

Dr. Jacob Teitelbaum Reveals Secrets for Treating Chronic Fatigue Syndrome

By: J. D. Heyes, Natural News

Jacob Teitelbaum, M.D., is scheduled to speak at The Thyroid Summit, an online event which begins June 2 and runs through June 9. His topic will be "Shine Program: 5 Simple Steps to Overcome Fatigue and Thyroid Disorders."

According to his website, Teitelbaum is a board-certified internist and nationally known expert in the fields of chronic fatigue syndrome (CFS), fibromyalgia, sleep and pain. He is also Director of the Fatigue and Fibromyalgia Practitioners Network and author of numerous books including *The Fatigue and Fibromyalgia Solution* (Avery), the best-selling *From Fatigued to Fantastic!* (Avery Penguin), *Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now* (McGraw-Hill), *Three Steps to Happiness! Healing Through Joy* (Deva Press), the *Beat Sugar Addiction NOW!* series (Fairwinds Press), *Real Cause, Real Cure* (Rodale) and the popular free iPhone and Android application Cures A-Z.

Teitelbaum is the lead author of four studies on effective treatment for fibromyalgia and chronic fatigue syndrome, and a study on effective treatment of autism using Nambudripad's Allergy Elimination Techniques (NAET).

He battled CFS and fibromyalgia syndrome (FMS) while attending medical school in the mid-70s. In his struggle to heal, he discovered treatments that were unknown to the medical community and began a quest that became his life's passion -- helping those who suffer from these debilitating illnesses. The S.H.I.N.E.-based treatment program he developed has helped tens of thousands of sufferers reclaim the vitality that CFS/FMS once robbed from their lives. Through his books, speaking engagements and private practice, he has also reached many people.

His latest study published in the *Journal of Alternative and Complementary Medicine* focused on the effects of a unique 5-carbon sugar called D-ribose for fibromyalgia patients. The research found that 2/3 of the patients studied showed improvement after only 12 days of therapy. The average increase in energy was 45 percent, with an average 30 percent improvement in well-being.

These are the subjects Teitelbaum will cover:

How you can easily implement the SHINE program.

Which dietary supplements improve thyroid function.

Which hidden infections wreak havoc in your thyroid gland (and everywhere else).

Tips to fall asleep faster and wake up refreshed.

More than half of the population is suffering from thyroid problems, according to the event website. The summit will feature some 30 presentations about common medical problems tied to thyroid disease. In them, you'll learn why the thyroid gland is the master gland in your body -- every cell depends on thyroid hormone to function optimally.

If you're not aware of a thyroid problem, you could develop psychological, cardiovascular and neurological disorders. Medications for a variety of symptoms will never solve the problem, but optimizing your thyroid hormone with vitamins, minerals, dietary changes and the right medications can.

This summit will provide you with all the information you need to optimize thyroid function and stop the suffering once and for all:

Learn why conventional medicine misses the diagnosis.

Find out which thyroid tests will properly evaluate thyroid function.

Educate yourself and learn how to speak with your medical professionals.

Access safe and effective natural remedies from over 30 world-leading authorities.