

Re: Sick--not sure what's going on--ideas??

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- *From:* "glenn P" <[lechmich@xxxxxxxxxxxxx](mailto:lechmich@xxxxxxxxxxxxx)>
  - *Date:* Fri, 6 Oct 2006 05:52:18 +1000
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Get yourself some genera Bifidobacterium and Lactobacillus . Any health food store coan help you with these.

It's possible from the symptoms described that your illness & subsequent antibiotic use have brought on a mild form of candidiasis.

"MZB" <[moo@xxxxxxxxxxxxxxxxx](mailto:moo@xxxxxxxxxxxxxxxxx)> wrote in message [news:dFYUg.446\\$5B3.354@xxxxxxxxxxxxxxxxx](mailto:news:dFYUg.446$5B3.354@xxxxxxxxxxxxxxxxx)

Any specific suggestions?

Mel

"glenn P" <[lechmich@xxxxxxxxxxxxx](mailto:lechmich@xxxxxxxxxxxxx)> wrote in message [news:4524328e@xxxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:4524328e@xxxxxxxxxxxxxxxxxxxxxxxxxxxxx)

I'd say it's time for some PRObiotics.

"MZB" <[moo@xxxxxxxxxxxxxxxxx](mailto:moo@xxxxxxxxxxxxxxxxx)> wrote in message [news:eiVUg.104\\$I5.63@xxxxxxxxxxxxxxxxx](mailto:news:eiVUg.104$I5.63@xxxxxxxxxxxxxxxxx)

Well, 6 weeks ago I started with a sore throat. Started a sinus infection (blowing my nose --yellowish guck). Then went to tonsilitis and then bronchitis and possible heading for pneumonia.

Saw doctor and he gave me amoxicillan which worked wonderfully on the lower respritory problems. No more bronchitis, coughing, etc. But I have still felt TOTALLY like crap. I still get sore throats.

The scariest is the fatigue. Some days I feel better than others but I am clearly deeply exhausted. When I have energy and expend it a bit I get

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wiped  
out.

Just had sinus x-ray and chest x-ray and blood tests, all  
were negative.

I teach at a University and fortunately much of the time I feel  
somewhat  
okay and can sail through the teaching but after that I am  
wiped out by  
afternoon.

This has been 6 weeks. Could this be CFS or just a slow  
recovery  
or??????

Oh another problem is I get so fatigued that I actually can't  
sleep.  
Ambien  
helps big time and gives me a good night's sleep which gets  
me a better  
start on the next day. But I don't want to get dependent on it.

I am 60 years old, male.

Any thoughts?? Perhaps time for antibiotics again despite no  
test  
evidence of infection?