

New solutions for CFS/Fibromyalgia

Summary

The combined use of four methods offers a novel and successful approach to Chronic Fatigue Syndrome and fibromyalgia victims.

- ✓ **The patented new LEAP testing for food and chemical sensitivity**
- ✓ **The Hinz method, which is used to restore brain hormones to a steady therapeutic level with no side effects or drugs.**
- ✓ **Biocybernetics – A special kinesiologic method to determine individual nutritional and endocrine needs.**
- ✓ **Balancing the endocrine system with natural hormones if they are required.**



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CFS/FIBROMYALGIA

*New concepts, new
solutions*



Definition

Fibromyalgia (FMS)

Widespread muscular pain of 3 months or more duration in all regions of the body with pain produced at 11 of 18 specific tender points on the body with digital pressure of 4 kgs.

(American College of Rheumatology 1990)

INCIDENCE

About 2% of adults in the US have FMS. 3.4% of women and 0.5% of men (Wolfe et al. 1995) 5% of patients in a primary care practice and 30% of patients in a rheumatologist office have FMS.

Precipitating Factors

Parvovirus, Lyme disease

Toxic oil syndrome, chemical intoxication

Siliconosis

Chronic sleep disturbance

Physical trauma (like whiplash injury)

Emotional trauma

Medications, steroid withdrawal

Flu, HIV, Herpes infections, EBV

It is important to eliminate regional pain syndromes, myofascial pain syndromes, endocrine myopathies and more rare myopathies such as McArdles disease, Lymes disease and other potential infections.

About 40% are associated with collagen vascular disease such as Sjorgren's disease 11%, systemic lupus 22%, and rheumatoid arthritis 12%. Also eliminate Polymyalgia rheumatica, Polymyositis, Neuropathies, multiple sclerosis and myasthenia gravis. Spondyloarthropathies, and hypermobility disorders

Treatment

Biofeedback (Ferracciaoli 1989) and cognitive therapy (Goldenberg 1991, White 1995, Worrel 2001) have helped.

Stretching exercises and aerobic exercises (McCain 1988), hydrotherapy, myofascial release, Vader massage methods are useful. Improved sleep hygiene and elimination of sleep apnea and restless leg syndrome. Proper nutrition, elimination of food intolerances, reduction of noxious stimuli and chemical exposure, meditation, Yogi. Nutritional supplements with NADH, Coenzyme Q 10, B and C vitamins, antioxidants, melatonin, grapeseed extract, magnesium glycinate, transfer factor, colostrums, whey

Experimental: cerebral biofeedback, hyperbaric oxygen, serotonin H3 antagonists, hypnosis, Tizanidine, Pregabalin, antihypotensives and environmental detoxification methods.

Pharmacotherapy can help at times. Prozac, Ambien, Klonopin, Neurontin, Norflex, Robaxin, Flexeril, amitryptiline, trazadone, venlafaxine, Sonata can be helpful with individual cases.

Endocrine replacement with natural estrogen, testosterone, DHEA, growth hormone, thyroid

Suppression of Candida Albicans where appropriate.

A new method of cerebral and autonomic neurotransmitter modulation (repletion) combined with transmethylation restoration termed the Hinz method is very promising and is currently our preferred approach along with LEAP testing for food intolerances when required. Both of these methods are patented and require special physician training. These methods offer a high success rate in our office.