

# Alpha KG – Fatigue Fighter

by Billie J. Sahley, Ph.D.

Chronic fatigue is one of the most pervasive problems in the world today.

Chronic fatigue is the most common cause of decreased productivity not only in the workplace but homemakers as well. Fatigue is the most common symptom reported to health care professionals by patients. In 1994 The Center for Disease Control released criteria for a diagnosis of chronic fatigue syndrome that includes a broad spectrum of symptoms. The criteria include unexplained, persistent or relapsing fatigue that is not a result of physical exertion. If the fatigue is not resolved by bed rest, and is severe enough to significantly reduce daily activity, work performance and has lasted six months, it is classified as Chronic Fatigue Syndrome. Other specific criteria include recurrent headaches, decreased ability to focus and concentrate, muscle pain, sleep problems, redness and swelling, constant sore throat and tender lymph nodes in the neck of armpits. Some patients report depression, confusion, fever and an inability to complete even minor tasks. Health care practitioners reported to The Center for Disease Control that many patients who were depressed or in a grief state complained of constant fatigue. Depression and grief can overwhelm the immune system causing fatigue, sleep, digestive disorders and increased anxiety.

Sherry Rogers, M.D. and environmental specialist and author of *The E.I. Syndrome* believes that chronic fatigue is an extension or outcome of environmental illness and chemical exposure. Dr. Rogers reports symptoms of E.I. reported to her include headaches, digestive problems, asthma, anxiety, mood swings, weight loss and multiple chemical sensitivities.

In my own experience with chronic fatigue patients I have found many symptoms of fibromyalgia and chronic pain syndrome. Many times patients with fibromyalgia develop symptoms of chronic fatigue because of all the overwhelming problems—especially chronic fatigue.

The misdiagnosis of Chronic Fatigue Syndrome is common among many physicians and this creates additional pain and frustration. Chronic fatigue is not a tranquilizer, antidepressant or drug deficiency. CF is a valid problem suffered by millions of people who need guidance and support. Research has established that chronic fatigue sufferers have a basic inability of the body's cells to generate chemical energy to run the myriad of operations required to maintain a quality of life. They experience this cellular energy crisis as chronic fatigue, but there is a way to correct this biochemical deficit. Dr. J. Alexander Bralley, Ph.D., nutritional biochemist, established research that demonstrated Alpha KG a combination supplement designed to affect a variety of metabolic subnormalities frequently observed in human plasma amino acid analysis. The components of Alpha KG, alpha-ketoglutaric acid, B-6, magnesium and potassium aspartates and citrates act at several metabolic insufficiencies. Alpha KG and citric acid are components for the chemical engine that generates energy for every cell of the body. When taken on a daily basis, drive this cycle forward, increasing cellular energy output significantly. Alpha KG assists those with chronic fatigue to experience increased stamina and decrease fatigue. Alpha KG and B6 are frequently used in the metabolism of amino acids by the body. They help the body convert amino acids into a variety of important biomolecules that contribute to the optimal function of numerous bodily symptoms. Patients using Alpha KG at the Pain & Stress Center reported a marked improvement in energy. Any high protein diet or amino acid supplementation should be accompanied by Alpha KG and B6, P5P, or Rodex to prevent potential depletion of these critical nutrients. If depletion occurs, ammonia, a breakdown product of amino acids, builds up in the system. This situation itself can cause chronic fatigue, headaches, and protein intolerance. The body uses what is called the urea cycle to remove this unwanted, toxic ammonia from the blood before it builds up in the system and

causes problems. The urea cycle is a set of chemical reactions taking place mainly in the liver that convert ammonia from amino acid breakdown to urea, a nontoxic compound easily excreted in the urine. A balance of citric and aspartic acid like that found in Alpha KG will enhance the activity of the urea cycle. This will stimulate energy production in the tissues as well as help remove excess ammonia from the system, thereby contributing to the alleviation of chronic fatigue.

In addition to the Alpha KG a total nutritional support program is required for those with symptoms of chronic fatigue. The immune system must be supported for healing to occur and the total detoxification of chemical toxins. According to Sherry Rogers, M.D. chemicals enter the body by three major routes. They are in the air you breathe, the capillary systems of the lungs absorb them and within seconds they enter your blood stream.

Toxic chemicals also enter your body through skin absorption, smell or by eating or drinking it. Foreign chemicals get absorbed into the blood stream right along with the food and liquid. The body must constantly detoxify itself for you to stay healthy and the effectiveness of this detoxification depends on your nutritional support program.

#### **Nutritional Support Program**

**Alpha KG** – one capsule in the morning and one capsule in the afternoon addresses metabolic deficiencies specific to chronic fatigue and stress. This co-factor affects the Krebs cycle that generates energy in every cell in the body. It also provides homeostasis in the body after illnesses.

**Rodex Forte** – one capsule in the morning helps to metabolize amino acids, allowing them to work more efficiently in your body.

**Ester C** – 2,000mg in the morning and evening bolsters the immune system and improves cell wall

integrity allowing nutrients to flow freely throughout the body.

**MagLink** – two capsules twice to three times daily OR 10-15 drops of MagChlor helps with muscle tension and spasm. Magnesium chloride works at cellular level. If loose stools or diarrhea occurs spread out time between doses before decreasing the dose by one capsule until bowel tolerant.

**DHA** – two capsules daily with a meal. **Caution:** Do not take this product if you are using blood thinners or anticipate surgery. Consult your physician before using if you are pregnant, diabetic or allergic to iodine.

**CoEnzymeQ10** – 100 mg in the morning. This antioxidant maintains oxygen flow to cells, strengthens the immune system, supports cardiovascular health, rhythm and blood pressure. CoQ10 also plays an important role as a fatigue fighter, as well as slowing the aging process, protects against dopamine depletion and fights periodontal disease.

#### **References**

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