

AONM Newsletter November 2015

The last few months in the UK have been characterised by an ever growing awareness of the prevalence of Lyme Disease and its coinfections in Great Britain, and the various options for addressing these conditions. AONM has continued to help spread information as well as options for testing for Lyme, coinfections and viruses. Our workshops on August 2nd with Judy Rocher from Rio/Nutramedix as well as Dr. Armin Schwarzbach from ArminLabs in Germany were hugely informative and very well attended. Cell Symbiosis Therapy seminars on the mitochondrial therapy from Germany that AONM specialises in have also continued apace, as well as work in small groups of practitioners on patient cases and further research into specific areas of the topic. AONM also had a stand at this year's CAM Expo at Olympia, with an extremely well received talk by Professor B. Puri on "Lyme Disease: The Great Imitator". This newsletter gives a brief overview of recent activities of AONM and its affiliated organisations, as well as details of upcoming events. Please contact us for further information on any of the topics, or to suggest a contribution for our next newsletter: info@aonm.org.

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Lyme Conference with Dr. Richard Horowitz and others, Antwerp, 12th - 13th September.

A delegation of AONM members attended the Lyme Conference organised by the BBOW (the Belgian Association for Orthomolecular Medicine) on 12th and 13th September, 2015, to hear several of the world's leading therapists speaking, including Dr. Richard Horowitz (author of the book "*Why Can't I Get Better: Solving the Mystery of Lyme and Chronic Disease*"), and Professor De Meirleir (clinic in Belgium, post in

the USA, and featured in numerous excellent YouTube videos on ME and Lyme Disease).



Dr. Horowitz began by explaining that he has seen 12,000 Lyme patients to date. His first talk was "An Introduction to Lyme and Associated Tick-Borne Diseases in the 21st Century". He described how Lyme is in the blood supply provided for transfusions (not screened for at all), and that 15.4% of patients in the US are already testing positive for the Miyamoti "Relapsing Fever" strain. Approximately 80% of *Borrelia burgdorferi* transmits *Babesia* species at

the same time, he said, adding that Babesia is rising in Europe. He also went into new viruses that are being transmitted with tick bites – the Heartland, Bourbon, Tacaribe, Powassan and Lone Star viruses, for example – the latter being particularly resistant to treatment. He also spoke a great deal about treatment failure due to sequestration of the bacteria in antibioticly privileged sites and the use of incorrect treatment guidelines.

Dr. Horowitz' second talk entitled "The Lyme-MSIDS Map in Chronic Disease" went through his MSIDS map – Multiple Systemic Infectious Disease Syndrome – in detail (examples: <http://www.cangetbetter.com/symptom-list> & <http://lymeontario.com/wp-content/uploads/2015/03/Horowitz-Questionnaire.pdf>). He explained specific strategies for both testing for and treating his "3 I's" – infection, inflammation, and immune dysfunction – and the 16 points on the MSIDS map. His discussion of immune dysfunction and viruses as well as toxins was highly informative and he particularly focused on the roles of heavy metals, mould and biotoxins. His insights into nutritional and enzyme deficiencies in Lyme-MSIDS were also fascinating, as well as his emphasis on the need for regular mitochondrial support.

His third and fourth talks continued with more specific advice on therapeutic approaches, especially his fourth talk entitled "Clinical studies and treatment options in Lyme-MSIDS". His advice on designing combination therapies was especially invaluable for the medics among the audience.

This was a unique opportunity to hear from probably the world's leading authority on Lyme and related diseases. The other speakers also gave unique insights. Dr. Marjo Valonen, who had suffered from Lyme Disease herself for a decade, described the treatment protocols used by herself and a dedicated group of therapists in Finland, all of which are herbal/nutritional. We will be planning a more structured feedback review from that conference where information

is shared and discussed: please contact AONM (info@aonm.org) to register your interest.



Autism Solutions – a workshop with Dr. Dietrich Klinghardt and other experts on 17th - 18th October, 2015

It was a tremendous privilege to spend an entire weekend learning direct from the four decades of experience of one of the world's key autism and Lyme specialists, Dr. Dietrich Klinghardt, at this intensive workshop with some 100 participants. Over from Seattle where he has run the Sophia Clinic for many years, Dr. Klinghardt passed on multiple insights into treating autism together with several other specialists in the field. Professor B. Puri was central to the team, holding four presentations over the weekend, as well as Dr. Daniel Goyal – well known for his network of "Sincere Health" autism clinics, who is also pursuing deep research into autism and gut microflora – and others.

Dr. Klinghardt's broad spectrum began with a review of the biomedical approach based on lab biomarkers. This covered 12 main topics, ranging from genetic predisposition and epigenetics, mitochondrial dysfunction, increased oxidative stress and intestinal dysbiosis through to impaired bio-detoxification, milk and wheat peptides, compromised methylation and brain hypoperfusion. He explained how 50% of children on the autistic spectrum show mitochondrial dysfunction, with decreased ATP production, elevated levels of lactate and reduced levels of carnitine. He stressed that those biomarkers correlate with disease severity. Abnormal cellular immunity is also highly characteristic, with abnormal upregulation of pro-inflammatory cytokines and downregulation of anti-inflammatory cytokines in the brain, gastrointestinal tract and peripheral blood. This may manifest as unique inflammatory bowel disease and immune activation of the microglia. Anti-myelin antibodies are also seen in 70 - 90%

of patients with autism, he explained, as well as (though to a lesser degree) anti-mitochondrial antibodies and anti-folate alpha receptor antibodies (in 47% vs. 3% of controls). The importance of folate metabolism for brain function is such a vast topic and greatly neglected.

Dr. Klinghardt also covered the influence of radiowaves on the developing brain, foetal exposure to glyphosate, chemical toxicants and heavy metals as probable underlying causes. Day Two looked at autistic spectrum disorders (ASD) and aluminium toxicity specifically, as well as the connections between autism and Lyme Disease. Dr. Klinghardt stated that he finds Lyme Disease in around 80% of his autistic patients. He gave insights into diagnosis as well as therapeutic support of all these aspects of the condition. His final presentation entitled “A practical, affordable and common-sense approach to treating children on the spectrum” demonstrated his particular approach to testing that he has developed over many years, Autonomous Response Testing (ART), and the interventions he would suggest based on several volunteer cases.

Professor Puri covered epidemiology and neuroimaging in ASD, genetic and epigenetic involvement, the glutathione connection and the role of ATP in autism, with fascinating insights into all these topics. Dr. Daniel Goyal gave an update on the gut microflora in autism and the neuroimmune connection. Dr. Vera Stejskal, Microbiologist and Immunotoxicologist who has been an advisor to the WHO and an expert witness to a US Congressional Committee on vaccine safety and thimerosal allergy, spoke about MELISA testing to identify triggers of inflammation in ASD, while Linda Scotson gave an overview of her lifelong work on the respiratory system and how breathing influences cerebral blood circulation, speech production, posture and sleep.

The workshop will be available on video from the Klinghardt Institute in the next few weeks, (www.klinghardtinstitute.com) and a scheme is

being planned to allow members to view the slides from the workshop on the Klinghardt site.



Targeting Mitochondria – the Sixth Congress of the World Mitochondria Society

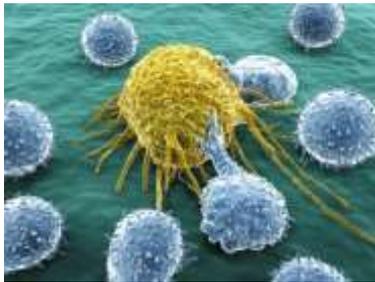
The Sixth Congress of the World Mitochondria Society was held in Berlin, Germany, from 28th – 30th October 2015. Gilian Crowther attended in her role as Cell Symbiosis Therapy (CST) trainer and practitioner, particularly because mitochondrial metrics play such an important role in CST’s work, which prides itself so highly in being replicable and verifiable. The preconference workshop was on evaluating mitochondrial function and dysfunction, highlighting methods for investigating mitochondria both under normal circumstances and in specific pathologies. Recent advances in measuring mitochondrial function in chronic disease from around the world were described. Professor Hong from Australia presented research on novel fluorescent probes for visualising cell and mitochondrial function, Dr. Tricaud from France demonstrated in vivo time-lapse imaging of mitochondria in health and disease, while Professor Abramov from UCL Institute of Neurology London described the analysis of mitochondrial metabolism using live cell imaging techniques. The trend towards in vivo measurement as against peripheral or in vitro metrics was underlined by Dr. Erasmus from Holland who presented his team’s research into measuring cellular oxygen metabolism in vivo, with a view to clinical monitoring of mitochondrial function.

The event gave the approximately 600 participants from all over the world a broad-

spectrum view of the current state of mitochondrial research, and provided clear evidence of how hot a topic the mitochondria are now as an area of research into practical clinical applications. Please contact Gilian for further information (gilian_crowther@btinternet.com).

CANCER: Development and Detection

On 31st October 2015 Dr. Xandria Williams gave a fascinating talk on the development and detection of cancer at the Bristol Cancer Seminar for Practitioners, organised by Back2Health.



The first part examined the history of cancer and the medical approach to its treatment.

Dr. Williams described the seemingly random experiments with various techniques (based largely on trial and error) using a huge number of different toxic chemicals. The aim was to see which (if any) would eliminate the tumours. There seems to have been little focus on elucidation of the cause throughout most of the last century.

Eventually much of the research focused on genetic research and claims that knowledge of the genetic makeup of a tumour would lead to finding the appropriate drugs. However, with multiple pathways for each of the mutated genes in any single tumour, the problem seemed overwhelming. A sample from a breast tumour can produce over a hundred such pathways, for instance. Finding chemotherapeutic answers for all these mutations would be an imaginably large task and take decades, if not more – certainly longer than a patient's remaining life span. This seemed a highly depressing scenario, particularly as clearly no thought was given to the cause of the cancer or its correction.

Dr Williams then went on to describe the biochemical approach. Based on the work of Dr. Otto Warburg and others, she showed how the major causes of cancer are errors of diet and

lifestyle: poor mitochondrial respiration, a lack of essential nutrients, the presence of toxins, and stress. Since correcting these errors can be achieved by lifestyle changes without any of the toxic effects of chemotherapy, Dr. Williams explained that there need be no fear of doing tests for the very earliest signs of the start of what she calls the 'cancer process'. The talk finished with the CA1, which is a panel of tests that can detect cancer within weeks of the first cellular errors, and long before there is a detectable tumour. This and related tests are described in her book 'Detecting Cancer,' which we reviewed at the beginning of the year.

The talk was an inspirational contrast to the medical paradigm and gave all present hope and much to talk about. There was a very enthusiastic response from those present, mainly practitioners, and a lively discussion followed her presentation.

Upcoming events



This second conference in AONM's 'Lifting the Veil' features six speakers who are world experts in the field of chronic disease. They are all renowned for their work in environmental and integrative medicine. They will aim to provide clear and informative insights into what underlying influences are causing the substantial upsurge in chronic disease that we have witnessed in recent times. Speakers are:

- **Dr. Dietrich Klinghardt**, internationally renowned for his work with patients with Lyme Disease and children with neurodevelopmental disorders.
- **Dr. Alan MacDonald**, who has researched Borrelia and the similarities between Treponema pallidum (Syphilis) and Borrelia for the last three decades (by live video link from the US)

- **Dr. Jean Monro**, founder and full-time Medical Director of Breakspear Medical, and internationally known for her work in allergy and environmental medicine.
- **Mr. John Caudwell** is an entrepreneur and philanthropist, best known for building the immensely successful mobile telecoms company Phones 4u. He is also the founder of Caudwell Children, a charity which benefits ill or disabled children.
- **Dr. Sarah Myhill**, particularly prominent for her work with patients with ME; has also conducted studies on ME and authored medical journal articles on it, as well as two books.
- **Professor B.K. Puri**, actively involved in researching complex disorders and conditions, including Lyme disease, cancer, depression, ME, ADHD and Huntington's chorea, who will give the introduction and keynote speech.
- **Dr. Armin Schwarzbach**, founder of ArminLabs, who has been at the forefront of tick-borne research for more than 20 years, and whose expertise in diagnosing and treating infectious diseases is second to none, having tested over 20,000 patients.

Please register at our Eventbrite link:
<https://lifting-the-veil-part-ii-chronic-disease.eventbrite.co.uk>

Focus on Metabolism – Metabolic Dysfunction and Mitochondrial Inflexibility

November 19 @ 6:00 pm - 9:30 pm
 Antony Haynes

Royal Society of Medicine 1 Wimpole Street
 London, W1G 0AE United Kingdom

<http://www.clinicaleducation.org/event/focus-on-metabolism-metabolic-dysfunction-and-mitochondrial-inflexibility/>

Cell Symbiosis Therapy taster seminar

(CNM), 41 Riding House Street, London, W1W 7BE

Cell Symbiosis Therapy One-Day Seminar Saturday 27th February 2016

Central London location, further details coming.

Lifting the Veil Part III Sunday 13th March 2016

ANSWERS: STEPPING OUTSIDE THE BOX

Chaired by Dr. Judy Mikovits

Central London, 9am - 6pm

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

Level 1 of the 'Cancer Concerns' series of seminars: 'Vital Signs for Cancer'

Edinburgh 28/11/2015

This is the foundation seminar of the 'Cancer Concerns' series and is addressed at students and practitioners interested in learning more about cancer, people who are in remission and want to remain disease-free, patients and carers as well as individuals interested in effective and non-toxic means of prevention and recovery.

In the Level 1 seminar entitled 'Vital Signs for Cancer', delegates learn about biochemical individuality, determining the unique needs of the individual and restoring homeostasis, all of which form a foundation for maintaining and restoring optimum health. They also learn the causes of cancer and how it develops through discussions on nature and nurture and the role of genetics versus lifestyle. Delegates find out about the predisposing factors that apply equally to the first and billionth cell, and therefore to prevention, recovery and avoiding recurrence.

For more details, please visit www.xandriawilliams.co.uk. To secure a place, please email xandria@xandriawilliams.co.uk or call the CanSurvive Training Centre on 0207 824 8153.

Please contact us if you are interested in learning more about our services, or exploring how we could work together: email info@aonm.org, call 03331 201 305 or visit our site www.aonm.org.

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Tuesday 26th January 2016, 6.00 - 8.30 pm
 Location: College of Naturopathic Medicine

