 500 units in 9 cc artificial tears - 1 drop in each eye 3 to 4 times a day as is helpful.

___ 254. **Tasmar (Rx, talcopone):** 100 mg twice a day. Use if it helps mental clarity and energy.

Heartburn, Indigestion or Reflux

For detailed information on getting off acid blockers, see Eliminating Chronic Acid Reflux & Indigestion. Using chronic acid blockers (e.g. Prilosec) is a poor long-term solution for these problems, as it worsens digestion and your defense against bowel infections. Use the treatment(s) checked off below. After 1 month you can stop your prescription acid blocker and switch to Tagamet (cimetidine - over-the-counter), up to 400 mg 3 times a day as needed, then taper off the Tagamet as able. Use #2 - Complete Gest Digestive Enzymes as well and sip warm liquids with meals instead of cold water (digestive enzymes work poorly at cold temperatures). Taking a minute to relax before eating and chewing your food will also help digestion. Coffee (including decaf), colas, Aspirin and/or alcohol can markedly worsen indigestion and reflux.

___ 255. **Mastic Gum:** 500 mg 2 capsules twice a day for 2 months - then as needed.

___ 256. **Heartburn Free (Enzymatic Therapies):** 1 every other day for 20 days (may initially aggravate reflux).

___ 257. **Rhizinate (DGL Licorice)**: 380 mg (not the sugar free one). Chew 2 tablets 20 minutes before meals, from Enzymatic Therapies/Integrative Therapeutics.

___ 258. **Saventaro Cat's Claw** - 1 twice a day.

Follow Up Testing

___ 259. Stool O&P (ova & parasite) at The Institute Of Parasitology in Arizona in _____ week(s). Call 480-767- 2522 to get a kit.

___ 260. Stool O&P plus cultures, and sensitivity - must be sent to Genova Labs (800-522-4762).

___ 261. Sleep apnea study (get insurance pre-authorization - it costs \$2000. Be sure they also check for UARS-Upper Airway Resistance Syndrome). OR videotape yourself while sleeping to see if you snore and stop breathing or if your legs jump at night (This will not screen for UARS, but you are unlikely to have UARS if you do not snore).

___ 262. Blood Ammonia level if Brain Fog is severe.

___ 263. Elisa Act Technologies: The only one I would use - many others are very unreliable.

___ 264. DHEA: Sulphate level in _____ weeks (not DHEA level).

___ 265. Free T4 level in _____ weeks.

___ 266. ANTI TPO (Thyropoxidase) level to look for Hashimoto's Thyroiditis.

___ 267. Potassium level in _____ weeks.

___ 268. Lithium level.

___ 269. Free testosterone level in _____ weeks.

___ 270. Prolactin level in _____ weeks.

___ 271. ALT, AST: in _____ weeks (liver tests - if taking Sporanox or Diflucan for more than 3 months, check every 6 to 12 weeks).

___ 272. HHV-6, CMV, and EBV PCR Testing. Call MDL for instructions at 877-269-0090.

___ 273. CFIDS Coagulation Blood Profile - must send to Hemex Labs (800-999-2568) (ISAC panel for CFS/FM = FIB, F1 & 2:T/AT, SFM, PA score - \$335).

___ 274. Hereditary Thrombotic Panel - at Hemex Labs.

___ 275. Blood test for Mycoplasma & Chlamydia (General Screens). Call MDL for

instructions at 877-269-0090.

___ 276. Platelet Count and P.T.T. Blood Test: Each 4 days for 3-4 weeks then 3 months while on Heparin.

___ 277. DEXA Scan for Osteoporosis.

___ 278. MRI of _____ head; _____ neck

___ 279. Blood Test (Elisa-Act) at Elisa/Act Biotechnologies (800-553-5472). We consider this the best lab for food allergies.

___ 280. 24-Hour Urine Kit: Be off all non-prescription treatments for 24 hours before and the 24 hours during the urine collection. Follow directions that come with the kit. Tests to see what enzymes are most likely to help you.

___ 281. Do vision test at www.chronicneurotoxins.com. Although approximately 1/2 of CFS/FMS patients test positive on the test, I found that approximately 1/2 of the healthy people that take the test also flunk the test. If test is positive, consider Questran treatment (#164). If you are going to do this treatment see the Neurotoxin Information Sheet, Vitamin C Flush and Alkaline Way Diet articles on our website at www.Vitality101.com.

___ 282. Transglutaminase antibody blood tests for celiac disease.

___ 283. Urine Pyrroles @ Bio Center Lab 800-494-7785. If elevated, Rx Vit B6 1000 mg/day & Zinc ~ 100 mg/day.