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## The Energy Doctor

How Jacob Teitelbaum, MD, used his own experiences to become the foremost expert in fibromyalgia and chronic fatigue



**WHEN YOU FIRST MEET JACOB TEITELBAUM,** you see the flowing grey locks, the trademark Hawaiian shirt, the room-illuminating smile, and a boundless vortex of energy. But it wasn't always so.

In 1975, says Teitelbaum, "I was in medical school and I came down with a nasty viral infection that we called the 'drop dead flu.' I couldn't get out of bed for six weeks. They thought I was depressed. I lost my scholarship, and had to drop out of medical school. I was too fatigued and sick to work. I slept on park benches, ultimately depending on the kindness of friends who provided a couch."

The "drop dead flu" turned out to be undiagnosed chronic fatigue syndrome and fibromyalgia. And that horrible period in Teitelbaum's life turned out to be the trigger for a lifelong study of fatigue and the conditions that cause it. Fast-forward a few decades and Teitelbaum is one of the country's premiere experts on integrative medicine, fibromyalgia, chronic fatigue syndrome, and energy.

### Eye-Opening Journey

Like many others, Teitelbaum found that conventional medicine had little to offer for his condition. "Fibromyalgia, pain, and fatigue are three biggies that standard medicine doesn't do well with," he says. "Conventional medicine is great at bleeding ulcers, appendectomies, myocardial infarctions—any kind of immediate crisis. But it's lousy for non-life threatening diseases."

So he did what so many other pioneers of modern integrative medicine have done—he sought out ways to heal himself. "I met naturopaths and herbalists," he says. "I worked with an energy healer who

did chakra work. The whole thing just 'popped open,' which was as much a shock to me as anyone else."

After a time, Teitelbaum returned to medical school, but he was never the same. He had learned that there's a lot more to healing than can be found in the conventional medical curriculum. "I discovered the effects of sugar on the body. I learned about Candida. About the adrenal glands. About the effects of emotional chaos and toxic relationships. I had originally gone into medical school thinking that MDs know it all and everything else is quackery. But by the time I graduated, I had a whole different philosophy."

*"A big part of healing is learning to check how things feel and saying 'yes' to things that feel good, and 'no' to things that feel bad."*

### Big-Picture Protocol

That philosophy eventually led Teitelbaum to develop the SHINE protocol, which he and others have now used successfully for well over a decade. "The SHINE protocol helps 91 percent of people with fibromyalgia feel much better," he explains.

SHINE stands for Sleep, Hormonal support, Infection/inflammation, Nutrition, and Exercise. Restoring deep, restful, uninterrupted sleep is the first step in balancing hormones and repairing the body. Then, hormone replacement

is used, if necessary, to finish correcting any imbalances. The physician then looks for signs of infection, including *Candida albicans*, commonly manifested as a yeast infection. Nutrition is addressed by eliminating as much sugar as possible from the diet, and increasing intake of anti-inflammatory foods and supplements such as omega-3s, curcumin, resveratrol, and green tea. And finally, exercise—as tolerated—is prescribed.

"The SHINE protocol restores energy, but it's also great for treating muscle or any other kind of pain," says Teitelbaum.

### Mind Matters

But healing isn't just about physical health. "With any illness, there's also a psycho-spiritual component," says Teitelbaum. "A big part of healing is learning to check how things feel and saying 'yes' to things that feel good, and 'no' to things that feel bad. Fibromyalgia patients have a difficult time doing that because they tend to be empathic—they feel other people's pain. That's what led me into being a healer in the first place."

Teitelbaum believes that if you treat only the physical aspect of an illness without including the psycho-spiritual aspect, your body will find another way to become sick. "See what feels good to you and follow that train. If something feels good, it means it's authentic—to you."

"And that is an incredible support to your health."