

# Dr. Godo's Weblog

Holistic Medical Treatments

## From Fatigue... To Fantastic

Posted on September 23, 2011 by Dr. Godo



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*For those suffering from fatigue, muscle soreness, stiffness and related medical complications, the relief can be life changing."*

It's all about energy. Think about it, almost everything in life comes down to energy. Every day we need energy for relationships, our careers, and certainly for enjoyment. At the micro level, our brains are energy dependent; and if energy supplies are low, brain fog, confusion, or apathy become dominant. Our immune system is energy driven. It takes a lot of energy to fight infection and maintain the vigilance of health. Add the toxins of 21st Century living that our bodies must isolate, repackage, and eliminate before they cause harm, and yes... it all takes energy.

We need energy to transport the nutrients we digest, and then absorb needed fuel into cell membranes. Cells need energy to repair, rebuild, and reproduce. If our cells don't have the necessary energy, our muscles won't work right; and we may experience cramping or pain.

Certainly one of our most vital muscles, the heart, won't work right either. That's why Cardiologists Steven Sinatra and James Roberts in their book *Reverse Heart Disease Now* have named four key nutrients as the "the awesome foursome" in cardiovascular disease. They are Co-enzyme Q 10, Magnesium, L-Carnitine, and D-Ribose. Awesome Foursome, I love it, but what is so interesting about the Big Four is that they are all about energy production.

Of course the authors suggest the use of a high quality multiple vitamin/mineral and EFAs (essential fatty acids-fish, flax, borage oils) for foundational support, but the "Awesome Foursome" are the key raw materials necessary to transport energy within cells for metabolism. Here's the word picture Dr. Sinatra uses to describe this process. Ribose helps fill the body's gas tank; CoQ and L-carnitine help the body convert fuel to energy; and like the spark plug which is central to both processes, magnesium turns on the enzymes that drive the entire metabolic reaction.

But here is what happens: infections, excess stress, trauma, or even the process of aging itself can create deficits. Eating a dead devitalized diet can further weaken us. You may have heard the term "downhill syndrome" in reference to chronic illness.

As energy levels fall, the underlying illness tends to gain an even stronger foothold in your body. And as your immune system struggles harder and harder to fight the spreading illness, your body's ability to produce energy is stretched to its limit, resulting in even lower energy levels than before. Over time, this allows the underlying illness to become chronic, wreaking havoc on your body.

So, the worse your illness gets, the more your body's ability to produce energy is taxed, and the more your body's ability to produce energy is taxed, the worse your illness gets. It becomes a vicious cycle that is

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almost impossible to break. By supplying Ribose, we can provide the materials to jump start the body and break the cycle.

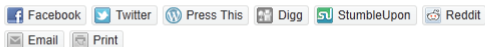
Here's what Dr. Jacob Teitelbaum, M.D., author of the bestselling book *From Fatigued to Fantastic* says about D-Ribose: "Not having enough Ribose in your body is like trying to build a fire without kindling—nothing happens. Ribose is a unique and powerful addition to our complement of metabolic therapies. For those suffering from fatigue, muscle soreness, stiffness, and a host of related medical complications, the relief can be life changing. I'd recommend it be used in all Chronic Fatigue Syndrome cases, fibromyalgia, and cardiac patients as well as athletes."

There can be many factors that cause low energy. Working with Dr. Godo could give you the jump start you need to break the cycle. Ask Dr. Godo about D-Ribose and other natural therapies that improve your body's energy production. If you suffer from chronic fatigue or you just need a little extra "Ummph" for your workout or exercise class, D-Ribose is a natural and safe nutrient that I use and highly recommend.

Dr. Jason Godo

<http://www.GoToGodo.com/>

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