THE JUMP START PACKAGE

*I've found that it's best to start with the flowing core nutrients, which I call the Jump Start Package. These 4 products promote deep restorative-sleep, energy, mental clarity, and reduce pain, inflammation, depression, and anxiety. They are essential in restoring the body's own self- healing mechanisms.*

# *The* CFS/Fibromyalgia Jump Start Package

## *The CFS/Fibromyalgia Jump Start Package*

Fibromyalgia and CFS are very challenging illnesses. But you already know this.

With so many symptoms—poor sleep, pain, fatigue, low moods, irritable bowel, digestive disorders, and more, where do you begin? It's tempting for doctors and patients alike to try to cover the symptoms up with an assortment of drugs or over-the-counter remedies. It's not uncommon for one of my patients to be taking several drugs, while trying all sorts of vitamins and even fad "cure all" herbal remedies; Ambien, Lyrica, Cymbalta, Klonopin, a One –A-Day Multivitamin, B vitamins, Noni Juice, malic acid, and so forth. Unfortunately, these highly touted latest fad supplements yield little results.

And prescription drugs offer little in the way of long-term relief. It's no wonder patients are left feeling hopeless.

## *You Can Feel Good Again!*

I've been successfully treating and beating fibromyalgia and CFS for over 14 years. I've researched thousands of different protocols over the years and tried hundreds of different approaches.

From my unique perspective of being a chiropractic physician and nutritional specialist who was the clinic director for a large integrative medical practice - I've learned that the best way to beat fibromyalgia and CFS is to get the patient healthy from the inside out (bio-chemically). Covering-up symptoms with potentially dangerous drugs or fad supplements just doesn't work!

## *Your Stress-Coping Savings Account*

We're all born with a stress-coping "savings account" filled with chemicals-such as vitamins, minerals, amino acids, hormones (serotonin, dopamine, cortisol, DHEA, etc.), and nutrients that allow us to deal with stress. The more stress you're under the more stress coping chemicals you withdraw. If you make more withdrawals than deposits, as fibromyalgia and CFS patients do, poor health quickly follows. Through years of unrelenting stress, no sleep, chronic pain, and poor health, individuals with fibromyalgia and CFS have bankrupted their stress coping savings account. The key to beating fibromyalgia or CFS is to get your stress coping savings account filled back up with the optimal amount of health restoring nutrients, hormones, and chemicals.

By restoring a patients bankrupted stress coping chemicals (serotonin, epinephrine, cortisol, etc.) natural pain blocking chemicals (endorphins), sleep/wake hormones (serotonin and melatonin), deficient enzymes (digestive enzymes), and building their stress coping savings account back up, my patients are able to quickly feel better—*most importantly this lays the foundation for getting well.*

## The Jump Start Package

I've found that it's best to start with the flowing core nutrients, which I call the Jump Start Package.

These 4 products promote deep restorative-sleep, energy, mental clarity, and reduce pain, inflammation, depression, and anxiety. They are essential in restoring the body's own self- healing mechanisms.

***1. The CFS/Fibro Formula*** is loaded with high doses of essential nutrients including all the vitamins, minerals, essential fatty acids, amino acids, malic acid, and extra magnesium (680mg) you need to jump start your health.

*The Amino acids* are what make our brain chemicals. They help restore normal brain function, increase mental clarity, and reduce depression, anxiety, and fatigue.

*The Essential Fatty Acids* help reduce pain, inflammation, depression, anxiety, allowing brain cells to communicate with one another for increased mental clarity.

*You'd have to take 100 One A Day vitamins to equal a daily dose of CFS/Fibromyalgia Formula.* Take one pack twice a day with food.

***2. 5HTP*** promotes deep restorative sleep, reduces pain, mental fatigue, depression, and anxiety. Normalizing serotonin levels with 5HTP (along with the rest of Jump Start Package nutrients)
usually stops IBS symptoms including chronic or intermittent diarrhea within 2 weeks.

Start with 50-100mg, 30 minutes before bed on empty stomach- take with 2-4 ounces of grape juice. Increase by 50-100mg each night until fall asleep within 30 minutes and sleep through the night (up to 300mg at bedtime). If you have a problem taking at bedtime (makes you more alert) then take 50-100mg with food and each day add 50-100mg (taken with food) until you reach 300mg (total) each day.

***3. The Adrenal Cortex formula*** helps boost energy, mental clarity and moods. It is a must in restoring normal stress coping stamina and resistance.

Adrenal Cortex increases drive, ambition, and stamina, allowing you to handle more stress without crashing.Take one twice a day with food.

***4. Digestive Enzymes*** help stop the bloating, gas, indigestion, reflux, heartburn, and IBS that go along with Fibromyalgia and CFS. These enzymes break down foods and make sure the food we eat turns into the essential nutrients we need. Take one with each meal.