

Interview Questions for Treating Fatigue & Chronic Fatigue:

1. What is Chronic Fatigue Syndrome and how many people are actually affected?

Chronic fatigue syndrome is associated with severe, almost unrelenting fatigue. Although the CDC has stated the criteria for CFS which has helped researched define groups for studies, its original criteria has excluded all but about 5-20,000 people in the US. Over 25 million Americans have severe fatigue, lasting more than one month.

2. What are the symptoms of Chronic fatigue?

People who suffer from CFIDS commonly suffer from various symptoms including brain fog, swollen lymph glands, sore throat, short term memory impairment, poor metabolism, muscle pain, multi joint pain, headaches, sleep disorders, gastro-intestinal problems, and non refreshing sleep just to name a few.

3. What causes Chronic Fatigue?

No one really knows what causes CFIDS; we only know that there are many problems within the patient that need to be addressed in order to help them feel better. Usually those suffering have an underlying infection or illness that never seems to go away and then a stress or trauma triggers this to manifest into Chronic Fatigue. When we first evaluate our patients, we often find they have had mono, or Lyme's Disease or EBV and do not even know it, and then something like a car accident pushed it into FM or CFIDS.

In addition, many common patterns are seen in severe chronic fatigue including a person-feeling fine one then suddenly comes down with a brutal flu like illness that never seems to go away called the "drop dead flu". The sudden onset of the illness after an infection is a mark of this classic pattern. Underlying viral infections play an enormous role in chronic fatigue along with hormone deficiencies.

4. How do you treat fatigue?

Most people see dramatic improvement by simply cutting down on sugar, caffeine, and alcohol intake; substituting whole grains for white flour, and adding a multivitamin supplement with magnesium to their daily regimens. Although the above dietary changes help those who suffer marginally from fatigue those sufferers should treat the underlying infections, hormone deficiencies and consider utilizing several natural therapies to boost various supplements naturally.

5. What makes FFC different from other treatment facilities?

The most important thing we do is spend additional time with, listen to, and become better acquainted with the patients and their history so we can better diagnose and treat them. The most critical way we accomplish this is by having them fill-out a 24-page questionnaire before they ever visit the center. This gives us a clear picture of their symptom and treatment history, current issues and provides other information about their health that may play a critical part in their illness and future wellness. We understand that the whole endocrine system is interconnected and in FM/CFIDS patients when one or two parts of the system are out of balance, everything is. The other thing we do differently from most other treatment approaches is in-depth testing to see exactly what is going on internally with that patient. From there we begin to outline a treatment plan that is very specific to that patient. This includes:

- **stabilizing the patient** by addressing pain and sleep disturbances;
- **promoting energy** by enhancing the powerhouse of each cell, the mitochondria;
- **balancing hormones** by evaluating hypothalamus and pituitary function;
- **enhancing immunity** and treat underlying viral infections;
- **addressing unique etiologies** such as neurotoxins and coagulation defects;
- **providing each patient with an individual maintenance** program with the minimally necessary medications and supplements to assure absence of symptoms.

Our in depth testing process and holistic six-step treatment plan, meaning the treatment of the entire body by utilizing a combination of western medicine and alternative therapies, has resulted in enormous successes in treating these conditions. Unfortunately, there is no cure for FM/CFIDS, but we know if we take this approach, we can help patients control their disease and **regain control of their lives.**

6. Are there actual studies that show the validity of Chronic Fatigue and why it occurs?

Dr. Jacob Teitelbaum, Medical Director of FFC has published several books along with groundbreaking studies showing that CFS/FMS patients can have a 91% improvement rate with an integrated treatment protocol. The April, 2002, issue of the Journal of the American Academy of Pain Management noted: "Teitelbaum's study is highly successful and makes Fibromyalgia a very treatable disorder. The study by Dr. Teitelbaum, et al., and years of clinical experience, makes this approach an excellent and powerfully effective part of the standard of practice for treatment of people who suffer from FMS [Fibromyalgia] and MPS [Pain] - both of which are common and devastating ."

The actual study can be viewed at www.vitality101.com. Below is a summary of Dr. Jacob Teitelbaum's double blind placebo study that the American Journal of Pain Management has stated is the new protocol and "standard of practice" for treating Chronic Fatigue Syndrome & Fibromyalgia.

Background: Hypothalamic dysfunction has been suggested in Fibromyalgia (FMS) and Chronic Fatigue Syndrome (CFS). This dysfunction may result in disordered sleep, sub clinical hormonal deficiencies, and immunologic changes. Our previously published open trial showed that patients usually improve by using a protocol, which treats all the above processes simultaneously.

Methods: 72 FMS patients (38 active: 34 placebo; 69 also met CFS criteria) received all active or all placebo therapies as a unified intervention. Patients were treated, as indicated by symptoms and/or lab testing, for: (1) subclinical thyroid, gonadal, and/or adrenal insufficiency, (2) disordered sleep, (3) suspected Neurally Mediated Hypotension (NMH), (4) opportunistic infections, and (5) suspected nutritional deficiencies.

Results: At the final visit, 16 active patients were "much better," 14 "better," 2 "same," 0 "worse," and 1 "much worse" vs. 3, 9, 11, 6, and 4 in the placebo group ($p < .0001$, Cochran-Mantel-Haenszel trend test). Significant improvement in the FMS Impact Questionnaire (FIQ) scores (decreasing from 54.8 to 33.2 vs. 51.4 to 47.7) and Analog scores (improving from 176.1 to 310.3 vs. 177.1 to 211.9) (both with $p < .0001$ by random effects regression), and Tender Point Index (TPI) (31.7 to 15.5 vs. 35.0 to 32.3, $p < .0001$ by baseline adjusted linear model) were seen. Long term follow-up (mean 1.9 years) of the active group showed continuing and increasing improvement over time, despite patients being able to discontinue most treatments.

Conclusions: Significantly, greater benefits were seen in the active group than in the placebo group for all primary outcomes. Using an integrated treatment approach, effective treatment is now available for FMS/CFS.

7. What do you see as the future for Chronic Fatigue?

With an increasing number of Americans developing FM/CFIDS, the awareness of these conditions is going to increase and become more and more a part of mainstream medicine. Currently, 4-7 million suffer from CFIDS with an additional 15 million with some type of fatigue issue that are in need of treatment. In addition, as our countries immunity issues grow with toxins in the environment and stress levels on the rise, more and more people will become linked to Fibro and Fatigue.

8. How did FFC actually get started?

Our Founder and Chairman of the Board, Bob Baurys was diagnosed with Fibromyalgia six years ago. He vowed that once they determined what the actual problem was, he would make that treatment protocol available to the millions of people also suffering from these illnesses every day. He started treatments with a doctor in L.A. who had been specializing in FM/CFIDS for many years and as he saw significant improvement, Bob began developing the company plan and opened the first of 14 Centers throughout the country.

9. How can people contact you or get more information?

Call our toll-free at (866) 443-4276 or visit us online at www.fibroandfatigue.com