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Energy depletion in Americans

By Jacob Teitelbaum, MD

America's human energy crisis comes in many exhausting shapes and sizes. Over 11 percent of the population has disabling fatigue that's lasted for at least one month. More than 2.5 million Americans suffer from full-blown Chronic Fatigue Syndrome (CFS) and three to six percent of the population (12-24 million) battle its painful cousin, Fibromyalgia. The casualties of our nation's exhaustion epidemic continue to multiply year after year.

"That's why I launched Vitality101.com. It's the closest thing to actually consulting a physician who specializes in CFS/FMS, and provides a step-by-step proven medical treatment for getting your life back," explains board certified internist, Jacob Teitelbaum, MD. "CFS and Fibromyalgia are complex syndromes and have only recently

become recognized within the medical community as real illnesses. As a result, it's very difficult for people to find physicians who know how to help them." Dr. Teitelbaum, a leading researcher and clinical authority on effective treatment for CFS and FMS, is the best-selling author of *From Fatigued to Fantastic!* (Avery/Penguin Group, Oct 2007, third revised edition), and medical director of the national Fibromyalgia and Fatigue Centers, Inc.

Vitality101.com provides a patented, online questionnaire to analyze a visitor's symptoms and history and create an individually tailored treatment program. The web site's "Practitioner Finder" lists physicians across the country specializing in the treatment of CFS/Fibromyalgia, as well as local patient support groups. It also offers access to private phone consultations and direct access to Dr. Teitelbaum online

for Q&A.

In addition to CFS and Fibromyalgia, Vitality101.com delivers a wealth of general health information - from Dr. Teitelbaum's advice on treating specific medical problems to his Vitality 101 Pyramid, a set of general building blocks for maintaining optimal energy, health and well being. "I had CFS and Fibromyalgia back in 1975, which left me homeless for much of the year, and I know what patients are going through," says Dr. Teitelbaum. "Vitality101.com incorporates my published research findings and over 30 years of experience in effectively treating patients with Chronic Fatigue Syndrome and Fibromyalgia," says Dr. Teitelbaum.

About Jacob Teitelbaum, MD

Board certified internist, Jacob Teitelbaum, MD, is medical director of the national Fibromyalgia and Fa-

tigue Centers (www.fibroandfatigue.com). He is senior author of the landmark studies "Effective Treatment of Chronic Fatigue Syndrome and Fibromyalgia-a Placebo-controlled Study" and "Effective Treatment of CFS and Fibromyalgia with D-Ribose." He is author of the best-selling book *From Fatigued to Fantastic!* (Avery/Penguin Group, October 4, 2007, third revised edition); *Three Steps to Happiness! Healing through Joy, and Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now* (McGraw-Hill, 2006). Dr. Teitelbaum has appeared on national TV including CNN and Fox News Channel, and is a frequent guest on Oprah & Friends with Mehmet Oz, MD. He is regularly sourced as an energy/vitality expert in the national media. He lives in Kona, Hawaii. Web site: www.Vitality101.com.