

Chronic Pain

Fatigue

Sleeplessness



Flu Symptoms

Aches





Hi, I am Bob Baurys, Founder and CEO of Fibromyalgia & Fatigue Centers (FFC), Inc. I have battled with chronic muscle pain and unrelenting fatigue for several years. I went from doctor to doctor, spent thousands of dollars, yet I found little relief. I was struggling to function and deal with the activities of every day life.

Fortunately, I was able to find a medical doctor who helped me get my life back. He listened to me and tested for viruses, low immunity levels, and hormone imbalances. The appointments were an hour long, uninterrupted and focused on my issues. For once, it felt like I was actually making progress. He understood because he too suffered from many of the same symptoms while attending medical school.

Soon, my life was good again! My energy was returning and the pain was becoming manageable. My functionality started increasing and soon I felt strong enough to establish the Fibromyalgia & Fatigue Centers, Inc., where we now treat over 4000 patients nationwide.

I believe that I went through the trials and tribulations of battling Fibromyalgia so that I could help others. It is our goal to blend sound medical-based protocols with compassion and understanding to achieve positive outcomes for Fibromyalgia (FM), Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS), and Unrelenting Fatigue (UF) patients and bring hope and help to those suffering with these conditions.

*Sincerely,*  
*Bob Baurys*

*Bob Baurys*





*We provide an individualized  
and comprehensive  
evaluation, including a  
substantial lab workup.*



*Your  
Treatment  
Plan*



## What You Can Expect

Fibromyalgia & Fatigue Centers, Inc. is based on the idea that every FM, CFIDS, and UF patient deserves to have affordable and effective treatment options available in convenient locations nationwide. We are dedicated to helping you get control over these debilitating conditions that are currently controlling every aspect of your life. Upon your first visit, you can expect a thorough and comprehensive evaluation, including a substantial lab workup. The latest therapies may be ordered and administered during this time and potentially between each visit depending on doctor findings. In addition, you will be asked to complete an extensive series of questions to better assist the physician with your plan of care.

You will also receive a Patient Handbook which is a complete resource guide and useful throughout your entire treatment program. It contains detailed treatment options, lifestyle enhancements, and a Personal Health Diary. This Handbook offers helpful ideas to assist you in how to manage stress, practice relaxation techniques, educate family members, and improve your overall sense of well-being.

The second visit will consist of a thorough review of your lab results and the development of an individualized treatment plan. Multiple in-house therapies may be provided during this visit, as well as an educational overview of your treatment plan.

Baseline testing may include comprehensive lab tests which consist of hormone, mineral, and vitamin levels. The goal of the team at Fibromyalgia & Fatigue Centers, Inc. is to obtain an overall picture of your body's activity.

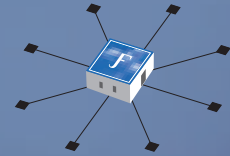
## Why We Are Different

	Average Visit Time	Treatment Process	Outcome Measurement	Cost Effectiveness
<b>Fibromyalgia &amp; Fatigue Centers</b>	60 minutes	Whole person view, identification, and treatment of underlying causes of the symptoms	Sophisticated 22-point effectiveness tracking	Effective control of the underlying causes and efficient maintenance program
<b>Traditional Family Practice, Rheumatologist, etc.</b>	10-30 minutes	Treatment of symptoms via pharmaceutical management	None	Continued treatment of symptoms
<b>Chiropractors</b>	30 minutes	Physical manipulation - No pharmaceutical management	None	Continued treatment of symptoms
<b>Alternative Medicine, Massage Therapy, Nutritionist, etc.</b>	Varies	Mind/body focused connection to the condition	None	Continued treatment of symptoms



*We  
Really  
Listen*

FFC Network



*We have a unique, integrated  
approach to treating the  
causes of your symptoms.*

partnership   
in HEALING

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## Who We Are

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Fibromyalgia & Fatigue Centers, Inc. is unique in that we understand the conditions we are treating. Our CEO and Chief Medical Officer live with these conditions daily, therefore giving us first-hand knowledge of what it is like for our patients to do normal everyday tasks most people take for granted. We also have a unique integrated approach to treating the patient which involves looking at in-depth patient studies and treating the underlying causes of the symptoms. We only use medications to ease symptoms, not mask them.

Our physicians take the time needed to get to know each patient and create an individualized treatment plan. To all our patients we offer hope that you can realize optimal results if we work together to get your body back in balance and correct the problems that are causing your pain and fatigue.

Currently, each of our centers is staffed with a trained physician who is the primary health care provider along with the RN Case Manager, who oversees the coordination of the patients care plan. Since getting to know you and your condition in detail is the hallmark of our approach and critical to the success of developing your treatment plan, we feel it is important to have at least one highly trained physician responsible for patient care in each location. The “partnership in healing” relationship that develops between



*We can help you regain control of your life so you can start living again.*

you and your physician is one of the keys to positive outcomes.

The real asset we have is not only our proprietary algorithm of care, which is based on over six years of proven medical practice on over 4,000 patients, but also the collective expertise of our network of physicians practicing in our centers. That proves to be an unbeatable combination when it comes to diagnosing and treating the complex etiologies presented in each patient with these conditions. Our physicians monitor the latest research, review complex case studies and share treatment information. Our physician network now includes specialists in sleep disorders, environmental toxins, pain management, holistic medicine, obstetrics and gynecology, emergency room medicine, pediatrics, and functional medicine.

We also work with other health care providers outside our center in a cooperative collaboration for the care of the patient. If you are currently undergoing some adjunctive therapies that are proving to be beneficial to your condition, we will work with those health care providers to ensure a seamless integration of that therapy into your treatment plan.

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*We take a patient-centric,  
holistic approach to your  
treatment and plan of care.*

**6**  
*steps*



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## Our Treatment Approach

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For those struggling with the difficult symptoms of FM, CFIDS, or UF, the road to feeling better requires a patient's desire and a team of dedicated specialists who will develop an individualized program of health care interventions.

At Fibromyalgia & Fatigue Centers, Inc. we take a patient-centric, holistic (meaning treating the whole body, not just the symptoms) approach to your treatment and plan of care. Our six-step integrated program looks at not only helping to relieve the symptoms of FM, CFIDS, and UF, but addresses the underlying etiologies that cause those symptoms so eventually they can be kept under control with a simple maintenance plan. Treatment needs to be individualized, so steps may occur in different order and multiple steps are often initiated simultaneously. These can be broken down as follows:

### **1. Stabilize the Patient**

Pain and sleep disturbances are addressed in this component which may include the management of sleep issues and pain through medication. This is, in general, a "stop gap" phase meaning that as the treatment progresses and the underlying problems are addressed, the medications that "mask" the symptoms are no longer needed. The majority of



*A variety of yeasts, bacterial infections, viruses, and parasites must be evaluated.*

patients are never brought past this stage by their doctors due to limited time and resources.

### **2. Enhance the Mitochondria**

The mitochondria, the energy producers of cells which are critical for normal functioning of the body, are shown to be potentially poisoned. This could be caused by hormonal deficiencies, toxins and/or infections, leaving the cells starving for energy. Specific nutrients are given to jump start the mitochondria, promote energy and boost the immune system.

### **3. Balance the Hormones**

Hormonal deficiencies found in these conditions must be addressed to assure successful treatment. Standard tests do not detect abnormal levels due to hypothalamic and pituitary dysfunction. Thyroid, growth hormone, testosterone, aldosterone, cortisol, DHEA, pregnenolone, estradiol, and progesterone all need to be carefully evaluated. When treated properly, significant results can be achieved.

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#### **4. Treat Infectious Components**

There are multiple infections that may be the cause of FM, CFIDS, and UF, or contribute to the dysfunction. Viruses, bacterial infections, and a number of yeasts, which all suppress the immune system, must be evaluated and treated. Treatment may be administered with oral medications or an intravenous route. Combined, the treatment is extremely powerful.

#### **5. Address Unique Etiologies**

There are a number of problems that must be addressed in select patients, such as coagulation defects that are set off by chronic infections,

resulting in chronic fatigue, muscle aches and brain fog. An additional finding may be diagnosed and would require specialized testing to address the organisms that may cause the build up of neurotoxins. Special protocols are integrated to rid the body of these tiny toxins.

#### **6. Maintenance**

Our goal is to wean you to just a few core medications and supplements to maintain a sustainable high functionality level and sense of well being. Significant recovery or complete resolution of symptoms is achieved when this multi-faceted treatment plan is instituted.

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## Where To Find Us

Contact the FFC nearest you to register for our free educational seminar, obtain additional information, or make an appointment:

Amarillo	806.352.9166
Atlanta	678.494.3655
Austin	512.476.2525
Cleveland	440.260.9722
Dallas	972.980.3800
Denver	720.488.1400
Detroit	248.813.5300
Fort Worth	817.924.5252
Houston	713.559.9500
Las Vegas	702.233.8155
Norwalk	203.866.3500
Philadelphia	610.337.3370
Pittsburgh	412.922.9220
Salt Lake City	801.266.3170
Seattle	425.889.1200

[www.fibroandfatigue.com](http://www.fibroandfatigue.com)

## Patient Educational Seminars

Free patient educational seminars are now scheduled in all FFC locations. These informative seminars run from 6:30 pm - 8:00 pm and include a tour of the FFC location, a presentation by the staff physician, and an opportunity for you to meet the staff, and ask questions regarding our treatment approach. For a complete schedule of seminar dates in each center location, log onto [www.fibroandfatigue.com](http://www.fibroandfatigue.com) or call toll-free 1.866.443.4276 and reserve your seat today for the next seminar nearest you. This free 90-minute seminar will change your life.

Call FFC's Patient Services Representatives today toll-free at 1.866.443.4276 for more information or to make an appointment to regain control of your life.

