



## Neurotoxins - a cause of Chronic Fatigue Syndrome/Fibromyalgia

There is evidence that a subset of CFIDS and FM patients are suffering from chronic neurotoxin exposure. Research by K. Hudnell and R. Shomaker has shown that different infections can produce neurotoxins, resulting in symptoms that can not be differentiated from CFIDS/FM or may be the cause of these syndromes. Symptoms include poor memory, fatigue, headache, rash, burning skin, eye irritation cough, light sensitivity, muscle aches, diarrhea, poor concentration, shortness of breath, abdominal pain and/or dizziness.

Neurotoxin production has been clearly demonstrated to be the result of Estuary-Associated Syndrome as discussed in the reference below, but numerous bacteria, viruses and yeast can also produce neurotoxins. These include Epstein bar virus (EBV), cytomegalovirus (CMV), HHV6, Borrelia burgdorferi (Lyme's disease), mycoplasma, enteroviruses, Chlamydia pneumonia, Candida and other molds. The body tries to rid itself of the neurotoxins by excreting them into the intestines via the bile. This, however, does not work because these small compounds are reabsorbed from the GI tract and continue to poison the system. This is termed entero-hepatic circulation.

Neurotoxins can affect all parts of the body and are diagnoses with a special visual test. Once diagnosed, the neurotoxins can be eliminate with a special regimen consisting of Questran, mega dose vitamin C and an alkalinizing diet along with eradication of the toxin producing infection. It has been found that there are a percentage of patients that have documented CFIDS or FM actually do suffer form neurotoxin poisoning. These conditions can be controlled in a matter of weeks with eradication of the infection and elimination of the neurotoxins.