

integrative physician and author

Jacob Teitelbaum, MD

what natural products do you rely on?

5 Dark chocolate: I have long considered this a health food. New research shows it prevents heart disease better than cholesterol medications. I eat the sugar-free variety.



1 Ribose: I take a 5-gram scoop each morning to turbocharge my energy. My recent study of 257 people with severe fatigue showed it increased energy an amazing average of 61 percent after 3 weeks.

6 Coconut water: It's a new fave. It feels really hydrating and is high in potassium.



2 A good vitamin powder: I take it each morning with my ribose. One drink replaces over 35 supplement tablets. Instead of "energy loan shark" drinks, these nutrients give healthy energy.



7 Stevia: This herb is a healthy way for me to satisfy my sweet tooth. I use only filtered products; otherwise they can be bitter.

8 Fish oil: I like my fish oil, but not the fish oil burps. I use Vect-omega by EuroPharma—one a day replaces eight regular fish oil capsules.

3 Fresh juice: Juicing is awesome! My wife mixes up a batch for us each day.



4 Herbal pain relief: A special herbal mix of a highly absorbable curcumin, boswellia (aka frankincense), and natto is a key part of my "medicine cabinet."



9 Sleep herbs: Valerian, passion flower, wild lettuce, Jamaican dogwood, hops, and green-tea-derived theanine help me sleep like a happy puppy.

"Here's what I love and use day to day. Two of my go-to brands are Enzymatic Therapy and EuroPharma."

Jacob Teitelbaum, MD, is medical director of the national Fibromyalgia and Fatigue Centers and Chronicity, author of the popular free iPhone app Cures A-Z, and author of numerous books. He lives in Kona, HI. Visit www.endfatigue.com.