

# **Fibromyalgia and Chronic Fatigue**

Putting the Pieces of the Puzzle Together



# Are You Thoroughly Confused?

There are so many  
fibromyalgia theories!

There are so many  
different treatments!

**Which doctor is right?**



# Dr. Paul St. Amand Is Right!

- Fibromyalgia and Chronic Fatigue respond well to treatment with gout medications, although Dr. SA believes gout and fibromyalgia are not related.
- Dr. St. Amand chose guaifenesin to treat fibromyalgia, a “mildly uricosuric” gout medication which does not have many side effects.
- **“Lugol's [iodine] was often used in the treatment of gout.” – Wikipedia**



# Dr. John Lowe Is Right!

- Dr. Lowe believes that fibromyalgia and chronic fatigue are just a package of symptoms of an underlying underactive thyroid problem.
- “In some patients, the inadequate tissue regulation by thyroid hormone results from cellular resistance to thyroid hormone. In others, the inadequate regulation results from a thyroid hormone deficiency.”

Dr. John Lowe

- “Lugol’s [iodine] was used as a first line treatment for hypothyroidism in adults.”

Wikipedia



# Dr. William G. Crook Is Right!

- Dr. Crook believed “CFIDS and fibromyalgia may also be connected to yeast overgrowth for the simple reason that a significant number of sufferers from these two syndromes find relief when they follow an anti-candida diet and other protocols to address *Candida albicans* yeast overgrowth.”
- Dr. Crook’s approach to candidiasis [and fibromyalgia] involves a combination of diet, probiotics and antifungal supplements [and antifungal medication when necessary].
- **Iodine is anti-fungal. Like Dr. Crook, we also recommend probiotic and nutritional therapy.**



# Dr. Jacob Teitelbaum Is Right!

- Dr. Teitelbaum uses an assortment of supplements to treat fibromyalgia, all of which may help the patient for awhile, but none of which address the underlying causes of the nutritional deficiencies.
- Iodine deficiency is the root. Vitamin and mineral deficiencies are the branches.
- All can be addressed with the use of Iodorol [iodine/iodide], probiotics and nutritional therapy.



# Dr. Robert Bennett Is Right!

- “Non-restorative sleep is a problem and contributes to the feelings of fatigue and seems to intensify the experience of pain.”

Dr. Robert Bennett

- Patients taking Iodorol (iodine/iodide) report having vivid dreams and more recuperative sleep. They also report increased energy and less “brain fog”.

Dr. David Brownstein



# Trevor Marshall, PhD Is Right!

- Thyroid problems occur more often in patients with sarcoidosis than in control subjects
- Sarcoidosis and fibromyalgia may be treated with the Marshall Protocol with some success.
- Sarcoidosis is caused by bacteria.
- **Iodine is anti-bacterial and anti-microbial. It is also useful in treating the associated thyroid problems.**

[Note: To our knowledge, no one is using Iodoral to treat sarcoidosis, but at least one doctor uses Iodoral to treat Lyme Disease, which is also a bacterial infection.]



## Dietrich Klinghardt, MD, PhD Is Right!

- “Many patients with MS, ALS, Parkinson’s disease, autism, joint arthritis, chronic fatigue, sarcoidosis and even cancer are infected with *Borrelia burgdorferi* [which is the predominant cause of Lyme Disease]. But is the infection causing the illness or is it an opportunistic infection simply occurring in people weakened by other illnesses?”
- **“The element most critical in the Lyme [Disease] patient however is iodine.”**

Dr. Dietrich Klinghardt



# Dr. Jorge Flechas is Right!

- Dr. Flechas believes that iodine deficiency may be the root cause of fibromyalgia and chronic fatigue.
- Fibromyalgia patients taking Iodorol (iodine/iodide) see a significant reduction in pain, fatigue, insomnia, brain fog, constipation, and depression.



# The Importance of Iodine

**“The most effective way to destroy a nation is to remove iodine from the food supply.”**

Dr. Guy Abraham, MD



# The Wolff-Chaikoff Effect

“Shortly after the Axis Powers capitulated and WW II came to an end, UC Berkeley dropped a bombshell (1948) which became known as the Wolff-Chaikoff Effect. Where the swords of many nations failed, the pen of two men succeeded! The W-C effect resulted in the removal of iodine from the food supply and most likely caused more misery and death in the U.S. than both world wars combined.”

Dr. Guy Abraham, MD



# Hope For Your Recovery

- Most doctors believe that fibromyalgia cannot be “cured”!
- The Fibromyalgia Recovery Group believes that you can regain your health---but it’s not “easy”!



# Fibromyalgia Is Complicated!

- No specific diagnostic test available
- No agreement on effective treatment
- Most doctors treat symptoms instead of focusing on the causes
- Disagree on genetic or environmental
- Many patients relapse after recovery
- Involves nutrition and diet—many not willing to make the changes required.



# What Do We Patients Know?

- Sure, we're not medically trained **BUT**
  - We know what makes us feel better!
  - We know what makes us worse!
  - We're tired of expensive medical treatments that don't work!
  - We're sick of the side effects of prescribed medications that make us even sicker!
  - We want an explanation of what **CAUSED** us to feel this way---not just pills to make the symptoms better for awhile!



# A Recipe For Fibromyalgia

Iodine Deficiency

+

Poor Nutrition

+

Environmental Toxins

+

Antibiotics and Other Drugs

=

**FIBROMYALGIA and CHRONIC FATIGUE**



# Iodine Deficiency



# Iodine: The Root Cause?

- Iodine levels have fallen 50% in the last 30 years.
- During this time, elevations in autoimmune disorders, thyroid cancer, breast cancer, prostate cancer, other cancers, and many other diseases, including fibromyalgia and chronic fatigue, have occurred.
- **“Discovery consists in seeing what everybody else has seen and thinking what nobody else has thought.”** (Albert Szent-Gyorgyi, M.D., Ph.D)



# Iodine Deficiency

- Iodine has been gradually removed from our diets over the last 60 years.
- In the 1980's, the iodine in bread and milk was replaced with bromide, a toxin.
- Iodine is needed for our bodies to detoxify. Iodine prevents cancer!
- Iodine is needed for proper thyroid and other glandular functions.



# Iodine Is A Detoxifying Agent

- **Detoxifies the Other Halides** (elements in the same “family”)
  - Bromine
  - Fluoride
  - Chlorine
- **Detoxifies Toxic Metals**
  - Mercury
  - Lead
  - Aluminum
  - Cadmium



# Toxins Are Excreted

“Iodine supplementation increased urinary excretion of lead, cadmium, arsenic, aluminum and mercury. Urinary bromide and fluoride levels increased proportionately to the amount of the iodine ingested. At three tablets a day, urinary [excreted] fluoride and bromide increased up to 20-fold.”

Guy E. Abraham, MD



# Iodine and The Thyroid

- **Without iodine, there is no biosynthesis of thyroid hormones.**
- Therefore, thyroid function ultimately depends on an adequate supply of iodine to the gland.



# Incidence of Hypothyroidism

- Testing T4: 1-4% of adults
- Testing T4, plus medical history, physical examination, and basal temperature: 25% of adults
- 80% are women and 20% are men
- According to Dr. Flechas' lab tests, 96% of Americans show some iodine deficiency.



# Symptoms of Hypothyroidism

- Brittle nails
- Carpal tunnel syndrome
- Cold hand and feet
- Cold intolerance
- Constipation
- Depression
- Difficulty swallowing
- Dry skin
- Edema
- Elevated cholesterol
- Essential hypertension
- Eyelid swelling
- Fatigue
- Hair loss
- Headaches
- Hoarseness
- Hypotension (low blood pressure)
- Inability to concentrate
- Infertility
- Irritability
- Menstrual irregularities
- Muscle cramps
- Muscle weakness
- Muscle and joint pain
- Nervousness
- Poor memory
- Puffy eyes
- Slower heartbeat
- Throat pain
- Weight gain

Underscored items were my symptoms  
– many of which were labeled  
“fibromyalgia”



**If Your Thyroid Isn't Working**

**Is it any wonder  
that you  
feel so **bad**?**



# Other Organs Affected

- **Thyroid**
- Breasts
- Prostate
- Ovaries
- Brain
- Heart
- Muscles
- Skin
- Lungs
- Immune System
- Gastrointestinal System
- Salivary Glands
- Hormones
- Blood
- Eyes
- Bones



# Poor Nutrition



# Standard American Diet (SAD)

- Processed foods
- Preservatives
- Artificial sweeteners
- Trans Fats
- White flour
- White rice
- Refined sugar
- Refined salt



# Food For Thought:

If the medical profession  
can't get fibromyalgia right,  
what makes us think  
they can get  
diet right?



# [Almost] Everything You've Been Told About Your Diet Is WRONG!

- Avoid saturated fats (**WRONG!**)
- Limit cholesterol (**WRONG!**)
- Avoid red meat (**WRONG!**)
- Cut back on eggs (**WRONG!**)
- Eat 6-11 servings of grains (**WRONG!**)
- Restrict salt (**WRONG!**)
- Eat more soy (**WRONG!**)

For details please read [What's Wrong With "Politically Correct" Nutrition?](#) from [westonaprice.org](http://westonaprice.org)



# Return To Our Roots

- For thousands of years people lived long, healthy lives without drugs.
- They ate a variety of foods that were traditional to their cultures.
- They ate 10 times the fat soluble vitamins (A & D) as the average American diet.
- They ate some raw foods every day.



# What They Did NOT Eat?

- Refined sugar or corn syrup
- White flour
- Canned foods
- Pasteurized, homogenized, skim or low-fat milk
- Hydrogenated vegetable oils
- Protein powders
- Artificial supplements
- Toxic additives and colorings



# How To Clean Up Your Diet:

- Eat whole, natural foods
- Use only traditional fats & oils (butter and other animal fats, extra virgin olive oil, sesame and flax oil, coconut and palm oil)
- Eat fresh fruits and vegetables in salads and soups or lightly steamed
- Use whole grains and nuts that have been soaked or sprouted to neutralize the phytic acid
- Include lacto-fermented vegetables, fruits and beverages
- Use filtered water
- Use unrefined sea salt
- Use natural sweeteners in moderation (honey, maple syrup, dehydrated cane sugar juice, and stevia)



# What Supplements?

**Dr. Flechas recommends:**

- Magnesium
- B-Vitamins
- Selenium
- Vitamin C
- Malic Acid



# Magnesium

- Is essential for the cell's mitochondria "powerhouses" to function normally, being involved in both the production and utilization of ATP
- Has a positive impact on serotonin function (for sleep)
- Relaxes muscles



# B-Vitamins

All the B vitamins (in foods and produced by intestinal bacteria) work as a “team” to promote healthy nerves, skin, eyes, hair, liver, muscle tone and cardiovascular function,

**AND**

**they protect us from mental disorders, depression and anxiety.**



# Selenium

Patients suffering with fibromyalgia had a significantly decreased amount of selenium in their blood compared to control subjects. Selenium is a powerful antioxidant, and it is a co-factor for certain antioxidant enzymes in the body. Without adequate selenium, these enzymes cannot properly function.



# Vitamin C

“Vitamin C is an integral nutrient in the iodine treatment plan.

In a case study, the use of Vitamin C along with iodine helped to improve and possibly repair the iodine transport mechanism.”

Dr. David Brownstein



# Malic Acid

- In a clinical test with 15 FM patients using a total daily dosage of 300-600 mg of malic acid, all patients reported significant **improvement of pain** within 48 hours of starting the supplement
- Fatigue symptoms may take approximately 2 weeks to respond
- Malic acid has the ability to allow the body to make ATP more efficiently



# **Environmental Toxins**



# Bromine Toxicity

- Bromine is a **toxic substance** with no known value in the body
- Bromine interferes with iodine utilization in the thyroid as well as other areas of the body (breast, prostate, etc.)
- Bromine inhibits both T4 and T3 hormones
- It is linked to ADD/ADHD in children



# Bromide & Pesticides

- Methyl bromide is sprayed on the soil to kill insects and weeds
- It's used in flour mills and grain storage facilities, and used to treat golf course sod and to rid warehouses and other buildings of pests
- Victims poisoned by this pesticide experience uncontrollable trembling, vomiting, blackouts, pounding headaches, fainting, nausea, swollen lips and tongue, unusual muscle pain, inflamed skin, fatigue and numbness in their hands, feet, arms and legs.



# Bromide and Gulf War Syndrome

In October 1999, the U.S. Pentagon released a report that hypothesized that an experimental drug known as pyriostigmine bromide (PB) might be linked to the physical symptoms manifested in Gulf War Syndrome. The experimental drug was given to U.S. and Canadian troops during the war to protect soldiers against the effects of the chemical nerve agent soman.



# Fluoride Toxicity

- Affects the ability of the thyroid gland to concentrate iodine
- More toxic when iodine deficiency is present
- Causes mottled teeth in children
- There are NO long-term studies proving that fluoride has any positive benefit



# Mercury Toxicity

- Exposure to even low levels of mercury contributes to immune dysfunction by interfering with proper lymphocyte functioning.
- Short term memory loss
- High total cholesterol
- Bad breath
- Depression
- Headaches
- Insomnia



# Aluminum Toxicity

- Mimics Alzheimer's Disease and osteoporosis
- Gastrointestinal problems
- Nervousness
- Headaches
- Decreased liver and kidney function
- Memory loss
- Aching muscles



# Lead Toxicity

- Fatigue
- Headache
- Irritability
- Aches and pains
- Nerve dysfunction



# Remember, Iodine Detoxifies:

- Bromide
- Fluoride
- Chlorine
- Mercury
- Aluminum
- Lead
- Cadmium
- Arsenic and perhaps other toxins



# **Antibiotics And Other Drugs**



# Antibiotics: Necessary but Dangerous

- Antibiotics kill off both bad and beneficial bacteria which are needed for normal digestion & good health.
- Good bacteria produce bacteriocins which kill other bacteria. Bacteria are part of our "immune system". Antibiotics destroy much of our natural immune system.
- Intestinal yeast are able to proliferate beyond their normal bounds.
- Yeast overgrowth causes "cravings" for sugar and carbohydrates which yeast feed on.



# Candida Overgrowth

- Candida has been found to produce 79 distinct toxins.
- The human body must dispose of these toxins.
- They easily diffuse throughout the body and no organ system is immune to the effects they produce.
- 82% of 880 fibromyalgia patients specifically tested had yeast cultured from purged stool samples.



# Major Symptoms Attributed To:

## FIBROMYALGIA

- Body pain
- Brain Fog (Cognitive Difficulties)
- Headaches; migraines
- Blurred vision; eye irritation
- Fatigue; insomnia
- Irritable Bowel Syndrome
- Irritable Bladder Syndrome
- Vulvar Pain Syndrome
- Painful Menstruation
- Impaired memory
- Depression; anxiety
- Abnormal tastes; Ringing ears
- Restless legs; Leg cramps
- Numbness & tingling
- Allergies; Chemical Sensitivities
- Brittle Nails; Hair Loss
- Itching; Rashes; Skin Irritation
- Morning Stiffness

## CANDIDAISIS

- Muscle aches & bone pain
- Brain Fog (Cognitive Difficulties)
- Headaches; migraines
- Eye fatigue & irritation
- Fatigue; insomnia
- Irritable Bowel Syndrome
- Frequent urination
- Vulvar Pain Syndrome
- Painful Menstruation
- Impaired memory
- Depression ; anxiety
- Bad breath; Ringing ears
- Magnesium Deficiency; cramps
- Numbness & tingling of face or extremities
- Allergies; Chemical Sensitivities
- Brittle Nails; Hair Loss
- Itching; Rashes; Skin Irritation; Acne
- Symptoms Worse in the Morning



## **Do Those Lists Look Familiar?**

**They are almost  
identical  
to the lists of symptoms  
associated with  
hypothyroidism  
and  
iodine deficiency!**

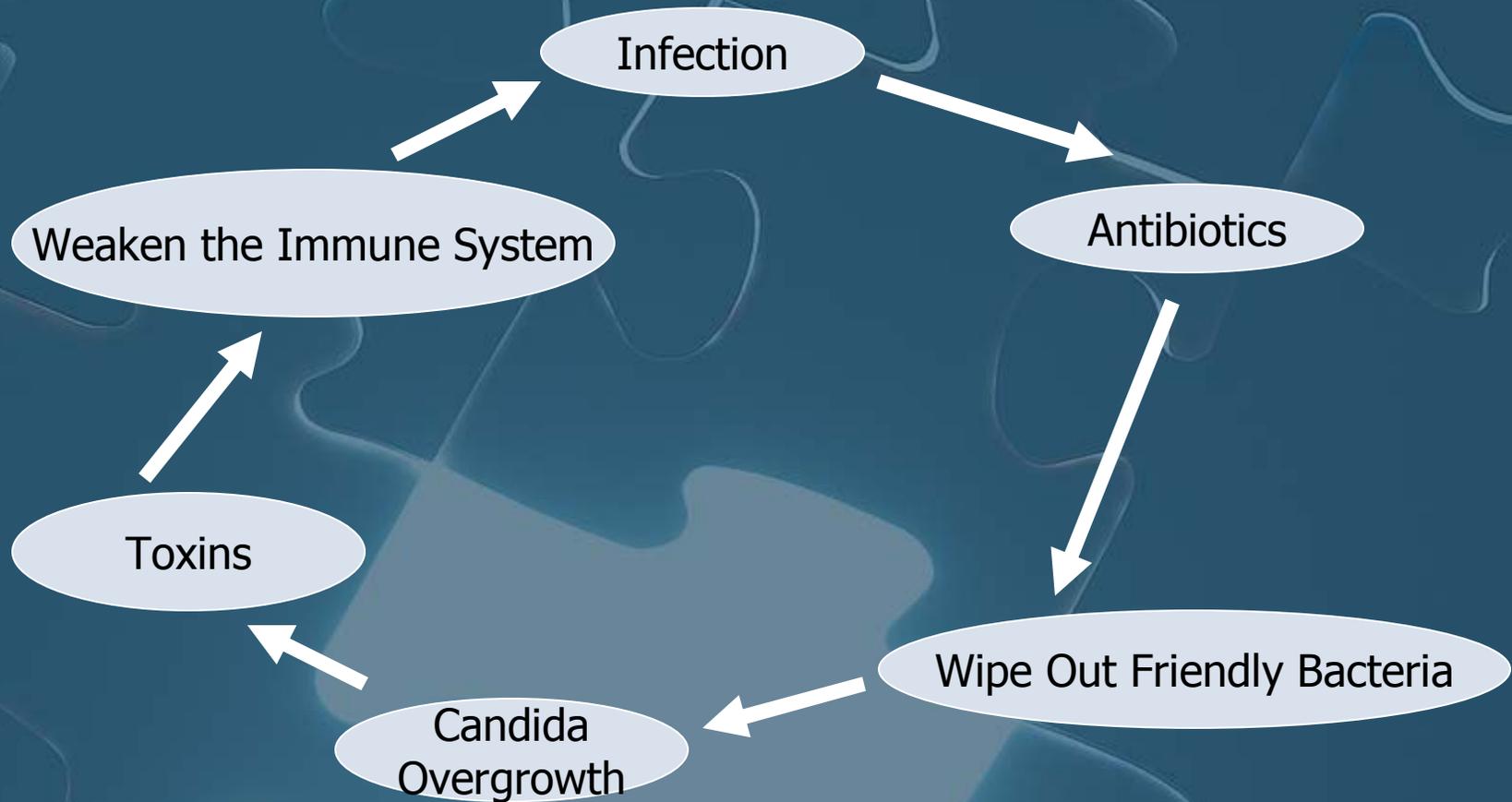


# What Causes Candidiasis?

- **Antibiotics**
- Steroids: Cortisone, Prednisone
- Birth-control Pills
- Estrogen Replacement Therapy
- Poor Diet
- Chemotherapy, Radiation
- Stress
- Alcohol Overuse



# The Vicious Cycle





# Prescription Drugs

- Your body does not have a drug deficiency! (with very few exceptions)
- **EVERY** drug has some side effects!
- Drugs interact with each other and cause additional problems!
- Drugs may **harm** your health more than help it!
- Drugs may be more expensive than preventive measures!



# Lumps and Bumps?

## Dr. St. Amand

“Lumps and bumps are nodules in the muscles that are characteristic of the syndrome.”

These can be “mapped” and can help track the regression of the disease.

## Dr. Flechas

“Cysts, scar tissue, and nodules are part of the ‘Iodine Deficiency Pattern’ that is seen with the thyroid (goiter), breast (FBD) and ovary (PCOS). **It is believed that lack of iodine in the MUSCLES may be displayed as cysts and nodules as well.**”



# Cholesterol

- High cholesterol is one of the symptoms of hypothyroidism
- Iodine deficiency can cause elevated cholesterol
- High cholesterol is often associated with fibromyalgia.
- Dr. Uffe Ravnskov, M.D., PhD believes that cholesterol is part of the immune system!



# Hypoglycemia

- Dr. St. Amand says you cannot get well if you don't treat your hypoglycemia.
- Consider using his "Diet for Hypoglycemia" or an "Anti-Candida" diet. They are similar.
- Iodine will make insulin receptors more sensitive, and you may need to reduce your medication if you are diabetic. If you are just hypoglycemic, you may find that your symptoms will improve with the addition of iodine (Iodorol) and by following the Weston A. Price recommendations on diet!



# Hindrances to Recovery

- **SUGAR** and high fructose corn syrup
- Medications (and their side effects)
- Poor teeth and **gum infections**
- Smoking
- Hormonal problems – Get tested and consider bio-identical hormones
- Non-supportive family – It's hard to make life-style changes without support



# What Works—and WHY?

- Iodine
- Probiotic Therapy
- B-Vitamins
- Magnesium
- NT Diet (Nourishing Traditions)
- Stimulates thyroid & other glands
- Replaces gut bacteria (Vit K & B)
- Replaces those lost through dysbiosis
- Needed for muscle relaxation; calms nervous system
- Reduces toxins & nourishes the body



# Other Steps To Take

- Reduce Toxins -->
  - Drink filtered water
  - Use fluoride-free toothpaste
  - Shun soda pop
  - Avoid soy products
  - Increase endorphins
  - Increase strength and flexibility
- Exercise -->
  - Take only what is necessary
  - Work closely with your doctor!
- Decrease medications and supplements -->



# 10 Steps to Wellness

1. Get a blood test and an Iodine Loading test
2. Supplement for Iodine sufficiency
3. Vitamin & mineral supplementation
4. Bromide detox with sea salt, if necessary
5. Probiotic therapy, with cultured foods
6. Eat a low sugar, whole food diet
7. Eat healthy fats, especially butter
8. Stay away from soy (goitrogenic)
9. Exercise (aerobic & strength/conditioning)
10. Get off other supplements and medications



**Remember:**

**You can  
recover  
from  
Fibromyalgia  
and  
Chronic Fatigue!**