

## Want to double your energy?

*Written by Glenda*

I have recently learned about a new product that provides significant relief of fatigue in over 90 percent of the people who try it. This is not your average energy booster. It addresses a deeper cause, a cytokine syndrome, that underlies many of our fatigue disorders.

It's a homeopathic preparation called COBAT. Amazingly, it was originally developed by cancer researchers. Unlike toxic chemotherapies that are designed to destroy cancer cells. COBAT is a combination of two amino acids, taurine and beta-alanine, to create a type of immunotherapy which stimulates the patient's immune system into anti-cancer activity. This can be a risky proposition for a cancer patient: Sometimes stimulating the immune system can create other problems, such as allergic reactions or autoimmune disorders. However, in this case, the researchers found that COBAT didn't simply stimulate the immune system, **it normalized it. It's actually an immune modulator.** That has very positive implications for a lot of our common physical challenges.

**And it's these immune-regulating effects that make COBAT so different from other energy boosters.**

COBAT goes directly to the cause of fatigue: **irregularities in your immune system.** Of course, that poses a larger question: What does the immune system have to do with fatigue?

Fatigue can seem to result from a number of causes well beyond physical exertion: blood sugar disorders, chronic infections, allergies, stress, and toxicity. But all of these affect, or are affected by, a group of chemicals called cytokines. Cytokines are proteins produced by various types of white blood cells that make up the immune system. They act as messengers between the cells, enabling them to work together. Cytokines also stimulate cells to produce other cytokines, resulting in "cytokine cascades." Cancer researchers studying the immune system have long known that an increase in certain cytokines can cause a "cytokine syndrome" of fatigue, fever, brain fog, muscle pain, and depression.

According to research done at the University of Maryland, COBAT increases the production of some cytokines and decreases others, and this alters existing cytokine patterns that apparently are a major cause of fatigue. Floyd Taub, M.D., one of the chief investigators, described this as the "Goldilocks effect": Not too much, not too little, but just the right balance of cytokines.

## Where to get COBAT and how to use it:

COBAT is sold under the brand name Taurox SB, and is available in two strengths, 6X and 7X. I know 7X sounds like it would be the more powerful of the two, but these terms refer to how diluted the substance is, so 7X is actually diluted more and is a weaker preparation than 6X. While the full dose is 15 drops daily, many of the test participants gained full benefits with less. In fact, the label suggests trying "half or even fewer drops." If you do, you can stretch a half-ounce bottle into more than a one-month supply.

Dr. Levine told me that "each patient should determine his or her best dose—the fewest drops that pro-

duce the desired benefit without any symptoms." He went on to comment that patients who start with the 6X who get headaches or find themselves with too much energy should use fewer drops. Patients who are sensitive, allergic, have autoimmune disease or chemical hypersensitivity should start with the 7X and move up to the 6X if they do not get the desired results.

The manufacturer warns that Taurox SB should not be taken with immunosuppressive agents, or by patients who have an organ transplant. People with autoimmune diseases should consult with their doctors before using it. Because of insufficient testing, Taurox SB is not recommended for pregnant or nursing women or children under 15.

Here is a link where you can find out more online.

[http://www.springboard4health.com/notebook/nutrients\\_cobat.html](http://www.springboard4health.com/notebook/nutrients_cobat.html)