

ribose

for energy and pain relief

FEELING DRAINED AND SORE? REACH FOR RIBOSE FOR A BOOST OF NATURAL VITALITY

DID YOU KNOW?

Both anecdotal and scientific research supports the use of ribose for fibromyalgia and chronic fatigue syndrome.

Ribose is available at most health food stores. Some product examples: BioEnergy Life Sciences CORVALEN ENERGY DIETARY SUPPLEMENT POWDER, Doctor's Best BIOENERGY D-RIBOSE POWDER, and Jarrow Formulas RIBOSE POWDER.



By Vera Tweed

"I had so much pain and fatigue I thought I was going to have to quit teaching," said Julie, an elementary school teacher in Minnesota. "When I take ribose, I feel like a huge weight is being lifted from my chest, and I'm ready to take on those kids again." This type of relief is quite common when patients with fibromyalgia, chronic fatigue syndrome (CFS), or heart disease take ribose, says Jacob Teitelbaum, MD, Julie's doctor and author of *From Fatigued to Fantastic*.

A researcher as well as a physician, Teitelbaum describes ribose as a key molecule we must have to convert food into energy. "It's like the paper that money is printed on," he says. "Without the paper, you can't print money and without ribose, you can't make energy."

Food for the Heart

Among people with heart disease, lack of energy makes the heart exert more effort with each beat in order to pump sufficient blood, leading to further damage. But ribose helps to correct the problem. Decades of research support this benefit.

For example, in a study published in the *European Journal of Heart Failure*, the condition of 15 chronic heart

disease patients improved significantly after three weeks of ribose therapy, and they were able to be more physically active. Other studies of heart patients include those published in the *Journal of Molecular and Cellular Cardiology* and the *Journal of the American College of Cardiology*. These studies found that ribose improved the ability to breathe, which is a predictor of prolonged life. And the supplement enabled heart patients to exercise—because they suffered from far less fatigue—and improved their overall quality of life.

Relief from Pain and Extreme Fatigue

Enhancing energy production with ribose relieves pain, as well as fatigue. "As muscles get energy depleted, they get stuck in the shortened position, and that's one of the most common causes of pain in this country," explains Teitelbaum. "When you restore energy in the muscles, they relax, and the pain goes away." That's what happened when Julie experienced relief, and research backs up the mechanism.

One of Teitelbaum's studies, published in the *Journal of Alternative and Complementary Medicine*, tested ribose on 41 patients diagnosed with fibromyalgia and/or CFS. "These are some of

the most energy-depleted states we see," says Teitelbaum. He and his research team found that ribose increased energy levels, on average, by 45 percent. "I've never seen a single nutrient do anything that dramatic—and we've been researching CFS and fibromyalgia for about 30 years."

Interestingly enough, ribose also supports restful sleep. While it may seem counterintuitive, when your body can't produce enough energy, muscles can't relax, and sleep troubles can result. And ribose enables athletes, or anyone who works out intensely, to have more stamina and recover more rapidly from exercise with fewer sore muscles.

How to Use Ribose

Teitelbaum recommends using a powdered form of ribose (also called D-ribose) and taking a higher dosage at first to increase cellular levels of the nutrient, followed by a lower maintenance dose. For the first three weeks, take 5 g three times daily, then reduce the frequency to twice daily. For fatigue or heart conditions, take it three times daily for up to six weeks.

For more information about Teitelbaum's work and program, visit endfatigue.com. □