A **Bible Cure** Prescription

Trust God daily to renew your strength and energize you as you pray and read His Word. Review the self-test and symptom lists in this chapter, and quickly jot down any symptoms of chronic fatigue or fibromyalgia that you’ve been experiencing:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Write a prayer asking for God’s help in applying the knowledge and wisdom you will learn in this book to energize you in overcoming these symptoms of fatigue:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Oxytocin Deficiency: Contributing Factions, Symptoms, and Associated Conditions

The following lists outline signs of oxytocin deficiency, factors that contribute to lower levels of oxytocin, and conditions that are associated with low levels of oxytocin.

**Signs of oxytocin deficiency**
- Pale skin
- Tense body and muscles
- Serious expressions, forced smiles, tense facial muscles
- Stressed or unhappy look in the eyes
- Tiny wrinkles in the face
- Painful tender points (fibromyalgia)
- Asocial tendencies, poor relationship skills
- Irritability or depression

**Factors that contribute to low levels of oxytocin**
- Drinking excessive fluids/water
- Loneliness or detachment, as displayed by a lack of family connections and social contacts
- Bad social experiences
- Chronic stressful situations
- Prolonged negative emotions such as fear or anger
- Drug abuse

**Conditions associated with low oxytocin**
- Fibromyalgia
- Anxiety disorders
- Depression
- Hormone imbalances
- Prader-Willi syndrome
- Parkinson’s disease
- Multiple sclerosis
- AIDS
- Autism
- Schizophrenia
Write down any symptoms of CFS or fibromyalgia that you experience on a chronic basis.

________________________________________________________________________

________________________________________________________________________

Which causes of CFS or fibromyalgia do you feel apply to your life?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
INSURING PROPER DIGESTION

Since the original printing of this book, a new development has become increasingly important in the discussion of chronic fatigue: hypochlorhydria. A person with hypochlorhydria does not produce adequate amounts of stomach acid (hydrochloric acid) and therefore does not adequately digest food and absorb its nutrients. This leaves cells weak from undernourishment and puts a person at increased risk of food poisoning, *H. Pylori* bacterial infection, and parasites because this acid is responsible for killing pathogenic bacteria and parasites that enter the body via food.

Low stomach acid plays a significant role in CFS, fibromyalgia, and brain fog; it is also linked to various diseases and disorders, including:

- Acne rosacea
- Allergies
- Asthma
- Autoimmune diseases
- Celiac disease
- Chronic hepatitis
- Diabetes mellitus
- Dry skin
- Eczema
- Gallbladder disease
- Hypoglycemia
• Lupus
• Macular degeneration
• Multiple chemical sensitivity
• Pernicious anemia
• Poor night vision
• Psoriasis
• Reflux (GERD)
• Rheumatic arthritis
• Stomach ulcers/helicobacter pylori
• Thyroid disorders
• Urticaria (hives)
• Vitiligo
• Weak adrenals
• Weak nails

Insufficient stomach acid may allow proteins to pass through the intestines undigested, and carbohydrates are left to ferment. Low stomach acid also causes malabsorption of minerals like zinc, manganese, and calcium.

Hypochlorhydria can be caused by a number of things: B-vitamin deficiency, consuming excess carbs, hypothyroidism, food sensitivities, infection, soda consumption, and aging. But the most common cause is stress. Symptoms of low stomach acid include belching or gas within an hour of eating, bloating and stomach pain shortly after eating, bad breath, loss of taste for meat or trouble digesting it, reflux or heartburn, nausea after taking supplements, brittle fingernails, undigested food in stool, constipation, poor
A Bible Cure Prescription

What products do you need to eliminate from your diet?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Describe how dependent you are on sugar. Then make a decision to lay sugar on the altar and allow the Holy Spirit to be your comforter, not sugar.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

List the healthy foods you will include in your diet:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Write a prayer asking God to free you from any dependence you may have on sugar or yeast products.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
A Bible Cure Prescription

Check the ways you will begin reducing your stress and symptoms of CFS and fibromyalgia:

- Get proper rest and relaxation.
- Practice abdominal breathing.
- Use muscle relaxation exercises.
- Begin a stretching routine.
- Begin a slow walking routine and gradually increase it.
- Add more aerobic exercise as tolerated.
A **Bible Cure** Prayer for You

Lord, You are my shepherd; I have everything I need. Thank You for letting me rest in green meadows and leading me beside peaceful streams. I praise You for renewing my strength. Lord, guide me along right paths, that I might bring honor to Your name. Even when I walk through the dark valley of death, I will not be afraid, for You are close beside me. Your rod and Your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You welcome me as a guest, anointing my head with oil. My cup overflows with blessings. Surely Your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever. Amen.

—Adapted from Psalm 23

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**A Bible Cure Prescription**

In order to rest properly, you must limit or eliminate certain things in your life. Check those things below that you will limit or eliminate:

- Caffeine
- Sleeping pills
- Alcohol

Check the positive steps you will take:

- Get seven to eight hours of sleep regularly.
- Go to bed at a regular time.

Thank God for His rest, care, and peace in your life.
List the vitamins you will take:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

List the supplements you need to be taking:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

List the herbs you will take:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Complete these sentences:

The most important thing I learned about being energized with vitamins and supplements is ____________________________

________________________________________________________________________

To overcome chronic fatigue, I daily need to _________________

________________________________________________________________________
Do you have repressed anger, rage, or bitterness locked away in your subconscious mind? List all the people who have ever hurt or offended you, and then forgive each of them from your heart.

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Is there any hidden spiritual pain from past situations that you need to give over to God?

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If you prayed the Bible Cure prayer above, write down anything you feel God may be guiding you to do as you deal with your pain in a healthy way and break free from the grip of chronic fatigue and fibromyalgia.

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RESOURCES FOR CHRONIC FATIGUE AND FIBROMYALGIA

Please mention Dr. Colbert as the referring physician for the companies listed below.

Divine Health Nutritional Products
1908 Boothe Circle
Longwood, FL  32750
Phone: (407) 331-7007
Website: www.drcolbert.com
E-mail: info@drcolbert.com

Multivitamins
Divine Health Multivitamin
Divine Health Living Multivitamin

Magnesium
Divine Health Chelated Magnesium

Antioxidants
Divine Health Living CoQ10
Divine Health PQQ Plus

Glutathione-Boosting Supplements
Max One (Best for Chronic Fatigue and Fibromyalgia)
Max ATP (Best for Chronic Fatigue and Fibromyalgia)
Max GXL
D-Ribose
  Divine Health Enhanced D-Ribose

Hormone Support
  Divine Health Natural Progesterone Cream

Sleep
  Divine Health Melatonin
  Divine Health Serotonin Max (for sleep or depression)
  Divine Health L-Theanine

Candida Support
  Divine Health Yeast Formula
  Divine Health Probiotic

Adaptogens
  Divine Health Stress Manager

Muscle Spasms With Fibromyalgia
  Divine Health FM Formula (Fibromyalgia Formula) (Malic acid and magnesium)

Supplements From Don Colbert, MD
  1908 Boothe Circle
  Longwood, FL  32750
  Phone: (407) 331-7007

  Mitochondrial Basics With PQQ (acetyl L-carnitine, alpha lipoic acid, and PQQ)
  GABA
  Tryptopure (L-tryptophan)
  Stress Relief Drops
  Theralac (Probiotic with 30 billion colony forming units)
Probiomax (Probiotic with 50 billion colony forming units)
Saccharomycin DF (Probiotic with 5 billion colony forming units)
Adrenal Support (Adrenal rebuilder and adrenal glandular)
Pregnenolone PleoLyposome Cream
DHEA PleoLyposome Cream
Corticare B (High dose vitamin B₃)
B Complex Plus
Fulvic Minerals

Food Sensitivities
Sage Medical Laboratory
Phone: (877) SAGE LAB
Website: www.sagemedlab.com

Thought Field Therapy
Callahan Techniques
Website: www.rogercallahan.com

Cognitive-Behavioral Therapy
Website: www.nacbt.org

From the health food store
Sleepy Time Tea, Sleepy Time Tea Extra, Bedtime Tea, Chamomile Tea, NADH, Natrol Melatonin sublingual (Wal-Mart)

To find a doctor to prescribe bioidentical hormones, Myer’s IV and medications for candida, including Nystatin and Diflucan:
Web site: www.worldhealth.com
Mercury and Heavy Metal Detox

Refer to www.autismpedia.org, ALA/DMSA Mercury Detoxification Protocol by Andrew Hall Cutler, PhD, PE

Igenex Lyme Disease Test

Website: www.igenex.com