

Excerpts of FM/CFS/ME articles by Jonathan Gilbert, NCCAOM
of
TheGilbertClinic.com
(866) 546-0777; (301) 230-2530

From
Breaking the Paradigm
Resolving the Causes Of Fibromyalgia, Not Just Managing The Symptoms
by
Jonathan Gilbert, NCCAOM
in
FM Frontiers; 2005, Vol 13, No 3
National Fibromyalgia Partnership
fmpartnership.org; (866) 725-4404

"I have a personal reason for wanting to work with patients with fibromyalgia (FM). I used to suffer from it. As a result, I not only understand what my patients are actually going through. I'm highly motivated to help them get better.

My chosen field of work is Traditional Chinese Medicine (TCM). It was through this medium that I was healed of my FM in 1990. In this brief article, I wish to explain holistic medicine from a TCM perspective and show how immensely suited it is to the FM state. In my view, it can provide an answer both in its medications and in its overall approach to the diseases. I understand the gravity of this claim, and I can point to a record of 10 years of successful clinical experience as its proof."

...
"Because FM involves a state of exhaustion, the last thing the the body requires is more demands upon it or further stimulation. The body needs a metaphorical 'space' in which to heal. Physical stresses from internal physiological imbalances have to be removed, and the 'playing field' leveled once more. ... This approach has the ability to provide long-term results."

...
"From a TCM perspective, FM is similar to many emerging maladies that have no single pathological cause because they are the result of numerous different stressors that have led to a reaction in the human body. FM has many different presentations or combinations of symptoms as there are causes. ... To effectively heal the patient we have to take the laboratory out of the FM treatment and reintroduce the human being into the process."

From

FM: Arresting The Cause, Eliminating The Symptoms (Part II)

by

Jonathan Gilbert, NCCAOM

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National Fibromyalgia Partnership

fmpartnership.org; (866) 725-4404

"In our experience, the only way a patient with FM can be effectively treated is to work concurrently with modalities that address the physical, mental, and emotional aspects of the patient. ... We firmly believe that the patient must also be a member of the clinical team ... the patient should be aware of the treatment process being undertaken and positively contribute to it. This sounds like a common sense approach, but it is actually rarely practiced by clinicians and patients. ..."

"... Humans are much more than physical bodies, and understanding the broader influences on health and well-being are crucial to creating health (creating a balance between mind-body-spirit and environment) in the FM patient. There is growing evidence that mental states affect physical health by inhibiting the immune system and.... Multiple studies have shown that beliefs have the power to heal or destroy. This natural healing system is an untapped reservoir for creating well-being."

"First Stage - Eliminate Toxicity: ... It is because the patient is battling different forms of dysfunction simultaneously that the initial phase... is designed to restore functioning and to regulate different systems of the body at the same time This is essential so as not to merely manage...but to re-create health."

"Second Stage - Rejuvenation: This is the stage which we work directly on the patient's recovery from the primary symptoms of pain and fatigue associated with the syndrome. It is a period of nourishment and rejuvenation of the nervous system...."

"Third Stage - Towards Total Health: ...There is a return to normal functioning.... However, at this point it is still relatively easy for a recurrence of ill health to occur, especially if the patient has been in an FM state for an extended period of time. The body can still retain a 'memory' of dysfunction and revisit that place unless there is reinforcement, both physically and emotionally, of the success that has been achieved. ..."

"At the end of the program the patient returns to his/her health care providers.... It is worth noting that some of the specialists required by the patient may no longer be required as there has been a recovery of the malady. The goal is healing and health, and so by definition, the result is actually the absence of treatment once health has been found again."

From
Perspective on Integrative Treatment
(Including Q&A interview with 3 patients.)

by
Jonathan Gilbert, NCCAOM
The CFIDS Chronicle, Spring 2006
The CFIDS Association of America
cfids.org; (704) 365-2343

"Up to the present time, both conventional and alternative medical systems have offered little to the CFS patient other than management of symptoms, one by one, without any real sign of long-term alleviation of the condition. Our practice differs by addressing the overall body-mind relationship and integrating Chinese, naturopathic, psychotherapeutic and allopathic practices. Why? Because its the only clinical approach we are aware of that looks at CFS, not in terms of management, but only in terms of restoring health."

[In the First, most demanding stage of the three stage program]

"...we attempt to regulate the body's various systems ... we initiate a detoxification of unwanted substances that have accumulated and a restoration of normal absorption and excretion. This doesn't involve the use of cathartic substances common in alternative health care. Rather it depends on practices that regulate or stabilize the body processes in the patient, ultimately allowing the body to resume these functions.

At an emotional level, we work to cleanse acquired habits that may have gotten in the way of healing. We also work to create the emotional context for making the necessary changes to accept and find health.

"It's also at this [first] stage our physician will reassess previously prescribed medications with a view to eradicating and 'bad fits' that were given of a symptom by symptom basis and that may be inappropriate in the long-term ."

.....

"The model described may be the first of its kind in the US to focus on treatment of CFS and fibromyalgia. The holistic approach reaches outside the clinical room and outside our current realm of medicine. .. it complements [what has gone before]. Using this approach, we have repeatedly shown that CFS is a treatable and recoverable condition. There lies the beginning of hope."