

**Creating international and interdisciplinary collaboration for health**

## AONM Newsletter September 2016

2016 has been a year of tremendous movement in the fields that AONM covers with particular intensity – neuroimmune disease including ME, and Lyme Disease – not just in the UK but worldwide. This newsletter covers some of the developments, the contributions AONM has made to raising awareness, as well as events planned for the rest of the year.



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### **AONM's Annual Conference: Lifting the Veil III**

**AONM's** major annual conference on 15<sup>th</sup> May 2016, “Answers: Stepping outside the box,” was the third in its “Lifting the Veil” series, and saw a huge response, with over 200 attendees attending to hear the six world-renowned speakers.



The event was facilitated by **Dr. Judy Mikovits**, molecular biologist and virologist with over 30 years of scientific expertise. In her keynote speech she described how the

neuroimmune diseases we have seen emerge over the last four decades are really acquired immune deficiencies.

She set the scene for the talks that followed by positioning that advances in technology now driving paradigm shifts in understanding will afford the opportunity to end this suffering.



The next speaker was **Dr. Armin Schwarzbach**, CEO of the lab for tick-borne diseases ArminLabs in Augsburg, Germany, and Board Member of the International

Lyme and Associated Diseases Society, ILADS, who spoke on the topic of “Chronic Infections: Transmission within Families and the Consequences”. He first discussed the different insect vectors for transmission of Lyme Disease, then going on to look at the evidence for transmission by blood transfusion, sexual contact and in utero.

He then elucidated the specific vectors for coinfections ranging from Ehrlichia and Bartonella to Babesia and Q fever, and then discussed the broader

consequences of these potential methods of transmission.



**Dr. Marjo Valonen**, who runs a busy clinic for infectious and viral disease in Helsinki, Finland, followed Armin with a talk entitled “Case

Reports: Herbal and Nutritional Treatment Protocols in Lyme and CoInfections.” She covered a wide variety of aspects, from cytokine imbalance, mitochondrial damage and detoxification to IgG tests and dietary changes.

In “*3 T(ear)s for the PACE Trial: Travesty of Science, Tragedy for Patients, Tantamount to Fraud*”, Professor Malcolm

**Hooper** pointed out the egregious errors in the PACE Trial, which is still used as the rationale for therapy (such as it is offered at all) to sufferers of ME in the UK.



He explained that there was no blinding, were no controls, no objective measurements, and that the original entry requirements and primary outcomes were changed throughout the study. Major developments on this have taken place since (see box on the PACE Trial on page 3).

**Dr. Alan Mac-Donald** disclosed astounding discoveries that he has just recently made related to the role of *Borrelia* in neurological disease in a talk (by videolink from



the USA), called “Chronic Borreliosis and Chronic Seronegative Lyme Disease: DNA Probes Solve a Diagnostic Conundrum”. His Molecular Beacon

DNA probes found that spirochetes can hide inside parasitic worms. He found nematode worm parasites in the cerebrospinal fluid specimens of 10 MS patients from the Rocky Mountain Multiple Sclerosis Brain Bank. Sheltering in these, *Borrelia* is protected from the action of immune system and antibiotics. These groundbreaking discoveries are further detailed in the Vimeo of Dr MacDonald’s at <https://vimeo.com/166688480>.



**Dr. Joseph Jemsek MD** has been fully dedicated to the treatment of tick-borne disease since 2001 and runs the Jemsek Specialty Clinic that he founded

in Washington, D.C. He prefers the term Lyme Borreliosis Complex (LBC), which he feels better reflects an immune-compromising syndrome affecting multiple organ systems and caused by multiple coexisting infections. He gave a fascinating talk in two sections on “Applying Common Sense and Lessons Learned in Lyme Borreliosis Complex.” Beginning with details of the persistence and pathogenicity of this emerging pandemic, he went on to explain how he evaluates patients. He showed two extremely moving and impressive videos of patients before and after treatment, and outlined his therapy. This involves multiple strands: the optimization of metabolic and methylation pathways, reduction of oxidative stress and inflammatory radicals, mitochondrial support, restoration of cellular membrane integrity, neuronal remyelination and repair, and antibiotics/antimicrobials.

See <http://aonm.org.uk/ltv%20III> for PDFs of the presentations.

A full-length video of the day is also available on a memory stick, please contact AONM on 03331 210 305 to purchase it (£20.00).

AONM’s next Annual Conference is on 14<sup>th</sup> May 2017 – please save the date!

## PACE Trial dismantled



Criticism has been rife over the last five years since the 2011 publication of the PACE Trial results, primarily promoting psychosocial treatments – Cognitive Behavioural Therapy (CBT) and Graded Exercise Therapy (GET) – which many patients find either ineffective or actively harmful. Professor Malcolm Hooper's searing critique cited articles such as "The PACE Trial Invalidates the Use of Cognitive Behavioral and Graded Exercise Therapy in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: A Review", published in The Journal of Neurology and Neurobiology on March 30th, 2016, <https://www.sciforschenonline.org/journals/neurology/article-data/JNNB-2-124/JNNB-2-124.pdf> and Tuller D (2015) "Trial by Error: The Troubling Case of the PACE Chronic Fatigue Syndrome Study" in three installments (<http://www.virology.ws/2015/10/21/trial-by-error-i/>, <http://www.virology.ws/2015/10/22/trial-by-errorii/> and <http://www.virology.ws/2015/10/23/trial-by-error-iii/>).

Numerous Freedom of Information requests have been made for the data to test the conclusions drawn by the Principal Investigators. Many were deemed "vexatious" by the research centre responsible, Queen Mary University of London (QMUL), and rejected. One was successful however. **Alem Matthees** successfully complained to the Information Commissioner (IC) and QMUL were ordered to release the data he had requested on 12<sup>th</sup> August 2016 <https://johnthejack.com/2016/06/29/using-public-money-to-keep-publicly-funded-data-from-the-public/>.

It remains to be seen how swiftly and extensively information will now be disclosed, but this is a huge development and will hopefully signal a move to correction of the therapeutic guidelines for ME currently in place in the UK.

## New understanding of ME as a hypometabolic response

In a groundbreaking study just published, Professor Richard Naviaux from The Mitochondrial and Metabolic Disease Center in San Diego and colleagues have shown that ME "has a chemical signature that can be identified using targeted plasma metabolomics." Patients with ME showed abnormalities along 20 metabolic pathways. Eighty percent of the diagnostic metabolites were decreased, consistent with a hypometabolic syndrome. Pathway abnormalities included mitochondrial metabolism (<http://www.pnas.org/content/113/37/E5472.full>).

This study links exposure to viral, bacterial and toxic assault and ME in a way that arguably no study has ever done before. In an interview on the study on September 9<sup>th</sup>,

(<http://www.openmedicinefoundation.org/2016/09/09/updated-metabolic-features-of-chronic-fatigue-syndrome-q-a-with-robert-naviaux-md/>) Naviaux said: "... when the cell is faced with an active viral, bacterial, or fungal attack, or certain kinds of parasitic infection, exposure to certain toxins, or severe physical trauma, this activates the two-step response. The first step is to acutely activate the Cell Defense Response (CDR) ... Activation of the CDR sets in motion a powerful sequence of reactions that are tightly choreographed to fight the threat. These are tailored to defend the cell against either intracellular or extracellular pathogens, kill and remove the pathogen, circumscribe and repair the damage, remember the encounter by metabolic and immunologic memory, shut down the CDR, and to heal.

In most cases, this strategy is effective and normal metabolism is restored after a few days or weeks of illness, and recovery is complete after a few weeks or months. ... [However] when the CDR gets stuck, or is unable to overcome a danger, a second step kicks in that involves a kind of siege metabolism that further diverts resources away from mitochondria and sequesters or jettisons key metabolites and cofactors to make them unavailable to an invading pathogen, or acts to sequester toxins in specialized cells and tissues to limit systemic exposure. This has the effect of further consolidating the hypometabolic state ... it can cause CFS and lead to chronic pain and disability."

This new study is revolutionary new evidence of the need to tackle viruses, infections and toxins in the condition termed ME while also supporting the mitochondria in their struggle to regulate cellular metabolism.

## NEW SERVICES

AONM now acts as a hub for a range of **sensitive food intolerance tests** conducted in Germany covering IgG 1 - 4 and available in four different panels: 44, 91, 181 and 270 antigens, the “Pro Immun M” test. These tests have been used within Cell Symbiosis Therapy for over a decade, with extremely good results. The report for the more comprehensive tests is detailed (over 60 pages, tailored to the patient, with a full rotation diet); a recipe book is provided on request, and a laminated shopping list.

Please contact 0786 772 6387 for further details, and our Helpline to request a kit/place an order.

Two **viral panels** are now available from AONM/ArminLabs, a standard and a comprehensive viral panel, as well as a comprehensive bacteria panel, providing access to leading-edge viral and bacterial tests at discounted prices, including Elispot tests for current activity for the Herpes Simplex Virus 1 & 2 now, as well as for Epstein Barr and Cytomegalovirus, alongside serology (antibody) tests.

## EVENTS

### 24<sup>th</sup> - 25<sup>th</sup> September,

#### AONM at CAM Expo, Olympia

Please visit AONM at Stand 1017. Contact us for a free ticket (limited number available) on [info@aonm.org](mailto:info@aonm.org)

A treasure trail will lead to the prize of a basket of Tisso products used in Cell Symbiosis Therapy, a therapy that AONM specializes in. We will have a tombola draw for an Arminlabs Viral Panel that the winner will receive free of charge.

Gilian Crowther is speaking on Saturday 3.45 – 4.15 in the Demo Theatre on “Mighty mitochondria: orchestrators of health and disease”

Sunday 1.30 - 2.00 Nutrition Theatre Dr. Armin Schwarzbach “Lyme Disease: Innovative testing and therapy options”

### Sunday 2<sup>nd</sup> October, 2.00 - 5.00 pm

Dr. Armin Schwarzbach **Lyme Disease & Viruses: Their Role in Degenerative & Autoimmune Conditions**

Dr. Louis Teulieres **Chronic Lyme and Neurological Disorder: Is Phage Therapy for Chronic Borrellosis Possible?**

Dr. Herbert Rixecker: **Oral and TMJ therapy as a key discipline in Lyme and co-infections**

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### Saturday 26<sup>th</sup> November: 10:00 - 16:00

Judy Rocher on **“Natural Therapies for Chronic Illness”**

In the afternoon Judy will be joined by Dr. Eva Sapi via video-link. She will speak on **“Borrelia biofilm: Is it real and why is it important in chronic Lyme disease?”** Dr. Sapi is associate professor of biology and environmental science who has conducted extensive research into Lyme disease.

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## OTHER EVENTS

### Saturday 1<sup>st</sup> October

General Council of Registered Naturopaths: AGM and Conference: Gilian Crowther **“Mitochondrial Magic: A Cell Symbiosis Therapy Approach”** and other speakers

### Friday 25<sup>th</sup> November:

A Joint BSEM/Allergy Research Foundation Conference on Integrating Medicine and Dentistry: **‘Putting Oral Health at the Heart of Medicine’** with Dr. Jose Mendonça Caridad (The role of integrative medicine in oral and systemic health), Dr. Patrick Grossmann (TMJ the Great Imposter), [Dr. John McLaren-Howard](#) (Chemical and biochemical changes induced by foreign materials in the mouth), and many others.

<http://www.bsem.org.uk/>

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**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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