



Creating international and interdisciplinary collaboration for health

AONM Newsletter June 2015

This month's newsletter throws the spotlight on just a few of the fascinating events that have taken place over the last two months, and looks forward to a particularly rich selection of upcoming seminars and conferences.

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The Academy of Nutritional Medicine is an international and interdisciplinary forum dedicated to advancing nutritional medicine.

We aim to integrate the expertise of medical doctors with the skills, knowledge and experience of complementary practitioners.

Our mission is to bring cutting-edge information and pioneering therapeutic approaches in nutritional medicine to the fore for the use of naturopathic practitioners, nutritional therapists and the public. For further information on AONM, its clinics and areas of expertise please go to

www.aonm.org.

The DVDs and Handout from the ACUMEN seminar are now available for purchase

Two excellent quality DVDs are now available with the full contents of the ACUMEN seminar held last September by Dr. Charles Forsyth.

These tests for mitochondrial function and toxicological status are described in detail, with background on their relevance for therapy. An in-depth handout (including three test cases) with 150 pages is also provided.

Cost: £55 (DVDs and handout), or £40 (DVDs only)

Please contact info@eonm.org to purchase a copy.

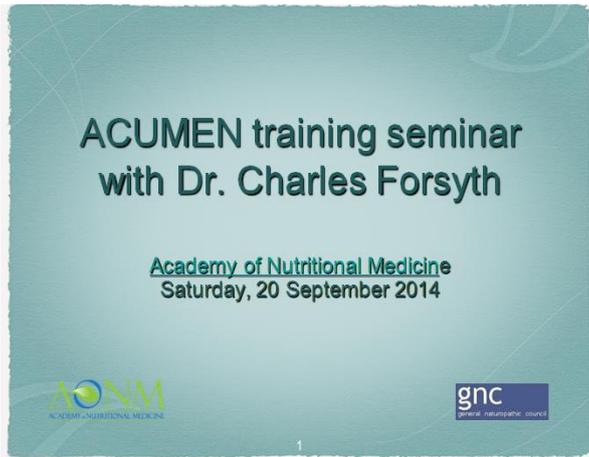
Laboratory Services

AONM specialises in Lyme testing in the UK, acting as a hub for ArminLabs (<http://www.arminlabs.com/en>), a German laboratory dedicated to tick-borne diseases.

Thanks to the AONM alliance with Dr. Armin Schwarzbach, CEO of ArminLabs, we are able to offer training on how to decide what tests to recommend to your patients, depending on their history and symptomatology: **“Laboratory Testing, Lyme & Associated Infections: Training Workshop” with Dr. Armin Schwarzbach**, on Sunday 2nd August 2015. Dr. Schwarzbach will provide intensive tuition in an interactive setting, explaining the different forms Lyme Disease may take, and what might lead you to suspect the various coinfections.

Please see the AONM events page for further details; the Eventbrite site is <http://lyme-testing-workshop.eventbrite.co.uk>

ACUMEN DVD



DVD CONTENTS:

Acumen Tests

Dr. John McLaren Howard
Introduction / provisos

Mitochondria-related tests

- ATP profile
- Cell-Free DNA
- RBC NAD
- Superoxide dismutase
- Glutathione peroxidase
- L-Carnitine
- TL studies
- Mitochondrial respiration studies
- Cardiolipin studies

Toxicology-related tests

- DNA adducts
- GST profile
- Metallothionein studies
- Fat cell or serum pesticides screen
- Fat cell or whole-blood VOCs
- Lymphocyte sensitivity test
- Toxic effects test

Gut-related tests

- Short chain polypeptides
- EGF (VEGF) in saliva

INVEST IN ME: 10TH ANNUAL CONFERENCE

The 10th annual IiME conference on 29th May was a packed day, with experts from all around the world speaking to a full house at the traditional venue in Birdcage Walk, Westminster. Every speaker had interesting insights. Their bios and photos are available at this link:

<http://www.investinme.eu/index.shtml#presenters>

Professor Mady Hornig (Center for Infection and Immunity, NY USA) reported on a first study that had analysed 51 cytokines, and found differences in plasma immune signatures in patients with ME/CFS who were divided into two groups: “short term” (defined as up to three years), and “long term” (full article: <http://advances.sciencemag.org/content/1/1/e1400121.full>). A second study had looked at altered CSF immune signatures. **Professor Jonas Bergquist** (Uppsala University, Norway) presented results from a spinal fluid proteomics study, his third ME/CFS spinal proteome study. The team found evidence of low-grade inflammation and problems with "axonal guidance".

Dr. Amolak Bansal from Epsom and St. Helier University Hospitals, Surrey, reported that ME patients have abnormal pupil reflexes suggesting autonomic neuropathy. He also reported that 20% of patients also have joint hypermobility (including signs of Ehlers Danlos Syndrome -3), and 80% have increased respiratory rates. **Dr. Clare Hutchinson** also looked at biomarkers, including ophthalmic correlates, reading behaviour and vision-related quality of life.

Professor Sonya Marshall-Gradisnik (National Centre for Neuroimmunology and Emerging Diseases, Australia) gave a talk on immunological biomarkers in ME. The NCNED is finding concentrations of unusual forms of a few genes in ME: for example, ACTH AChR SNPs are located in the GI tract. They regulate insulin secretion and are involved in arousal and sleep, pain and memory. TRPA1 is another example: it has a role in the regulation of neuropeptides, pain and inflammation.

Dr. Oystein Fluge (Bergen, Norway), **Prof. Olav Mella** (Bergen, Norway) and **Dr. Jo Cambridge** (UCL) all reported on the Rituximab trial that IiME has been raising funds for. For more information on that, see: <http://simmaronresearch.com/2015/01/chronic-fatigue-syndrome-rituximab-fluge-mella/>

A DVD will be available in July (from Invest in ME, <http://www.investinme.org/>).

LYME DISEASE

Integrative Medicine Approaches in the Treatment of Lyme and Tick-borne Illness was held in Amsterdam on 10th - 11th April.

Some of the world's leading scientists and medical doctors shared the latest information on the treatment of Lyme, tick-borne illness, and co-infections. It was particularly interesting to hear Dr. Dietrich Klinghardt speak from his vast repository of experience over the last 40 years. His subject was "The cofactors of Lyme Disease: towards a broader understanding of the illness of our time."

Dr. Klinghardt focused especially on the role of parasites in tick-borne diseases, explaining that they sometimes appear to be working in symbiosis with us, absorbing heavy metals in patients' bodies. He showed analyses evidencing that the heavy metals accumulated in parasites in patients are often a lot higher than in the tissues of those subjects, as though the parasites are serving a quasi-protective function.

Exposure to the inhalation of nanoparticles, he explained, is particularly damaging, he especially sees this in the autistic children he works with. Lyme, co-infections, mould sensitivity, ME, MCS and a host of other conditions are, from his perspective, frequently the consequence of this toxicity: the subsequent parasitic infection disables the patients' immune system to make a conducive habitat; nutritional deficiencies are frequently induced for the same reason.

He gave clear protocols, and described the dramatic improvements in autistic children that his clinic often experiences.

(NB Dr. Dietrich Klinghardt is holding a weekend dedicated to autism in London on October 17 – 18, please see "Upcoming Events" for further details; he will also be speaking at AONM's autumn conference "Lifting the Veil II: Chronic Disease – What's really going on?" on November 15th.)

THE KETOGENIC DIET IN PRACTICE

The Ketogenic Diet in practice was held by Dr. Damien Downing, President of the British Society for Ecological Medicine (BSEM), for the British Society for Integrative Oncology (BSIO) on 11th May.



Dr. Downing looked at the evidence for using a ketogenic diet in cancer, and gave tips on foods, implements and supplements to use (e.g., a self-testing glucose/ketone meter, a spiralizer, and a special protein concentrate from Germany that does not provide substrates for gluconeogenesis). A full report on the seminar with all the slides can be downloaded here: <http://bsio.org.uk/2015/05/28/ketogenic-diet-a-presentation-for-the-bsio-by-dr-damien-downing-mms-msb/>

AONM SEMINARS / CONFERENCES

Tuesday 28th July

Mitochondrial Magic: Cell Symbiosis Therapy Taster

with Gilian Crowther Location: CNM London

41 Riding House Street, W1W 7BE

Time: 6.00 - 8.30 pm, £12

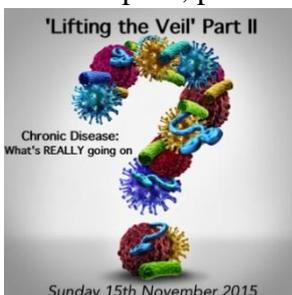
Eventbrite booking

<https://www.eventbrite.co.uk/e/mitochondrial-magic-cell-symbiosis-therapy-taster-tickets-17608709123>

Sunday 15th November

Lifting the Veil II: Chronic Disease – What's REALLY going on?

For therapists, patients and carers



Speakers:

Dr. Dietrich Klinghardt

Dr. Jean Monro

Professor Basant Puri

Dr. Sarah Myhill

Dr. Armin Schwarzbach

Time: 9.30 – 6.00 pm, Holiday Inn Regents Park

<https://lifting-the-veil-part-ii-chronic-disease.eventbrite.co.uk>

Prices: Health professionals £95, AONM Full Members and BANT members £75, charity representatives and students £65, patients & carers £40

Please check the AONM website for details

Sunday 2nd August

Natural Therapies with Judy Rocher: Lyme Disease and its Associated Infections

Expand your knowledge on natural therapies for Lyme disease and the related co-infections. Various protocols will be discussed including the Cowden full and condensed protocol, Fred Kuipers protocol, as well as recommendations by other leaders in the field such as Dr Dietrich Klinghardt, Dr Richard Horowitz and Steven Buhner.

Time: 9.15am - 12.45pm

Event is CPD accredited 3.5 hours

Price: £17.50

Discount for BANT, NNA & Full AONM Members (contact info@aonm.org for code)

Tickets and full details here: <https://judy-rocher-lyme-seminar.eventbrite.co.uk>

Sunday 2nd August

Laboratory Testing, Lyme & Associated Infections: Training Workshop

with Dr. Armin Schwarzbach from ArminLabs, Germany

Holiday Inn Bloomsbury, Coram Street, London, WC1N 1HT

Time: 2pm – 5.30pm

Fee: £30, but places will be very limited

<http://lyme-testing-workshop.eventbrite.co.uk>

Friday 4th – Saturday 5th September

Family Constellations

with Dr. Dietrich Klinghardt

Sept. 4th evening (7.30 pm onwards) and

Sept. 5th all day (9.30 onwards)

Fees tbd

For further details, please contact

Daniela Deiosso on danieladeiosso@hotmail.com

Saturday 12th – Sunday 13th September

Lyme Conference 2015

Crowne Plaza, Antwerp

Dr. Richard Horowitz, Dr. Kenny de Meirleir, Dr. Armin Schwarzbach and others

<http://lyme-conference.bbaw-apso.be/>

Saturday 3rd October

CST Introductory Seminar

with Gilian Crowther

Holiday Inn Bloomsbury, Coram Street, London, WC1N 1HT

Fee Early Bird £59, Professional £69, Student £40. Time: 9.30 - 5.00

<https://www.eventbrite.co.uk/e/mitochondrial-magic-cst-introductory-seminar-with-gilian-crowther-tickets-17614422211>

Friday 2nd Oct

British Society of Ecological Medicine:

“The Health Hazards of Sugar“

Scientific Conference on the Health Effects of Dietary Sugars



To find out more, please register on the BSEM website:

www.bsem.org.uk

Or contact Daksha on 07975960238,

info@bsem.org.uk

Facilitator: Dr. Shideh Pouria

Dr. John McLaren Howard “Fructose and Sucrose intake: measurable biochemical parameters including some new findings and clinical correlates “

Dr Heinz Reinwald “Healing the Glucotoxic Brain”

Professor Robert Lustig “Research findings into Pathways for sugar addiction”

Professor Henry Butt “Effect of Dietary Sugar on the Microbiota in a number of common conditions”

Friday 16th - Sunday 18th October

Anti-Ageing Conference London 2015

For the provisional programme, please see:

<http://www.antiageingconference.com/>

For discounts, please contact Maria Somers on:

london@antiageingconference.com

Saturday 17th - Sunday 18th October

Practical Solutions for the Treatment of Autism

Organised and led by Dr. Dietrich Klinghardt

For both therapists and parents/carers

Central London location, Fee tbd

Saturday: 9.00 am - 7.00 pm

Sunday: 10.00 am - 5.00 pm

For further details, please contact

Daniela Deiosso on danieladeiosso@hotmail.com

Please contact us at any time if you are interested in learning more about our services, or exploring how we could work together: info@aonm.org/ 0845 505 1296, or go to www.aonm.org