

New research shows that fibromyalgia symptoms of pain and fatigue may be alleviated by administration of Cortisol, a naturally occurring hormone in the body.

Kent Holtorf, MD, Medical Director of the Holtorf Medical Group Center for Endocrine, Neurological and Infection Related Illness, has concluded that most patients diagnosed with fibromyalgia and/or chronic fatigue syndrome have abnormal adrenal function (based on a review of 50 published studies that assessed adrenal function in this patient population). Doctor Holtorf's study, recently published in the Journal of Chronic Fatigue Syndrome, demonstrated that patients that were given cortisol as part of a multi-system treatment experienced significant improvement in their symptoms, including reduced pain and more energy. Dr. Holtorf's research was confirmed in an observational study he conducted that followed 500 patients from his clinic, where all of the patients were given cortisol as part of their treatment protocol:

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94% showed improvement by the fourth visit;

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75% noted significant improvement;

As shown in the study published in Journal of Chronic Fatigue Syndrome, cortisol doses of 5-to-15 mg a day were shown to have little or no associated risk while having the potential for significant benefit for patients with fibromyalgia or chronic fatigue syndrome

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