



Conscious Life presents

Healing Hormones, Energy and Chronic Illness

Guest: Dr Jacob Teitelbaum

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[00:00:09] Meagen Gibson

Welcome to this interview. Today I'm delighted to be speaking with Dr Jacob Teitelbaum, one of the most frequently quoted post-viral CFS, fibromyalgia, energy, and pain medical authorities in the world. He's the author of ten books, including the best selling *From Fatigued to Fantastic*. He's the lead author of eight studies on effective treatment for fibromyalgia and chronic fatigue syndrome. Dr Jacob Teitelbaum, thank you so much for being with us today.

Dr Jacob Teitelbaum

Meagen, it's great to be with all of you. For those of you out there who have fatigue, brain fog, difficulty with getting hangry, and irritability, all these other things that can come from hormones being off, despite normal testing. We are going to teach you how to get your lives back today.

Meagen Gibson

Fantastic. I love setting that container for us. So hormones do have a huge impact on energy. Why are we seeing this perfect storm of human energy crisis?

Dr Jacob Teitelbaum

We're seeing for the first time in human history, for example, that people are obese and malnourished at the same time. Why? Because food processing is eliminating fully 50% of the vitamins and minerals, leaving all the calories, but taking all the vitamins and minerals out of food. So people are malnourished.

Sleep, the average night's sleep, until light bulbs, 9 hours a night. Now, how many of you are getting 9 hours? Most are getting 6 and 3/4. So it's a 30% pay cut.

And then we have this... When I was a kid, when I was your age, I don't want to call you a kid, but it's all relative with this. The advertising Madison Avenue mantra was 'sex sells'. You wanted to sell cars or beer, you had handsome looking guys, lovely looking young ladies next to them, and then you sold what you wanted to sell. The current mantra seems to be 'fear and divisiveness sells'. If

we can scare you to death and make you hate everybody else, you're going to pay attention. It goes beyond that in terms of why we're seeing that whole flow going on these days.

[00:02:13]

But all of these things are draining people's energy and we're going to teach you... Well, first of all, if you are watching something in the media, because much of it, you'll notice how one side is totally full of, what's the medical word, kaka? And the other side is "right?" And nobody can agree which side it is. And I'll tell you a secret, both sides are making it up. Sorry, I know, Meagen, you're an investigative journalist.

Meagen Gibson

No, I was just going to out myself as a former journalist. We'll probably get letters about this, but I don't watch television news because I used to make it, and that's not where I get my information from anymore because it is just entertainment and meant to sensationalize things for the most part. I'm over generalizing, but yeah.

Dr Jacob Teitelbaum

There's some very good people out there doing good stuff. Oh we just had an earthquake pass through. I live in Hawaii on a volcano, so we're just... It's still rumbling. Oh, yes.

Meagen Gibson

Oh my goodness.

Dr Jacob Teitelbaum

Hey, it's a good ride.

So anyway, most of what's in the media, if it starts feeling bad and making you angry or afraid, just turn it off. You're maybe afraid of being misinformed, but really you're just not going to be missing much.

Get food that's healthy, take a good multivitamin and get your sleep. Take the time that cutting out things you don't enjoy, and use that time for sleep. So those simple things will give you a context for starting with good energy.

And then we're going to talk about hormones because we have more hormonal problems that we've seen for most of human history. We have countless chemicals in the environment that are blocking our hormone systems and these need to be addressed. That plus the stress will trigger hormonal deficiencies.

Meagen Gibson

I was just going to say, I'm so glad you mentioned it because you mentioned malnutrition, because of the way our food is processed. You mentioned sleep, you mentioned the news cycle. And what I was hearing below all those things was just an accumulation of stress from what we eat to what

we consume in our eyes and to then the lack of rest that we're all getting. Those are all passive ways to just accumulate stress, which is going to have such a huge impact on hormones, if you can say a little bit about that.

[00:04:37] Dr Jacob Teitelbaum

We have a hormone control center called the hypothalamus. It's an almond sized area that controls sleep, hormones, and what's called autonomic function, blood pressure, gut, sweating, that kind of stuff. When you have enough stress, your day and night cycles will go out of whack. You'll start to see the hormones go off line because you'll find yourself getting irritable during the day when hungry, it's called 'hangry'. And you'll find that you often have trouble falling asleep because your mind is wide awake and racing.

The adrenal hormone is the stress hormone, too low during the day and too high at night time. So the stress is directly affecting our hormonal systems in ways that are problematic. But the nice thing is, if you know how to recognize the signs, and I will tell you right now, your doctor does not. Your doctor, and again, I'm an MD. I've been trained in medicine now for 50 years. We are taught... "You have to put up with the person being there, I wish they would just stay home and send the test results." I'm paraphrasing, but this is how doctors act.

The tests are grossly unreliable. These are the tests the doctors are using to determine... And let's take a moment, can I explain the problem with testing?

Meagen Gibson

Please, because especially when it comes to hormone testing, and especially in the United States, I'm sure this happens in other places, you'll go in and ask for hormone testing and you'll either be denied, and your system's gaslit, or they'll tell you that the testing is meaningless. But they never really explain further. And I'm open, I want to hear why. Enlighten us.

Dr Jacob Teitelbaum

I lecture to 400-500 docs at a time, and I love asking this one question, because most doctors, they abandon the art of medicine. They don't trust their ability to do that anymore. They want something in black and white, as do we all. Isn't it nice when we see something grooving with what we think. The testing, they'd look at the normal range. And if it's in the normal range, the doctor says, there's nothing wrong with you.

The question I love asking doctors is, where does the normal range come from? It's like 400 deer in the headlights looking back at me going, "I've never thought, well, there's groups of wise elders with long beards and long silver hair who go, well, yes, if it's in this range, no problem." There's no such thing.

I finally, after ten years in medicine, hunted down where the normal ranges come from. What they do is they take 100 people and they do the test, and they apply what's called two standard deviations, which is the 95% in the middle are defined as normal, and the highest and lowest two 2.5% are defined as abnormal. That's where the normal range comes from.

[00:07:35]

So to make it easier to understand, if I wanted a normal range for shoe sizes, I would take 100 people and I would get a normal range, shoe size range, of sizes 5 to 13, 5.5 to 13. So you go to the shoe doctor and...

As I mentioned, I live on a volcano. The earthquake seems to have settled down now.

And I wear a size 12 and say, we're a size 8. We go to the doctor and our shoes are mixed up. The doctor will go, "Meagen, it's a size 12, it's in the normal range, the shoe is fine." And I'll say, "Jacob, you're wearing a size 8. It's smack dab in the middle of the normal range. There's nothing wrong with your shoe. That's an exact analogy to what's going on here.

To make matters worse, most doctors are only using the TSH test for thyroid. In stress related disorders like long COVID, post-infectious PTSD, any kind of severe stress, the TSH, this gland is not functioning properly, which, bottom line is the TSH is a meaningless rubbish test.

That is, how can I put it? When I was lecturing in Italy at the annual conference on these diseases, and there's Professor Gunther Neeck, who's the world's expert on hypothalamic thyroid disorders, basically fibromyalgia, things like that. I asked Professor Neeck, is TSH a reliable test in these conditions? He said, "Absolutely not." It's rubbish. It's utterly rubbish. And this is what most doctors are using as virtually the only piece of information they care about.

Meagen Gibson

As patients, it's so frustrating too, because if you... That's not even taking into account genetics and culture, and if I'm out of the norm, but my cultural diet is also out of the norm of the people that were decided to be the normal, there's so many factors that can be involved in you being out of the normal deviation, and that doesn't mean it's not normal, it's just not normal for them, and that it's very normal for you. So how do you personally get assessed?

Dr Jacob Teitelbaum

Here's the thing, how do you know if you need hormone support? It's not rocket science. Thyroid: tired, achy, weight gain, cold, intolerant, unexplained constipation, unexplained infertility. If I have any two of those symptoms in a person I'm treating, I am likely to consider a trial of thyroid hormone to see if it helps.

Infertility, there's data suggesting that in women with Hashimoto's, they are far more likely to have miscarriages on the order of 12%. But by simply giving a little bit of Synthroid, 50 micrograms, even if the other thyroid tests are normal, you bring that risk down to the normal range of 2% that the average woman has. Same with infertility. So I will give hormones, most people. I will use desiccated thyroid because we need both of the key hormones, not just what's in the Synthroid.

I will try different ones, different doses. I will adjust it to the dose that feels the best to the person ignoring the TSH but keeping the free T4 blood tests from going too high, they can go low, but as long as it's not going high, or in the top 10-20% and a person is not having symptoms of too high a thyroid, I will adjust to what feels optimal.

[00:11:19]

Just like if I could not measure shoe sizes, I would keep putting on size shoes until I found the one that felt the best. And I would go with that. Not rocket science.

Meagen Gibson

Yeah. It's interesting because you said something earlier, and I'm also hearing pieces of this now, you were talking about malnourishment and sleep and the stress of what we put in our eyes, and assessing that and kind of parsing that apart so that the stress levels can come down.

What I'm discerning and hearing from you is that if you do that, all the stress levels come down so that those aren't masking any other issues that can be necessarily... Because everything when stress is elevated and cortisol and all the adrenal stuff is going to exacerbate or mask all of this other stuff. From my understanding, that's kind of happening underneath. If there are other underlying issues.

Dr Jacob Teitelbaum

It's a mix of processes. How do I start? What do I begin with? And that's why we started with the basics. Get a good multivitamin. Most are not. The RDAs, I call them 'ridiculous dietary allowances', are geared to prevent scurvy, beriberi, and rickets. They give enough to make sure, "Well, you don't have to worry about those things". But they're not set at optimal.

I'll use a multivitamin called Clinical Essentials. Two pills a day, keep it really simple. High in the B vitamins, magnesium, most of the other things that people need for micronutrients. Again, making time for sleep. I know I'm repeating myself, but it bears repeating. If you have trouble falling asleep, some melatonin. But if you wake up in the middle of the night, as so many of you do, you get that 2:00 in the morning like the alarm was going off.

Meagen Gibson

You mean my power hour, where I question all of my decisions and actions in life?

Dr Jacob Teitelbaum

You are so quiet that you have nothing to do but let that little negative, what do they call it? The roommate-from-hell voice in your mind that we all have, but nobody seems to talk about it. By the way, when you have something that is constantly chattering at you and is negative, it's nonsense. It's basically...

As human beings, we need to have the choice in creating. If we had no choices, we would be meaningless automatons. So the psyche is set up to give us positive and negative choices. It's like the old Native American story of the little kid who asks the grandmother about this, says, "Yes, there's two wolves. The wolf that tells you positive, and the wolf that tells you the negative, sitting on your shoulders." And the little boy and little girl laugh. "Which one wins?" And "The one you feed."

[00:14:00]

So realize that, see what feels the best to you, see what feels authentic to you. You follow that, and energy will follow from that, as an aside. So you do these basics. Get to sleep. Choose in your life those things that feel authentic to you, that feel good to you, and that work for you, and then you can look at the hormones.

Thyroid: tired, achy, weight gain, cold intolerant, talked about the other things. Find a holistic doctor to give some thyroid. Do you get irritable when hungry? That's adrenal fatigue. And the pattern is irritable when hungry, during the day. As it progresses, your mind will be wide awake at bedtime, it's like 10 PM, you're exhausted all day. And finally, it's bedtime, your mind is wide awake and racing. That's because your day and night cycle that regulates the adrenals is off.

I give a supplement called Adrenaplex during the day. I increase salt, I increase water intake. Use salt, be strict with this, you will crash and burn. And avoid sugar, I will say, except for chocolate. Chocolate, in moderation, is a health food. And it doesn't have to be the dark chocolate. Go for quality, not quantity. But generally it's 140 pounds of sugar per person per year, and added in food processing. You get one of those 48 ounce big burp sodas, that's 36 spoons of sugar. It's insane. And your adrenals go crazy because they regulate blood sugar, so you will sugar crave. Cut out the sugar, increase salt, increase water.

There's this Tai Chi move, it's wonderful. Find yourself watching the news or whatever it is you're watching that's leaving you gritting your teeth and doing that. Just breathe, center, reach to the side, grab the remote control, and click off. Your adrenals will thank you. Seriously, you won't be missing anything.

Simple things for the adrenal, but the Adrenaplex, if you're getting irritable when hungry, take the Adrenaplex each morning. You'll find after about a week, you may find you no longer need marriage counseling or a divorce lawyer. These moods where your claws keep coming up when you get hungry.

Meagen Gibson

Parenting classes!

Dr Jacob Teitelbaum

Parenting classes. Or your attorneys for being assaulted and beaten up.

And again, I have that. I had chronic fatigue syndrome in 1975 after what I call the drop dead flu, it was post-viral chronic fatigue syndrome. It knocked me out of medical school and left me homeless. I couldn't work, so I couldn't pay rent, and I couldn't go to school because I was non-functional and I was homeless, sleeping in parks. This is how I learned about adrenal fatigue. I learned how to make myself well, and I was able to go back to med school a year later.

So you do that for the fatigue. There's two studies, well, four studies, actually, that we finished recently. And addressing those of you, if you find that you're exhausted and can't sleep. Because most of the time you're exhausted, you have a weekend free to sleep all weekend. But if you can't sleep even though you're exhausted, that paradox tells you that you have tripped that circuit

breaker called the hypothalamus and you have now gone into territory that's chronic fatigue syndrome, fibromyalgia, long COVID, which is just post-viral chronic fatigue syndrome. And that is very treatable.

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We've published eight studies, including a randomized, double blind, placebo controlled study, we'll talk about in a moment. That 91% of people improve in an average 90% increase in quality of life by treating what's going called 'S.H.I.N.E'. Sleep, Hormones, Infections, Nutrition, Exercise.

But for now, for those of you with just fatigue, you have the adrenal stuff, you take the Adrenaplex, increase your salt and water, you use the Tai Chi move I mentioned, but if you just need more energy, there's something called HRG80 Red Ginseng. Get the chewable tablets. In a study that we recently finished, of 188 people with post-viral chronic fatigue syndrome or other causes of fibromyalgia, who had lost over 50% of function just taking the red ginseng each morning.

And it needs to be that form because the other ones often don't have the right levels of the active components. Energy went up, 61% of people improved with over 60% increased average energy. That's what I took before the show today, I'll just take half a tablet. Get the chewables instead of the capsules. It'll cut the cost by 70%. Simple simple simple. These things can be really easy.

Another thing, called Smart Energy System, I haven't published that study yet. Stamina went up 80% on average, roughly 81%. Simple things that you can do. So you can start with these things, get hormonal support. And again, what test for adrenal? Do you get irritable when hungry? If you also tend to have low blood pressure, if you tend to get dizzy when you stand? Sometimes things like that.

You may also have what's called POTS. Let me make a simple thing, for those of you with severe fatigue, especially if you think you have CFS or fibromyalgia, you can email me and ask for the free information sheets. My email address is FatigueDoc@gmail.com. Ask for the free fatigue information sheets.

It'll give you home tests that you can do, they're free. That'll tell you. If you have POTS, it'll tell you here's how you treat it, it's not hard. It's just your doctors... There's no expensive medication. I'm going to tell you a secret, don't tell anybody. If there's no expensive medicine, it doesn't exist in medicine. Shh...

Virtually everything we're taught as physicians is slick pharmaceutical advertising masquerading as science. And they're all good people. I never met anybody in the industry who wasn't to love, but we are more subject to propaganda because...

I used to tease, as a resident, that my 19 cent BIC pen would write out \$2 million in orders, people were making that on the testing and medications, and I got paid about \$1,000 for my work for that month. Doctors make a lot of people a lot of money, and we are advertised to, and it is not science. We like to make-believe it's science. It's just slick pharmaceutical advertising, and God bless them. But if you can't tell the difference, and if there is no expensive medication, it will not make it into most doctors' awareness.

[00:21:06] Meagen Gibson

Absolutely. I appreciate you saying all that and really making sure that people hear that most of this stuff is simple to treat and doesn't have to be expensive. Unfortunately, it's sometimes hard to find somebody like you who's an advocate, who's educated, who they can get access to, who will tell them that. There's a lot of people out there trying to do a lot of expensive testing, and expensive supplements, and expensive programs, even beyond your primary care physician trying to write prescriptions.

Dr Jacob Teitelbaum

And they all think they're doing the right thing.

Meagen Gibson

Exactly.

Dr Jacob Teitelbaum

So here's the thing, how do you tell if you trip that circuit breaker and you have chronic fatigue syndrome or fibromyalgia, that paradox of can't sleep despite being exhausted? Tired, achy, brain fog, can't sleep. That's the big four, then you've got that.

That book over my shoulder. I won't make all of a buck if you get that book. Go to the library and get the book. If you think, "He's just selling books", get the used ones, I don't make anything on those on Amazon.

It will teach you the S.H.I.N.E protocol and way more, to optimize energy if you have CFS and fibromyalgia. The research has proven, our research has proven it's very, very treatable. Treat S.H.I.N.E. Sleep. And you're saying, "But I can't sleep. I'm lucky if I can get 2 hours or 3 hours and I wake up four times in the middle of the night", that's right, the sleep center is not working. The book will teach you how. EP120 Melatonin, Revitalizing Sleep Formula, for medications very, very low doses. Trazodone, Flexeril, Gabapentin, these are dirt cheap, these are very safe.

The Gabapentin is just an issue if combined with narcotics. If you're not on narcotics... It should be over the counter, in my opinion, and people will try to fuss at me for that. But the safety record is very high when used properly and very low doses of several of these things can get you sleeping. The book will tell you how.

Hormones, it'll go through, thyroid, adrenal, estrogen, growth hormone, all those different ones. Tell you how to tell, the testing is not the way to find out symptoms and response to treatment. It would be infections, and the immune system is down on these diseases, so it's necessary to treat a host of different infections.

Candida is a big one, if you have chronic sinusitis, nasal congestion, irritable bowel syndrome, that's candida. There's no test and medicine, if there's no test and no expensive medicine, it doesn't exist. As I mentioned, this book will talk about how to treat it with diflucan, the natural remedies, propolis, oregano oil, grapeseed extract, and there's all kinds of ways to treat it, a good

probiotic. If you have post-viral, after mono, post-COVID, there are antiviral protocols, blah, blah, blah.

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And there's nutrition, good multivitamin, you talk about other things. And exercise as much as able. If you do too much exercise, you'll crash and burn and be bedridden for a couple of days. This is not a thing of going to the gym and work out, but enough that you can do it to maintain conditioning so you don't get bed bound, and without crashing and getting post-exertional malaise.

So again, you can email me at FatigueDoc@gmail.com because this is a lot of stuff, I know. It's all just laid out in free information sheets. Say here's what it is, here's how you tell it, here's how you take care of it, and you can get well. I've treated thousands of people. I'm retired now, once I hit my 70s, I figured it was time to do mostly teaching and focus on that.

But most of this you can do on your own. If you're dirt poor and you say, "I can't afford anything", ask me for the How To Get Well if You Have No Money information sheet and I'll throw that one in there too. It's time to get your life back.

Meagen Gibson

Absolutely. As you said at the beginning, to bring us back to where we started, making different choices, where you have them about the food that you eat and turning off all the things, the screens, and the news, and all the stuff in your eyes and trying to get better sleep and get better rest. Those are all things that are pretty free and affordable to most people and pretty accessible to most people, so we can start there.

It's a hormone conference. But your S.H.I.N.E protocol tells us just how well and how much hormones hinge on all of these other things. It's not an isolated system. It's not that your hormones are produced in one place and absorbed in another place, and it's just a straight line. They're all interconnected, aren't they?

Dr Jacob Teitelbaum

Yes. And many of you find that even if you find the doctor who treats the hormones of the normal test, it doesn't do it, it's not enough. Then you have to widen the scope of the picture and look at the big picture. Hormones are critical, but they're one piece of a much bigger puzzle. It can be organized. It doesn't have to be complicated. Just remember, S.H.I.N.E.

Meagen Gibson

Fantastic. Well, I feel like everybody knows your email address now, which is awesome. Do you have a website where people can find out more about you?

[00:26:28] Dr Jacob Teitelbaum

You can go to www.Vitality101.com. There's actually a free energy analysis program. I hold a US patent for a computerized doctor. I made it about 30 years ago for people with this condition. Since you can't really do a doctor online, computerized, now this is an energy analysis program that will analyze symptoms and blood tests, including hormonal and other tests. Even if you don't have the test, the symptoms point in the same direction and tell you the most likely things draining your energy. And how to address that.

I do carry supplements at www.EndFatigue.com. But for those of you saying, "Oh, he's just selling stuff", go to Amazon, buy it there. Except for the ribose and Smart Energy System, I won't make a penny on anything you buy on Amazon. You can say, I'm going to get back, I'm going to get well without making him a penny. Do it! Just get yourself well.

So again, these are all resources for you. And I've been where you are, and we all have a hobby in life, and mine is making treatment available for everybody with these conditions. Have fun with it.

Meagen Gibson

Absolutely. And I appreciate that you're not trying to sell people on things. You're just trying to make sure that they get what they need to make them feel whole and well. I appreciate you being with us today, thanks for coming.

Dr Jacob Teitelbaum

My honor, Meagen. Be well. Aloha, and from the land of the volcanoes and the earthquakes today, aloha, everybody.