



TIPS FOR LONG HAULERS

with Dr. Jacob Teitelbaum

Jacob Teitelbaum, M.D., is one of the most frequently quoted integrative, pain and fibromyalgia medical authorities in the world. He is the author of the best-selling book, *From Fatigued to Fantastic! , Pain Free, 1,2,3!*, *the Complete Guide to Beating Sugar Addiction*, *Real Cause Real Cure*, *The Fatigue and Fibromyalgia Solution*, *Diabetes Is Optional* and the popular free Smart Phone app *Cures A-Z*.

Most of the below tips were taken from Dr. Teitelbaum's appearance on The Vibrant You Health Show episode 28 which you can watch at www.naturespantry.life. You may be dealing with **Long Haulers** if you have persistent fatigue, brain fog, and perhaps insomnia with achiness – that's long haulers, that's post-viral chronic fatigue syndrome and fibromyalgia. Dr. Teitelbaum has helped complete three studies in the last two years looking at post-viral chronic fatigue syndrome. Dr. Teitelbaum applies what he call the SHINE protocol for long haulers, chronic fatigue, infections and more. SHINE stands for Sleep, Hormones, Infections, Nutrition, Exercise.

Sleep

Make sure there is no light in the room at all. Use a night mask if needed. Light in the room will keep your adrenaline nervous system on and you might sleep but you won't wake up as rested. Sleep is very important for the immune system, hormone balance, tissue repair. No sleep equals pain. If you have chronic pain and you don't sleep, the pain is not going away. Among those who don't get enough sleep there is an average 6.5 lb weight gain. Poor sleep also leads to brain fog. 7 to 9 hours is ideal. Everyone is different. Find the amount of sleep that is best for you. Supplements mentioned by Dr. Teitelbaum: 1) Terry Naturally EP120 Sustained Release Melatonin, 2) Terry Naturally Terrific ZZZZ

Hormones

Thyroid is the gas pedal of your body. The thyroid makes the hormones that tell your cells to make energy. It determines how many calories you are burning for energy. Overactive thyroid is like you've had too much coffee and prone to being an emotional train wreck. Underactive thyroid leads to lack of energy and fatigue. If you are any two of the following, consider asking your doctor for thyroid hormone: tiredness, achiness, weight gain, cold intolerant, hair loss, unexplained infertility, miscarriage, constipation. But start by making sure you have enough iodine, tyrosine and selenium, but mainly iodine. HRG80 Red Ginseng increased energy in 60% of people by an average of 70% increase of energy in a study that Dr. Teitelbaum helped with. Taking HRG80 with Adaptra also showed marked results. The adrenals are the stress

handler gland. About a quarter of the population are just pooped. They are so stressed out they get exhausted. The best way to tell if you need adrenal support is if you get irritable when hungry. Cut back sugar. Increase salt and water. Supplements and prescriptions mentioned by Dr. Teitelbaum: 1) Terry Naturally Thyroid Care Plus (iodine, tyrosine and selenium), 2) Terry Naturally Tri-Iodine, 3) Prescription Bioidentical Thyroid Hormone, 4) Terry Naturally HRG80 Red Ginseng, 5) Terry Naturally Adaptra (Rhodiola and Ashwagandha), 6) Terry Naturally Adrenaplex (way cheaper than a divorce lawyer), 7) D-Ribose powder

Infections

COVID has triggered other infections in people. Because the immune system gets so depleted it allows other infections to do a jail break so to speak. When the immune system goes down, the most common chronic infection we're seeing is candida or fungal overgrowth. There's no test that Dr. Teitelbaum would give a nickel for to detect it though. The way you tell is that candida and fungal overgrowths drain energy, cause brain fog and cause pain. They also cause nasal congestion, chronic sinusitis, post nasal drip, gas, bloating, diarrhea, constipation, irritable bowel syndrome. Cut back sugar because yeasts grow by fermenting sugar. Dr. Teitelbaum recommends: 1) a high quality probiotic, 2) good anti-fungal or anti-candida/yeast supplements

Nutrition

Eat real food. Cut the processed sugar. Cut the processed flour. If it grows on a plant, yes. If it's made in a plant, no. Turns out that when we eat the food God made, we are healthier than when we eat the food man makes. The following excerpt on nutrition was taken from Linda Clayville's WHOLENESS acronym: "Eat a fibrous, unprocessed 'rainbow.' The fiber in grains, beans, nuts and seeds help keep your colon swept out. Five to seven servings of dark, bright colored fruits and vegetables every day provides your body with very powerful antioxidants and enzymes it needs for both function and repair. To preserve valuable nutrients, look for food grown without much processing. Eat some raw food with every meal to insure proper digestion."

Exercise

Exercise as able. If you do too much exercise, you can be bed ridden, which is called post-exertional malaise. So don't push it too hard. Listen to your body. Walk as much as you comfortably can, even if it's just 200 steps per day. Increase little by little as you are able. And then, after 8-10 weeks on the SHINE protocol, your energy will be skyrocketing, so you will be able to condition instead of crash.

Dr. Teitelbaum goes into way more detail about all these issues and the SHINE protocol in his book, *From Fatigued to Fantastic*. Learn more about Dr. Teitelbaum at www.Vitality101.com. Below are some more tips discussed on episode 28 of the Vibrant You Health Show at www.naturespantry.life.

Hair Loss

When you have the hair loss from severe stress like COVID, it causes your hair follicles to cycle all at the same time, so a couple months later the hair falls out in clumps. Then it grows back after about 9-12 months, so a big part of that is just giving it the time to go through the cycling. Make sure your iron levels are optimal. Terry Naturally Clinical Essentials Multivitamin
Terry Naturally Hair Renew (for two to three months)

Excessive Inflammation Response

Terry Naturally Curamed 750 mg (helps shut down excessive inflammation response associated with COVID/Long Haulers)

Excessive Oxidative Stress

Terry Naturally Clinical Glutathione (helps turn off the oxidative stress associated with COVID/Long Haulers)
Chaga mushroom supplements

Mitochondrial/ATP Cellular Energy Production

Natural Factors Regenerlife (supports ATP energy production which gets hammered during COVID)

Loss of Taste and Smell

Zinc and Vitamin A deficiency can cause loss of taste and smell, but be careful because too much vitamin A can cause birth defects if taken by pregnant women (if pregnant don't exceed 8,000 IU per day). But Zinc and Vitamin A are not enough to make taste and smell come back on their own. They are more effective as a preventive. Taste and smell usually will return over time.

Things to try:

Terry Naturally ViraPro (Vit A, Zinc, Selenium, Elderberry and much more)

Essential Oils Smell Kit (Rose Absolute, Eucalyptus, Clove Bud, Lemon) To try smell training: 1) Hold the first bottle up to your nose, about an inch away. The order you smell the essential oils does not matter. 2) Relax and try to inhale naturally through the nose – sniffing too quickly and deeply is likely to result in you not being able to detect anything. 3) Try this a couple more times, then rest for five minutes. 4) Move onto the next essential oil and repeat.