

Fibromyalgia & chronic fatigue syndrome

Description

Fibromyalgia & chronic fatigue syndrome

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Saving this to a “Health” email folder may help access.

You can use [drugs.com](https://www.drugs.com) or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Fibromyalgia, chronic fatigue, undiagnosed gastrointestinal problem

Taking anti-inflammatories

First, I find out what anti-inflammatory I can take at a high amount-alpha lipoic acid (200at start to 2400mg/day), turmeric w/a little black pepper, ginger, astaxanthin, boswellia, resveratrol, methylsulfonylmethane (MSM), bromelain, papain, nigella sativa, mangosteen, palmitoylethanolamide (PEA), cannabidiol (CBD) oil,

Wobenzyme, Zyflamend, and Noni fruit. These can help with a lot of pain & inflammatory symptoms & make enduring a die-off response easier.

Alpha lipoic acid appears to be the strongest and fastest painkiller & anti-inflammatory against even migraines, nerve pain, & neuropathic pain and have no known significant side effects or drug interaction effects, and also appears to help control blood sugar, reverse heart disease, and cause significant weight loss at high doses- 500 mg when wake up, before each meal, and before bedtime (before nighttime munchies).

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Heavy metal testing

I would get tested for heavy metals, including iron. Heavy metal poisoning & iron accumulation may all cause systemic problems including chronic fatigue and fibromyalgia. Lots of chelators that lower heavy metals are foods. One more symptom of iron overload is increased bacterial infections, which iron chelation may help along with prescription gallium. Iron levels may be safest for men when they are just above the borderline of too low.

Occipital nerve stimulation (ONS)

ONS may reduce pain intensity in six months by 44%.

Parasitic infection treatment

How to test/treat possible parasitic infection as cause- I try a combination antiparasitic for a week that has wormwood, black walnut, oregano oil, grapefruit seed extract, clove oil, raw garlic & onions, cayenne pepper, papaya (especially seeds), coconut oil, multistrain probiotics, cucumber seeds, ginger, turmeric w/a little black pepper, neem oil, diatomaceous earth, gentian root, blackberries, raw cabbage, aloe, pineapple, Berberine, uva ursi.

Prescription antiparasitics include i v e r m e c t i n & nitazoxanide.

Para-Shield, Paracomplete, & Doc Shillington's blood detox are antiparasitic combinations.

<https://draxe.com/parasite-cleanse-top-5-treatments-naturally-2/>

<https://blog.paleohacks.com/9-herbs-that-naturally-kill-parasites/>

If no feeling of sickness (Herxheimer reaction from die off) after a week, then I save the rest & repeat in a year. If I have a die off reaction I continue taking for two weeks after the last symptoms.

Herpes treatment

In case of possible viruses in the herpes family like cytomegalovirus or Epstein-Barr which can cause systemic problems and can be underdiagnosed- I would take a 300-0500mg lysine capsule as frequently as comfortable for two days (and avoid eating nuts which have arginine) as well as at least 4000 IU of vitamin D3 & 500mg (lecithin) liposomal C both under tongue. The virus needs arginine but will use lysine if it's in higher concentrations- and then die off.

Viral infections

In case of any other type of viral infection, I would take 5,000-10,000 units of vitamin D3 with a meal (fat soluble) daily for the rest of my life to get my levels at/higher than 70ng/ml, which appears to kill 90% of viral infections. I would also take liposomal vitamin C every two hours for two days, which appears to help kill almost all viruses and may be over 50X more effective than powdered vitamin C and seven times more effective than IV vitamin C. If no symptom relief after a couple days or if stools become loose then there may be no viral infection.

Lyme disease treatment

Taking whole leaf stevia, coconut oil (we make monolaurin from the lauric acid), samento & banderol and protease enzymes- serrapeptase, nattokinase, bromelain, grapefruit seed extract, papain, amylase, glucoamylase, N-acetyl L-cysteine, and boswellic acid that may help to kill lyme disease. If they are taken for a week and no die off reaction is observed, that may be enough. If there is one, they may continue to be taken for two weeks after the last die off reaction is observed.

Bacterial infections

I would then take antibacterials for a week (including avoiding iron which can increase bacterial infections) like multistrain probiotics, spirulina, liposomal vitamin C, vitamin D3, vitamin B3, gallium (by

prescription), whole stevia leaf, coconut oil (lauric acid turns into monolaurin in body),

oregano oil, olive leaf, bee propolis, echinacea, elderberry, nigella sativa (black seed oil).

If I didn't feel better after a week I would stop. If I did feel better I would keep taking it for another two weeks.

Fungal infections

I would then take antifungals for a week like vinegar (apple cider),

Candex (especially for stomach candida), liposomal vitamin C, oil of oregano, olive leaf extract, garlic, coconut oil (caprylic acid), colloidal silver, tea tree oil, undecylenic acid, neem oil, megafood high active enzymes, candizyme, alka-vita drops 20-40/day, boudardii, nystatin (prescription), cayenne, pau d'arco, ginger, tumeric w/a little black pepper, spirulina, and phellostatin. If I didn't feel better after a week I would stop. If I did feel better I would keep taking it for another two weeks.

Autoimmune problems

Some autoimmune diseases like lupus can attack the organs and cause systemic problems & symptoms. I would avoid eating foods that can trigger inflammation like wheat, dairy, & sugar and nightshade plants that can trigger autoimmune reactions via their

alkaloids like tomatoes & tomatillos, potatoes (sweet are ok), peppers (black is ok), eggplants, tobacco, okra, sorrel, paprika, gooseberries, pepino melons, ground cherries, and spices & “natural flavors” may contain nightshades. Blueberries, goji berries, and huckleberries may have similar alkaloids.

I would pressure cook all of my food to kill the lectins in so many plants that can increase symptoms in people with an autoimmune disorder.

I would take immune modulators for a week and see if symptoms got better (in order) like vitamin D3, royal jelly, low dose naltrexone, 1/8th ts baking soda 1-3x/day, spirulina (with a vegetable), probiotics, astragalus, ashwaganda, reishi, rehmannia, stephania, olive leaf, wormwood, and perhaps Indian sarsaparilla vine (hemidesmus).

If these all work I would continue taking them and consider asking my doctor to consider the antibiotic teicoplanin which kills the bacteria *E. gallinarum* that may be the cause of most autoimmune reactions when it escapes from the small intestine.

Magnesium

Having too little magnesium can cause or exacerbate a lot of fibromyalgia/chronic fatigue symptoms. Magnesium helps so many body systems like the heart & bones that taking extra magnesium may improve longevity. Some people take magnesium powder or

pills, increasing the dosage until they get a little diarrhea. Then they cut back to half of that dosage for prevention, and they know how much more they can safely take if they have to treat active cramps/restless legs & migraines..

Magnesium malate & magnesium chloride may help fibromyalgia.

What else?

Elderberry & zinc, oregano oil, olive oil or leaf and a few other substances appear to have action against a lot of infectives.

Treatment combination for greatest potency.

I would combine all treatments at once because so many of the supplements/herbs treat multiple or all infections. This combined treatment is likely the key to killing off the infection completely.

Microcurrent

If I still felt bad I would buy a microcurrent device. The best setting may be 0.3hz and 0.5 mA or 500 microamps. This one is \$49 and runs on a 9v battery or an AC adaptor.

InTENSity Micro Combo TENS & Microcurrent Combination Unit that requires batteries

Neo that also has TENS, inferential & muscle stimulation for \$80 & a lithium rechargeable built in

This one is \$89 and includes multiple pain relieving treatments but requires batteries

InTENSity Select Combo TENS, EMS, IF, & Microcurrent Unit + Free A/C Power Adapter Included

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Wheat and dairy

Getting off of all wheat & dairy often clears up inflammation mediated symptoms, including serious chronic fatigue. Sometime IBS symptom resolve within a day.

Caused by an auto-immune reaction?

In one study on 15 people and another study on 29 people diagnosed with CFS the anti-arthritis drug rituximab, which destroys the immune system's B cells, provided strong relief from CFS/ME in two thirds of patients. Because it takes months for the B cell level to

fall, the drug starts working in four to six months and continues to work up to two years in one study.

The side effects of rituximab are increased viral infections, & possible cardiac arrest. It can cost over ten thousand dollars per treatment, and while it comes off patent this year, drug makers are using all kinds of tricks to prevent generics from reaching the shelves lately.

My take: the immunomodulators below are cheaper & have beneficial effects beyond their immunomodulating activity. If one can afford long term treatment on rituximab or if insurance companies start paying for it for CFS/ME, at least the increased viral infections may be countered by taking 5000 IU of vitamin D3 with a meal, and liposomal C.

And know that since a drug that has a very specific immune effect- it treats diseases caused by too many B cells, overactive B cells, or dysfunctional B cells impaired- appears to successfully treat CFS/ME, it is just another disease caused by impaired B cell function, albeit one whose impairment hasn't been explained yet.

But the drug treatment, now in two separate studies, is direct evidence of a common & specific biological cause. Research will likely now focus on what B-cell impairment is causing CFS in two thirds of patients, should these results hold up in future studies.

B-Lymphocyte Depletion in Myalgic Encephalopathy/ Chronic Fatigue Syndrome. An Open-Label Phase II Study with Rituximab Maintenance Treatment

Øystein Fluge et al.

DOI: 10.1371/journal.pone.0129898

Clinical impact of B-cell depletion with the anti-CD20 antibody rituximab in chronic fatigue syndrome: a preliminary case series

Øystein Fluge and Olav Mella

BMC Neurology 2009, 9:28 doi:10.1186/1471-2377-9-28

Immunomodulators

Here are some inexpensive immunomodulators without the immune lowering side effect of rituximab.

Immune modulators help regulate the immune system, lowering allergies & autoimmune diseases and increasing immune activity against infections & cancers.

Vitamin D3

Vitamin D3 deficiency has been sometimes diagnosed as fibromyalgia. Vitamin D3 is an immunomodulator that helps treat auto-immune and other diseases. 70-100 ng/ml is ideal if levels are tested. I take 5000 IU per day with a meal or vegetable oil (fat soluble) which has reduced my viral infections by 90%, & is supposed to reduce cancer by 70%, heart disease & death by 50%, diabetes by 70% and Alzheimers by over 90%.

Vitamin D: importance in the prevention of cancers, type 1 diabetes, heart disease, and osteoporosis

Michael F Holick

Am J Clin Nutr March 2004 vol. 79 no. 3 362-371

Musculoskeletal pain is associated with very low levels of vitamin D in men: results from the European Male Ageing Study

John McBeth et al.

Ann Rheum Dis 2010;69:1448-1452 doi:10.1136/ard.2009.116053

A review of myofascial pain and fibromyalgia – factors that promote their persistence

Robert D Gerwin

Acupunct Med 2005;23:121-134 doi:10.1136/aim.23.3.121

Vitamin D deficiency in Fibromyalgia

Shaheen Ayuob Bhatti, Niaz Ahmed Shaikh, Muhammad Irfan,
Syed Muhammad Kashif,

Aneel Sham Vaswani, Aneel Sumbhai, Gunpat

JPMA 60:949; 2010

Vitamin D levels in women with systemic lupus erythematosus and fibromyalgia.

A M Huisman, K P White, A Algra, M Harth, R Vieth, J W Jacobs, J
W Bijlsma, and D A Bell

The Journal of Rheumatology vol. 28 no. 11 2535-2539

Myalgias or non-specific muscle pain in Arab or Indo-Pakistani patients may indicate vitamin D deficiency

Humeira Badsha, Mirna Daher, Kok Ooi Kong

Clinical Rheumatology

August 2009, Volume 28, Issue 8, pp 971-973

Di Rosa, M., Malaguarnera, M., Nicoletti, F. and Malaguarnera, L.
(2011), Vitamin D3: a helpful immuno-modulator. Immunology, 134:
123–139. doi: 10.1111/j.1365-2567.2011.03482.x

Current Opinion in Pharmacology

Volume 10, Issue 4, August 2010, Pages 482–496

Cover image

Vitamin D: modulator of the immune system

Femke Baeke, Tatiana Takiishi, Hannelie Korf, Conny Gysemans, Chantal Mathieu

doi:10.1016/j.coph.2010.04.001

Journal of Neuroimmunology

Volume 194, Issues 1–2, February 2008, Pages 7–17

Vitamin D as an immune modulator in multiple sclerosis, a review

Joost Smolders, Jan Damoiseaux, Paul Menheere, Raymond Hupperts

doi:10.1016/j.jneuroim.2007.11.014

Nature Reviews Immunology 11, 584-596 (September 2011) |
doi:10.1038/nri3045

Modulation of the immune system by UV radiation: more than just the effects of vitamin D?

Prue H. Hart, Shelley Gorman & John J. Finlay-Jones

Low dose naltrexone (LDN)

Naltrexone in large doses (50mg) is an opiate antagonist that is used to keep people addicted to opiates or alcohol from reusing. LDN is an immunomodulator that helps a number of auto-immune and other diseases like fibromyalgia, Crohn's disease, multiple sclerosis, and complex regional pain syndrome. It is available at compounded pharmacies by doctor's prescription (see lowdosenaltrexone.org). LDN (3-12mg/night before sleep) significantly lessens pain in people with fibromyalgia/CFS.

Arthritis Rheum. 2013 Feb;65(2):529-38. doi: 10.1002/art.37734.

Low-dose naltrexone for the treatment of fibromyalgia: findings of a small, randomized, double-blind, placebo-controlled, counterbalanced, crossover trial assessing daily pain levels.

Younger J1, Noor N, McCue R, Mackey S.

<http://med.stanford.edu/snapl/research/ldn.html>

<http://updates.pain-topics.org/2013/12/more-evidence-that-naltrexone-aids.html>

<http://www.ldnresearchtrust.org/fibromyalgia>

<http://www.cortjohnson.org/treating-chronic-fatigue-syndrome-mecfs/drugs-for-chronic-fatigue-syndrome-mecfs-treatment/low-dose-naltrexone-ldn-fibromyalgia-chronic-fatigue-syndrom/>

http://www.lowdosenaltrexone.org/index.htm#What_diseases_has_it_b

Clin Rheumatol. 2014; 33(4): 451–459.

Published online 2014 Feb 15. doi: 10.1007/s10067-014-2517-2

PMCID: PMC3962576

The use of low-dose naltrexone (LDN) as a novel anti-inflammatory treatment for chronic pain

Jarred Younger, corresponding author Luke Parkitny, and David McLain

The American Journal of Gastroenterology (2007) 102, 820–828; doi:10.1111/j.1572-0241.2007.01045.x

Low-Dose Naltrexone Therapy Improves Active Crohn's Disease

Jill P Smith MD, Heather Stock MD, Sandra Bingaman RN, David Mauger PhD, Moshe Rogosnitzky and Ian S Zagon PhD

Fibromyalgia Symptoms Are Reduced by Low-Dose Naltrexone: A Pilot Study

Jarred Younger PhD and Sean Mackey MD, PhD

DOI: 10.1111/j.1526-4637.2009.00613.x

Volume 10, Issue 4, pages 663–672, May/June 2009

Pilot trial of low-dose naltrexone and quality of life in multiple sclerosis†

Bruce A. C. Cree MD, PhD, MCR, Elena Kornyeveva MD and Douglas S. Goodin MD

DOI: 10.1002/ana.22006

Annals of Neurology

Volume 68, Issue 2, pages 145–150, August 2010

Medical Hypotheses

Volume 64, Issue 4, 2005, Pages 721–724

Low dose naltrexone therapy in multiple sclerosis

Y.P. Agrawal

doi:10.1016/j.mehy.2004.09.024

Psychiatry Research

Volume 58, Issue 3, 16 October 1995, Pages 191–201

Low-dose naltrexone effects on plasma chemistries and clinical symptoms in autism: a double-blind, placebo-controlled study

Manuel P. Bouvard, Marion Leboyer, Jean-Marie Launay, Christophe Recasens, Marie-Hélène Plumet, Delphine Waller-Perotte, François Tabuteau, Dominique Bondoux, Michel Dugas, Patrick Lensing, Jaak Panksepp

<http://articles.mercola.com/sites/articles/archive/2011/09/19/one-of-the-rare-drugs-that-actually-helps-your-body-to-heal-itself.aspx>

Royal Jelly

Royal jelly, a bee product, is an immune modulator.

Life Sciences

Volume 73, Issue 16, 5 September 2003, Pages 2029–2045

Major royal jelly protein 3 modulates immune responses in vitro and in vivo

Iwao Okamoto, , Yoshifumi Taniguchi, Toshio Kunikata, Keizo Kohno, Kanso Iwaki, Masao Ikeda, Masashi Kurimoto

doi:10.1016/S0024-3205(03)00562-9

International Immunopharmacology

Volume 7, Issue 9, September 2007, Pages 1211–1220

Fatty acids isolated from royal jelly modulate dendritic cell-mediated immune response in vitro

Dragana Vucevic, Eleni Melliou, Sasa Vasilijic, Sonja Gasic, Petar Ivanovski, Ioanna Chinou, Miodrag Colic

doi:10.1016/j.intimp.2007.05.005

Functional Properties of Honey, Propolis, and Royal Jelly

M. Viuda-Martos, Y. Ruiz-Navajas, J. Fernández-López and J.A. Pérez-Álvarez

DOI: 10.1111/j.1750-3841.2008.00966.x

Journal of Food Science

Volume 73, Issue 9, pages R117–R124, November/December 2008

Comparative Immunology, Microbiology and Infectious Diseases

Volume 19, Issue 1, January 1996, Pages 31–38

A royal jelly as a new potential immunomodulator in rats and mice

Lidija Šver1, Nada Oršolić2, Zoran Tadić2, Bela Njarić3, Ivica Valpotic, 1, Ivan Bašić2

doi:10.1016/0147-9571(95)00020-8

International Immunopharmacology

Volume 1, Issue 3, March 2001, Pages 521–532

Unraveling Mechanisms and Discovering Novel Roles for Complement

Suppression of allergic reactions by royal jelly in association with the restoration of macrophage function and the improvement of Th1/Th2 cell responses

Hideki Oka, Yutaka Emori, Naomi Kobayashi, Yoshiro Hayashi, Kikuo Nomoto

doi:10.1016/S1567-5769(00)00007-2

Stephania

Stephania may help against fibromyalgia.

Kang HS, Kim YH, Lee CS, et al. Anti-inflammatory effects of Stephania tetrandra S Moore on interleukin-6 production and experimental inflammatory disease models. Mediators Inflamm.

1996; 5(4):280–91.

Kwan CY, Achike FI. Tetrandrine and related bisbenzylisoquinoline alkaloids from medicinal herbs: cardiovascular effects and mechanisms of action. *Acta Pharmacol Sin.* 2002 Dec; 23(12):1057–68.

Sekiya N, Shimada Y, Niizawa A, et al. Suppressive effects of *Stephania tetrandra* on the neutrophil function in patients with rheumatoid arthritis. *Phytotherapy Research.* 2004; 18(3):247–9.

Caused by infection?

Many people with fibro or CFS/ME have chemical & biomarkers found in people who are fighting an infectious disease. In case it is a disease whose virus, bacteria, or fungi have not yet been found, 5000 IU of vitamin D3 (fat soluble) with a meal or veg oil has killed 90% of viral infections, 500 mg of liposomal vitamin C kills the rest, oregano oil & a multiple (ten different strains) probiotic (with a glass of water) as well as a bliss K-12 probiotic for the mouth (for strep throat) kills most strep throat & along with zinc & royal jelly helps kill bacterial infections, & the liposomal vitamin C kills at least fungal infections of the stomach.

See antiviral & antibacterial emails for details.

The herpes virus is the source of 8 different infections, from oral & genital herpes, to shingles & chicken pox, the Epstein-Barr virus,

Cytomegalovirus, Roseolovirus, lymphotropic virus, Pityriasis Rosea, and Kaposi's sarcoma.

The Epstein-Barr virus (EBV) can have symptoms like chronic fatigue syndrome symptoms:

Weariness, weakness and tiredness

Nasal congestion

Mild muscle aches

Sciatica

Neuritis

Disorders of the nerves

Insomnia

Nervousness

Anxiety

Irritability

<http://hubpages.com/education/Lysine-for-Treating-Epstein-Barr-Virus-and-Chronic-Fatigue-Syndrome-Symptoms>

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp

http://www.healthy.net/Health/Article/Chronic_Fatigue_Syndrome/910

Source: Boundless. "Double-Stranded DNA Viruses: Herpesviruses." Boundless Microbiology Boundless, 03 Jun. 2016. Retrieved 19 Jan. 2017 from <https://www.boundless.com/microbiology/textbooks/boundless-microbiology-textbook/viruses-9/dna-viruses-in-eukaryotes-127/double-stranded-dna-viruses-herpesviruses-652-7104/>

Lysine

The herpes virus needs arginine, an amino acid found in a lot of foods, to grow. The amino acid that kills the herpes virus is lysine, also found in a lot of foods. Killing the herpes virus appears to be a balance of lysine vs arginine intake. During an outbreak, avoiding foods with arginine should slow viral replication.

Foods that have more arginine than lysine:

nuts: peanuts, walnuts, hazelnuts, Brazil nuts, pecans, almonds may have the most arginine

seeds: sesame seeds, pumpkin seeds may have the most arginine

Grains: wheat, oats, rice may have the most arginine

fruits: grapes/raisins/wine/grape juice, blackberries, blueberries, tomatoes, grapefruit and oranges (including juice)

soy/tofu

Caffeine

Chocolate

Onions and garlic

During an outbreak, eating foods with lysine should help kill the herpes virus.

Foods that have more lysine than arginine:

Yogurt

Fish (not shellfish)

Meat including beef, lamb, chicken, turkey

Organic cheese and milk

stone fruit: (mango, apricots, cherries, avocados, papaya), apples, pears, figs and pineapples

<http://www.livestrong.com/article/280245-shingles-and-lysinearginine-foods/>

Alkalyzing the diet

Making the body more alkaline may help. Fruits (except citrus), vegetables, grains, beans (including tofu), lean poultry and fish can make the body more alkaline vs acid-producing foods like alcohol, coffee, refined sugars, citrus fruits, refined flour products, oils and fats.

http://www.healthy.net/Health/Article/Chronic_Fatigue_Syndrome/910/

Lysine powder/capsules

Internal:

There is no larger or more concentrated source of lysine than lysine powder. Taking 1/4 ts or 500mg in a lysine capsule every three hours has killed my & people I know's cold sores (HHV-1) in a day & people's shingles (HHV-3) in a day that I know.

Topical:

Breaking open a capsule & mixing it just a little with the solvent DMSO, which also carries it very fast through the skin, killed my latest outbreak in a few hours.

Lysine safety

To treat EBV people have reportedly taken 1000mg of lysine three times a day for six months safely. Parkinson's patients have taken over 4000mg per 100lbs body weight daily safely. Side effects of too much lysine can be diarrhea, nausea, and stomach pain. Lysine supplementation increases absorption & retention of calcium if taken together. People should see their doctor before taking lysine if they already have too much in their blood or urine from a special condition, or have kidney or liver impairment. For these people, treating lesions topically with the very small amount of lysine needed with the DMSO might be the safest treatment.

Lysine should not be taken with these drugs for safety reasons:

gentamicin (Garamycin);

tobramycin (Nebcin, TOBI);

amikacin (Amikin);

kanamycin (Kantrex);

netilmicin (Netromycin);
neomycin (Mycifradin, Neo-Fradin, Neo-Tab);
netilmicin (Netromycin);
streptomycin; or
tobramycin (Nebcin, Tobi).

<http://hubpages.com/education/Lysine-for-Treating-Epstein-Barr-Virus-and-Chronic-Fatigue-Syndrome-Symptoms>

<https://www.drugs.com/npc/lysine.html>

http://www.emedicinehealth.com/drug-lysine/page3_em.htm

Lysine. Review of Natural Products. Facts & Comparisons [database online]. St. Louis, MO: Wolters Kluwer Health Inc; February 2011.

So how many of these types herpes viruses does lysine work against?

Perhaps all of them. Lot's of blogs & research studies show lysine's efficacy against most of these herpes virus types. Taking up to 4g/day as Parkinsonian patients have done safely might kill an outbreak of any of the herpes viruses, if they are all as vulnerable as

HH1, HH3, & HH4 have shown.

Lysine for chronic fatigue syndrome

As some of the side effects of EBV are similar to chronic fatigue syndrome, taking very inexpensive lysine capsules- as long as there are no of the above contraindications- may help if the source of the symptoms turns out to be EBV.

<http://hubpages.com/education/Lysine-for-Treating-Epstein-Barr-Virus-and-Chronic-Fatigue-Syndrome-Symptoms>

http://www.healthy.net/Health/Article/Chronic_Fatigue_Syndrome/910

http://www.vitality101.com/health-a-z/Infections-treating_hidden_viral_infections_cfs

<https://www.victoriahealth.com/category/L-Lysine/302>

Daily lysine supplementation? Avoid arginine?

Both lysine & arginine are needed for our immune system, recovering from injuries and reducing anxiety. If taking lysine & avoiding arginine works to immediately stop an occasional herpes outbreak, then people may be able to choose to avoid unnecessary lysine supplementation or arginine avoidance & create an imbalance

of these two necessary amino acids.

For people who's immunity is lower because of AIDS, other diseases, or medications, taking lysine prophylactically may prevent life threatening infection outbreaks & complications.

Singh BB, Udani J, Vinjamury SP, Der-Martirosian C, Gandhi S, Khorsan R, Nanjegowda D, Singh V. "Safety and effectiveness of an L-lysine, zinc, and herbal-based product on the treatment of facial and circumoral herpes." Altern Med Rev. 2005 Jun;10(2):123-7.

<http://pharmascope.org/ijrps/downloads/Volume%202/Issue%204/25-121.pdf>

Meenu Singh* , D. Muralidhara Rao , Shivansh Pande , Sowjanya Battu , Mahalakshmi. K , K. Rajeswar Dutt Medicinal Uses of L-Lysine: Past and Future Int. J. Res. Pharm. Sci., 2(4), 2011, 637-642

www.thepharmajournal.com/vol2Issue4/Issue_june_2013/2.1.pdf

Ms Radhika Devi M R, Prof. Dr. Yellina Haribabu, Mrs. Sheeja Velayudhankutty, Mrs. Sosamma Cicy Eapen, Ms Sujitha R Review on: Shingles, Its Complications &

Management THE PHARMA INNOVATION – JOURNAL Vol. 2 No. 4 2013

<http://www.drwhitaker.com/treating-shingles-naturally/>

<http://www.wholehealthchicago.com/205/shingles/>

<http://healthwyze.org/index.php/component/content/article/370-how-to-eliminate-shingles-quickly-and-naturally-using-alternative-holistic-methods.html>

<http://pharmascope.org/ijrps/index.php/announce/download/209>

<http://www.webmd.com/vitamins-supplements/ingredientmono-237-lysine.aspx?activeingredientid=237&activeingredientname=lysine>

Anti-inflammatories

Inflammation in the brain found by PET scans in one study are much higher in people with CFS/ME.

“The research team found increases in inflammatory markers in regions including the amygdala, thalamus and midbrain in CFS patients who had more severe cognitive troubles. They found more of these markers in thalamus and cingulate cortex in individuals who

reported worse pain. And they found higher traces of inflammation in the hippocampus in patients with severe depression.

More than a decade ago, Watanabe's group found tantalizing suggestions that certain neurotransmitters were not being synthesized as well in people with CFS. These patients also had lower levels of serotonin transporters in particular brain areas. Other research had found higher levels of inflammatory cell-signaling proteins called cytokines circulating in the blood. All of these results led Watanabe to look closer for inflammation."

Neuroinflammation in Patients with Chronic Fatigue Syndrome/Myalgic Encephalomyelitis: An 11C-(R)-PK11195 PET Study

Yasuhito Nakatomi et al.

J Nucl Med June 1, 2014 jnumed.113.131045

10.2967/jnumed.113.131045

Baffling Chronic Fatigue Syndrome Set for Diagnostic Overhaul

Researchers might soon redefine the mysterious condition, while the latest findings point to the role of brain inflammation

By Katherine Harmon Courage | May 16, 2014

<http://www.scientificamerican.com/article/baffling-chronic-fatigue-syndrome-set-for-diagnostic-overhaul/>

Alpha lipoic acid, tumeric with a little black pepper, ginger, resveratrol (Hu Zhang), astaxanthin, boswellia, bromelain (from pineapples), papain (from papaya)

Alpha lipoic acid, tumeric, ginger, resveratrol (Hu Zhang), astaxanthin, boswellia, bromelain (from pineapples), papain (from papaya) are all COX-2 inhibitors (just like aspirin & the other NSAIDS). They are major painkiller/anti-inflammatories as strong as aspirin but without its negative side effects of excessive bleeding & ulcers. Tumeric is a spice that's in curry that works as well as aspirin but requires just a small amount (3/1000) of black pepper to increase its effectiveness by 200 times (increases curcumin in bloodstream). In a large number of people, turmeric raises their mood significantly. Ginger is a spice that not only is a major painkiller/anti-inflammatory, but it stops nausea as well as any prescription drug. Astaxanthin is an algae extract that is fat soluble that is not only a major painkiller/anti-inflammatory, but taken after ingestion it prevents the skin from burning in the sun starting at 10mg per day & prevents skin cancer, breast cancer, ulcers, cataracts, macular degeneration, skin wrinkling, & the dry chapped skin on the hands that I used to get every winter.

They should all be taken with a meal, and taken together they have helped people get off of opiates. They should get at the source of the inflammation & pain in people with fibromyalgia/CFS.

Food allergies/sensitivities

Fibromyalgia & CFS may be relieved to a degree by finding & ridding food allergies or sensitivities, including by foods that cause inflammation, as inflammation (including after exercise) is a hallmark of both diseases. Getting rid of all foods that have gluten is the first step, such as wheat, barley, & rye. Getting rid of gluten often treats irritable bowel syndrome. I got off of gluten because of a food sensitivity & from the first day my irritable bowel syndrome ended completely. Next is to get off of all dairy. People who get off of wheat & dairy often feel much better physically than ever before & lose up to thirty pounds.

Gluten is inflammatory. The types of wheat we used for millenia had up to 90% less gluten than our modern wheat, so wheat didn't used to cause all the inflammatory problems it does now. Spelt is an older wheat with only a tenth as much gluten. When cooking with spelt it can't be kneaded as much as the current high gluten wheat.

Pasteurized dairy products cause a lot of problems and digestive issues. Children who have an allergic reaction to dairy too often develop type one diabetes when the body mistakes insulin producing cells on the pancreas for the similar dairy molecules.

Dairy also has growth hormone to exacerbate the essential problem with cow's milk- it is very unlike human milk and is intended to grow an calf to 300 lbs.

Maca

Maca is a stimulating adaptogen that may help fibromyalgia or chronic fatigue, migraines, libido, & menopause.

<http://www.healthysmoothiehq.com/what-is-maca-why-put-in-smoothie>

<http://www.onegreenplanet.org/vegan-health/why-you-should-replace-your-caffeine-fix-with-maca/>

<http://blog.familywize.org/2013/05/ditch-caffeine-habit-with-maca-root.html>

<http://www.collective-evolution.com/2014/01/06/this-superfood-could-replace-caffeine-viagra-meet-the-maca-root/>

D-ribose

D-ribose is a sugar that may significantly reduce symptoms of CFS & fibromyalgia and also treats heart disease and congestive heart failure.

The Use of D-Ribose in Chronic Fatigue Syndrome and Fibromyalgia: A Pilot Study

Jacob E. Teitelbaum, Clarence Johnson, and John St. Cyr. The Journal of Alternative and Complementary Medicine. November 2006, 12(9): 857-862. doi:10.1089/acm.2006.12.857.

Adaptogens

Adaptogens are herbs that help give people energy if they are feeling tired or sick, but without the side effects of caffeine.

American ginseng root (*Panax quinquefolius*)

<http://books.google.com/books?hl=en&lr=&id=7ipNZw0RBdgC&oi=fnd>

<http://www.sciencedirect.com/science/article/pii/S094471131100198X>

http://www.tandfonline.com/doi/abs/10.1300/J044v06n02_11?journalC

<http://www.sciencedirect.com/science/article/pii/S0378874107000086>

Siberian ginseng root & leaf (eleuthero)

<http://www.ingentaconnect.com/content/ben/ccp/2009/00000004/00000004>

<http://journals.lww.com/hnpjournal/Abstract/2008/07000/Deconstructing>

<http://richardallenmorris.com/how-to-reduce-stress-in-your-life-the-secrets-of-adaptogens/>

<http://onlinelibrary.wiley.com/doi/10.1002/smi.914/abstract>

Asian/Chinese/Korean ginseng (Panax)

http://www.paneuromix.com/koreaanse_ginseng_200_mg.html

http://www.researchgate.net/publication/224034499_Could_ginseng-based_medicines_be_better_than_nitrates_in_treating_ischemic_heart_analysis_of_randomized_controlled_trials?ev=prf_cit

<http://www.update-software.com/BCP/WileyPDF/EN/CD007769.pdf>

Rhodiola root also helps exercise, energy levels.

<http://online.liebertpub.com/doi/abs/10.1089/acm.2007.7117>

<http://link.springer.com/article/10.1007/s11655-009-0177-x#page-1>

<http://europepmc.org/abstract/MED/21438645>

<http://www.sciencedirect.com/science/article/pii/S094471131000036X>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3155223/>

<http://richardallenmorris.com/how-to-reduce-stress-in-your-life-the-secrets-of-adaptogens/>

Ashwaganda root also helps exercise, fatigue & low thyroid.

<http://anabolicminds.com/forum/supplements/46804-ashwagandha-stress-reduction.html>

http://www.chiro.org/nutrition/FULL/Stress_Hidden_Factor_For_Weight.html

<http://www.ijrpbsonline.com/files/RS00020.pdf>

<http://www.chopra.com/files/docs/teacherdownloads/actpapers/Stress%20and%20Health.pdf>

Schisandra seed & fruit also helps exercise, the liver, concentration, coordination, endurance according to Consumer Reports on Health. It can improve night vision by 90%.

<http://www.ingentaconnect.com/content/ben/ccp/2009/00000004/00000004>

<http://onlinelibrary.wiley.com/doi/10.1002/ptr.2233/abstract>

<http://www.sciencedirect.com/science/article/pii/S0944711311001899>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3155223/>

Rhaponticum also helps exercise.

<http://link.springer.com/article/10.1007/s11094-010-0387-8>

<http://books.google.com/books?hl=en&lr=&id=7ipNZw0RBdgC&oi=fnd&pg=PA1&v=onepage&q=rhaponticum&f=false>

http://en.cnki.com.cn/Article_en/CJFDTOTAL-SYYD200807017.htm

Jiaogulan

<http://books.google.com/books?hl=en&lr=&id=7ipNZw0RBdgC&oi=fnd>

<http://www.pharm.chula.ac.th/tjps/ContentVol36-sup/BP18.pdf>

<http://link.springer.com/article/10.1007/s11130-013-0399-0>

Aralia mandchurica/elata spikenard root

<https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0030-1264950>

<http://www.ijpc.ssajournals.com/index.php/journal/article/view/19>

Holy Basil (Tulsi) helps anxiety, cholesterol, blood sugar, inflammatory, pain, radiation, cataracts.

http://journals.prous.com/journals/servlet/xmlxsl/pk_journals.xml_summary

<http://nopr.niscair.res.in/handle/123456789/7955>

Coenzyme Q/CoQ10

60-100mg of coenzyme Q10/CoQ10 helps people with congestive heart failure. Ubiquinol is the most effective form of CoQ10. It slows atherosclerosis, lowers inflammation, improves ischemia and reperfusion injury of coronary revascularisation, as well as exercise

in people with CHF & hypertension.

In one study of 17 patients-

Heart function improved by 20%, and the mean CHF score increased significantly.

Left ventricular ejection fraction (a measure of the heart's capacity to pump efficiently) improved nearly 35%.

Cardiac output improved by 15.7%.

Stroke volume index improved nearly 19%.

Systolic blood pressure decreased by 4.4%.

End-diastolic volume area decreased by 8.4%.

Mean exercise duration improved by 25.4%.

Cardiac workload improved by 14.3%.

<http://www.lifeextensionvitamins.com/conhearfail.html#sthash.8rZHmyj>

Effect of coenzyme Q10 supplementation on heart failure: a meta-analysis^{1,2,3}

A Domnica Fotino, Angela M Thompson-Paul, and Lydia A Bazzano

doi: 10.3945/ajcn.112.040741

Am J Clin Nutr February 2013

Coenzyme Q10 in cardiovascular disease with emphasis on heart failure and myocardial ischaemia

Peter H. Langsjoen, MD, FACC, Alena M. Langsjoen, MS

The Asia Pacific Heart Journal

Volume 7, Issue 3, December 1998, Pages 160â 168

Role of coenzyme Q10 (CoQ10) in cardiac disease, hypertension and Meniere-like syndrome

Adarsh Kumar, Harharpreet Kaur, Pushpa Devi, Varun Mohan

Pharmacology & Therapeutics

Volume 124, Issue 3, December 2009, Pages 259â 268

Journal of the International Society of Sports Nutrition

March 2008, 5:8,

Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals

Matthew Cooke, Mike Iosia, Thomas Buford, Brian Shelmadine, Geoffrey Hudson, Chad Kerkick, Christopher Rasmussen, Mike Greenwood, Brian Leutholtz, Darryn Willoughby, Richard Kreider

Coenzyme Q10 Supplementation and Heart Failure

Uma Singh , Sridevi Devaraj , Ishwarlal Jialal

Nutrition Reviews Volume 65, Issue 6 Pp. 286 – 293

DOI: <http://dx.doi.org/10.1111/j.1753-4887.2007.tb00306.x> 286-293

Molecular and Cellular Biochemistry

April 2003, Volume 246, Issue 1-2, pp 75-82

Effect of coenzyme Q10 on risk of atherosclerosis in patients with recent myocardial infarction

Ram B. Singh, Narankar Singh Neki, Kumar Kartikey, Daniel Pella, Adarsh Kumar, Mohammad Arif Niaz, Amar Singh Thakur

Role of Coenzyme Q10 in Chronic Heart Failure, Angina, and Hypertension

Dr. Mongthuong T. Tran Pharm.D.1, Dr. Tina M. Mitchell Pharm.D.2, Dr. Daniel T. Kennedy Pharm.D.3,* and Dr. Joel T. Giles Pharm.D.4

DOI: 10.1592/phco.21.9.797.34564

Pharmacotherapy: The Journal of Human Pharmacology and Drug Therapy

Volume 21, Issue 7, pages 797â 806, July 2001

The clinical investigator

August 1993, Volume 71, Issue 8 Supplement, pp S134-S136

Effect of coenzyme Q10 therapy in patients with congestive heart failure: a long-term multicenter randomized study

Prof. C. Morisco, B. Trimarco, M. Condorelli

European Heart Journal Volume 27, Issue 22 Pp. 2675 – 2681

Coenzyme Q10 and exercise training in chronic heart failure

Romualdo Belardinelli , Andi Muñiz , Francesca Lacalaprice ,
Maridia Solenghi , Giovanna Seddaiu , Federica Principi , Luca
Tiano , Gian Paolo Littarru

DOI: <http://dx.doi.org/10.1093/eurheartj/ehl158> 2675-2681

Journal of Cardiovascular Nursing:

July 2002 – Volume 16 – Issue 4 – pp 9-20

Alternative Medicines for Cardiovascular Diseases

Coenzyme Q10 and Cardiovascular Disease: A Review

Sarter, Barbara PhD

L-carnitine

The amino acid L-carnitine ingestion (2g/day) appears to significantly improve symptoms in people with congestive heart failure, increasing exercise ability, and improving survival.

Beneficial effects of propionyl L-carnitine on sarcolemmal changes in congestive heart failure due to myocardial infarction

Rajat Sethi , Ken S. Dhalla , Pallab K. Ganguly , Roberto Ferrari , Naranjan S. Dhalla

Cardiovascular Research Volume 42, Issue 3 Pp. 607 – 615

DOI: [http://dx.doi.org/10.1016/S0008-6363\(99\)00089-9](http://dx.doi.org/10.1016/S0008-6363(99)00089-9) 607-615

The clinical and hemodynamic effects of propionyl-L-carnitine in the treatment of congestive heart failure

(PMID:1493661)

Pucciarelli G, Mastursi M, Latte S, Sacra C, Setaro A, Lizzadro A, Nolfo G

Servizio di Cardiologia, USL n. 42, Ospedale Elena D'Aosta, Napoli.

La Clinica Terapeutica [1992, 141(11):379-384]

Three-year survival of patients with heart failure caused by dilated cardiomyopathy and L-carnitine administration

Ioannis Rizos, MD

American Heart Journal

Volume 139, Issue 2, Supplement 2, February 2000, Pages s120â
s123

Coronary Artery Disease:

February 2004 – Volume 15 – Issue 1 – pp 65-71

Improvement of cardiac function and β^2 -adrenergic signal
transduction by propionyl L-carnitine in congestive heart failure due
to myocardial infarction

Sethi, Rajata; Wang, Xia; Ferrari, Robertob, Dhalla, Naranjan S.a

Controlled study on the therapeutic efficacy of propionyl-L-carnitine
in patients with congestive heart failure.

Mancini M, Rengo F, Lingetti M, Sorrentino GP, Nolfi G

Università degli Studi di Napoli, II Facoltà di Medicina e Chirurgia,
Italy.

Arzneimittel-Forschung [1992, 42(9):1101-1104]

Japanese Circulation Journal

Vol. 56 (1992-1993) No. 1 P 86-94

<http://doi.org/10.1253/jcj.56.86>

L-Carnitine Treatment for Congestive Heart Failure : Experimental and clinical study : CURRENT THERAPY OF INTRACTABLE HEART FAILURE

Akira Kobayashi, Yoshinori Masumura, Noboru Yamazaki

Evaluation of the therapeutic efficacy of L-carnitine in congestive heart failure.

Ghidini O, Azzurro M, Vita G, Sartori G

Reparto Medicina Interna, Ospedale Bussolengo, Verona, Italy.

International Journal of Clinical Pharmacology, Therapy, and Toxicology [1988, 26(4):217-220]

L-Carnitine: a potential treatment for blocking apoptosis and preventing skeletal muscle myopathy in heart failure

Giorgio Vescovo, Barbara Ravara, Valerio Gobbo, Marco Sandri, Annalisa Angelini, Mila Della Barbera, Massimo Dona, Gianfranco Peluso, Menotti Calvani, Luigi Mosconi, Luciano Dalla Libera

American Journal of Physiology – Cell Physiology Published 1 September 2002 Vol. 283 no. 3, C802-C810 DOI: 10.1152/ajpcell.00046.2002

Hawthorn berry

900-1800 mg of hawthorn daily prevents & treats arrhythmia, congestive heart failure CHF, angina, arteriosclerosis, myocarditis,

diarrhea, insomnia, plaque, clots, and kidney problems. Hawthorn increases exercise ability in people with CHF.

Efficacy of the Hawthorn (Crataegus) preparation LI 132 in 78 patients with chronic congestive heart failure defined as NYHA functional class II

U. Schmidt*, U. Kuhn, M. Ploch, W.-D. HÃ¼bner
Phytomedicine
Volume 1, Issue 1, June 1994, Pages 17â24

A randomised double blind placebo controlled clinical trial of a standardised extract of fresh Crataegus berries (Crataegisan®) in the treatment of patients with congestive heart failure NYHA II

F.H. Degenring, A. Suter, M. Weber, R. Saller
Phytomedicine

Volume 10, Issue 5, 2003, Pages 363â369

Hawthorn: pharmacology and therapeutic uses

JM Rigelsky and BV Sweet

American Journal of Health-System Pharmacy March 1, 2002 vol. 59 no. 5 417-422

Hawthorn extract for treating chronic heart failure: meta-analysis of randomized trials

Max H Pittler, MD, Katja Schmidt, MS, Edzard Ernst, MD, PhD

The American Journal of Medicine

Volume 114, Issue 8, 1 June 2003, Pages 665â 674

Hawthorn

Dr. Qi Chang PhD, Dr. Zhong Zuo PhD, Dr. Francisco Harrison MD,
Dr. Moses Sing Sum Chow PharmD

DOI: 10.1177/00970002042006003

The Journal of Clinical Pharmacology

Volume 42, Issue 6, pages 605â 612, June 2002

Efficacy and safety of crataegus extract WS 1442 in comparison
with placebo in patients with chronic stable New York Heart
Association class-III heart failure

Michael Tauchert, Prof Dr med

American Heart Journal

Volume 143, Issue 5, May 2002, Pages 910â 915

L-arginine

The amino acid L-arginine (nine grams per day) prolongs exercise duration and blood flow in people with congestive heart failure.

L-arginine supplementation prolongs exercise capacity in congestive heart failure.

(PMID:15226784)

Bednarz B, Jaxa-Chamiec T, Gebalska J, Herbaczyńska-Cedro K, Ceremużyński L

Department of Cardiology, Postgraduate Medical School, Grochowski Hospital, Warsaw, Poland.

Kardiologia Polska [2004, 60(4):348-353]

Improvement of cardiac performance by intravenous infusion of L-arginine in patients with moderate congestive heart failure

Bella Koifman, MD; Yoram Wollman, PhD; Natalie Bogomolny, MD; Tamara Chernichowsky, MSc; Ariel Finkelstein, MD; Gary Peer, MD; Jack Scherez, BSc; Miriam Blum, MD; Shlomo Laniado, MD; Adrian Iaina, MD; Gad Keren, MD, FACC

J Am Coll Cardiol. 1995;26(5):1251-1256. doi:10.1016/0735-1097(95)00318-5

L-Arginine reduces heart rate and improves hemodynamics in severe congestive heart failure

Edimar Alcides Bocchi M.D.*, Alvaro Vilella De Moraes M.D., Antonio Esteves-Filho M.D., Fernando Bacal M.D., Josã© Otavio Auler M.D., Maria Josã© Carmona M.D., Giovanni Bellotti M.D. and

Antonio Franchini Ramires M.D.

Clinical Cardiology

Volume 23, Issue 3, pages 205â 210, March 2000

DOI: 10.1002/clc.4960230314

Randomized, Double-Blind, Placebo-Controlled Study of
Supplemental Oral L-Arginine in Patients With Heart Failure

Thomas S. Rector, PhD; Alan J. Bank, MD; Kathleen A. Mullen, RN;
Linda K. Tschumperlin, RN; Ronald Sih, MD; Kamalesh Pillai, MD;
Spencer H. Kubo, MD

Circulation 1996; 93: 2135-2141

doi: 10.1161/01.CIR.93.12.2135

Correction of endothelial dysfunction in chronic heart failure:
additional effects of exercise training and oral L-arginine
supplementation

Rainer Hambrecht, MDa; Lutz Hilbrich, MDa; Sandra Erbs, BSc;
Stephan Gielen, MDa; Eduard Fiehn, MDa; Nina Schoene, MDa;
Gerhard Schuler, MDa

J Am Coll Cardiol. 2000;35(3):706-713. doi:10.1016/S0735-
1097(99)00602-6

Hawthorn, coenzyme Q (ubiquinol), carnitine, and arginine appear in multiple studies to help congestive heart failure.

Herbs and Dietary Supplements in the Prevention and Treatment of Cardiovascular Disease

Adriane Fugh-Berman MD

DOI: 10.1111/j.1520-037X.2000.80355.x

Issue Preventive Cardiology

Preventive Cardiology

Volume 3, Issue 1, pages 24â 32, Winter 2000

Taurine

The amino acid taurine (2g 2x/day) helps slow the progression of congestive heart failure and improve survival.

Therapy of congestive heart failure with orally administered taurine.

Azuma J, Hasegawa H, Sawamura A, Awata N, Ogura K, Harada H, Yamamura Y, Kishimoto S

Clinical Therapeutics [1983, 5(4):398-408] (PMID:6871923)

The potential health benefits of taurine in cardiovascular disease

Yan-Jun Xu, MD PhD, Amarjit S Arneja, MD, Paramjit S Tappia, PhD, and Naranjan S Dhalla, PhD MD (Hon) DSc (Hon)

Exp Clin Cardiol. 2008 Summer; 13(2): 57â 65.

PMCID: PMC2586397

Therapeutic effect of taurine in congestive heart failure: A double-blind crossover trialâ

J. Azuma M.D.*, A. Sawamura M.D., N. Awata M.D., H. Ohta M.D., T. Hamaouchi M.D., H. Harada M.D., K. Takihara M.D., H. Hasegawa M.D., T. Yamagami M.D., T. Ishiyama M.D., H. Iwata M.D. and S. Kishimoto M.D.

Clinical Cardiology

Volume 8, Issue 5, pages 276â 282, May 1985

DOI: 10.1002/clc.4960080507

Taurine: An overview of its role in preventive medicine

Barry S. Kendler, Ph.D.

Preventive Medicine

Volume 18, Issue 1, January 1989, Pages 79â 100

doi:10.1016/0091-7435(89)90056-X

American Heart Journal

Volume 112, Issue 6, December 1986, Pages 1278â 1284

Beneficial effect of taurine in rabbits with chronic congestive heart failure â

Keiko Takihara, M.D., Junichi Azuma, M.D., Nobuhisa Awata, M.D., Hideyuki Ohta, M.D., Tomoyuki Hamaguchi, M.D., Akihiko Sawamura, M.D., Yuya Tanaka, M.D., Susumu Kishimoto, M.D., Nick Sperelakis, Ph.D.

European Journal of Pharmacology

Volume 180, Issue 1, 3 May 1990, Pages 119â 127

The effects of taurine on atherosclerosis development in cholesterol-fed rabbits

Margaret A. Petty, Jacqueline Kintz, Giuseppe F. DiFrancesco

Journal of Cardiology

Volume 57, Issue 3, May 2011, Pages 333â 337

Effect of taurine supplementation on exercise capacity of patients with heart failure

Mohamad Reza Beyranvand, MD, Mahshid Kadkhodai Khalafi, MS, Valiollah Dabidi Roshan, PhD, Sirrus Choobineh, PhD, Saeid Alipour Parsa, MD, Mohammad Asadpour Piranfar, MD, PhD

Cordyceps mushroom

Treatment of arrhythmias with cordyceps has a an 82% success rate on average, including a majority of people with supraventricular arrhythmia, ventricular arrhythmia or complete blockage of the right branch ECG recovery, tachyarrhythmia & bradyarrhythmia, including premature beats. Cordyceps lowers total cholesterol, triglycerides, & beta lipoprotein (low density cholesterol).

In people with heart failure, cordyceps increases cardiac stroke volume and cardiac index, general physical & emotional well being and quality of life & reduces heart rate, shortness of breath, & fatigue.

The Scientific Rediscovery of a Precious Ancient Chinese Herbal Regimen: Cordyceps sinensis Part II

Jia-Shi Zhu, Georges M. Halpern, Kenneth Jones

The Journal of Alternative and Complementary Medicine. Winter 1998, 4(4): 429-457.

doi:10.1089/acm.1998.4.429.

Saunas

Sauna usage improves ventricular arrhythmias in people with chronic heart failure.

Effects of Repeated Sauna Treatment on Ventricular Arrhythmias in Patients With Chronic Heart Failure

Takashi Kihara, MD; Sadatoshi Biro, MD; Yoshiyuki Ikeda, MD; Tsuyoshi Fukudome, MD;

Takuro Shinsato, MD; Akinori Masuda, MD; Masaaki Miyata, MD; Shuichi Hamasaki, MD;

Yutaka Otsuji, MD; Shinichi Minagoe, MD; Suminori Akiba, MD*; Chuwa Tei, MD

Circ J 2004; 68: 1146 â 1151

Endothelial cell function is essential to the health of the arteries & heart, especially in people with heart disease. Sauna usage improves endothelial, heart, & exercise functioning.

Repeated sauna treatment improves vascular endothelial and cardiac function in patients with chronic heart failure.

Kihara T1, Biro S, Imamura M, Yoshifuku S, Takasaki K, Ikeda Y, Otsuji Y, Minagoe S, Toyama Y, Tei C.

J Am Coll Cardiol. 2002 Mar 6;39(5):754-9.

Repeated sauna therapy increases arterial endothelial nitric oxide synthase expression and nitric oxide production in cardiomyopathic hamsters.

Ikeda Y1, Biro S, Kamogawa Y, Yoshifuku S, Eto H, Orihara K, Yu B, Kihara T, Miyata M, Hamasaki S, Otsuji Y, Minagoe S, Tei C.

Circ J. 2005 Jun;69(6):722-9.

Am J Cardiol. 2012 Jan 1;109(1):100-4. doi: 10.1016/j.amjcard.2011.08.014. Epub 2011 Sep 23.

Effect of repeated sauna treatment on exercise tolerance and endothelial function in patients with chronic heart failure.

Ohori T1, Nozawa T, Ihori H, Shida T, Sobajima M, Matsuki A, Yasumura S, Inoue H.

Sauna usage helps the functioning of people with heart failure.

Exp Clin Cardiol. 2007 Spring; 12(1): 29â 32.

PMCID: PMC2359619

Clinical Cardiology: Review

Beneficial effects of sauna bathing for heart failure patients

Nava Blum, PhD¹ and Arnon Blum, MD²

Using a sauna just twice weekly can increase endurance by 30%.

J Sci Med Sport. 2007 Aug;10(4):259-62. Epub 2006 Jul 31.

Effect of post-exercise sauna bathing on the endurance performance of competitive male runners.

Scoon GS¹, Hopkins WG, Mayhew S, Cotter JD.

Using a sauna increases muscle growth & stops soreness.

Intermittent hyperthermia enhances skeletal muscle regrowth and attenuates oxidative damage following reloading.

Selsby JT¹, Rother S, Tsuda S, Prakash O, Quindry J, Dodd SL.

J Appl Physiol (1985). 2007 Apr;102(4):1702-7. Epub 2006 Nov 16.

Using a sauna can significantly increase insulin sensitivity & lower blood sugar levels.

Int J Hyperthermia. 2007 May;23(3):259-65.

Whole body hyperthermia improves obesity-induced insulin resistance in diabetic mice.

Kokura S1, Adachi S, Manabe E, Mizushima K, Hattori T, Okuda T, Nakabe N, Handa O, Takagi T, Naito Y, Yoshida N, Yoshikawa T.

Human growth hormone HGH prevents muscle loss & atrophy, as does testosterone. Levels of HGH drop off dramatically after the age of thirty, and testosterone drops significantly as well.

Supplementing them artificially can increase cancer & have other serious physical & behavioral side effects. Sauna usage naturally raises HGH & testosterone levels.

Eur J Appl Physiol Occup Physiol. 1989;58(5):543-50.

Haemodynamic and hormonal responses to heat exposure in a Finnish sauna bath.

Kukkonen-Harjula K1, Oja P, Laustiola K, Vuori I, Jolkkonen J, Siitonen S, Vapaatalo H.

NSAID usage

NSAIDs usage may lead to congestive heart failure at greater rates than even gastrointestinal issues.

Consumption of NSAIDs and the Development of Congestive Heart Failure in Elderly PatientsAn Underrecognized Public Health Problem FREE

John Page, MBBS(Hons); David Henry, MBChB

Arch Intern Med. 2000;160(6):777-784.

doi:10.1001/archinte.160.6.777

What may increase metabolism

Malic magnesium has been reported to increase energy.

Magnesium is an essential supplement that helps leg cramps, migraines, constipation, bone building and helps treat a myriad of other health problems. I take up to 2000 mg of magnesium daily.

Onions, mustard, & all peppers all increase metabolism & energy more than any other foods in one British study. I've tested this when at the ballpark & its cold eating onion relish with mustard DID keep me significantly warmer.

Coconut & MCT oil has medium chain triglycerides that increase energy unlike every other type of fat- weightlifters & runners take two tablespoons before working out.

Green tea has EGCG which increases metabolism.

Being in the cold or drinking cold water increases metabolism.

Right after eating immediately engaging in walking or light to moderate exercise boosts metabolism.

The Wim Hof method- no longer feel cold/hot/stress/autoimmune overreaction

Wim Hof is a Dutch man who learned to become immune to cold, heat, & control his immune response to a strong degree. He has been in ice up to the neck in a tub for almost 2 hours. He has ran a marathon in a desert at 104 degrees with no water or food, and one above the Arctic circle barefoot. He has killed an injected bacteria that should have made him very sick in a medical experiment. Now he is teaching others how to do it, and it only takes one minute a day & people get big benefits after just the first time.

In this link is an explanation of how to do this his way, which includes meditation, a breathing method, and cold exposure:

<http://highexistence.com/the-wim-hof-method-revealed-how-to-consciously-control-your-immune-system/>

Here is the simplified one minute a day version-

If you have a heart or lung condition ask your doctor if fast breathing & holding your (non) breath is ok for you. If you are sick you can wait until healthy before starting. Wim Hof wisely recommends only doing this from a secure sitting position for safety.

What I found important is heavy breathing for oxygenation for 30 breaths/30-60 seconds, then breathing out completely & holding the nonbreath (empty lungs) until my body makes me take a breath (15-30 seconds). It's ok if the first time is only 15 seconds, our ability gets a little better every time.

Wim Hof recommends exercising during the breath holding like pushups or some other exercise on the ground to avoid falling. I do it after eating my rice (carbs) so I have the energy for the exercise, but if people would rather just hold the breath it appears to work nearly as well. The carbs also give me the energy for the heavy breathing so I have the energy to do it twice a day after eating carbs rather than just once.

After I did this once for one minute I was able to be comfortable in my apartment at three degrees colder than ever before for a full day (57 degrees). Every time I do this I am able to experience greater & greater amounts of cold. Wif Hof recommends testing ourselves with cold showers or ice buckets, but I have seen all the benefits without.

I have tested myself by being very comfortable after one week in my apartment in the low 50s for hours. Most people don't like the cold and the knowledge they don't have to do the cold challenge but will still lose their sensitivity to cold makes it more likely they will do the exercise. We know its working when we walk outside in the cold & it doesn't bother us anymore & we don't feel like turning on our car to warm it up anymore.

One funny thing about the ability to endure cold- my knees still don't like long exposure to cold temperatures even if the rest of my body has no problem:-)

Conscious control of cold & heat

Wim Hof suggests paying attention to how the body feels & consciously giving energy to different parts, especially if they are cold. This is supposed to give conscious control of our body temperature. I did this in a sauna when too hot to stay in & thought about being cool inside & I was soon comfortable enough to stay another 40 minutes. Meditating seems to improve the conscious control of body temperature. I've also done this when out in the cold & it works just as well.

Control of stress

I didn't read that the breathing technique also helps the stress response, but I have found that if I feel stress I can lower it consciously in a way different than just meditation. It feels like a conscious control of my cortisol levels (the stress hormone).

Autoimmune responses

He & the people he trains have been able to kill bacterial infections that should have made them very sick in an experiment after just 90 repetitions. That's three months when doing it once a day. It appears that their bodies are shutting down the overactive immune response to the bacterial infection. Other people have noted their autoimmune disorders (like rheumatoid arthritis) being helped greatly by the breathing method.

<http://www.paddisonprogram.com/wim-hof-reversing-autoimmune-diseases/>

<http://www.medicaldaily.com/natural-inflammation-treatment-breathing-exercises-and-ice-baths-may-quell-immune-337890>

<https://www.newscientist.com/article/dn26102-three-ways-the-iceman-controls-his-immune-system/>

<http://www.livingflow.net/influence-immune-system-at-will/>

<http://www.livingflow.net/wim-hof-method-autoimmune-disease-rheumatoid-arthritis/>

Cold exposure?

So I suspect that we get the benefits even if we don't do the extreme cold exposure and that holding our nonbreath/empty lungs is the key. Doing this once a day is easily possible (I do it after eating so I have the energy) and results start immediately. This is a funny kind of body hack that changes more than any other I've ever learned to help us be comfortable and stress and autoimmune problems free.

Conscious control over internal temperature

What the extreme cold exposure coupled with meditating on being warm appears to do is give conscious control over body temperature, especially with practice. We can all use this when we are in a situation we feel cold in despite the Wim Hof method's help.

or prescription

Xyrem (oxybate)

SAMe!

vitD3

CBT

XR

warm pool exercise

red rice yeast may cause

SNRI'S

duloxetine(Cymbalta)

milnacipran(Savella) more norep than serato

triptyline (Elavil)

cyclobenzaprine(Flexaril)

pregabalin (Lyrica)

gabapentin (Neurontin)” “

hormone check

astaxanthin

B12

nadh

default watermark

msm

sleep & pain

Xyrem(sodium oxybate)

gabapentin (Neurontin)

pregabalin (Lyrica)

theanine

prickly pear

chromium

vinegar

cordyceps

cantaloupe

kelp noodles

pickles

kimchee

sauerkraut.

raw grapefruit causes fat 2 B burned

mineral salt

green leafys

oat straw extract

vitB100s

D-ribose

alpha lipoic acid

default watermark

Karin Berndl and art director Nici Hofer Vinegar Socks
garlic, pepper, parsley and chive tea can cure fatigue,

Category

1. Uncategorized

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biggs

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