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July/August 2013

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It's Time for the Next Step: Creating a Network of Cooperation

By Jacob Teitelbaum, MD

During the last 36 years that I've been in practice, it's been an amazing joy to watch the number of holistic practitioners grow. When I first started in medicine at my local hospital, there were only two holistic practitioners, myself and Dr. Margaret Mullins, an acupuncturist. Twenty years later, when the hospital had a "Meet Our Holistic Doctors" event for the public, there were more than 20 holistic practitioners. (Margaret and I felt like proud grandparents!)

This same remarkable growth is occurring nationwide, with tens of thousands of holistic MDs, DOs, naturopaths, chiropractors, dentists, energy medicine practitioners, nutritionists and a wide spectrum of others. Despite not being covered by insurance, people are scheduling as many visits each year with holistic practitioners as they do with standard MDs.

Moving Forward ... Together

In my medical practice, if someone has appendicitis, I would refer them to a surgeon. Retinal tear? No problem—over to an ophthalmologist. Without having this option, I would've been overwhelmed, and many of the people I was caring for would be dead.

Having the option of comfortably referring people to other specialists has been essential.

Being holistic, however, I was sure to sit down and speak with each specialist first to get to know them, to introduce myself and explain the rationale behind the approaches that I was using. While making sure these specialists were comfortable with and accepting of the idea of holistic medicine, I got to know several excellent chiropractors offering different treatment approaches, as well as nutritionists, holistic psychologists, homeopaths and other holistic practitioners. Having picked out the different specialists I was at ease with, I was able to refer people comfortably, knowing that they would be well tended and that I would also be respected in the process. I then found myself getting many referrals from these practitioners as well. This helped me create a very effective and successful practice.

Unfortunately, many if not most holistic practitioners do not have this experience. They are afraid that if they send people to another practitioner—even a holistic one—that they will be badmouthed and the person will be "stolen." Because of this, practitioners within the holistic community are often much slower to refer people to others when

it is needed.

This is unhealthy for everyone.

Building & Being a Part of a Network

Do you sometimes feel like you're out there all alone? Do you sometimes feel like everybody has an effective business organization that represents them ... except you? Well, you're not alone.

Being a holistic practitioner for more than 35 years, I have been blessed to work closely with a wide range of practitioners, learning from them while also teaching them about what I do. Referring to holistic practitioners became no different than referrals I made to my local cardiologist or surgeon. This worked beautifully for my patients and allowed me to sleep easier at night.

So it's time for the next step: it's time for safe and respectful cross referrals to be routine in the holistic community.

Toward this goal, the Fatigue and Fibromyalgia Practitioners Network (FFPN) is set to launch August 2013. This network is simple and low-cost, and will offer practitioners the benefits of a large community without the hassles.

The FFPN is for all holistic practitioners, including, but not limited to:

- Prescribing practitioners (e.g. MDs, DOs, NDs and dentists)
- Those who do muscle release and manipulation (e.g. chiropractors, body workers and physical therapists)
- Energy medicine practitioners (e.g. acupuncturists, NAET and many others)
- Nutritionists
- Mind-body practitioners (e.g. psychologists and health coaches)

In addition, there are literally millions of people with chronic fatigue and fibromyalgia asking the same question: "How can I find help?"

The FFPN is my way of training a wide array of practitioners in how to use an organized, simple and yet dramatically effective metabolic approach to treating fatigue and fibromyalgia called the "S.H.I.N.E Protocol" (see below). This approach can be used by both prescribing and non-prescribing practitioners, and will be very complementary to what practitioners are currently offering people. In our published, placebo-controlled study, 91 percent of people with chronic fatigue and fibromyalgia improved, with an average 90 percent increase in quality of life!

But getting the 10-hour online foundation training course, though very powerful, is just the start. In addition, the FFPN will:

- **Create a stream of referrals to feed one's practice.** And because you have done the 10-hour course, the public and other practitioners will know that you have a solid foundation of knowledge in this area. Being one of the most visited websites in the world for CFS and fibromyalgia, we have an active referral list.

- **Simplify the evaluation and treatment of not only fatigue and fibromyalgia,** but also thyroid and adrenal problems; insomnia and sleep disorders; candida, spastic colon and sinusitis; nutritional support; pain management; Alzheimer's disease and dementia; and many other common health conditions. Basically providing what I have learned in more than 35 years of practice and from critical assessment of tens of thousands of studies, in a distilled, simple and easy-to-apply form. Regardless of what your approach to helping people is, the information you learn will make it more effective and revolutionize your practice.

- **Help you get to know other practitioners in your area.** It will give you a context for getting to meet them, and create an understanding that will allow the cross referral patterns we previously discussed. You will be amazed at how this will improve and build your practice, along with people's outcomes and your quality of life.


- **Negotiate discounts off wholesale for the**

supplements that you are selling in your practice. Wonder why the Amazons and Costco's of the world are making it hard for you to compete? It is because the volume that they buy gets them major discounts off wholesale. As our numbers grow, so will our negotiating power. We already have several major companies that have agreed to give a 7.5 percent discount off of wholesale to FFPN members, and we will be approaching more companies that I respect as our membership grows. This will allow you to be competitive with Amazon!

- **Give you access to a "Network Practitioners Only" Facebook page** where you can get your questions answered, and quickly learn what works and what doesn't as practitioners share their clinical experiences. In addition, this will allow me to keep members posted on new research and ideas that I find especially important.

The FFPN will make it all easy, and low cost. The initial cost is \$695. This includes the 10-hour CFS/fibromyalgia online foundation workshop, which you can take at your own convenience and speed, and a one-year membership (usual cost \$180 per year). We will be having an introductory discount, which will bring the price down to \$450 for those enrolling in the first few months. For information, see www.endfatigue.com and you can email me with questions at endfatigue@aol.com.

I look forward to working with you to help take your practice to the next level, while helping to bring together our holistic community!

Love and blessings,
Jacob Teitelbaum, MD 

Helping People Recover From CFS or Fibromyalgia: Think "S.H.I.N.E."

Chronic fatigue syndrome (CFS) and fibromyalgia both represent an "energy crisis" in the body, where people essentially "blow a fuse" called the hypothalamus. This circuit controls many functions, including sleep and hormonal function. Metabolically, there are five key areas that need to be treated for your fatigue and/or pain to resolve:

- **Sleep.** A mix of sleep aids will be needed to overcome the sleep disorder.
- **Hormonal deficiencies** (despite normal labs).
- **Infections.** Candida is key, but there are also many other important infections.
- **Nutritional support.** Widespread nutritional support is very helpful. This can be simplified by using a powdered multi (called the Energy Revitalization System by Integrative Therapeutics) that replaces more than 35 tablets of supplements with one drink, coenzyme Q10 and ribose 5 g three times a day for three weeks and then twice a day.

- **Exercise as able.**

SHINE supplies the metabolic foundation for people healing, but numerous other treatments including chiropractic and other forms of bodywork; energy medicine, including allergy elimination with NAET; nutritional counseling, including diet; detoxification; and dozens of other modalities can all optimize the healing process.

Finally, ribose (Corvalen by Douglas Labs) is the backbone of energy production in the body. We have done two studies of approximately 300 people with CFS/Fibromyalgia, which included 54 different health practitioners. People treated with ribose showed an average increase in energy of approximately 60 percent in only three weeks, also improving mental clarity, sleep, pain and overall well-being dramatically. Many had a "WOW!" effect. Dosing? Give 5 g (one scoop) three times a day for three weeks and then twice a day. Corvalen looks and tastes like sugar and can be mixed with any food or drink.



Jacob Teitelbaum, MD, is director of the Fatigue and Fibromyalgia Practitioners Network and author of the popular free iPhone & Android application "Cures A-Z," and of the best-selling book *From Fatigued to Fantastic!*,

Pain Free 1-2-3—A Proven Program for Eliminating Chronic Pain Now, the Beat Sugar Addiction NOW! series, *Real Cause, Real Cure*, and *The Fatigue and Fibromyalgia Solution*. He is the lead author of four studies on effective treatment for fibromyalgia and chronic fatigue syndrome, and a study on effective treatment of autism using NAET. Dr. Teitelbaum does frequent media appearances including *Good Morning America*, *CNN*, *Fox News Channel*, the *Dr. Oz Show* and *Oprah & Friends*.