



Creating international and interdisciplinary collaboration for health

AONM Newsletter December 2015

AONM wishes all of its friends and members warm seasonal greetings. We very much hope to see you at the one or the other of our events in 2016, and would welcome feedback from you on any of the topics we cover. Please also contact us if ever you feel moved to support us with any of our activities – we have all kinds of fascinating areas we would love to pursue if only we had enough “feet on the ground”!

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Lyme News

The last month has been a rollercoaster for Lyme Disease in the UK, with articles in the press almost every day (see <https://ticktalkireland.wordpress.com/lyme-links/uk-news-articles/> for a collation of many of the articles).

Tests have increased five-fold in the past two months. The Guardian reported on 4th December: “Growing concern about the spread of the disease ... has prompted ministers to decide to set up a network of regional experts to help diagnose and treat the problem” (<http://www.theguardian.com/society/2015/dec/04/surge-in-acute-cases-of-lyme-disease-in-britain-spurs-ministers-to-act>).

This would be an extraordinary development if carried through, depending on who these experts will be and how they will be trained. The latest indications



**arminlabs**



Please note that during Xmas and New Year the laboratory will be closed between

Thursday 24 and Friday 25 December 2015
Thursday 31 Dec. and Friday 1 January 2016

We will therefore be unable to process any results during these periods and samples received during or right before these times will not be processed as the time stability of the blood samples is vital. Therefore please send any samples one week before the public holidays.

Please see the webpage www.aonm.org and then the tab “ArminLabs” for further information on these specialist and sensitive tests for Lyme Disease and co-infections.



were that Dr. Richard Horowitz from the US has also volunteered his services and may be involved.

The National Clinical Guideline Centre has also been commissioned by NICE to develop a clinical guideline on Lyme disease, and are now recruiting a chair and a clinical lead for this guideline committee (<http://www.britishinfection.org/news/bia-news-updates/nice-committee-develop-clinical-guideline-lyme-disease/>). So there are many potentially encouraging developments all of a sudden...

Lifting the Veil II, 15th November

(Photos courtesy of Mark Christian)

AONM's "Lifting the Veil II" event on 15th November on "Chronic Disease: What's REALLY going on?" was a huge success. Attended by an audience of 250 people, this event shed light on multiple factors that may underlie chronic illness, taking knowledge about Lyme Disease and other infections to a new level.

The first speaker, Professor Basant Puri, medical researcher and consultant at Hammersmith Hospital, Imperial College London and Breakspear Medical, talked about electrocardiograms, the various exogenous factors that can affect the heart, and how infections of different types can be reflected in conduction disorders. Cardiac abnormalities in Lyme Disease for example, he explained, include varying degrees of atrioventricular block and/or myopericarditis (Lyme Carditis).

Dr. Jean Monro, founder and medical director of Breakspear Medical, discussed food allergies and intolerance and the multiple ways in which this can affect health. Many people have food intolerance without having an IgE-mediated allergy: she explained how the majority of food allergy reactions are due to IgG reactions. IgG antibodies are formed when food has gained access to the tissues in large enough amounts for an antibody response to be mounted. The complexes that are produced (IgG antibodies plus antigen) latch onto tissue cells, creating an inflammatory reaction. Tissue may then be destroyed by cytokine responses, generating disease at that location.

She described the various IgG food allergy panels and tests available and the treatment recommended, including low-dose immunotherapy, which can decrease the ingress of calcium (which impairs normal cellular responses). She also explained that the autonomic nervous system is the neural pathway for allergy.

Dr. Dietrich Klinghardt, in Diagnosis and Treatment at a Causal Level, began by discussing genetic and epigenetic setup, environmental challenges and the immune response. His explanation of how trauma can block the correct transcription of DNA for



Dr. Dietrich Klinghardt

generations was thought-provoking, even touching on interuterine trauma, whether from chemical toxins, infections of the mother or prenatal stress, all of which can cause alterations of the methylation cycle and neurodevelopmental changes. Electrosmog and its destructive effect on the brain was also covered, as well as glyphosate and heavy metals in pineal gland pathology, and their connection to gut dysbiosis and neurological disease. He also spoke a lot about *Borrelia* (Lyme Disease), the many diseases it can mimic, its neuropsychiatric presentations, and various therapeutic approaches.

The next speaker, entrepreneur Mr. John Caudwell, best known for building the immensely successful mobile telecoms company Phones 4u, talked about the struggles of his own family with Lyme Disease. He explained that he has now made Lyme Disease his number one priority and is determined to bring about real change, not just here in the UK but also around the world. "Our mission will be quite literally to lead one of the greatest medical

discoveries in history, resulting in radically better diagnostic assays, more effective treatments and a new pathophysiological understanding of symptom persistence".



Prof. Basant Puri and John Cauldwell

Next, Dr. Sarah Myhill held a stimulating talk on ME called "Symptoms, mechanisms and tools of the trade for recovery". She covered the entire spectrum of possible underlying pathologies in ME and fibromyalgia, including mitochondrial dysfunction, infectious and viral causes, as well as overall



Dr. Sarah Myhill

strategies for getting well. These included approaches to improve energy delivery and reduce energy expenditure ranging from diet and micronutrients to detoxification and the treatment of infections. Please see her latest book "Sustainable Medicine" for greater detail, as well as the 115 slides of her presentation (location mentioned at the end of this article).

Dr. Alan MacDonald followed by live video link. He is a pathologist who has researched *Borrelia* and the similarities between *Treponema pallidum* (Syphilis) and *Borrelia* for the last three decades. Dr. MacDonald gave fascinating insights into his latest research. He has produced image evidence that Alzheimer plaques bind to and hybridise with DNA probes that are uniquely specific for *Borrelia* DNA. He applied the finding of Dr. Rudolph Tanzi of Harvard Medical School, who in 2008 reported that Alzheimer's amyloid, far from being a toxic entity, is



Video link with Dr. Alan MacDonald

in fact antimicrobial. He has used that discovery to look beneath the amyloid-rich plaques universally present in diseased brain tissues in Alzheimer's Disease, and discovered biofilm communities of *Borrelia* beneath each and every amyloid plaque. He discussed this finding in detail in his video – also now available on Vimeo – vimeo.com/140175819. Dr. MacDonald also hypothesizes that *Borrelia* is involved in ALS and MS.



Dr. Armin Schwarzbach

The final speaker of the day was Dr. Armin Schwarzbach, Ph.D, MD, founder of ArminLabs, who has been at the forefront of tick-borne research for more than 20 years. Dr. Schwarzbach began by giving an in-depth overview of the infections/viruses that one should consider testing for in chronic conditions such as ME, MS, fibromyalgia, Alzheimer's, Parkinsonism and autism, including Borrelia, Chlamydia pneumonia, Mycoplasma, Ehrlichia/Anaplasma, Bartonella and Babesia, together with multiple viruses and the immune components involved. He then described the tests available for each of those infections and viruses, followed by tailored testing protocols for the conditions mentioned above.

The day ended with a lively plenary session.

The slides of almost all the speakers are on the home page at <http://www.aonm.org/>. A full-length video of the event will be available in the near future where you can see and hear the speakers. Please contact info@aonm.org if you would like to reserve your

copy. We will put a notification on our home page as soon as it has been completed.



Speaker panel at LTV II



Dr. Ray Perrin Practitioner Meeting in Manchester

Sleep and Lyme Disease/Re-igniting your mitochondria/New NHS study on possible diagnostic criteria for ME

Professor Basant Puri and core AONM member Gilian Crowther were invited to speak at the Ray Perrin Practitioner Meeting in Manchester on 29th November. Professor Puri discussed Lyme, ME and sleep, while Gilian's talk was on the mitochondria and ME.

Dr. Perrin gave fascinating details of his unique NHS-funded research project examining the accuracy of his physical diagnostic technique for Myalgic Encephalomyelitis. He developed the novel manual system of diagnosis being examined in 1989. The diagnostic procedure used in this technique focuses on certain physical findings, namely specific tender points in the chest and abdomen, the presence of palpable varicose lymphatic vessels in the chest, a restricted and posturally dysfunctional thoracic spine and a disturbed cranial rhythmic impulse (CRI). The project started on 1st July. It will run for a year so that the results will be ready for publication by July 2016.

LIFTING THE VEIL PART III

ANSWERS: STEPPING OUTSIDE THE BOX

Chaired by Dr. Judy Mikovits

Sunday May 15th 2016

Holiday Inn, London Regent's Park, Carburton Street, London, W1W 5EE

Time: 9am - 6pm

Eventbrite: <http://ltviii-answers-steppingoutsidethebox.eventbrite.co.uk>

info@aonm.org www.aonm.org



The third conference of the series 'Lifting the Veil' will provide answers to important questions on chronic disease by stepping outside the box. Chaired by Dr. Judy Mikovits, our panel of internationally renowned

speakers will explain how chronic disease is a result of the complex interactions between pathogens, our environment, genes and immune system. This is a rare opportunity to hear the world experts in the field explain through clear and perceptive insights how we can use familial studies as a tool to understand chronic disease in susceptible individuals.

This promises to be another ground-breaking conference and is, again, addressed to health professionals, patients, carers and members of the public interested in deepening their understanding of chronic disease and its implications. 'Lifting the Veil - Part III - ANSWERS: Stepping Outside the Box' will not only show how personalised solutions for the treatment and prevention of chronic disease work, but also bring together all the elements of chronic disease that this series has explored over the past two meetings.

A new patient led campaign - FIGHT LYME NOW CAMPAIGN



About the campaign:

A not-for-profit patient led fundraising organisation that actively promotes the following:

SURVEILLANCE

- Make Lyme disease notifiable so we know the true incidence in Britain.

TESTING

- Develop accurate tests because the ELISA and Western blot tests are known to be inaccurate and unreliable.
- With Higher Specificity & Sensitivity
- To be adopted, approved and licensed by UK PHE RIPL Lab
- Development of new low cost Screening Test (GP or home use)

TREATMENT

- Open dedicated clinics and use effective treatment protocols, extended for as long as necessary.
- Instigate Multicentre Clinical Trials of Treatment Strategies

RESEARCH

- Research the possibility of sexual transmission and dangers to pregnant women.
- To promote new and publicise existing research
- To generate Epidemiology statistics (Incidence & Prevalence)
- Develop Patient Outcome monitoring programmes

EDUCATION

- Make the general public aware of the potential risks from tick bites.
- Raising Awareness of Lyme disease with Politicians, Media & UK Gov
- Train NHS staff in diagnosis and treatment of tick-borne diseases.

The excellent Fight Lyme Now campaign song can be heard here: <https://www.youcaring.com/patients-with-lyme-disease-462786#>

To promote our **FIGHT LYME NOW** campaign, we are offering everyone a free download of our campaign song, 'Fight it!'. We hope you'll enjoy it and feel compelled to share it!

<https://soundcloud.com/demetrios-1/sets/fight-lyme-now-campaign-song>

<https://www.youtube.com/watch?v=4ZQZnrTb7Lk>

Nationwide Survey Launched!

UK Citizens please complete this survey for Neil Coyle MP if you or anyone you know has symptoms consistent with Lyme disease.

http://www.boslabour.org.uk/lyme_disease_survey

UK Citizens please sign and share this official petition for parliament to debate Lyme disease.

<https://petition.parliament.uk/petitions/113475>

The campaign details can also be found on social media, the Facebook page is here: https://www.facebook.com/FIGHT-LYME-NOW-1001949283182018/info?tab=page_info

Upcoming events

Cell Symbiosis Therapy seminars.

Cell Symbiosis Therapy (CST) is a revolutionary approach that traces the origins of most chronic disease to downregulation of mitochondrial ATP production.

CST examines the evolutionary programmes that drive this blockage. Understanding how to reverse this and restore oxidative ATP production opens up entirely new avenues for therapy.

Tuesday 26th January 2016 *Mitochondrial Magic:*

Cell Symbiosis Therapy Taster

with Gilian Crowther

Location: CNM London, 41 Riding House Street,

W1W 7BE Time: 6.00 - 8.30 pm, £15

For further details and to register, please see the AONM website or:

<http://cst-tasterevening.eventbrite.co.uk>

Saturday 27th February 2016: *CST Introductory Seminar*

with Gilian Crowther & Daria Krzeminska

Holiday Inn Regents Park. Time: 9.30 - 5.00.

For details, please see the AONM website or

<https://mito-cst-intro.eventbrite.co.uk>

Thursday 21st January 2016: *Methylation and its importance to health*

Breakspear Medical and the Environmental Medicine Foundation. 13:30 to 16:30. Maple House, Wood Lane, Hemel Hempstead

Dr. Jaleel Miyan will be speaking on the development of the brain and the peripheral neuroimmune system, and Professor Tapan Audhya on the management of patients with an MTHFR mutation. For registration please see:

<http://www.eventbrite.co.uk/e/methylation-and-its-importance-to-health-tickets-19780484963>

Saturday 20th February 2016: *“Lyme Solutions” with Dr. Dietrich Klinghardt*

Dr. Dietrich Klinghardt, who spoke at our 15th

November conference, will be giving a one-day workshop on “Lyme Solutions” on 20th February at the Holiday Inn Regents Park. For further details, please see:

<http://klinghardtinstitute.com/product/lyme-solutions/>

Saturday 20th February 2016: *“Vital Signs for Cancer” with Dr. Xandria Williams*

In this seminar, Dr. Williams will be talking about the history and developments of cancer understanding and treatments, including allopathy or medical approaches and current biochemical and alternative approaches. Subjects such as biochemical individuality, determining the unique needs of the individual and restoring homeostasis will be discussed, as they all form a foundation for maintaining or restoring optimum health. Delegates will learn about lifestyle, the many Predisposing Factors and their relation to cancer prevention and recovery. This is a one day seminar addressed to practitioners, patients, people in remission and anyone with a special interest in cancer. It takes place at Birkbeck College, Bloomsbury Campus. For further details, please see:

www.xandriawilliams.co.uk

Sunday 21st February 2016: *“Detecting Cancer” with Dr. Xandria Williams*

Dr. Williams walks delegates through the last 110 years of medical research, discussing the many eminent people who have come to understand the true cause and nature of cancer, and given us valuable information that we can build on and use. Delegates discover the CA1 test panel that can be used to detect the start of cancer within weeks of the first cells forming, and find out how to use this knowledge to reverse out of the cancer process. This is another day-long seminar addressed to practitioners, patients, people in remission and anyone with a special interest in cancer. It takes place at Birkbeck College, Bloomsbury Campus. For further details, please see:

www.xandriawilliams.co.uk

Please contact us at any time if you are interested in learning more about our services, or exploring how we could work together.

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