



Multifaceted Treatment Approach #2

This double blind placebo control study confirmed his previous study by demonstrating that there are varying physiologic abnormalities with Chronic Fatigue Syndrome and Fibromyalgia, including disordered sleep, hormonal deficiencies, immunologic changes, nutritional deficiencies, autonomic dysfunction and chronic infections, and that effective treatment of Chronic Fatigue Syndrome requires a comprehensive integrative approach. This is still difficult to grasp by many traditional physicians who are still looking for the "silver bullet" approach and continue to focus on only one area of abnormality that they are comfortable treating. These protocols served as a basis, but knowledge has been evolving rapidly, allowing for more sophisticated and expanded treatment paradigms.

Teitelbaum J.*1, Bird B., Greenfield R.*1, Weiss A.*1, Muenz L.*2, Gould L.*3 Effective treatment of CFIDS and Fibromyalgia. The Journal of Chronic Fatigue Syndrome, Vol. 8(2) 2001