



Regarding fibromyalgia and chronic fatigue syndrome.

Those living near the DFW airport know that I have trying to win the battle against CFS-fibromyalgia for over 20 years. I have found that different things work for different patients. There are many who spend a lot of money and get little or no relief. Often the relief is substantial but not lasting.

Scientists have determined that the core issue of both of these illnesses reside in the lower portion of the brain and involve neurotransmitters. So called central sensitization and neuronal plasticity occurs. Whether a chemical toxin, prolonged emotions, a whiplash or a viral infection started the process, the common denominator is imbalanced brain chemistry.

Drugs such as Prozac may help depression to some extent but have overall poor results reversing the symptoms of these illnesses. They are also prone to have side effects. Even drugs like antihypotensives and antinarcoplepsy medicines have an unacceptably high amount of side effects. If they work for the individual patient, that is fine. In fact a small number of my patients do well on antiviral drugs or Diflucan if yeast is a big problem.

I recently came across a better, more effective method to change the brain chemistry without side effects and drugs. It may sound simple but it is not and it is heavily patented. I wanted to share this method to try to help fatigue, improve thinking and reduce pain. Over 250 fibromyalgia have significantly benefited from this method so far. If people can stick with it there have been no failures thus far.

The use of neurotransmitter precursors (certain amino acids in a certain ratio) taken under supervision combined with restoration of brain methylation (again without drugs) will rebalance the brain and permit healing. Both serotonin and the catecholamines will be recharged to therapeutic levels and maintained there. Urinary measurements of epinephrine, norepinephrine, dopa and serotonin will then be performed to fine-tune the results. Once the brain is balanced, then other issues can be more comfortably addressed such as:

- ✓ Myofascial pain syndromes (with myofascial release and chiropractic, osteopathic and craniosacral methods),**
- ✓ Food sensitivities (in our office with LEAP testing),**

- ✓ Emotional disturbances (best dealt with by energy psychology and cognitive therapy in my opinion.)
- ✓ Nutritional factors, (best dealt with by Biocybernetic kinesiology, metabolic diets and pH).

I have found that if you approach these illnesses with any of these methods without improving the brain chemistry first, the long-term failure rate is high. Methods to improve the immunity work for some and not others. And while I believe in all these methods, they become too complicated and costly.

If there is one method to eliminate most of the fibromyalgia pain, improve the brain-fog and fight the fatigue at the same time, it makes sense to me to do it. There are five levels of this treatment. which I call the Hinz method after it's inventor. All but 15% of patients respond to the first three levels. If you respond to level one, you do not advance to the next level.

The only blood tests we run initially is a general blood test plus research type thyroid tests, since I believe many thyroid cases are missed with regular thyroid tests, an ANA and sometimes allergy studies if one is very allergic and it is not looked at properly. For more information contact 817-268-1757.

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9/03