



Creating international and interdisciplinary collaboration for health

AONM Newsletter October 2017



This autumn's AONM newsletter covers exciting new developments in Lyme Disease and ME research, new Elispot tests offered by Arminlabs, and details of fascinating upcoming events.

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The first speaker, Dr. Joe Burrascano, talked about *Tick-borne diseases: an example of infections as a cause of chronic illness*. In Part 1 of his talk he gave details of the diagnostic system he uses and how he prioritises treatment when multiple infections are present. Part 2 covered treatment regimens, antibiotic combinations, metabolic and immune support and much more.

Pol De Saedeleer discussed the regulation of abnormal immune responses resulting in autoimmunity and inflammation using a number of different remedies. He detailed bacteria associated with autoimmune disease and approaches to gut healing, as well as the action of transfer factors, lipid replacement therapy, low dose naltrexone, and chelation.

Lyme and other Chronic Pathologies



The International Conference on Chronic Pathologies in Antwerp on 9th and 10th September 2017 was an inspiring mix of experts on chronic illness of all kinds, from neuroborreliosis and mould through

to chronic musculoskeletal pain and cancer.

Dr. Rudy Proesmans gave a fascinating talk on *Complementary cancer therapy: What is the evidence?* He covered topics such as the downregulation of mTORC1 (the mammalian target of rapamycin) by protein restriction and the synergistic effect of various phytonutrients/histone modifiers. He explained the action of natural agents alongside conventional therapy: for example that resveratrol can act as a chemosensitiser, while sulforaphane can decrease chemoresistance.

Dr. Sonia Rapaport from North Carolina in the USA talked about environmentally acquired illness, focusing specifically on the role of biotoxins in inducing inflammation. Her description of cyclical amplification set against the cell danger response was particularly enlightening, ranging from immunity and the mitochondria through to limbic system activation.

ME Update



The End ME/CFS Project

Dr. Armin Schwarzbach's topic was the role of viruses and multi-infections in cancer and degenerative disease. He explained why tick-borne diseases are particularly associated with blood-related disorders, and the most appropriate tests to carry out to see if an infection might be underlying a cancer of this type. He also discussed Lyme and co-infections in other syndromes, especially neurodegenerative and neurobehavioural disease.

Dr. Schwarzbach has made this presentation available to AONM; please contact info@aonm.org if you would like to receive a copy.

This summary only covers a few of the 14 speakers – please see <https://chronic-pathologies.com/speakers> for summaries of the talks of all the 14 speakers.

In August, several hundred researchers, doctors, patients and caregivers joined forces for the Open Medicine Foundation's Community Symposium on the Molecular Basis of ME/CFS convened by Ron Davis, Professor of Biochemistry and of Genetics, Stanford University School of Medicine. The reason, as he prefaced the occasion, was because Myalgic Encephalomyelitis is "the last major disease about which we know almost nothing." The symposium featured presentations by world-class experts:

<https://www.omf.ngo/community-symposium/>

A few words from the introduction by Professor Davis give a flavour of the passion and dedication driving the occasion:

I hope you enjoy this wonderful panel of scientists that we have gathered. Many of them are not people you have heard of before in this field. I have chosen them because I believe we need to garner expertise from peripheral but related fields of study, open our minds to new thoughts and information, and nurture out-of-the-box thinking in order to break open this field, unravel the mysteries of this disease, and find a cure.

The individual presentations are available as separate videos in a playlist on OMF's [YouTube channel](#).

NICE decides to Fully Update its guideline on ME/CFS

Following the stakeholder consultation, NICE decided in late September they will now commence a FULL REVIEW of their guidelines for ME/CFS, overturning previous expert advice not to do so.

Sir Andrew Dillon, NICE chief executive, said: *We will now recruit a guideline committee which will include people with the condition and their carers, the healthcare professionals who treat them and the organisations which commission that treatment. As with all the guidance we produce, we will also ensure that stakeholders have the opportunity to provide evidence and insights throughout the development of the guideline.*

CFS/ME is a relatively common condition affecting around 190,000 people in the UK. It comprises a

See IHCAN's "In Focus – The Lowdown on Lyme" for articles by Dr. Armin Schwarzbach and AONM therapist Juliet Hayward (reviewed by Professor Basant Puri): <https://www.ihcan-mag.com/imag/infocuslymeoct17.pdf>



NICE Draft Guidance on Lyme Disease out for consultation

The National Institute for Health and Care Excellence (NICE) has issued its 'Draft Guidance' for Lyme Disease. NICE claims that the new guidance (due to be published in April 2018) will 'help GPs, specialists and other health professionals spot a potential diagnosis of Lyme disease.'

The proposed advice

(<https://www.nice.org.uk/guidance/indevelopment/gid-ng10007/consultation/html-content-2>) is out for consultation until 6 November. Stakeholders and members of the public are invited to comment.

range of symptoms that includes tiredness, headaches, sleep disturbances, difficulties concentrating and muscle pain.

It can cause prolonged illness and disability and although some people have relatively mild symptoms and can still manage daily activities with additional rest, others have a serious illness that severely affects their everyday lives and may be housebound. The pattern of a person's symptoms, and their severity, can vary from day to day, or even in the same day.

Further details about the review, including a scope outlining what it will cover and information about recruitment to the guideline committee, will be published on the [NICE website](#) as they become available.'

Source:

<http://www.meassociation.org.uk/2017/09/breaking-news-nice-decides-to-fully-update-its-guideline-on-mecfs-20-september-2017/>

New Developments at Arminlabs and AONM

New EliSpots from Arminlabs

Four new Elispot (enzyme-linked Immunosorbent Spot assays) are now available for the infections Babesia, Bartonella, Mycoplasma pneumoniae and Varicella Zoster Virus.

Arminlabs is the first lab worldwide to offer these. Elispot assays quantify T-cells that secrete signature proteins (such as a given cytokine) against a specific antigen, and indicate active infection. Using the innate immune system's T-cells to show a cellular response against antigens is much more sensitive than antibodies, which can remain for months or years long after an infection is gone. These tests are on the new AONM/Arminlabs order form available on the AONM website at <http://aonm.org/armin-labs/>

There are also 2 new panels to test for antibodies for tick-borne diseases - Tickplex Basic and Tickplex Plus

AONM's **YouTube Channel** is live

<https://www.youtube.com/channel/UCyND4axZ1UjxaPwfAAtdfsg> - with recordings from former conferences to view free of charge. Many of the presentations can be downloaded at <http://aonm.org/ltv-conference-series/>

Upcoming events



AONM Annual International Conference



Waking to a New Dawn: The Emergence of 21st Century Acquired Immune Deficiencies & Innovative Solutions

All the chronic neuroimmune diseases emerging over the last four decades can be seen as acquired immune deficiencies. A paradigm shift in understanding is underway: specialists around the world have understood the mechanisms driving these diseases, and are now pooling their efforts to develop effective solutions.

This conference is a unique gathering of outstanding scientists and physicians in this field, where they will present groundbreaking information on how to overcome the chronic immune-related pathologies that are the plague of our times.

Chaired by Dr. Judy Mikovits with international speakers: Dr. Joseph Jemsek, Dr. Dietrich Klinghardt, Professor Garth L. Nicolson, Dr. Armin Schwarzbach

Main Sponsor



LOCATION

Holiday Inn Regents Park – Carburton Street – London – W1W 5EE

DATE

Sunday 19th Nov 2017, 9.00 am - 6.30 pm

For further details and to register:

<https://waking-to-a-new-dawn.eventbrite.co.uk>



Maintrac®

Arminlabs and Maintrac training with Gilian Crowther:

Tuesday 24th October and 7th November, 6.30pm, by Skype

Please contact info@aonm.org to register, providing your Skype ID

ART & Toxicity Weekend with Dr Dietrich Klinghardt



Sat 4th Nov – ART Fundamentals and Advanced: Practical training in Autonomic Response Testing for beginners and advanced students

Sun 5th Nov – Metal & Chemical Toxicity Solutions Seminar: A comprehensive review of practical diagnostic and treatment modalities

For further details please see <https://klinghardtinstitute.com/product/art-practice-heavy-metal-detox-weekend/>

LOCATION: Emerson College, Forest Row, East Sussex. RH18 5JX

Saturday 4th Nov and Sunday 5th Nov (the days can be booked separately)

British Society for Ecological Medicine



Reversing Obesity & Type II Diabetes: Failing with Diet, Succeeding with Fasting

Gilian Crowther from AONM is speaking along with Dr. Jason Fung, Dr. John McLaren Howard, Dr. Rachel Nicoll, and others.

Why the orthodox dietary recommendations to counter obesity, type 2 diabetes and cardiovascular disease consistently fail and what to do to succeed.

Location:

The Hallam Conference Centre, London W1

Date:

Friday 10th November 2017

For more information and to book please go to <http://www.bsem.org.uk/>

