

Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome

December 2003

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HEALTH NEWS YOU CAN USE

We've all heard that we need 8 hours of restful sleep each night. Poor sleep has been linked to various health problems including depression, fatigue, CFS, FMS, chronic pain disorders, and headaches. One study showed that college students who were prevented from going into deep sleep (REM sleep) for a period of a week, developed the same symptoms associated with fibromyalgia (FMS) and chronic fatigue syndrome (CFS): diffuse pain,

THE IMPORTANCE OF A GOOD NIGHT'S SLEEP



fatigue, depression, anxiety, irritability, stomach disturbances, and headaches.

P.Koch-Sheras and A. Lemley, *The Dream Sourcebook* (Los Angeles: Loweel House)

A study conducted by the University of Connecticut School of Medicine compared the sleep patterns and associated symptoms of fifty women with FMS. The study showed that a poor night's sleep was followed by an increase in the subject's symptoms including, increased pain.

Treating and Beating Pain - Part Two

This is the second newsletter in a series on pain. In last month's issue I wrote, "Where there is pain there is inflammation." Inflammation may be from wear-and-tear arthritis (osteoarthritis), scar tissue, lactic acid (trigger points), allergic reactions, leaky gut, intestinal dysbiosis (yeast overgrowth), nightshade sensitivity, or poor detoxification processes. Finding and successfully treating the source of chronic pain can be difficult. This month we'll explore some of the triggers for chronic pain and what you can do to counteract them.

MELATONIN

The pineal gland is located at the base of our brain. The ancient Greeks considered the pineal gland to be the seat of the soul. Melatonin is the primary hormone of the pineal gland and acts to regulate the body's circadian rhythm (bio-rhythm), especially the sleep-wake cycle. Over the last two decades, scientists have learned a great deal about the hormone melatonin. Once a curiosity, melatonin is now known to slow down, or perhaps even reverse, the effects of aging.

Dr. Joan Larson in her book, *7 Weeks to Emotional Healing*, discusses how melatonin and the immune system are connected. She states, "Melatonin rejuvenates the thymus gland to protect our immunity...Melatonin will 'reset' your immune system when it has been under siege from infections, cancer, stress, and so on.

Such attacks disrupt its rhythms and diminish its effectiveness. Any disruption in our immune system's twenty-four-hour rhythm lowers our immunity, leaving us prone to more illness." Once we become out of tune with our sleep/wake circadian rhythm, we begin to lose the ability to right ourselves through homeostasis. This leads to further chemical, physical, and emotional stress. Chronic stress is one of the main causes of pain.

SEROTONIN

Normalizing serotonin level reduces chronic pain.

Serotonin is a neurotransmitter, or brain hormone, responsible for regulating sleep, pain, mood, digestion, and mental clarity. Serotonin is created by the amino acid Tryptophan (5HTP) in cooperation with magnesium, and the B vitamins (especially B6, B3 and B12). Amino acids are the essential chemicals that make up proteins—which we must get from our diet). Serotonin, which turns into melatonin, helps promote deep, restorative sleep. Serotonin also raises a person's pain threshold (decreases pain), normalizes digestion (eliminates problems associated with irritable bowel syndrome), increases mental function (helps with "Fibro fog"), elevates mood (reduces anxiety and depression), and is known as the "happy hormone." The higher one's serotonin level, the higher their pain threshold (less pain). Some individuals have such a low pain threshold that they can't even wear tight-fitting clothes!

IRRITABLE BOWEL SYNDROME

Did you know you have more serotonin receptors in your intestinal tract than you do in your brain? This is one reason why people sometimes get "butterflies" when they are nervous (like speaking in front of an audience). Irritable bowel syndrome (IBS) is a disruption in the body's digestion and elimination systems. Individuals with IBS swing back and forth between constipation and diarrhea. I've found that once serotonin levels are elevated to normal, irritable bowel syndrome symptoms disappear! This consistently happens (thousands of patients have reported this over the years) on my protocol which combines optimal doses of vitamin, mineral, essential fatty acids, and 5HTP. Symptoms usually disappear within two weeks.

WHY ARE MY SEROTONIN LEVELS SO LOW?

We are all born with a stress-coping savings account. Each day we are bombarded by stress. This can be from physical, emotional, mental, or chemical stress; physical labor, an argument, guilt, depression, long work hours, over exercising, pollution, medications, food additives, and pesticides. The stress-coping

savings account is filled up with stress-busting chemicals like serotonin, dopamine, epinephrine, magnesium, B vitamins, cortisol, and DHEA. These chemicals are released every time we are subjected to stress. We make countless withdrawals from this account every day.

MAKING DEPOSITS

We make deposits into our stress-coping savings account when we go into deep sleep. If you don't go into deep, restorative sleep (you should be dreaming at night) you'll be making more withdrawals than deposits—this leads to bankruptcy. Once you've bankrupted your stress-coping savings account, poor health becomes a way of life. A vicious cycle emerges. You need high levels of serotonin to fall into deep sleep each night. Once in deep sleep, you make more serotonin. If you become depleted in serotonin, you don't go into deep sleep—and you don't make serotonin. This results in more pain, fatigue, digestive problems, headaches, and susceptibility to infections.

WHY SEROTONIN RE-UP TAKE INHIBITORS DON'T ALWAYS WORK

Many of my patients are on anti-depressants known as Serotonin Re-Uptake Inhibitors (SSRI's). SSRI's (Prozac, Paxil, Lexapro, Celexa, Zoloft, Effexor, etc.) are supposed to help a patient hang onto and use the serotonin in their brain. It's like using a gasoline additive to help increase the efficiency of your car's fuel. Most of the patients I see are running on fumes and an additive won't help. There is no serotonin to re-uptake! If your brain is running on serotonin fumes, an additive isn't going to help. This is why many people try one anti-depressant after another in an attempt to find one that works. To see which brain chemicals you may be low in, take my Brain Bio Test in my book, *Treating and Beating Fibromyalgia and CFS*, or read it online at www.DrRodger.com

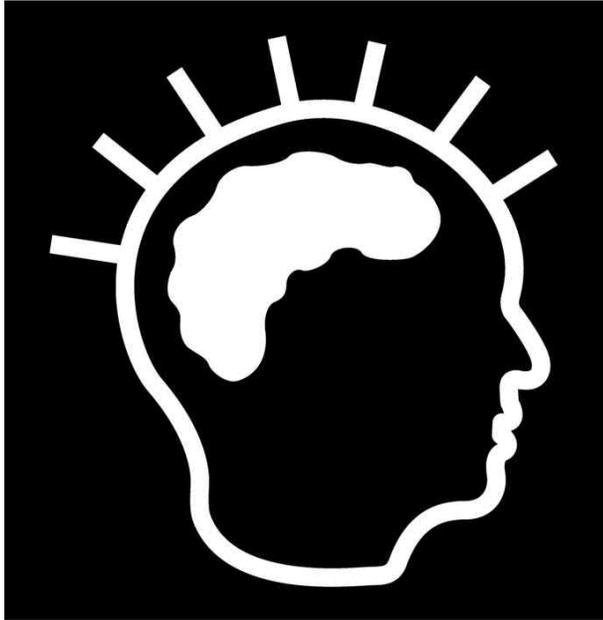
NO ONE HAS A PROZAC DEFICIENCY

5-Hydroxy Tryptophan Works 99% Time

For the last few years I've been using the amino acid Tryptophan or 5HTP. 5HTP, along with B6, B12, B3, and magnesium is what makes serotonin. People don't have an anti-depressant deficiency. They may have a serotonin deficiency. Increasing serotonin levels with 5HTP is like pouring serotonin straight into your brain. There is no need for an additive.

HOW TO TAKE 5HTP

It's important to take 5HTP on an empty stomach, thirty minutes before bedtime, along with 4 ounces of grape juice. The juice helps 5HTP cross the blood-brain barrier and pass into the brain, where it turns into serotonin. You should start with 50mg. Ninety-nine percent of those taking 5HTP will notice nothing on this dose. One percent will actually become more alert. If this happens, they shouldn't take 5HTP at night. They can, however, take 100mgs once or twice a day with food. Individuals who don't have an adverse reaction should add an additional 50mgs each night until they fall asleep within thirty minutes and sleep through the night. So start with 50mg. If you don't have a negative reaction but don't sleep add an additional 50mg (total of 100mg) the next night. If you still don't sleep through the night, add an additional 50mg (150mg) the next night. Keep increasing dosage up to 250mg or until you fall asleep within 30 minutes of taking it and sleep throughout the night. This natural amino acid will never leave you hung-over, make you feel doozy, or prevent you from waking up in the middle of the night. Contrary to well-meaning warnings, I've found 5HTP can be taken with anti-depressants like Paxil, Celexa, Prozac, Lexapro, Trazadone, and others. These medications are usually not working anyway; there is no serotonin to work with. 5HTP may cause a hang-over if taken with Neurontin, high doses of Xanax, Ativan, Restoril, Remeron, and Klonopin. Just start with 50mg and slowly increase your dose. 5HTP can also be taken with Ambien, Sonata, Flexeril, or other sleep medica-



ions. Remember, start with 50mg. If you have a negative reaction, stop taking 5HTP at night and take it with food during the day. I've recommended 5HTP for years. Less than one percent couldn't take it (it made them more alert at night) or it didn't help improve their poor sleep.

MARGARET

'I'd taken every sleep medicine there is. My doctor said I couldn't sleep because I was depressed. I didn't know why I wasn't sleeping, but I knew I was exhausted. So, even though I didn't think all of my problems were due to depression, I was willing to try Prozac. It seemed to help for awhile. Then, after about 6 months I was worse than when I started the medicine. I was then started on Celexa, but it wore off after about 3-4 months also. I then used Elavil for awhile. It helped me get to sleep, but I usually felt hung-over the next day. I felt I was in a downward spiral that I couldn't get out of. I consulted a rheumatologist for my pain. He diagnosed me with Fibromyalgia. He prescribed Ambien for my insomnia and Zanaflex for my pain. I felt better for awhile, maybe a couple of weeks. But the medicines made me feel drugged-out. I couldn't take the Zanaflex during the daytime or I'd be out like a light. I felt hung over if I took Zanaflex on a regular basis and finally stopped taking it altogether. The Ambien worked for several months, but then I started needing a higher and higher dose until finally, it too stopped working. I then tried Sonata, but it would only work for 4 hours. I'd wake up at 3 in the morning wide-awake, and wouldn't be able to go back to sleep. I walked around for 4 years totally exhausted and in so much pain. I was losing all hope until I tried 5HTP. It, along with the other supplements Dr. Murphree recommended, allowed me to consistently fall asleep and wake up feeling rested. After about 4 weeks, I noticed my constant pain was getting better. It was less of an issue. I actually had energy to go shopping and fix dinner! I used to have so much anxiety about going to sleep. Now I simply take my 5HTP and in 30 minutes I'm sound asleep.

RESEARCH

One European study showed that the combination of monoamine oxidase (MAO)-inhibiting drugs (prescription anti-depressants) such as Nardil or Parnate, along with 5HTP, significantly improved FMS symptoms, whereas, other anti-depressant treatments were not effective. The doctors who conducted this study stated that a natural analgesic effect occurred when serotonin levels and norepinephrine receptors were enhanced in the brain. Tests done in Europe show L-Tryptophan to be just as effective in treating depression as the prescription drugs Elavil and Tofranil—which have side-effects. J. Brawly, pg. 130, *The Food Allergy Revolution*.

PEEK X

There has been some recent bad press about 5HTP and the contaminant known as "Peak X." My 5HTP formula is guaranteed (tested and written on every bottle) to be "Peak X" free. Don't settle for inferior products that may or may not actually contain 5HTP. All of the *Essential Therapeutics* supplements are pharmaceutical grade and are regularly tested for purity.

BRAIN BIO FOR SEROTONIN

Please note the items which apply to your present feelings.

- It is hard for you to go to sleep.
- You can't stay asleep.
- You often find yourself irritable.
- Your emotions often lack rationality.
- You occasionally experience unexplained tears.
- Noise bothers you more than it used to. It seems louder than normal.
- You "flare up" at others more easily than you used to.
- You experience unprovoked anger.
- You feel depressed much of the time.
- You find you're more susceptible to pain.
- You prefer to be left alone.
- You crave sugar or starches, especially when under stress.

If three or more of these apply to you, then you may benefit from taking 5HTP.

To take the full Brain Bio Test go to www.DrRodger.com or see in my book, *Treating and Beating Fibromyalgia and CFS*.



AMINO ACIDS AND PAIN

DL-Phenylalanine and pain control

This is a combination of the D and L form of the amino acid phenylalanine.

This form of phenylalanine acts as a natural pain-reliever. DL-phenylalanine blocks the enzymes responsible for the breakdown of endorphins and enkephalins. Endorphins and enkephalins are a group of substances

within the body that help relieve pain. Endorphins are actually far more powerful than the drug known as morphine. Small cells throughout the nervous system, brain, spinal cord, and nerve endings are able to produce these morphine-like proteins. It acts as an appetite suppressant and mild stimulant. Although caution is advised for individuals with high blood pressure, DL-phenylalanine is an affective supplement in treating musculoskeletal pains, including those associated with FMS. Many of my Fibromyalgia and chronic pain patients have benefited from taking DL-Phenylalanine. A clinical study shows subjects taking DL-phenylalanine had a remarkable improvement in their condition. Improvements were seen in 73 percent of low back pain sufferers, 67 percent with migraines, 81 percent with osteoarthritis, and 81 percent with rheumatoid arthritis according to J. Brawly, pg. 131, *The Food Allergy Revolution*. For pain control, or as an antidepressant, take 1,000-4,000 mg twice a day on an empty stomach. Phenylalanine can elevate blood pressure and very high doses can cause rapid heart beat. Start with a low dose and increase to higher doses only as needed—and only if no side effects are noticed.

To see if you're low in DL-Phenylalanine, take the Brain Bio Test in my book or online at my website, www.DrRodger.com

INTESTINAL PERMEABILITY AND DYSBIOSIS

Twenty-five percent of the detoxification process is provided by the gastrointestinal system. The intestinal mucosa (cellular wall) is designed to digest food particles while acting as a barrier to toxic chemicals, bacteria, parasites, and viruses. The intestinal tract contains hundreds of microorganisms (bacteria) that normally don't cause any health problems. These "good bacteria" help keep yeast and harmful bacteria in check. However, when the intestinal tract is repetitively exposed to toxic substances, yeast and harmful bacteria may become out of control. This can create an imbalance in the intestinal environment. This is known as intestinal dysbiosis. Dysbiosis may contribute to the toxic chemicals that can cause a host of health problems such as candida yeast syndrome, allergies, eczema, autoimmune diseases, chronic fatigue, irritable bowel disease, colitis, chronic inflammation, and psoriasis.

LEAKY GUT

Intestinal toxicity is compounded by damage to the intestinal mucosa, a condition known as intestinal permeability or "leaky gut." Intestinal permeability occurs when the lining of the digestive tract becomes permeable (leaky) to toxins. This, in turn, causes chronic inflammation. The use of non-steroidal, anti-inflammatory drugs such as steroids, antibiotics, anti-histamines, caffeine, alcohol, and other

prescription and non-prescription drugs renders the intestinal mucosa permeable to toxins and undigested food particles. Studies have demonstrated the role intestinal permeability plays in such illnesses as chronic pain, ankylosing spondylitis, rheumatoid arthritis, food allergy, Crohn's disease, eczema, chronic fatigue, irritable bowel syndrome, cystic fibrosis, chronic hepatitis, and many other illnesses.

* 1. Galland, M. D., F.A.C.N., *Leaky Gut Syndromes: Breaking the Vicious Cycle*, The Third International Symposium on Functional Medicine, Vancouver, British Columbia, 1996. Healthcomm, Inc., Gig Harbor, WA 98335.

* J. Pizomo, N. D., *Total Wellness*, Prima Publishing, P. O. Box 1260BK, Rocklin, C., pgs. 112-113. The Relationship between Food Sensitivities and The Leaky Gut is Complex and Circular. "Children and adults with eczema, urticaria (hives), or asthma triggered by atopic food allergy have baseline permeability measurements that are higher than control levels."

Increased intestinal permeability allows undigested chemicals to leak out of the digestive tract and into the bloodstream. This triggers an autoimmune (allergic) reaction and can create pain and inflammation in any of the body's tissues. If, for example, someone has intestinal permeability and they eat a chicken sandwich, the chicken protein may not be properly broken down and digested. Instead, these chicken protein molecules leak across the intestinal membranes and go directly (unprocessed) into the blood stream. The body is not designed to have unprocessed chicken proteins racing around in the bloodstream. The body thinks it is being invaded by foreign (antigen) chicken molecules. The immune system then kicks in, and, in accordance with an allergic reaction, starts to release chemicals to destroy and eliminate these proteins. Pain and inflammation can occur anywhere these unprocessed proteins are deposited; muscles, joints, organs, etc. Intestinal permeability is one component in the complex inner-workings that make-up food allergies. In fact, food allergies are probably the main cause of leaky gut syndrome. There is research that now shows food allergies and intestinal permeability can cause a person to become over weight. The body starts to store nutrients, including fat, while it deals with the perceived foreign invaders. The body thinks it is being starved and tries to compensate by storing fat. Many of my patients have found that the diet that corrects leaky gut also allows them to finally lose weight.

THOSE WHO HAVE (OR SUSPECT) MALABSORPTION SYNDROME AND OR INTESTINAL PERMEABILITY OR IRRITABLE BOWEL SYNDROME SHOULD FOLLOW THE FOLLOWING GUIDELINES:

- Start taking digestive enzymes. Digestive enzymes help break down foods.
- Treat and eliminate any parasites or yeast overgrowth.
- Eliminate all dairy products - milk, cheese, yogurt, and ice cream. Avoid all gluten products - wheat, oats, barley, kamut, and spelt. Avoid corn. Avoid any known allergic foods. This should be kept up for 2-4 weeks or until you can isolate any allergic foods. Read more about the elimination diet in my book.
- Gluten, a protein found in most grains, can be very irritating to the intestinal lining. Some individuals are more sensitive to gluten than others. Individuals who are extremely sensitive to gluten will develop a condition known as Celiac sprue or gluten enteropathy.
- If you suspect you have yeast, (see chapter in my book), begin taking probiotics (acidophilus).
- Start taking a minimum of 3,000mg of L-Glutamine each day. This amino acid helps repair the intestinal lining. Remember to take amino acids on an empty stomach. I've developed a Leaky Gut Formula that contains gut-healing nutrients and 6,000 mg glutamine per dose (available on orderform at the end of this newsletter).

FOOD ALLERGIES

Food allergies can cause all types of symptoms including headache, eczema, psoriasis, diarrhea, colitis, asthma, hyperactivity, rheumatoid arthritis, gout, chronic pain syndromes, edema, ear infections, anxiety, depression, and many

other maladies too numerous to list. Food allergies are common and are responsible for a wide variety of health problems! Many of my patients have been tested and told they had allergies. Unfortunately, these patients were only tested for IgE anti-bodies and although their airborne allergies were detected, many of their food allergies were not. Immediate IgE RAST testing or skin-prick testing are inferior testing methods in comparison to tests that measure both immediate IgE and delayed IgG1-4 sensitivities. Read more about food allergies and food allergy testing in my book, *Treating and Beating Fibromyalgia and CFS*.

FOOD ALLERGIES AND INTESTINAL PERMEABILITY

In fact, food allergies and intestinal permeability play a large role in causing and/or aggravating arthritis. Individuals with intestinal permeability are prone towards developing arthritis. A permeable, or leaky gut, allows fragments of intestinal bacteria to penetrate into the joints. These bacteria fragments may cause the body to release anti-bodies which then attack the joint tissue—a typical autoimmune response. Food allergies are now being implicated as one cause of rheumatoid arthritis.

*Darlington, L.G., Ramsey, N.W. And Mansfield, J.R., *Placebo- Controlled, Blind Study Of Dietary Manipulation Therapy In Rheumatoid Arthritis*, Lancet, 1986, Pp. 236-8. Mandell, M., Conte, A. A., *The Role Of Allergy In Arthritis, Rheumatism And Polysymptomatic Cerebral, Visceral And Somatic Disorders: A Double Blind Study*, J. Int. Acad. Prev. Med., July, 1982, Pp. 5-16.

NUTRITIONAL SUPPLEMENTS FOR ARTHRITIS

Glucosamine and Chondroitin Sulfate

Glucosamine sulfate and Chondroitin sulfate appear to be the best approach to eliminating the destruction of osteoarthritis. There is a growing body of research that supports the use of these two natural supplements. Studies done in Milan, Italy, showed Glucosamine was able to reduce osteoarthritis symptoms by one half in 73 percent of the group, and 20 percent enjoyed total symptom relief.

Dovanti, A., Bignamini, A. A., and Rovati, A. L., *Therapeutic Activity Of Oral Glucosamine Sulphate In Osteoarthritis: A Placebo Controlled Double-Blind Investigation*, *Clinical Therapeutics* 3(4):266-272, 1980.

A Portugal study that involved 1,208 patients and 252 physicians, showed Glucosamine to be quite effective in eliminating pain and stiffness caused by osteoarthritis. Tapiadinhas, M.J., Rivera, I.C., And Bignamini, A. A., *Oral Glucosamine Sulphate In The Management Of Arthrosis: Report On A Multicentre Open Investigation In Portugal*, *Pharmatherapeutica* 3(3):157-168, 1982.

A study involving patients with osteoarthritis of the knee, performed at the National Orthopedic Hospital, in Manila, Philippines, showed that patients who were administered Glucosamine had an 80 percent reduction in pain.

J. Carper, *Miracle Cures*, Harper Collins, Pp. 95-6.

Other studies have demonstrated that Glucosamine is more effective than Ibuprofen (Motrin, Advil, or Nuprin) in relieving the symptoms of osteoarthritis.

Vaz, A.L., *Double-Blind Clinical Evaluation Of The Relative Efficacy Of Ibuprofen And Glucosamine Sulfate In The Management Of Osteoarthritis Of The Knee In Out Patients*. *Current Medical Research And Opinion*, 8: 145-9, 1982.

Glucosamine is not only superior to non-steroidal, anti-inflammatory drugs, it is also free of the side-effects that are associated with most arthritic medications. More important, Glucosamine and Chondroitin sulfate actually slows, or arrests, the destruction of cartilage. Studies performed at the University of Genoa, Italy, show Chondroitin Sulfate to be an effective therapy in eliminating the pain and stiffness associated with osteoarthritis. Rovetti, (as above).

Glucosamine Sulfate and Chondroitin Sulfate have proven to be quite effective in reducing osteoarthritis symptoms and rebuilding degenerated joint cartilage. The dosage is 500 mg. of Glucosamine, 3 times a day, and 400 mg. of Chondroitin, 3 times a day.

I feel everyone should be taking essential fatty acids! Please see the chapter in my book on essential fatty acids. For arthritic sufferers, Omega 6 (GLA at 3, 00 mg. to 5,000 mg. a day) and Omega 3 (EPA, fish oil at 2,000 mg. to 5,000 mg. a day) have proven to be beneficial.

Essential Therapeutics



Essential Therapeutic Arthritis Formula ARTHRO FORMULA

"This formula has helped hundreds of my patients over the years!"

The Essential Therapeutic Arthritis Formula contains the following:
1,500mg of Glucosamine sulfate • 1,200mg of Chondroitin sulfate

Boswellia - is one of the oldest herbs in Indian ayurvedic medicine. Studies show Boswellia to be a potent pain relieving anti-inflammatory. Boswellia helps shrink inflamed tissue, build cartilage, increase blood supply, and repair damaged blood vessels.

Bromelain- is a protein digesting enzyme derived from pineapple. There is considerable research (over 200 medical journal articles) on its effectiveness in treating such conditions as inflammation, pancreatic insufficiency and respiratory diseases. It blocks inflammatory chemicals called kinins. It also digests excess fibre, a chemical implicated in contributing to osteoarthritis, sciatica, ankylosing spondylitis, and scleroderma.

Used as an anti-inflammatory, bromelain needs to be taken on an empty stomach. If taken with food it acts as a digestive enzyme.

Tumeric (Curcumin) - is a perennial plant found in eastern Asia and parts of India. Studies show curcumin to be a powerful pain relieving anti-inflammatory. It is as strong as the steroid hydrocortisone without the side effects. It is a popular arthritis remedy in India.

Devil's Claw - is a perennial vine native to South Africa. It is a potent anti-inflammatory and pain reliever. Studies in Germany have shown this herbal medication to be very effective in relieving lower back pain and associated sciatica.

One Month Supply - 60 packs Only \$38.00

Essential Therapeutics
Dr. Murphree's 5HTP - 120 capsules
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Digestive Enzymes Formula - 90 capsules
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DL-Phenylalanine - 200 capsules
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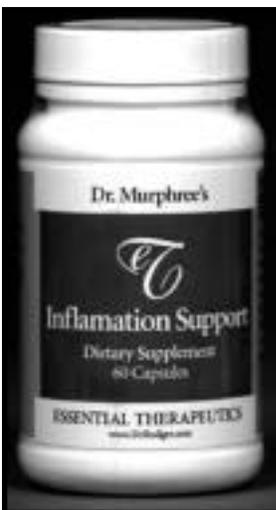
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L-Glutamine - 3,750mg
Acacia Senegal - 375mg
Fructooligosaccharides (FOS) - 187mg
N-Acetyl-D-Glucosamine - 187mg

180 capsules per bottle

One month supply

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Essential Therapeutics Dr. Murphree's Inflammation Support

All New Pain-Blocking Formula!

Tumeric Root Extract - Inhibits enzymes associated with arachidonic acid PG2 inflammatory hormones ("The bad guys")

Rosemary Leaf Extract - Helps block synthesis of leukotriens (a cause of allergic inflammation) and prostaglandin 2. Stimulates phase II liver detoxification.

Holy Basil Leaf Extract - Helps boost natural anti-inflammatory chemicals (PG1 and PG3).

Green Tea Leaf Extract - Is a potent antioxidant and increases the bodies own anti-inflammatory activity.

Ginger Root Extract - reduces inflammation and helps regulate inflammatory systems.

Chinese Goldenthread Root - Helps regulate prostaglandins; reduces activity of the "bad guys" and boosts function of the "good guys."

Barberry Root Extract - Helps regulate prostaglandins.

Baikal Skullcap Root Extract - Reduces inflammatory chemicals, including prostaglandin 2.

Protykin Polygonum cuspidatum Extract - Reduces inflammatory chemicals including prostaglandin 2 and is a potent antioxidant.

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You save \$10!

Recommended dose- 1 pack, twice a day with food

Each pack contains

Vitamin A (33% (3,750 I.U.) from fish liver oil and 67% (7,500 I.U.) as natural carotenes (alpha, beta, cryptoxanthin, zeaxanthin, and lutein) from D. Salina. (11,250 I.U.)

Vitamin A - is a potent immune booster. It helps repair "Leaky Gut" (associated with inflammation and allergic reactions).

Vitamin C - 600mg - (as calcium ascorbate and magnesium ascorbate buffered complex). Increases superoxide dismutase (SOD), an enzyme that scavenges free radicals and prevents cell damage. Vitamin C is typically decreased in inflammatory diseases, including arthritis and asthma. Vitamin C reduces histamine levels. Histamine causes increased inflammation; asthma, allergic reactions, etc.

Vitamin D3 - 200 I.U. - helps prevent osteoporosis.

Vitamin E - 201 I.U. - (d-alpha tocopheryl succinate, plus mixed tocopherols d-gamma, delta, -beta) A major antioxidant. It helps increase the circulation to the legs and reduce the symptoms of restless-leg syndrome.

Vitamin K1 - 30mcg.

Thiamine B1 - 50mg - a deficiency can lead to fatigue, mental confusion ("Fibro fog"), depression, nausea, and tingling in the arms and legs.

Riboflavin B2 - 25mg - is involved in producing the neurotransmitters (brain chemicals), serotonin, epinephrine, an dopamine. These are the brain chemicals that regulate sleep, pain, energy, stamina, drive, and ambition.

Niacin B3 - 100mg - (75% as Niacinamide) is needed to make serotonin. A deficiency can lead to weakness, anxiety, depression, and insomnia.

Vitamin B6 - 25mg - (Pyridoxine hydrochloride) Helps make brain chemicals: serotonin, epinephrine, and dopamine. A deficiency can lead to depression, insomnia, carpal tunnel syndrome (pain or tingling in hands or feet).

Folic Acid - 400mcg - is considered brain food. It is involved in the production of and regulation of cellular energy. A deficiency can cause depression, fatigue, mood swings, headaches, sore tongue, and other unwanted symptoms.

Vitamin B12 (methylcobalamin)-50mcg - A deficiency can cause mental fatigue, depression, and poor memory.

Biotin - 150mcg - helps maintain healthy looking hair and nails. A deficiency can lead to seborrheic dermatitis (dry, scaly skin), hair loss, muscle pain, fatigue, and liver inflammation.

Pantothenic acid B5 - 200mg - The anti-stress vitamin. A deficiency can cause low adrenal function, fatigue, anxiety, poor immunity, depression, irritability, digestive disorders, muscle cramps, upper-respiratory infections, and poor memory.

Calcium - 250mg - (76% as calcium citrate-malate and 245 as calcium ascorbate) A deficiency can cause insomnia, high blood pressure, bone loss, muscle spasm, and digestive disorders.

Iodine - 75mcg (from kelp)

Magnesium - 350mg - (54% as magnesium aspartate-ascorbate complex, 28% magnesium aspartate, and 18% as magnesium amino acid chelate). Magnesium is a natural muscle relaxer. This mineral is involved in over 300 body processes. It can be very helpful in relieving tight, achy muscle pain, leg cramps, restless leg syndrome, and chronic headaches (7). Individuals with fibromyalgia and chronic fatigue are notoriously low in magnesium. Blood tests are a poor indicator of magnesium levels and often miss sub-clinical deficiencies. One study of fibromyalgia sufferers, found that supplementing with 600mg a day of magnesium and 1200-1400mg of malic acid greatly reduced pain. It usually took weeks, and even months, before patients noticed the full benefit of supplementing these nutrients (8).

Zinc - 10mg - (as amino acid chelate) is in over 90 different enzymatic pathways.

Selenium - 100mcg - (as amino acid chelate) is an important nutrient for the immune system.

Copper - 1mg - (as amino acid chelate) it plays a vital role in regulating the brain chemicals.

Manganese - 5mg - (as amino acid chelate) is involved in cellular energy.
Chromium - 100mcg - (as chromium polynicotinate) involved in metabolism of blood sugar.

Molybdenum - 75mcg - (as amino acid chelate) helps reduce symptoms associated with sulfite allergy.

Potassium - 148mg - (as potassium aspartate-citrate) helps regulate nervous system.

Boron - 1mg- (as aspartate-citrate) needed for the absorption of calcium.

Vanadium - 50mcg - (as bis-glycinate oxovanadium) potent blood sugar regulator.

Choline - 75mg - important nutrient for nerve cells and brain function.

Inositol - 25mg - helps regulate nervous system and is natural sedative.

PABA - 25mg - has antiviral properties and protects us from sun damage.

Citrus Bioflavonoids - 50mg - potent antioxidants, help increase circulation.

Malic Acid - 500mg - Malic Acid is found in a variety of foods. It is a vital nutrient needed for the production of cellular energy (Krebs cycle). Malic acid helps boost cellular energy and reduce achy muscles. It removes unwanted waste material from muscle cells including lactic acid, a byproduct of oxygen deficiency. Lactic acid has been implicated as one reason for achy muscles. Lactic acid may accumulate in muscles after periods of anaerobic and aerobic exercise. It may also be involved in the trigger point pains associated with fibromyalgia (9). "Malic acid gave subjective improvement within 48 hours in one study." Sherry Rodgers M.D., *Pain Free in Six Weeks*.

CoEnzyme Q10 - 30mg - important nutrient for cellular energy.

Amino Acid Blend - 1,000mg of free-form amino acids: helps block pain, boost immune function, regulate sleep, energy, brain chemicals, and much more.

L-Alanine, L-Arginine, L-Aspartic acid, L-Cysteine, L-Glutamic acid, L-Glycine, L-Histidine, L-Isoleucine, L-Leucine, L-Lysine, L-Methionine, L-Phenylalanine, L-Proline, L-Serine, L-Threonine, L-Tryptophan, L-Tyrosine, L-Valine.

Essential Fatty Acids - help reduce inflammation, boost the immune system, regulate brain function, and more.

Marine Lipid Concentrate - 550mg (1,100mg total)

Supplying approximately:

Eicosapentaenoic acid (EPA) - 165mg

Docosahexaenoic acid (DHA) - 110mg

Organic Hi-Lignin Flax Seed Oil

Supplying approximately:

Alpha Linolenic acid - 67mg

Linoleic acid - 22mg

Oleic acid - 50mg

Borage Seed Oil - 50mg

Supplying approximately:

Gamma Linoleic acid (GLA) - 10mg

Linoleic acid - 22mg

Conjugated Linoleic Acid (CLA) (from safflower) - 250mg

**Contains no sugar, yeast, wheat,
artificial colors, preservatives,
or additives**

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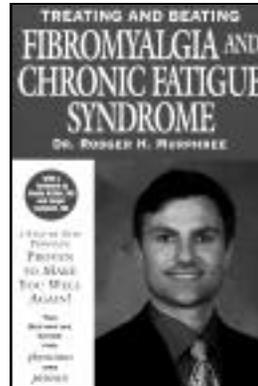
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shipping, all other countries: \$9 Use web or phone for credit card transactions.

"I'd say, along with the adrenal supplements, the CFS/FMS Formula has made the biggest difference in how well I feel. If I miss a few days of either supplement I start to feel sluggish and run down. I've taken dozens of different supplements over the last few years, but none have seemed to have helped like the one Dr. Murphree recommended. I like the convenience of taking a pack in the morning and one in the afternoon. I used to have to carry pills around in my pockets or purse. It was expensive, confusing and hard to take so many pills each day. Usually I lost interest and simply gave up until another "sure cure" supplement came along." Sharon Douglas

"This is the best all around multi-vitamin/mineral formula I've ever used. I'm recommending it to all my Fibro and CFS patients." Dr. Mike Malloy

"The inflammation and CFS/Fibro formula has made a big difference in my pain." Hugh Weeks

"I can't believe how much better I feel taking 5HTP and the CFS/Fibro formula." Al Keith

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What Others are Saying About Dr. Murphree's Book

"This is one of the best books I've ever seen on Fibromyalgia and CFS. This book is a gift for anyone who has Fibro and wants to feel good again." **Dr. Mike Malloy, Atlanta GA**

"I've read all the books on Fibromyalgia and Chronic Fatigue. Your book demonstrates an easy to understand system that could only come about from years of treating Fibromyalgia and Chronic Fatigue. I'm recommending this book to everyone in my support group." **Laura M., Dallas TX**

"Now I understand why I can't get well and what I must do to change this. Your book has given me hope. I recommend this book to anyone who has given up hope." **Jerry B., Jackson MS**

"I got your book and immediately realized I was reading about myself. I began to cry, finally I had found the answers to my prayers." **Paula W., Florence AL**

"Sometimes a book comes along that changes the standard paradigm. This is such a book. I'm recommending it to all my patients." **Dr. Brian Fee Denver CO**

"I didn't understand what my wife was going through until I read your book. It explains her illness and for the first time in years she feels better." **Malcolm R. Atlanta GA**

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