

# The Most Potent Anti-Fatigue Compound Known

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*From Health and Wellness 2005-2006, by N.E.E.D.S. (Nutritional Ecological Environmental Delivery System)*



Dr. Floyd E. Taub is a Board-certified Pathologist. He received his MD from Northwestern University, did his Residency at University of Colorado and was a Fellow at George Washington University. He spent nearly ten years at the National Institutes of Health (NIH), in the National Cancer Institute, Laboratory of Biochemistry as well as leading a Pathology Unit in the National Institute of Dental Research. In the latter, he did groundbreaking work on auto-immune disease and the function of some of the first human monoclonal antibodies. He designed and implemented the first computerized image processing system to analyze gene expression libraries. Similar systems have become a standard genomics tool and are still key methods in use in the genomic field 30 years later.

Dr. Taub later founded Digene whose mission was to improve the least sensitive and specific (worst) diagnostic test in all of medicine, the Pap smear. In the early 80s he predicted, contrary to the prevailing wisdom, that the subtyping of human papilloma virus (HPV) would become a standard test to detect early cervical cancer and precancerous lesions. Today Digene, the firm he founded, sells the only FDA approved test for HPV subtypes or HPV. The test was approved for general screening in 2004 and is recommended as the world standard.

In the early 90s he began to seek therapies to supplement and replace chemotherapy treatment. He identified five groups of ultra-potent, ultra-safe molecules that enlist the body's own defenses to fight a variety of diseases including cancer and viruses. One of these molecules, COBAT, (Taurox™) is the most potent therapy available and is extremely effective in reducing fatigue due to medical causes.

## Introduction

“**Taurox**” (carbobenzoxy beta-alanyl-aurine) reduced fatigue in approximately 90% of patients with moderate to severe fatigue due to a variety of medical causes, according to data presented at the 2003 Whole Person Healing Conference in Bethesda, Md. Taurox™ is a unique compound just being discovered by the medical community after over a decade of university research. As the name indicates the structure of Taurox™ includes taurine and beta-alanine. But, its action far exceeds that of these important amino acids and it does not contain any free amino acids. Taurox™ also has a modification so that it is efficiently absorbed through the oral mucosa.

Patients with fibromyalgia, cancer, hepatitis, allergies and **Chronic Fatigue Syndrome** (CFS, CFIDS and its variants) have a 50% average improvement in energy levels (ibid) on Taurox™. Ninety percent of patients improved and the benefits continued to increase for months.

Very low doses of [Taurox](#) (nanogram or PPB levels) are effective. It is consistently more than **one thousand to one million times more potent than any other anti-fatigue medication** demonstrating statistically significant effects. Unlike many other anti-fatigue agents, Taurox™ is not a stimulant. Instead, it works by modulating the immune system.

The medicinal uses of Taurox were discovered by researchers at the University of New Mexico. They found it stimulated inactive cells of the immune system. Dr. Carol Pontzer's lab at the University of Maryland also studied overly activated immune cells. It decreased their excess activity! Thus they found it to be the “Holy Grail” of immune modulators. It normalized, i.e. brought to a more central level, the function of both overly active cells and of inactive cells. It is believed this generates the balance necessary for health. To our knowledge this is the only molecular evidence of a compound causing the “Goldilocks” effect (not too much and not too little). Molecules with this property have been called “*adaptogens*” and have long been sought. Taurox™ acts by adjusting the “hormones”, or cytokines, of the immune system.

Stimulation of the immune system in a balanced way avoids the typical side effects of general immune stimulation such as increased allergies, arthritis and autoimmune disorders. [Taurox](#)™ directs the immune system to more effective and less toxic activity. It causes a relative decrease in molecules responsible for allergies even while increasing those for beneficial effects.

## Immune Modulation Cytokines & Fatigue

The immune system is controlled by messenger molecules called “cytokines.” These are chemicals a bit analogous to hormones or neurotransmitters. They control both the level and type of immune activity. Over a dozen cytokines and immune cell types must be coordinated to create an optimal immune response. When the system is in balance, a specific effective defense against invaders and cancers results. When not properly coordinated the out of balance system allows infections, cancers and immune toxicity diseases. The consensus is that the immune system is a factor causing fatigue (see below) rheumatoid arthritis, lupus, diabetes, cardiovascular disease, Lyme disease, abnormal hormone function diseases [thyroid, adrenal, diabetes] and others. Scientists describe two major types of immune responses (TH1 and TH2). TH1 responses fight cancer, viruses and most of the pathogens in the western world. In this setting TH2 responses are often associated with production of toxic “auto antibodies” and immune diseases.

One of the toxic negative effects of unbalanced cytokine production is fatigue. Fatigue is simply the immune system telling the brain that it is having difficulty winning the battle against whatever infection or other problem it is fighting and thus the body should rest. When M.D.s administer cytokines to fight hepatitis or cancer a highly toxic reaction (“cytokine syndrome”) occurs. The unbalanced cytokines cause debilitating fatigue, brain fog, pain and depression.

Endogenous cytokines, those produced by the body, can also cause these symptoms. At the 38th annual meeting of the American Academy of Environmental Medicine in 2003, Aristo Vodjani, Ph.D., of ImmunoScience Laboratories presented studies on 2,500 patients with chronic fatigue syndrome, fibromyalgia and Gulf War Syndrome—all illnesses characterized by fatigue, brain fog, pain and depression. Dr. Vodjani found these syndromes had similar cytokine imbalances. Unfortunately these people continued to have a cytokine imbalance even after the initiating agent was gone. Thus the cure would seem to be rebalancing their cytokine levels.

Taurox™ does exactly this, it readjusts cytokine levels. It “tunes” the immune system creating effective [TH1] and non-toxic responses. Thomas Dunn (UM) found that almost instantly when applied to human immune cells, Taurox™ generated a “first signal” of calcium movement. This is a classic activating event that leads to a beneficial amplifying immune cascade. The researchers documented an increase in the expression of the DNA calling for [predominantly TH1] cytokines from inactive cells and a decrease in it from pharmacologically activated cells.

Can Taurox™ help people that seem normal? Dunn suggested that Taurox™ may help keep the immune system active in the elderly, as it is believed by some that diminished calcium response (first signal) is a factor in the lowered T-cell activity with age. Clinical experience suggests it helps normal persons and those with only sub-clinical decreases in the immune system (elderly, persons under stress, with hormone imbalances or with chronic infections) fight infections such as colds and chronic infections.

Carefully performed scientific studies (WPHC, 2003) show, to statistical significance that Taurox remarkably **reduces fatigue and allergies**, even when these are so severe as to be debilitating. Patients averaged a 50% or greater fatigue reduction; 90% benefited. This included patients with CFS/CFIDs, fibromyalgia, hepatitis and cancer.

## Safety

Taurox has been found to be nontoxic and unusually safe. **Doses a million times more than those in the commercial preparations are non-toxic in animals.**

Some people should not take Taurox™. They include those with organ transplants and those on immunosuppressive therapies such as prescription steroids. Over the counter drugs do not usually interfere with Taurox action but it is best to eliminate them as they will most likely not be needed once Taurox™ is used and they unbalance the body’s natural response.

**Patients should never stop prescription drugs without consulting their physician.** Patients with “autoimmune” disease should only take Taurox while under special care. Studies show that persons with allergies often (over 70% of the time) have dramatic reduction in their symptoms. This suggests Taurox may be helpful in auto/dis-immune system diseases. Data in this area is not available thus use for such problems should be only under advice and care of a physician.

## Breakdown Products

After the body uses Taurox™ it may be digested into two beneficial amino acids, taurine and beta-alanine. Taurine helps regulate the heartbeat, maintain cell membrane stability and prevent brain cell over-activity. Beta-alanine is a constituent of vitamin B5 (pantothenic acid) as well as coenzyme A, which play important roles in various metabolic reactions. Taurox™ also contains a sulfur molecule, as does garlic, alpha-lipoic acid, MSM and N-acetyl cysteine, which are all well-known and

valuable nutritional supplements. However, these substances are only active when administered in doses many orders of magnitude larger than Taurox's effective dose.

### **Suggested Doses**

Beneficial effects are seen at very low doses, some people are sensitive to low nanogram doses. On standard doses (higher nanograms) they may report a variety of non-specific complaints such as "over" energized, difficulty sleeping, various aches [headaches, joint aches, etc.]. For them lower doses than those described in the package insert are extremely effective and without side effects. Taurox™ is typically sold in two strengths. Unless a person has a potentially fatal underlying problem, I suggest starting with the lower dose. Note that Taurox is indicated only for fatigue and not for the underlying problem. Some people will require more, but, as indicated above, many will require less.

### **Combination Therapies**

Taurox is complementary to prescription drugs and nutraceuticals. Taurox is very different chemically and in mechanism of action so its benefit is additive or multiplicative with other therapies. Taurox may be a beneficial complement to colostrums, immunoglobulin, whey, beta glucans and mushroom extracts, which all have relatively large molecules. However, typically, patients discover they can eliminate a variety of expensive products once they have been on Taurox for a month, or sometimes less.

### **Results in Different Settings**

In both the clinical trials and post market experience Taurox™ showed effectiveness in all sites tested. It was as effective in reducing fatigue when used in hepatitis patients by a conventional physician who did not even suggest MDR vitamins and in a holistic practice utilizing a wide variety of modalities at the same level both before and during Taurox™ treatment.

### **Regulatory Status**

In light of the physiologic balancing, the homeopathic preparation techniques, the immune modulations and other factors, Taurox is included as a homeopathic in combination homeopathic remedies. Physicians may obtain special formulations and preparations.

### **Homeopathic Proving**

Taurox™ is prepared as a classic homeopathic medicine via a series of 6 to 7 ten-fold dilution steps ("6X" or "7X" in homeopathic nomenclature). It is administered sublingually, usually the equivalent of 1-2 drops of pure 6X or 7X held under the tongue for 15 seconds or more.

In March of 2001, 39 volunteers completed the first homeopathic proving trial for Taurox™. The study was conducted by David Riley, M.D., associate clinical professor at the University of New Mexico Medical School, editor-in-chief of the peer reviewed medical journal *Alternative Therapies in Health and Medicine*, and co-founder of the Integrative Medicine Institute. In this double-blind trial, placebo controlled trial, 92% of the patients given Taurox™ had significant physiological effects, versus a 26% of the patients given a placebo. Reduced fatigue was only one of a number of benefits suggested by this study. Said Dr. Riley, "Of all the homeopathic I have been involved with [35 trials], Taurox™ produced the strongest effects."

### **Rate of Improvement and Length of Benefit**

Some patients respond immediately with dramatic improvements. Occasional patients go through a cleansing phase during which dose reduction is appropriate. Most patients have a slow, steady increase in the benefits. It averages 5-10% improvement per week. Thus it is essential that people take it every day for at least one month to determine if it is helpful for them. Sometimes the gradual benefit is not noticed until and unless a person stops and thinks about how they felt when they started. Most often stopping after only a month or two will result in a return of symptoms, but restarting promptly decreases them. Data suggest that continued use not only maintains the effect but results in progressive improvement.

### **Experience with Marketed Product, Comments from Doctors & Patients**

Both physicians and patients generally have very positive response if an adequate trial (a month of therapy without changes in other agents or major life events) is performed. Homeopathic drugs are generally very patient specific; even physicians prescribing conventional pharmaceuticals often need to try several on individual patients to find the right one. Surprisingly Taurox™ has a better record being effective in a majority of the people. While not all patients respond, the comments that follow are typical and representative of this majority.

## Physician Feedback:

“Most of my patients do very well with it... they have **more restful sleep**. One says it's too strong so we reduced the dose and the patient is doing better.” - P. Medical Clinic

“Patients are generally doing very well. **This is a tough class of patients who are essentially refractory to other single agents. However, I have to put Taurox™ up there as very interesting and helpful.** I am continuing to use it for more patients.” - Dr. Gerald A. Wyker, M.D., Carmel, CA

“I've had a lot of good luck with it. I have four patients on it. Two patients have Hepatitis C and two have cancer. After chemo, patients are often left with chronic fatigue. With the Taurox™, the two cancer patients are recovering from their post-chemo fatigue. One man **has his complete energy back**, at a level of 15 years ago, and the other has her energy back as it was 2 years ago. Improvement is occurring more slowly for her, but she is unwilling to give it up. Patient #3 has FM and CFS in which **pain patterns reduced to near nothing** and energy is up. Patient #4 is marginal, but is content to continue and give it more time. **As a clinician, I am very happy with what is happening.** - Dr. Barry Kalinsky, D.C., Tucson, AZ

“Several patients are on it for CFS. Three patients want to stay on it because they think it's working for them. **It's been positive for CFS and better sleep.** Some are on the 6x and some are on the 7x. Both seem to be working well. Not everyone has been on it long enough. I think it's very good. I am keeping patients on it at least 3 months. Often, the dose is fewer drops per day than the amount recommended on the bottle.” - Dr. Herbert Eller, Nature's Storehouse, Norcross, GA

“I've had a good experiences with the Taurox™. I've given it to an 84-year-old female patient who has a sleep apnea switch disorder and couldn't drive anymore as a result. **After taking the Taurox™ 6x, she is driving herself to her appointments, and is much more alert.**” - Dr. S., LMT, CLT

## Patient Responses:

“Thanks for having this product, I have never had anything change my energy so fast. I can definitely tell the difference, and I am very pleased with it. I noticed increased energy with the first dose. I take 1 drop per day. Taurox™ **lifts the sleepy body/fatigue feeling very quickly.**” - Sandy D., R.N., Arlington, TX

“My wife and I both use it for CFS and we've both been helped by it. I take 8-12 drops per day and my wife takes 15 drops per day. Our **quality of sleep is better**, and we feel more rested upon waking up.” - Wayne J., Bloomfield Hills, MI

“It's wonderful. I have **Lyme's disease** and it cycles every 2-3 weeks, so I was having 5-7 days relapse per month. I take 15 drops per day. Since using it, I have more energy and I **feel much better.**” - Lois A.

“I have a lot more energy. I have multiple myeloma and anemia. I have **renewed energy.**” - Dolores P., Bella Vista, AR

“I felt more energetic after taking the drops for three weeks. The fourth week, I felt better than I have in a long time. I'm usually exhausted by noon, but **my new energy lasts through the day.** I noticed that I was expressing feelings like irritation rather than being too tired and closing them down into depression. When the drops ran out, my old fatigue returned. I am wondering how long one would have to take the drops to get to the source of the exhaustion and have a long-term effect.” - Amber Larson, Ojai, CA

“It's a wonderful product. I noticed a difference in my energy level. I take 15 drops per day and have been taking it for 2-3 months. I felt the increase in energy pretty quickly after beginning taking the Taurox™.” - Susan A.

*In December of 2003, a group of five people with only mild fatigue took Taurox™ in an informal trial. **Every one experienced resolution of their fatigue within a short period of time.** Their comments included:*

- “Taurox™ . . . creates no buzz or edginess, yet it provides **energy for both physical and mental work. It allowed me to stop drinking caffeinated coffee** for the first time in my adult life.”
- “I tried Taurox™ and after two weeks I started waking up feeling refreshed and had a **better ability to concentrate.**”
- “Five days after taking 12 drops of Taurox™ each morning upon waking, I awoke feeling like a completely different person. I could feel that my “core” was much stronger and that something had definitely shifted.”
- Taurox™ “**decreased brain fog** and increased my mental clarity. **I slept soundly and awoke refreshed and relaxed.** At the end of the day, the quality of rest was noticeable.”

**In summary, as assessed by both clinical trials and in post marketing surveys, Taurox™ is very helpful for modulating the immune system and decreasing fatigue and allergies without toxicity.**