



# Holladay Physical Medicine

4211 Holladay Blvd. – Holladay, UT 84124 – (801) 272-8471

Bruce Gundersen, D.C., DIANM

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## Chronic Fatigue Syndrome

**Definition:** The Epstein Barr virus (EBV) is what typically causes chronic fatigue syndrome, a condition that has become widespread in the U.S. The virus is also the cause of mononucleosis. EBV is a member of the herpes family and is related to the viruses that cause genital herpes and shingles.

The symptoms of chronic fatigue syndrome are fever, sore throat, swollen glands (lymph nodes), extreme fatigue, appetite loss, recurrent upper respiratory tract infections, intestinal problems, jaundice, anxiety, depression, irritability and mood swings, sleep disturbances, sensitivity to light and heat, temporary memory loss, difficulty in concentrating, headache, spasms, and aching muscles and joints. The symptoms of this syndrome resemble flu and other viral symptoms, so it is not always diagnosed correctly. It is often misdiagnosed as hypochondria, psychosomatic illness, or depression, because the tests that are routinely ordered by doctors give negative results. A cure or vaccine for this virus has yet to be developed. This syndrome is three times more prevalent in women than in men.

EBV is highly contagious. It can be passed from one person to another by close contact, kissing, sharing food, and coughing, and it can be sexually transmitted. A person cannot be immune to EBV, and antibiotics will not help, because it is a viral disease. The virus causes "overreaction" of the immune system, which results in a type of immunity "burnout."

Chronic fatigue syndrome may also be caused by the fungus *Candida albicans*, chronic mercury poisoning from dental amalgam fillings, anemia, hypoglycemia, hypothyroidism and sleep problems.

Even though EBV is not life threatening, it is still incurable and can do serious damage to the immune system. It is important that family members fully understand this disorder and realize that the person suffering from this virus is not exaggerating or faking the symptoms.

### Supplements:

The balancing of body chemistry is critical for any supplementation to be affective. Simply over dosing on the typical immune system products will prove most frustrating.

Only the supplements recommended in the packet accompanying this information should be used. Expect 4-6 months before permanent changes take place.

### Recommendations:

Patients with long term history with this disorder may require a homeopathic parenterally.

1. 60% of patients infected with EBV also have candida and should add some form of acidophilus to their diet Eat soured products such as yogurt. Consume plenty of water --8 glasses per day --and juices. Make sure the bowels move daily and add fiber to the diet.
2. Eliminate the following from the diet: fried foods, junk foods; processed foods; stimulants including coffee, tea, and soft drinks, sugar, and white flour products such as bread and spaghetti. The consumption of alcohol will enhance the reparative growth of the virus beyond the limits of treatment control
3. A well-balanced diet of 50% raw foods and fresh "live" juices is beneficial. The diet should consist of mostly vegetables, such as a "green drink" from leafy vegetables, fruits, whole grains, seeds, raw nuts, skinless turkey, and

deep-water fish. These quality foods supply nutrients that ultimately renew energy and build immunity. Do not eat shellfish.

4. No aspirin should be taken because Reye's syndrome may result. Make sure you do not overexert yourself with heavy exercise.

## **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com). Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

- Biost
- Glucosamine Sulphate

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

## **HOMEOPATHIC REMEDY**

### **GENERAL INSTRUCTIONS**

When using homeopathic preparations, take as directed and as soon as the symptoms are gone and you feel very well, stop the use of this product and store it(not less than 6 feet from microwave). Should the symptoms return, follow the instructions for use again. If symptoms do not remit within 4 days, consult your doctor of chiropractic.

Homeopathic combinations and liquids intended for sublingual absorption should be preceded with a distilled or filtered mouth rinse and followed by nothing by mouth for 4 minutes.

When using herbal and food supplementation, continue usage for at least three months before attempting to determine or assess the outcome.

Any patient following a nutritional homeopathic or dietary form of treatment should see the doctor at least every 30 days.

By following the prescribed usage excellent clinical results and relief of symptoms have been realized for the indicated condition and related complaints. Following these instructions will help to attain natural health as a gradual process. You may expect some symptomatic relief within a few days but permanent results may come from following this process for at least 6-12 weeks.

**IMPORTANT NOTE:** Homeopathic medication is safe and has no hazardous side effects. You may experience some "proving" on first using this in the form of mild skin or mucosal lining irritations. There is also a toxic release action to this remedy which may give you some unusual temporary symptoms. Do not be alarmed as this is an indication that your body will react to the medication by stimulating your immune system. Should this reaction alarm you or persist, contact your doctor of chiropractic.

### **SPECIFIC REMEDIES**

ARSENICUM DOSAGE: 6 drops under the tongue allowing  
15 seconds for absorption, 6 times per day and just before bed for 6 days

or until symptoms subside.

### **EXERCISE**

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

### **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

### **OTHER INFORMATION:**

We offer a wide variety of health information at our web site. [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.