

Optimizing sleep for healing chronic pain

Guest: Dr Jacob Teitelbaum

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[00:00:10] Alex Howard

Welcome everyone, to this interview where I'm super excited to be talking with Dr Jacob Teitelbaum.

We're going to be exploring a number of different factors, particularly we're going to have a spotlight on the relationship between chronic pain, fibromyalgia, and sleep issues.

But also Dr Teitelbaum will talk us through a number of different ways of working with sleep, both from a medical framework, but also working with natural approaches as well.

I think one of the things that will be particularly interesting as we get into this interview is some of Dr Teitelbaum's perspectives around using low doses of various pharmaceutical interventions. And sometimes we can take a lot less of something than we might realize.

As always, this is not meant as medical guidance. It's important that any of the things recommended that you speak with a suitable medical practitioner for guidance in doing so.

Just to give you a bit of Dr Teitelbaum's background. Dr Jacob Teitelbaum is one of the most frequently quoted sleep and fibromyalgia medical authorities in the world. He is the author of ten books, including the best seller *From Fatigued to Fantastic* and the popular free smartphone app, Cures A-Z.

He is the lead author of eight studies on effective treatment for fibromyalgia and chronic fatigue syndrome.

Dr Teitelbaum appears often as a guest on news and talk shows nationwide in the US, he's based in Hawaii, including Good Morning America, the Dr. Oz Show, Oprah and Friends, CNN and Fox News Health. So welcome, Jacob. It's always a pleasure to speak with you.

I'd love to start with what may sound like a very simple question, but I think it's an important one that's probably not as simple as it appears, which is, when we talk about a good night's sleep, what do we actually mean? Like how much sleep? What's the benefit of sleep? What are we really aiming for?

Dr Jacob Teitelbaum

Well, Alex, that's kind of like asking what's the perfect size shoe? There's no one size for everybody. So, how do you tell what the optimum amount of sleep is for you?

[00:02:24]

And the best thing to do is take a weekend or a couple of days where you don't have to be up the next day. Let your body just naturally sleep as long as it wants. And then see how many hours of sleep at night it naturally takes to leave yourself feeling healthy, clear minded, good energy, less stiff, those kinds of things. And that's how many hours on average is optimal for you.

But to put it into perspective, until 150 years ago when light bulbs were invented, the average night sleep in the United States average was 9 hours a night. We are now down to six and three quarters, which is a 30% pay cut as far as the body is concerned.

Alex Howard

That's something, in terms of statistics. And I guess part of the difference is, we go back 150 years, there wasn't electric light, there wasn't all of the stimulants and all of the things that we've got used to which have allowed us, for better or for worse, to be on so much more of the time.

Dr Jacob Teitelbaum

Absolutely. And here's the thing. What you want to do is you want to keep the things in your life that feel good. So I'm on my cell phone, yes, it takes up my time, but what am I enjoying? What am I hating? Make a list of things you enjoy. For example, reading the news. For most of the last ten years, reading the news is in the column that says this totally sucks.

Alex Howard

Particularly these days. It just seems to get worse and worse.

Dr Jacob Teitelbaum

Well, the media's focus is how to scare everybody to death and make them hate each other. Now, lately I've been watching a bit more because of Ukraine. I find it interesting watching the propaganda and the dynamics between countries and how reality is whatever people are writing the news and the governmental thing say it is.

And we like to look at the other side's propaganda and go, how do they possibly believe that? I'll tell you a secret. The stuff we're getting fed is equally nonsense. But anyway, that's for another topic. My mom grew up and I went through Auschwitz and I've always had a fascination for how people could do that to each other?

Alex Howard

How can good people in any country do such terrible things to each other?

Dr Jacob Teitelbaum

Forgive my ranching up. But to make time for things that feel good to you. So the things in your relationship that feel good. Keep watching the media. When it doesn't feel good, turn it off. Doing a bunch of bills.

[00:04:46]

And then in the things that don't feel good column, put a check by things that you will be arrested or homeless if you don't do. Move those over into a good column and start just releasing the energy from those things that don't feel good and take that time for sleep.

Alex Howard

And maybe we could say a few words around why not getting enough sleep, or getting enough quality of sleep, is also a problem because I think there may be people that are watching this that say, well, I only get six and three quarter hours, but I'm fine. So why is not getting enough sleep a problem?

Dr Jacob Teitelbaum

Well, if you feel great, then you are fine. But let's define great. For example, sleep, I used to think when I was a kid that sleep was a waste of time. I'd be up reading till three in the morning, I'd be up to school at six in the morning. Came down with chronic fatigue syndrome later in my life, so didn't work out that well, but it taught me.

But getting enough sleep is not just good energy and not just good mental clarity, but you'll see an average 6.5 pound lower weight in people who sleep well. 30% higher risk of obesity in people who don't sleep enough.

Chronic pain. Sleep is when the body's repair crews are out and healing those micro tears and other things that go on during the day in the muscles. The research is very clear. If you don't get enough sleep, you will be in pain. And if you're in pain and you don't get enough sleep, you will stay in pain. Sleep is a critical way of getting pain free.

Mood is another very important thing. Now in these Covid times where we have the concerns, immunity, one of the most powerful ways to immune suppress an animal is to sleep deprive it. So, all of these different things.

If you want to keep your immunity up, brain, mood, keep pain down, energy up, cognition going sky high, and your weight down, get your sleep. If all of those are check, check, check and you're fine, then your body is going to sleep.

Alex Howard

It's really interesting what you say about pain. I was just reflecting that of course there's a bit of a never ending loop that can happen there, isn't there, because one doesn't get enough sleep which can have an impact on pain. But also one of the reasons that people can struggle to sleep is because they're in pain.

Dr Jacob Teitelbaum

Absolutely. The nice thing about that also is you can break the cycle in any or several points at once. I treat a lot of fibromyalgia, ME, CFS, as well as chronic pain. So the things that I use for sleep often will help for pain as well because the cycle is not that hard to break. Actually, Alex, it's pretty easy for most people.

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Let me give this, for those of you out there who are talking about numbers like 8 hours sleep, 9 hours sleep and people are going, you're utterly insane, I can't get more than 4 hours, there's no way that's going to happen. Having treated thousands of people with severe fibromyalgia who said that there's no way they can get more than 4 hours sleep at night, the vast majority, we get them sleeping 7 to 9 hours a night.

So even though you may feel this is impossible, I'm going to say very clearly, it is very possible and we're going to teach you how today.

Alex Howard

So before we come into some of the methodologies that can be helpful, maybe we can just break down a little bit more, we touched on it, but some of the factors that can cause sleep issues.

So, pain being one of those. But what are some of the things that you find with the great number of people that you work with, that are the common factors that are often behind their either inability to get to sleep, or stay asleep, or to have quality of sleep.

Dr Jacob Teitelbaum

Well, number one is, as you mentioned, just making enough time for sleep. Number two, people need to realize, anybody who's raised children, you don't get them run, run, run, and then tuck them into bed, you have quiet time.

Alex Howard

My wife likes to remind me of that sometimes, yes.

Dr Jacob Teitelbaum

Yes. And the thing is, then you have a bedtime routine and that signals the body's systems to go from adrenaline to time for sleep and time for bed. Your body needs those signals. And adults, when it comes to sleep, are just big children.

So creating a routine to create that shift makes a big difference with that. Light. Blue light. Things like the phone lights tend to keep us into an adrenaline state or a nice, well done, recent study showed that even low amounts, not enough to read by, of that light will keep you in the adrenaline mode at night.

I've taken to sleeping with a night mask, one of the best sleep aids you can get for \$15. It increases deep sleep.

As we mentioned, pain disrupts sleep. The sleep center is in the limbic system and the Hypothalamus. Chronic stress trips that circuit breaker that controls sleep, hormones, blood pressure, pulse, and a number of other things. When that center goes offline, you're not going to be able to sleep without sleep aids.

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So learning how to reset that system, there's a very nice system that you may talk about that you have called the RESET program that takes care of the mind-body issues because there's four components. Mind-body. Biophysics. Biochemistry. Structural. All of those are key to healing whatever you're dealing with.

Alex Howard

When you're working with someone, how do you start to identify which of these areas are most important? I guess they're all important for everyone. But in terms of starting to figure out the sequencing of where you might start with someone, what's your thinking about how you approach that?

Dr Jacob Teitelbaum

I'm dealing mostly with people with Fibromyalgia and ME and CFS. So they have the Hypothalamic limbic system dysfunction. They need biochemical sleep assistance to get them sleeping. I will get them working on techniques. As I mentioned, the RESET program is one thing that will turn the circuit breaker back on.

But I'm going to use a mix of not just lifestyle and getting ready for sleep to rest, because that's just not going to do it in that severe population, I'm going to use a mix of natural prescription therapies.

For those of you who are outside of the United States who have CFS and Fibromyalgia, I want to mention two new studies we just finished using a polypeptide mix. It's a unique amino acid called recovery factors. The effects on increasing not only sleep, sleep improved by over 50%, but energy, stamina, these increased on the order to 70% to 80% in people.

It's not available in the United States, but since a large number of you are outside of the United States, go to recoveryfactors.com and give it a month, it's four tablets twice a day. It increases energy in general. Anything that increases energy without being a stimulant improves sleep.

I'm going to use sleep herbals, like essential oils. Lavender. There's a number of essential oils. I'm going to use one called Terrific Zzzz in the United States. It's very good. A mix of six herbs, passionflower, Valerium, Jamaican dogwood would be one, although I use that less, 5-HTP, theanine, lemon balm, also excellent. And that's called the revitalizing sleep formula. That's excellent for sleep.

So I'm going to start with simple things, and if that doesn't get people sleeping, then I'm going to go to medications. And the next set of medications are going to be things like Trazodone, 25mg a night. Flexeril, 5mg a night. I will use Z medications like Ambien, Zolpidem, Zopiclone, those medications when needed to initiate sleep.

And in my book, *From Fatigued to Fantastic*, there are over 30 natural and prescription sleep aids. But here's the key thing, Alex. People need to realize that if you take a high enough dose of one thing to knock you out, you'll be hungover till three in the afternoon the next day.

Each treatment, natural or prescription, is cleared out of the body on its own timetable, called its own half-life. And I will give eight tiny doses, like 25 to 50 of Trazodone instead of 450. I'll give tiny doses of four to eight things rather than give a very high dose of one.

[00:13:18] Alex Howard

It's really interesting you say that, because I think one of the things that can concern people about taking pharmaceuticals is that some can be addictive, some can have diminishing returns in terms of the effects.

But I think what can also happen is, for me, often people are in different camps. There are people that go all in and then regret it, but there can also be those that are so tentative where something actually may make a difference and there's a lot of concern about experimenting with it.

Dr Jacob Teitelbaum

Well, the nice thing about sleep aids is you usually know very quickly, within the first day or two or three, what it's going to do. So it's not a long term commitment. It's not like you put on a pair of shoes and you're stuck with it forever. You don't like it, you take it off and you do another one.

So I'm very comfortable, of the things I mentioned, the only one that I'm at all concerned about addiction would be the Z drugs. The Zolpidem, Zopiclone. And that's pretty modest. It's more rebound insomnia that's the major problem.

In terms of what you call tachyphylaxis, which is that people take it, it works great for two days and it doesn't work anymore. There's a small, it's on the order of 5% of people, who have that with fibromyalgia. And for most people, if it works, it stays working.

But for the ones who find, I take it and three weeks later, it doesn't work anymore. Write down which ones work and then rotate them. If they wear off after three weeks, rotate them every two weeks, and then by time you get back to the first one, it's usually working again.

Alex Howard

One of the things I'm hearing you say, which I think is an important point and I guess it's true whether it's fibromyalgia, whether it's other chronic illness or actually even some mood disorders and so on, is that for the body to be able to recover and regenerate and heal, it needs to have sleep.

And perhaps sometimes people think, oh, well, I can't sleep, I'll just have to do the best I can doing other things. But what I'm hearing you say is that really, for other things to be able to be truly effective, you also need to have sleep addressed up front.

Dr Jacob Teitelbaum

Start with sleep.

Alex Howard

That was very clear. Thank you very much.

And in terms of the pain element, so just tracking back to what we we're saying a little bit earlier, and of course this could be pain in the context of fibromyalgia, but it could also be other chronic pain experiences people are having. What are some of the ways, in addition to starting the sleep, that you would start to approach that pain piece?

[00:15:49] Dr Jacob Teitelbaum

Here's the thing. There are many medications that work for pain, as muscle relaxants predominantly, and for sleep, sodium channel and other agents. So I'm going to combine. I like to get two, three, four benefits.

So, for example, if I'm going to have somebody with restless leg syndrome that's bothering them and despite giving them iron, because it's usually an iron deficiency or magnesium deficiency, they still have restless leg syndrome, they have wide scale pain.

I'm going to start with Gabapentin, because that settles the restless leg syndrome. Now Gabapentin, we need to understand in medicine, we go with these fads. And the current fad is that anything that helps pain is deadly. And so now in the US, we have a war on people in pain and the doctors and drugs that are used to treat them.

So anything that they ever find that any narcotic user uses, they automatically say, that must be a problem. But they don't realize some things that they're taking are because, they are taking narcotics because, they are in pain and they can't get help from their doctor.

I know in the US, we had 44,000 drug overdose deaths a year, two years ago. We declared a war on pain by eliminating all the drugs needed for pain, and we are now up to 120,000 overdose deaths a year. The war is working. It's insane. We're driving people to Fentanyl.

So here's the thing. Gabapentin, in my opinion, is a very good medication. Yes, if people are drug addicts, people on high dose morphine, taking anything that suppresses respiration, whether it's that, Baclofen, probably Diphenhydramine, can increase the risk of the overdose.

But if you're not on narcotics and people not on narcotics, the Gabapentin is very good for sleep and it's very good for pain. I will give it, especially if there's pelvic pain. I will add a low dose of Elavil or Amitriptyline, just 10 to 25 milligrams, not 250.

Flexeril can help the muscle pain as well as Anaflex helps sleep and pain. So, simple things that attack pain. And again I've not seen anybody ever addicted to these medications I just mentioned. The Gabapentin, the only addiction issues I've seen are if you get over 3200 milligrams a day, which we don't. Then you don't want to stop it suddenly.

Alex Howard

It's interesting. What I'm noticing in what you're saying is that the dosing is important and it sounds like what you're saying is it's working with low dosage where possible, but also it sounds like there's a personalizing in terms of dosage, finding the point that's going to be effective for each individual.

Dr Jacob Teitelbaum

Absolutely. But also Alex, most people find with the medication, most of the benefit is in the first quarter of the dose that doctors use. Then they get modest increases, they go up to the next and then they get mostly side effects.

But again the dosing that we're recommended to use has almost nothing, sad to say, with science. It has to do with economics, as does our drug prescribing in general. I'm not against medications, I'm against them being used insanely just for profit, which is how it is these days.

[00:19:06]

The science, basically science is, you know how I started the show saying that reality is whatever that government or newspaper says it is. In medicine, reality is whatever the pharmaceutical companies say it is. They own the media through advertising. The journals are all dependent on drugs.

They will not publish things that will lose them advertisers. And the Government. In the United States, if the pharmaceutical industry told our hundred senators to get on top of the Capitol dome, drop their trousers in the full moonlight and hollow at the moon, 88 senators would find some excuse to be serving the public doing that.

Alex Howard

I'm not sure it's meant to be a joke but the image is quite funny.

Dr Jacob Teitelbaum

It's quite true, sadly. So you have to understand that most of what we're taught in medicine, as a past editor of the New England Journal of Medicine once stated, or to paraphrase them, most medical education is simply slick advertising, pharmaceutical company advertising, masquerading as science.

And another, Dr Angell, who's another editor of the Harvard New England Journal of Medicine says she sadly does not believe much of what she reads in journals anymore.

It's very important, when I take a study apart I look at the conclusion which tells me who paid for the study, and then I have to tear the data apart to see what it shows in real life. They're two different things in most cases. You'll find low doses of five medications will work better than a high dose of one, in many cases.

Alex Howard

I think what's also really important in what you're saying is that, this is personalized and different things work for different people in different sequences and different ways, which is not convenient from a research point of view.

And it's also not convenient from an economic efficiency point of view, that one really has to learn to listen to their own body and to be willing to experiment with hopefully a skilled physician such as yourself.

Dr Jacob Teitelbaum

You have to see what feels best for you, what shoe fits. You mentioned the thing about the research and you cannot combine two, three medications in a study, in most studies, because then it can't be used in front of the FDA. And therefore they will not combine, except for rare exceptions.

The economics defines the research, where in medical practice tailoring to the individual, and you don't have to go any further than, how does that feel to you? I go back to the shoe analogy. How does that feel to you? If it fits, that tells you better than any test.

[00:22:00] Alex Howard

Also, one of the things that comes to mind, Jacob, is that I think many people are aware when it comes to things like sleep, that we get these vicious circles where you don't sleep and then you don't have the energy to exercise, and then that impacts on sleep, and then you don't eat the right food because you haven't got the energy to cook well.

But it also strikes me, as I reflect on what you're saying, that we also have virtuous circles where we can, for example, use some low doses of sleep medication to get better sleep, to then be able to do more of the other proactive things to address underlying issues.

I think sometimes people's resistance against certain interventions is they go, I don't want to treat on the surface or treat the symptom, but sometimes treating the symptom allows us to then really treat the cause.

Dr Jacob Teitelbaum

Treating the symptom is often treating the cause at the same time. Again, for most people, difficult sleep and pain and fatigue, trace back to the human energy crisis. But we don't have enough energy production for the sleep center to work, for our muscles to relax.

Again, tight muscles, muscles are like a spring, if they don't have enough energy, they get locked in a certain position. That's why after a heavy workout, you don't come home and say, honey, my muscles are all loose and limp. They're all tight. It takes energy.

And I don't care how you put the energy into the muscles. You put energy in and it releases. You can put the energy in in the form of nutrients, like magnesium and other nutrients. They could put energy in the form of a massage that turns out that mechanical energy into energy. You can put a needle in for an acupuncturist, create a current when you turn the needle and put energy in that way. An infrared lamp, the heating pad, you put energy in the muscles.

And sleep creates healthy energy. And I can't overemphasize, Alex, the difference between healthy energy and loan shark energy. In our culture, we interpret, here take these drugs that will increase energy. Well, are they giving healthy energy? Are they putting energy in your gas tank? Or are they ramming down on the gas pedal while you're already running on empty?

Sleep puts healthy energy into your gas tank. And I will note, by the way, when I talk about things like healthy energy, one cup of coffee a day, this is one shot, even though it's big, actually, surprisingly, is healthy energy. When you go over about three cups of coffee a day, it becomes unhealthy.

And even using things like Ritalin or Dexedrine or the ADD medications, I think they're overused for ADD, but in CFS and Fibromyalgia, they actually balance the dopamine system. They actually can be quite healthy as long as you're staying under 20 milligrams a day, usually 10 to 12 and a half milligrams a day.

So it's funny, I'll talk about, don't use Motrin because it increases US deaths, about 50,000 people a year for Ibuprofen. You won't hear about that in the news, they're a big advertiser. These are two massive studies. Million people in the British Medical Journal. 50,000 preventable deaths a year from pain caused by the arthritis medications.

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And those medicines are near useless for fibro pain, they decreased pain 14% of fibro and placebo decreased to 10%. So you're talking about massive increase in toxicity.

So for pain, if you're looking to get through to the pain without medications, take magnesium salts. Take an Epsom salt bath, two cups of magnesium, Epsom salts and a tub of hot water. And soak an hour before bedtime, you'll be amazed.

Use the heating pad, but again, don't leave it on high when you sleep, you'll wake up in the emergency room with third degree burns, but 2 hours setting lowest heat, put it over the area that puts energy in those muscles, release, you'll relax, you sleep. There's so much that can be done for sleep.

Alex Howard

And I think one of the things that is also, I guess it's the case with fatigue, it's the case with pain, it's the case with sleep, is that sometimes the times in our life that we need to be the most resourceful, because we need to be able to investigate and try different things, we need to listen to our body in the process, is often the times that we feel the least resourceful because of the very issues that we're looking to work with.

I guess I'm curious from your perspective, having worked with many people over the years, and I'm sure like we do you have people coming in saying I've tried everything or you are my last hope, it's the last thing I'm going to do, and I'm curious as to how you work with that and manage that mindset piece that, in and of itself, it's understandable, but can be problematic.

Dr Jacob Teitelbaum

I'm laughing, Alex, because out of the literary countless people who have said, I've tried everything. I said, did you try this? Well, no. How about this? No. I go through the first ten things and they've maybe tried one of them or not. It's like, you've been through a hell of a journey because you've not been guided. You don't have the information to put it together in organized things.

There are over 100 treatments that can be helpful. And if you're just taking potshots not knowing what you're doing, you're going to come up feeling like you've tried everything.

And that's why we've organized, it's called the shine protocol, we've done the randomized double blind placebo control study published, show that in people with fibromyalgia, optimizing energy with shine, sleep, hormones also hypertension, POTS, infections, nutrition, exercise, 91% of people improve with an average 90% increase in quality of life. The placebo group, nothing. So the book, and it's a shameless plug over my shoulder..

Alex Howard

It's a great book. Great book. Make the shameless plug.

Dr Jacob Teitelbaum

Thank you. This is a new addition, which came out last year. It will go through over 30 sleep treatments, will go through the natural things, the lifestyle stuff, but it will go through everything. It'll

say, here's how you organize it. Start with the sleep and nutritional support, then take a look at the hormones.

[00:28:11]

And the blood test won't tell you, if you have low adrenal during the day, you get this feeling of you feed me now or I will kill you. It's called getting hangry. And if you're not sure if you get that way, just ask your spouse. Or if you find that when you get hangry, everybody runs and hides in closets.

Just eat something and see if you feel better. You'll know in 30 seconds. You take an ounce of orange juice under your tongue or half a teaspoon of sugar under your tongue. It will break the low blood sugar attack from the low adrenal.

But this is critical for sleep because people find their adrenal stress hormone is low during the day, so their blood sugar drops and they get irritable or hungry. But at night, the metric would be 18 in the morning, and it goes down, well that's an American unit, it's about 690 in English units, it should go down less than two at bedtime.

And if it doesn't, your mind is going to be wide awake and racing. So if you find that you're exhausted and hangry all day and then suddenly it's ten at night and your mind is racing, just take Phosphatidylserine. Is that available in the UK?

Alex Howard

I'm not sure.

Dr Jacob Teitelbaum

Okay, just look on Amazon. But Phosphatidylserine, S-E-R-I-N-E, 100 to 300 milligrams 90 minutes before bedtime. Sleep Tonight is another good product that will have it. But you'll see, and just adjust the dose a little higher each night, you'll know within that night if it settles the mind so you can sleep.

Then if you wake up at two in the morning a lot, it's often because of low blood sugar, because the adrenal is too low during the day, stays too high at night, and then plummets at night, your blood sugar drops and at two in the morning, you're wide awake.

Eat a high protein snack at bedtime. A hard boiled egg, or 2oz of cheese, or meat or fish, something protein before you go to bed. That will decrease the tendency to that. So there's a lot of different things that interplay in sleep.

Alex Howard

I think also that's a really interesting one because I think as you'll be aware, the whole intermittent fasting thing has got a lot of traction over recent years. And one of our observations with a lot of fatigue patients, there are some that do very well with that, but there are others that really don't do well with that.

And just like you outlined, having regular protein is really important in terms of supporting their overall kind of energy and particularly consistency of energy. So just curious as to your thoughts of, I guess the answer is everyone's different, but yeah, just your thoughts on that.

[00:30:51] Dr Jacob Teitelbaum

Well, everybody is different from what they need, but they all kind of need healthy energy. I'm going to give you a simple three step thing that I start people on that will help their adrenal glands.

First of all, I think fasting can be very helpful. My wife routinely, frequently does three week fasts.

Alex Howard

Wow.

Dr Jacob Teitelbaum

Yeah, I'm impressed. I do three days here and there, but the three weeks, she makes it easy. But if you have that low blood sugar and you're trying to go into a fast, that gets miserable. So you see what your body is asking for. There's no right. See what works for you. What works for you is what's going to be the answer.

But when we talk about low adrenal and we talk about low energy, because low energy drives this whole process and so many people these days because we're being whipped, the diet, half the vitamins and minerals were lost in food processing.

We got massive amounts of sugar added. We have the 30% sleep loss. We've got, scare everybody to death and make them hate each other and it's causing an energy crisis.

So simple measures for that. One, it's choosing to say no to things that feel bad, needing no other rationalization, if something feels bad and you will not get arrested or homeless for not doing it. And if you can't do it on your own, I'm Dr Teitelbaum and I hereby authorize you and order you to say no to those things in your life and people that feel bad.

So then you can say, well, the doctor said I have to say no. And if the person says, well... Are you telling me not to listen to my doctor? I'm going to die. And you start going like that, and all of a sudden they'll leave you alone. In case you have trouble setting boundaries, simply say no to things that feel bad. You'll fix a lot of the holes in your energy bucket.

Number two, a good multivitamin, high in B vitamins and magnesium. They're 50 to 200 milligrams of magnesium, 50 milligrams for most of the Bs. I like the energy revitalization system, vitamin powder. One drink replaces literally over 50 vitamin pills. Clinical essentials. So number one, take a good multi.

Number two, we recently completed a study on 188 people with HRG80 red ginseng. It's a unique form of ginseng and that also, stamina levels went up about 70% on average. Sleep improved dramatically, showing that this is healthy energy. Energy went way up.

And the third thing is something called smart energy system that helps the adrenals. Ashwagandha, Rhodiola, Schisandra, Licorice, Green Tea Extract. So if people are looking for a place to begin, it's a very nice way to optimize healthy energy.

And then I'll go, revitalizing sleep formula, a sustained release of ten milligram melatonin for sleep. You've got people saying, where do I start with all of this? That's where I would start most people.

[00:33:53] Alex Howard

And how about, you touched on the importance of protein snacks for helping support adrenal function. In terms of food more generally, what are some of the key recommendations, particularly in relation to sleep, but also with chronic pain?

Well, here's the thing. People are going to find, there is no one diet that fits all. That's why I think God, universe, love, nature, whatever you want to call it, created this wide variety of things, it's not one size fits all. See what leaves you feeling the best.

Now you have to be careful with sugar added to food because that's an addiction. Shooting up heroin will leave you feeling mighty fine for about 4 hours. Then you're going to feel pretty poorly. So the sugar is like that. Leave out the sugar, outside of what's naturally in the food.

You want to eat an apple, enjoy it. But apple juice, no. And then, most people with these conditions, low adrenal, chronic fatigue, do best with a high protein, and high complex carbs, mostly proteins. Keep out the white flour, white sugar, that kind of stuff.

Dr Jacob Teitelbaum

Eat frequent meals during the day. Increase water and salt intake. If you salt restrict with this disease, most people will crash and burn. People, even with high blood pressure, except for a very small percentage of hyper-responders, if you salt restrict to a point that it is non tolerable anymore, the blood pressure goes down an average of less than 1 millimeter.

In Blacks it's 2.5 millimeters. In Whites, it's 0.7 millimeters. It's not significant except if you're going across millions of people. And salt restriction in this disease, it will destroy you. But the bottom line is, see what leaves you feeling the best. Most people, high protein, low carb people. Some get depressed with that, they need the carbs. See what feels best to you.

Alex Howard

Interesting what you say about salt, because I think a lot of people have been taught that salt is bad. If you want to just qualify that, but also different types of salt, I guess, is also a point to make.

Dr Jacob Teitelbaum

I have this mythbuster series that I have for medical myths. I've been in medicine for 50 years now and I watch the myths and the fashions change. One week it's, well, don't you do this? No. Then a month later it's the opposite. Then it switches back and it's just nonsense. It's a load of rubbish.

I remember when I was a kid, what doctors were told was to teach people to smoke cigarettes and don't breastfeed, for God's sake. We're insane. The thing to avoid salt is insane. The thing to avoid sunshine is insane. So, I'm going to stop on that tack...

Alex Howard

Not taking my invitation down the rabbit hole on that one.

Jacob, for people that are watching this, and I think this has been an amazing whistle stop tour of different places. And I love the point that you made around the idea of I've tried everything. And I think

that there's so many things that you've spoken to here that can be very hard for someone to get to this point in the interview and still maintain that idea.

[00:37:01]

And just for a little bit fun, my answer to that question or my comment on that has always been, God, how was it? How was it in the mountain in Tibet you spent 30 years meditating up? Because I never did that treatment.

But what are a few key fundamentals to bring it back to? So someone that's watching this, that is particularly watching it because of obviously sleep issues, and maybe particularly the chronic pain piece that we've weaved into this, where should they start?

Dr Jacob Teitelbaum

Number one. Make time for sleep by getting rid of things you don't enjoy. Not by getting rid of things you do enjoy. That's what people go to first, boggles the mind, the puritan Ethic. Oh, it feels good, I must get rid of that. It's bad. No, it feels good. Keep that. The stuff you hate, get rid of that. Use that time for sleep.

Number two. Is your sleep environment conducive to sleep? Is it noisy? Is it light? Use a sleep mask if you need. Use earplugs if you need to. Simple things like that. Do an hour of quiet time before you go to bed. That's like a child, something you enjoy, that's monotonous, but enjoyable to do.

Then I'll go with the sleep herbs. Revitalizing sleep formula is superb. Terrific Zzzz. A sustained release of melatonin, it's called EP 120. Ten milligrams sustained release. Most people, one or two or three of those things, without fibromyalgia, most people, any one of those three is going to be helping them to get them sleeping well. All three can be taken together.

Then, if needed, I'm going to add in 25 milligrams of Trazodone. 25 to 50. 2 and a half to 5 of Cyclobenzaprine or Flexerol. I'm going to add in a little bit of Gabapentin. Going to start with that. And then I'll know within three days of adding something, what it's going to do. And then if you get side effects, I'm going to lower the dose or get rid of it.

There's 30, 40 more things in that list. That's where we start. The book will go through dozens and dozens of different things. And then, if I need to, I will go back to the whole picture of restoring energy production. Recovery factors. Again, if you just have insomnia, the things I mentioned, if you wake up in the middle of the night, a protein snack is critical.

If you have fatigue in general, then the good multivitamin, the energy revitalization system is one. The smart energy system, and the HRG 80 red ginseng. Those will help energy overall.

If you're lucky enough, I shouldn't say it that way, but unless you live in the United States where it's not available, recoveryfactors.com is a brilliant way to help all of these things at the same time. That takes about four to six weeks.

Alex Howard

Yeah, fantastic. I want to highly recommend your book, *From Fatigue to Fantastic*. But also, Jacob, for people that will want to find out more about you and your work, what's the best place to go and what's some of what they can find?

[00:40:09] Dr Jacob Teitelbaum

Vitality101.com will have a number of articles. For supplements, the endfatigue.com. So, E. N, like Nancy, D, like David. The word fatigue.com.

For those who may have the orthostatic intolerance or pots, or who have the chronic fatigue syndrome in general, you can email me. My personal email address is fatigue, f-A-T-I-G-U-E-D-O-C like Doctor. fatiguedocgmail.com.

You can email me and ask me for the information sheets. For those who are living on fumes financially and are just like, how can I start with anything? Ask for the information sheet on how to get well, if you have very little money. The orthostatic information sheet. I'll send you an overall article on how to recover from chronic pain syndrome. All that stuff is free.

Our goal, very simply, Alex, is to get the information to everybody. When I had this disease, it left me homeless, sleeping in parks. So I understand what it's like to be coming from that situation with this disease. There are tools available for everybody that can help everybody.

Alex Howard

Awesome. Dr Jacob Teitelbaum. It's always a pleasure. Thank you so much as always for being so generous with your wisdom and experience. I really appreciate it.

Dr Jacob Teitelbaum

Alex, my honor and pleasure.