

# Good Health

LIFESTYLES <sup>TM</sup>

## THE NEW OMEGA-3

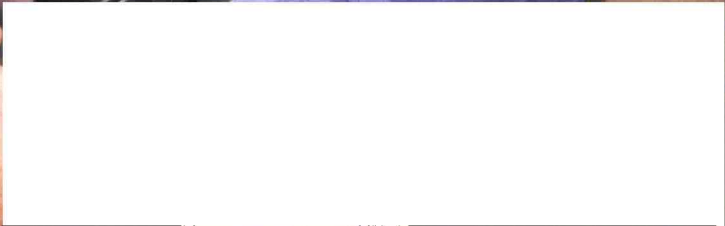
Get the most from  
your supplement

## 4 Top Nutrients for FAST PAIN RELIEF

## SUPERCHARGE YOUR THYROID

with these forgotten nutrients

Dr. Jacob Teitelbaum





ON THE COVER:

**Dr. Jacob  
Teitelbaum,  
*Living Vibrantly!***

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When it comes to dealing with pain, chronic fatigue or many other long-term health issues, Jacob Teitelbaum, MD, is a recognized leader in both research and treatment. He is a board certified internist and nationally known expert in the fields of chronic fatigue syndrome, fibromyalgia, sleep and pain.

That's because Dr. Teitelbaum ("Dr. T." to those who know him) understands chronic fatigue and fibromyalgia as an insider—he developed chronic fatigue syndrome (CFS) when he was in medical school and had to drop out for a year to recover. At the time, there were no protocols for anyone with chronic fatigue syndrome because it wasn't yet recognized as a health concern. Dr. Teitelbaum spent his year of recovery investigating the nutritional reasons behind CFS and discovered that combinations of the right nutrients, natural pain management, sleep and exercise could reverse its course. Since then, he has dedicated his career to finding effective treatments.

He is the lead author of groundbreaking "gold standard" research on effective treatment for chronic fatigue syndrome and fibromyalgia. The S.H.I.N.E. (Sleep, Hormones, Immunity, Nutrition and Exercise) protocol developed by Dr. Teitelbaum has helped tens of thousands of sufferers reclaim the vitality CFS and fibromyalgia once robbed from their lives. This approach focuses on those five key areas to help people recover from chronic fatigue syndrome and maintain healthy energy. It's proven so effective, Dr. Teitelbaum's integrative treatment protocol has been recognized as "standard of practice" for chronic pain conditions in the journal of the *American Academy of Pain Management*.

Dr. Teitelbaum is a prolific writer and the creator of the popular free iPhone application "Cures A-Z." His is also the author of many best-selling books, including; *From Fatigued to Fantastic!*, *Pain Free 1-2-3*, the *Beat Sugar Addiction NOW!* series and *Real Cause, Real Cure*. His latest book, *The Fatigue and Fibromyalgia Solution* is available in print and in eBook form.

Dr. Teitelbaum specializes in helping people live their best lives through non-invasive, nutritionally-based practices. He believes that we all have the ability to be vibrant, fulfilled individuals when we focus on staying healthy in body and mind. Discover more at Dr. Teitelbaum's web site, [www.endfatigue.com](http://www.endfatigue.com). ■