



Chronic Fatigue Syndrome

Rethinking the wheel:

key, now it's my turn to put a twist on the topic of CFS/CFIDS/FM (Chronic Fatigue Syndrome/Chronic Fatigue Immune Dysfunction Syndrome/Fibromyalgia.

I do not need a thousand pages or even a thousand words to tell you what you want and need to know about CFIDS/FM.

Whether you have CFS, FM (Fibromyalgia), Lyme Disease/Post Lyme Disease, Epstein Barr (boy I love that one) or any other "catch all diagnosis", the end result is that you feel LOUSY! This can lead to hopelessness as all your life's dreams, goals, expectations and, by now perhaps even your essence or true meaning in life, fall by the wayside. Life as you once knew it no longer exists. Your family and closest friends avoid you like the plague because they are tired of hearing you complain and no longer want to see you vegetate with no lust for life or future. By now, your doctors have given up on you because they are at a loss for a true diagnosis- not to mention a cure.

If this sounds familiar, listen closely to what I have to say and offer to you. First of all, I want to state that none of you suffering with the signs, symptoms and complaints attributed to these above diagnoses are special! Truth is, I see dozens of patients every month that would make the perfect "poster child" for CFIDS/FM. Secondly, I want you to understand that most of you will not only get better but also rather reach optimal health once the true and accurate underlying condition(s) are addressed. Patients and doctors alike must learn that a

wrong diagnosis is more harmful than good since more than 95% of those given these diagnoses do not fulfill the established medical criteria! For those out there, including health care providers, who need a diagnosis to feel better about yourself, find a holistic and integrative practitioner that will find the underlying problem(s) and leave you with several diagnoses; not just (an inaccurate) one.

Most of you suffering any constellation of symptoms are in some way immuno-compromised. This means that your immune **systems**—again note the plural form of the word 'system'- are wreaking havoc as a result of stress. Whether this stress is mental, emotional, physical, financial, good, bad or indifferent, it doesn't matter. The end result is the same: a weakened resistance. When this happens, all parts of the immune system are altered and in some cases it may start over-reacting by attacking itself, something known as an autoimmune disease. Examples of an autoimmune disease are: Rheumatoid Arthritis, Lupus, ALS, Diabetes, MS and Hashimoto's Thyroiditis. Many believe that FM/CFIDS also fall under this title.

Hundreds of books have been written and thousands of therapies have been tried. Traditional therapies targeted at resolving symptoms are poor at best and are only short lived in most cases. Once again, any treatment modality neglecting the principle of addressing the underlying causality will never yield a cure.

Of the hundreds of "specialists" who deal with CFIDS and FM, the most well noted and respected is Dr. Jacob Teitelbaum. He has devoted his life researching and sharing his knowledge on the topic with millions of patients and thousands of healthcare providers. In fact, he references in his book "From Fatigued To Fantastic" doctors who have same or similar beliefs in addressing, combating and curing these conditions.



How Do You Get Better?

Find an Alternative practitioner that is familiar with hormone and neurotransmitter balancing. Nine times out of ten this is all you will need. I nearly always have excellent results in returning optimal health to my patients- but it takes time. Utilizing natural approaches to jumpstart your immune system is not an overnight sensation but rather a time consuming and dedicated task. Good Luck and be a *patient* patient! It took you years to develop these symptoms and damage; it will take months to repair it.

Bottom Line:

Over 99% of my patients given the diagnosis of CFS or FM prior to consulting with me truly do not meet the criteria set forth by regulating authorities. In fact, in my over 30 years in the medical field, I have seen less than a handful (five) of cases.

Far too often a wrong diagnosis is given but the reality is, it doesn't matter. Regardless of what you call the frustrating illness you have, all that's important is you rid yourself of it, and that means relieving your body of the signs and symptoms by addressing the causality, period!

More to come in the upcoming months... in the meantime, Be Well and God Bless.

**Yours in Health,
Mark James Bartiss, MD**

REMEMBER....

When it comes to your health, you do have options and a choice.



Mark James Bartiss, M.D.

A Doctor That Specializes In You!

A Different Approach To Your Medical Needs

Dr. Bartiss is a medical writer, lecturer and author and has been interested in Women's Health issues. Whether you are feeling ill or think you are well, Dr. Bartiss offers therapies that will keep you healthy and set back your biologic (aging) clock ten to fifteen years. Hundreds of patients have already utilized his services and have found internal peace with their newly gained health and youth. You too can recapture this dream and live a healthier, happier and more fulfilling life with minimal effort by following his protocols.

For those interested in inquiring about lectures for your group/ organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: www.icambartissmd.com

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Mark James Bartiss, MD

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