

CHRONIC FATIGUE AND FIBROMYALGIA

FATIGUE ON STEROIDS

▶ 90 million people worldwide

Why is CFS and Fibromyalgia a modern day epidemic?

- 1) Lifestyle-the world has changed especially for women.
- 2) Nutritional
- 3) Environmental

SYMPTOMS OF CHRONIC FATIGUE AND FIBROMYALGIA

- 1) Fatigue-lasting 6 weeks or more
- 2) Tender lymph nodes
- 3) Sleep disorder
- 4) Cognitive or memory impairment
- 5) Chronic sore throat
- 6) Muscle and joint pain
- 7) Allergies
- 8) IBS
- 9) Headaches
- 10) Post-exertional malaise

HISTORY OF FINDINGS (ETIOLOGY)

- 1) Long term antibiotic use
- 2) Birth control pill
- 3) Exposure to mold
- 4) Trauma-physical or emotional

CLINICAL FINDINGS

- 1) Diminished blood flow to the brain
- 2) Altered brain wave patterns
- 3) Bright lesions in the brain
- 4) Subclinical hypoglycaemia
- 5) Parasites
- 6) Fungus
- 7) Subclinical hypothyroidism
- 8) Low blood pressure
- 9) Red blood cell damage

TREATMENT

- 1) Food (the most important medication you will ever take)
- 2) Supplements- The Martin Clinic Protocol
- 3) Exercise
- 4) Massage therapy