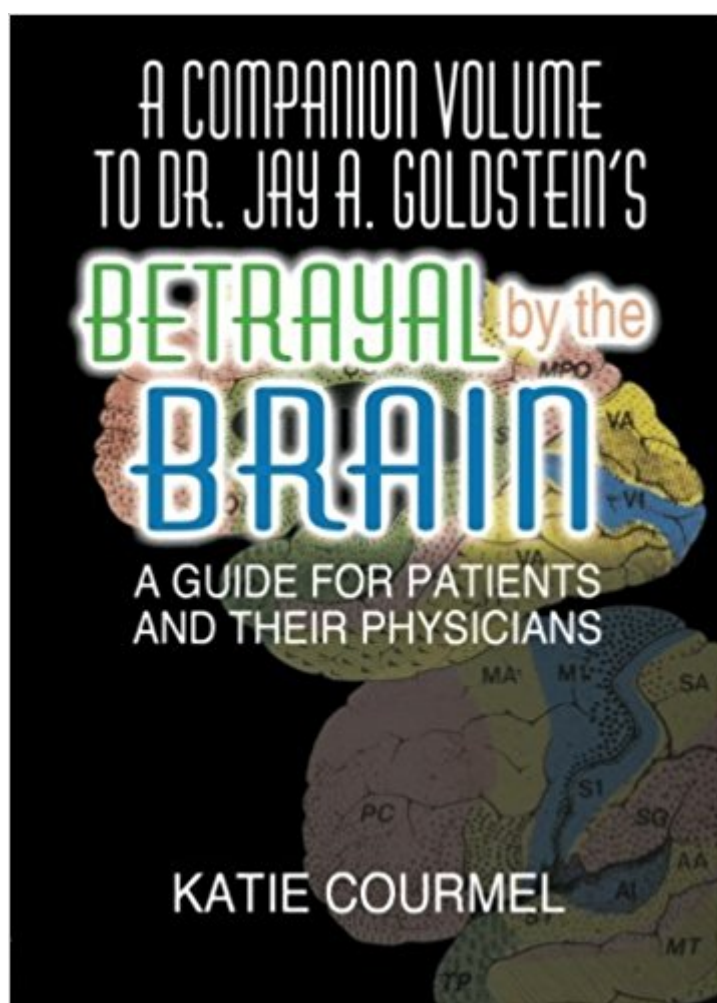


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# A Companion Volume To Dr. Jay A. Goldstein's Betrayal By The Brain: A Guide For Patients And Their Physicians



## Synopsis

Dr. Jay A. Goldstein's *Betrayal by the Brain* can be a daunting treatise to the layperson as well as a challenge for the physician who is not versed in neurology, psychiatry, immunology, and endocrinology. Here, in *A Companion Volume to Dr. Jay A. Goldstein's Betrayal by the Brain: A Guide for Patients and Their Physicians*, Author Katie Courmel, a longtime sufferer of chronic fatigue syndrome and fibromyalgia, presents in layperson's terms the salient points of the book to lead readers to an understanding of Dr. Goldstein's theory and methods of treatment. This guide provides CFS and FMS patients with an understanding of how their brains should function as opposed to how they are now dysfunctioning. It explains the proper role and function of each brain structure and neural assembly and the neurochemicals believed to be implicated in CFS and fibromyalgia along with the dysfunctions found in CFS/FMS patients. These dysfunctions, as a whole, form the basis of Dr. Goldstein's unified theory behind the possible causes of CFS and FMS. Patients involved in or contemplating Dr. Goldstein's treatment can use *A Companion Volume to Dr. Jay A. Goldstein's Betrayal by the Brain* to gain an explanation of the process from a firsthand perspective and can follow along to learn why they are given particular drugs and what response Dr. Goldstein hopes to elicit from their bodies. This understanding gives patients a sense of control and helps them weather the ups and downs their bodies experience as a normal response to the treatment. The strength of *A Companion Volume to Dr. Jay A. Goldstein's Betrayal by the Brain* lies in its ability to simplify without sacrificing the body of information that one must understand to make sense of the multitude of seemingly unrelated manifestations of these diseases of the brain. A thorough understanding will allow sufferers of CFS/FMS to approach Dr. Goldstein's treatment method with an open mind and improve their chances for success. Specific questions answered for readers include: how safe is this protocol? should I go alone or take a companion? what should I expect during my initial consultation? what are the effects of so many drugs? why doesn't the same drug work for everyone? if my treatment is successful, how long will it last? what happens when I leave Dr. Goldstein's care? *A Companion Volume to Dr. Jay A. Goldstein's Betrayal by the Brain* prepares readers for a unique, sometimes scary, often perplexing, hopefully miraculous, leap-of-faith experience. It helps patients deal with the very natural sense of uneasiness they may be feeling and helps them understand, in layperson's terms, what Dr. Goldstein's protocol can accomplish and how it can be so successful.

## Book Information

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## Customer Reviews

As a non-scientist and someone with memory impairment from ME/CFS, I found the content too difficult to follow when the author starts to describe Dr. Goldstein's theory in a nutshell. Then I discovered that in the middle of the book she begins again with the simplest definitions, starting with nerves and transmitter substances. I found I could follow from there to the end of the book. Then I went back to the middle and worked through the first half of the book backwards. Finally I could understand her summary in the beginning, of Dr. Goldstein's overall theory, and it finally all made sense. Dr. Goldstein's work is extremely valuable and I very much appreciate this patient's help in explicating it. I will note that the organization of this book is mostly excellent, but a combination of my scientific ignorance and the complexity of the initial description of his theory threw me off. The content is otherwise illuminating, very helpful and very well organized.

I was diagnosed with fibromyalgia, and in an effort to help myself [since the medical profession is basically worthless when it comes to treating chronic illness], I eventually came upon the work of Dr. Goldstein and ordered this book. Since I don't have a medical background, I read it with a highlighter focusing on things that sounded like what I was going through. I found it very helpful, and since I was on some of the drugs he recommends, I talked to my doctors about raising the dosage to see if it would help. Initially it did, and I had a couple of weeks where I felt great with no fatigue or anything. I was thrilled until I noticed that one of the meds had caused a receding hairline, and I wasn't feeling as good as when I first increased the meds. Ultimately I had to go off the meds due to severe side-effects. In spite of my negative experience with the meds, the info I gleaned from this

book I used in deciding what amino acids to take as they are used by the body to produce the neurotransmitters that the meds I was on worked on. I ended up feeling much better overall using amino acids to regulate my brain chemistry. I realized I don't have fibromyalgia, but most likely some sort of adrenal issues that run in my family. If you can afford this book, and aren't afraid of plowing through info you don't fully understand, you may well learn a few things that will change your life as I did.

I was housebound and often bedridden for 15 years with severe Chronic Fatigue Syndrome. I tried many treatment approaches but nothing had any beneficial effect. I began working with Dr. Goldstein in 2001, following the experimental drug protocol set forth in this book. I was on the meds he prescribed for 3 years. During that time, I gradually recovered. I am now off the meds, working fulltime, and living a normal life. I know this approach does not work for everyone, but it has worked for many people with CFS, and I would recommend giving it serious consideration. Dr. Goldstein's hypothesis is that CFS is the result of a malfunction of the nervous system in which the neurons are over-responsive to stimuli. Sounds, smells, bright lights, stress, etc. all over-stimulate the over-reactive nervous system, causing fatigue and adrenal exhaustion. This is certainly consistent with my own experience of the illness. The meds reduce synaptic transmission. Over time, they can restore the nervous system to normal functioning.

This book is full of great information about the central nervous system and it's function; how it all works together and how it can affect us when it goes awry. Dr. Goldstein is a genius in his research and approaches to Chronic Fatigue which is such a hard disease to have accurately diagnosed from today's medical community. It is equally hard to live with as I am a chronic fatigue sufferer. My only knock on this book is that it does not go into more depth on Dr. Goldstein's treatment plans and hopefully one of his books, or a new one he has soon to be released will. Especially since he has suddenly retired due to illness. I can only hope another doctor will decide to take the challenge and follow in his footsteps and continue the wonderful research and treatments which he has started that has helped many sufferers of this disease; and this knowledge and information will not be lost.

not only is dr. jay goldstein a genius in how the brain works, but he has a heart of gold!!!!read all his books, although the others are very scientifically involved..give them to your md's that tell you CFS/FMS is all in your mind, just nap and try harder!!!there is no one else in todays medical world that even comes close to understanding this disease as does dr. jay!!!!!!!!!he will sorely be missed...

Invaluable book. Just wish I could find a doctor who would help me put his theories to use.

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This book is utter nonsense and preys upon those of us who are chronically ill and desperately looking for a cure for our illness. There is nothing of value in the book.

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