



HOLTORF MEDICAL GROUP, INC.

CENTER FOR HORMONE IMBALANCE, HYPOTHYROIDISM AND FATIGUE

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Neurotoxins and Chronic Fatigue Syndrome and Fibromyalgia

NEUROTOXINS ARE VERY SMALL COMPOUNDS THAT DISRUPT CELLULAR FUNCTION. Research has shown that exposure to environmental neurotoxins, such as mold and mycotoxins in water damaged buildings, can produce the symptoms of chronic fatigue syndrome and fibromyalgia, and there is evidence that at least a subset of chronic fatigue syndrome and fibromyalgia patients are suffering from chronic neurotoxin exposure. Usually this is from environmental sources but a number of chronic infections can also produce neurotoxins, as well, and these internal neurotoxins can persist even after an infection has been eradicated.

In addition to the typical symptoms of chronic fatigue syndrome and fibromyalgia, neurotoxins may also include complaints of seeing a halo or glare around lights at night (which may cause trouble with driving), light sensitivity during the day, a metallic taste in the mouth or shooting pains. The body tries to rid itself of the neurotoxins by excreting them into the intestines via the bile. Unfortunately, these toxins are able to be reabsorbed from the bowel (they continue to re-circulate to the liver and then back to the blood via enterohepatic circulation) and therefore fail to be eliminated without appropriate treatment. Once diagnosed via visual contrast sensitivity testing (www.chronicneurotoxins.com), the neurotoxins can be eliminated with a regimen that includes the use of cholestyramine to bind the neurotoxins as they enter the gastrointestinal tract via the bile.