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Monthly Health Tip: Chronic Fatigue Syndrome

Chronic Fatigue Syndrome (Chronic Fatigue and Immuno-Deficiency Syndrome, CFIDS) and Fibromyalgia (FM) have similar symptoms that commonly include severe fatigue, sleep disturbances, cognitive problems ("brain fog"), muscle pain and multiple infections.

When treatment is individualized to address the entire spectrum of these diseases, truly remarkable success can be obtained. Treatment for infections and enhancement of immune function is key, and hormone balance is essential for optimal outcomes.

Adrenal deficiency is very common in patients with CFIDS/FM, and is often the cause of serious fatigue. If poor adrenal function is undiagnosed, it can mean the difference between treatment success and failure. Standard methods of evaluating thyroid function may be inadequate for CFIDS/FM patients. For example, "low normal" thyroid test values are significant, and can cause fatigue, depression, difficulty losing weight, and may increase the risk of heart disease.

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Nutrition Tip: Adrenal Support

It is impossible for a person to achieve optimal hormonal balance if their adrenal glands have been overworked in response to *chronic stress*. Recommendations to improve adrenal health include eating wholesome food, getting plenty of sleep, regular moderate exercise, stress management, slowing down to regain a proper perspective on life, and replacement of deficient nutrients and hormones. Proper adrenal support can often have profound effects.

Our pharmacist can help you to select the most appropriate professional, quality adrenal extracts and nutritional supplements.

Customized Medications: Balancing Hormones

Based on the results of non-invasive saliva or blood spot testing and a complete evaluation of signs and symptoms, if a hormone deficiency is diagnosed, experienced practitioners can prescribe customized hormones in the most appropriate dose and dosage form.

For example, most hypothyroid patients are treated only with levothyroxine (synthetic T4 which the body can convert to the active hormone, T3). However, despite treatment with levothyroxine, some hypothyroid patients remain symptomatic, and a combination of levothyroxine and T3 may be required for optimal thyroid replacement therapy. However, the only commercially available form of T3 is synthetic liothyronine sodium. Liothyronine is an immediate release formulation which is rapidly absorbed, and may result in higher than normal T3 concentrations throughout the body causing serious side effects, including heart palpitations. Research indicates there is a need for *sustained-release* T3 preparations in order to avoid adverse effects.

We welcome your questions!

Newly Expanded Nutritional Supplements Section!

Come in and visit our newly expanded Nutritional Supplements Selection! Our Nutritional Consultant Judy Meadows has extensive knowledge of vitamins, herbs and natural remedies combined with 15 years experience in the Nutritional Supplement field. She hopes to become a resource to those of you looking to improve your health and wellness.



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Monthly Seminar "Flatten Your Belly!"



Speaker:

Maija Davis, BSc. Human Nutrition
Functional Medicine Consultant

Contact:

Judy Meadows
Nutritional Consultant

Karen McQueen, BS, MA, DD
Nutritionist

Fee: No Charge

Seminar Date: Wednesday, April 6, 2011

Time: 7pm

RSVP BY:

Tuesday, April 5, 2011 by 7pm

Phone: 804-717-5000

Have a problem with your medicine? Side effects? Bad taste?
Let us know - we can help!

Sincerely,

C.F. Sonny Currin, R.Ph (Compounding Pharmacist / Partner)
Chris Currin, R.Ph (Compounding Pharmacist / Partner)



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