



CHRONIC FATIGUE

Chronic fatigue syndrome (CFS) is a complicated disorder characterized by extreme fatigue that lasts for at least six months and that can't be fully explained by an underlying medical condition. The above internet definition of CFS is incomplete. Most of the time (80%-90%), the cause of fatigue is actually identifiable if one will simply open their mind to the real possibilities at the root of fatigue.

What We Check

- Adrenal hormones
- Male and female sex hormones evaluation
- Heavy metal & toxin burden on the body
- Infection and inflammation markers

Treatment Goals

- Detoxification/cleansing
- Nutritional build-up
- Regeneration
- Maintenance

Treatment Pathway

1. Gather the facts, starting with the history. When did it start? What seemed to precede CFS? How long has it been present? Is it worsening with time? What has worked, even if a little bit, and what has made it worse? What are the key symptoms?
2. Thorough physical exam to gather clues that may be manifested in the body.
3. Routine blood testing and, if needed, additional integrative/functional medicine testing (heavy metal & toxins.)
4. Take all the information gathered and 85%-95% of the time, the cause is obvious and rarely involves a single item. Usually multiple root causes are found. You can determine which are the most important ones to address first. Address the priority items first, and often the less significant items will take care of themselves.

How Do We Get You Better?

1. Detoxification by an elimination diet, heavy metal chelation, scar treatments (neurotherapy) & medical ozone.
2. Nutritional build-up by plant-based foods in the season, organic if at all possible & IV nutritional support if needed.
3. Regeneration by HBOT, ozone, IV nutrition & Poly MVA.
4. Supplements, life style choices & balance in life.

Chronic Fatigue Supplements



ADK 10:

Why Vitamins A, D & K together? When taken together, they work synergistically to help build bone, improve your arterial health and your teeth. Over 90 percent of my patients are deficient in Vitamin D3.

Vitamin A

Bone Growth & Development
Vision Health
Immune System Support
Arterial Health

Vitamin D3

Bones & Teeth Health
Lowers Blood Pressure
Cardiovascular Health
Immune Boosting

K2

Regulates Normal Blood Clotting
Helps Prevent diabetes & Liver Issues
Supports Strong Bones & Teeth
Reduces Heart Disease

B-Complex:

How is this B-Complex different? It is made with a special time release process and isolation techniques. You benefit from Active Methyl B-Vitamins!

The dozen or so B vitamins are so meagerly supplied in the American diet that many Americans lack some of them. Sugar, alcohol, prescription medications and caffeine cause further deficiency problems. The need for B vitamins increases during infection or stress. Children and pregnant and lactating women need higher levels for normal growth. Most authorities agree that the B Vitamins work best if all are supplemented together, thus the Methyl B-Complex!

Healing Adrenal:

All of the vitamins in this formula are essential for normal adrenal and central nervous system function. The four adaptogens have both similar and different actions, and are synergistic when used together. This combination of herbs and vitamins have been shown to be helpful in a variety of conditions. It is especially helpful combating stress, fatigue and aging.

Counteract chronic fatigue

Improve cognitive ability & memory

Enhance athletic endurance

Supports the body's natural defenses

Improve recovery from heavy physical effort

Anti-inflammatory properties

Reduces anxiety

Normalizes blood sugar