

## AONM Bursting the Bubble:

Challenging the Misconceptions and Misdiagnoses of Neuropsychiatric  
and Pathogen-Triggered Disorders

**Dr Sarah Myhill MB BS**

Upper Weston Llangunllo Knighton Powys LD7 1SL

[www.doctormyhill.co.uk](http://www.doctormyhill.co.uk)

*The Somatisation of ME Patients in the UK:*

*How Many are Actually Suffering from Infections?*

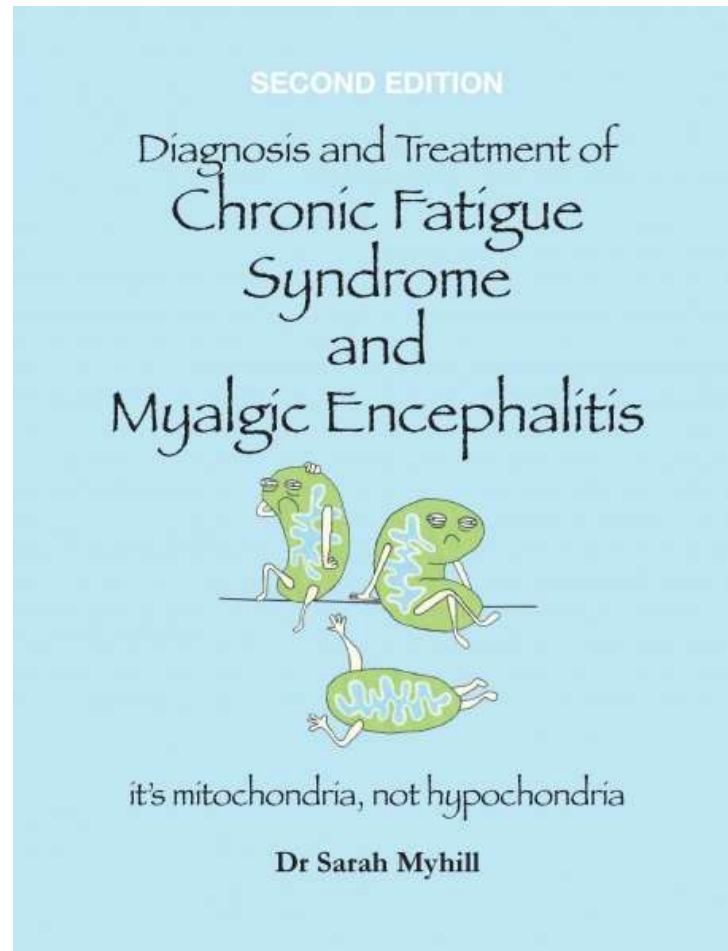
# What is myalgic-encephalitis ie ME?

It is NOT a diagnosis – it is a clinical picture. Essentially

**CFS = poor energy delivery mechanisms**

**ME = CFS PLUS inflammation**

I am not going to speak about CFS today but to address energy delivery mechanisms see the “Rules of the Game” and the “Tools of the Trade” are to be found in this book...



# What is the inflammatory component of ME?

Inflammation occurs when the immune system is active as in chronic infection, allergy and/or autoimmunity. We see all these problems in ME.

It causes problems in two ways - firstly the effects of immune activation and secondly this immune activation uses up large amounts of energy.

THUS CFS and ME often co-exist (despite the mechanisms of each overlapping) BUT THEY ARE DIFFERENT CLINICAL CONDITIONS

# Most, if not ALL, inflammation is infection driven

I use the word **driven** deliberately because there are several possible mechanisms for such.

- We have overt infection such as TB, Hepatitis C, syphilis etc
- We have molecular mimicry whereby inflammatory processes are driven by cross-reaction eg ankylosing spondylitis
- Low-grade microbial presence (perhaps behind biofilm) which drives disease, e.g. dental plaque
- Low-grade microbial presence with amyloid as a biofilm defence.....i.e. prion disorders (Alzheimer's, MND, PD)
- The fermenting gut – microbes spilling over into the blood stream to drive inflammation at distal sites. I think of this as allergy to microbes..... e.g. interstitial cystitis...but many other disease processes
- Toxins from fermenting microbes in the body e.g. mycotoxins from chronic infection of the upper or lower airways (or environmental moulds, food contaminants, e.g. Plague of Athens 5<sup>th</sup> C BC and Fusarium)
- **These microbes effectively are all parasites**

So in response to the question: *the Somatisation of ME Patients in the UK: How Many are Actually Suffering from Infections?*

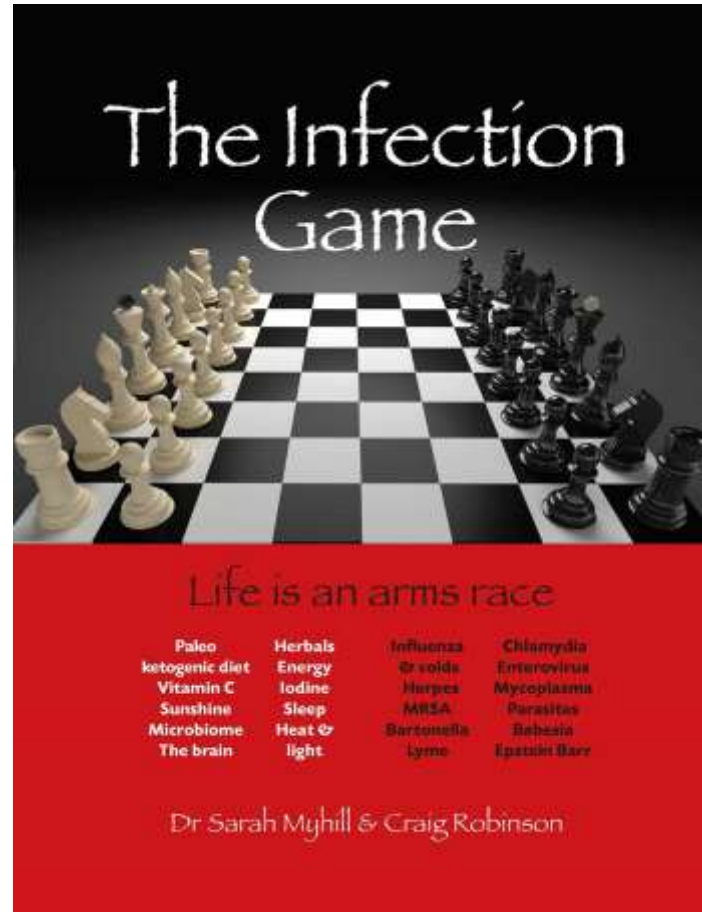
*The answer:*

*All of them*

*ALL MEs CARRY A PARASITIC LOAD OF MICROBES*

It's parasitisation not somatisation!

Details of which infection is driving which pathology is in





# Most diseases of Westerners have an infectious driver Look at the microbes which drive dementia.....

Life is an arms race! You and I are a free lunch.....

Disease	Microbes associated with	Mechanisms	Other causal associations
<b>Dementia.</b> This is now the commonest cause of death in Westerners. See the Office for National Statistics report “Deaths Registered in England and Wales 2015” dated November 2016 [1]	Borrelia (Lyme disease). Toxoplasmosis Herpes virus 1 (cold sores). Herpes virus 2 (genital herpes). Cytomegalovirus. Cryptococcus. Cystercercosis. Mycoplasma. Syphilis. HIV. Creutzfeld Jacob Disease (CJD) (the infectious particle uncertain). Possibly helicobacter pylori and chlamydia pneumoniae. Fungal infection	There is a cumulative effect – the greater the infectious burden and the greater the antibody response to such then the greater the inflammation and risk of dementia. I suspect prion protein is the biofilm (ie the shield) that defends microbes from the immune system. Non-REM sleep clears this protein from the brain. See chapter 6 for more on this.	Sugar (Sugar feeds microbes) and refined carbohydrates. Dementia is also known as type 3 diabetes. The ketogenic diet reverses dementia. See “Reversal of cognitive decline: A novel therapeutic program” Dale E Bredesen [2]. Dr Bredesen used a ketogenic diet and supplements to reverse cognitive decline in Alzheimer’s patients. Lack of deep non-REM sleep which is not just a risk factor but also a predictor of Alzheimer’s. Heavy metals and pesticides (damage the immune system). Arterial disease (also driven by sugar and other infections).

# The immune system is our standing army and it is being overwhelmed by the onslaught

Modern Western life is causing immune havoc – we have more chronic degenerative disease, allergy, auto-immunity and cancer than ever before, the incidence of all is rising fast. The risk of pandemic plague is high. The situation is far too complex for ‘one drug’, ‘one vaccination’ measures. Do not wait for science to come up with a solution - it cannot and will not. Put in place the interventions now so that you are in pole position before the arms race bites.

*“The threat of antibiotic resistance [to mankind] is much more serious than global warming”*

Dame Sally Claire Davies, [DBE](#), [F Med Sci](#), [FRS](#) Chief Medical Officer for England (1949 - )

Microbes are clever and are rapidly adapting to the new free lunch.  
We are already losing the arms race

The fight against infection is not a battle; it is a war. And unlike, king [Pyrrhus](#) of [Epirus](#), who won the battle of [Heraclea](#) in 280 BC by beating the Romans, but lost the war (hence a 'Pyrrhic victory'), we must concentrate on winning the war. This war is a marathon, not a sprint.

The war is waged throughout life. The battle is more like siege warfare with us humans defending our castle and the microbes fighting to get in. Babies are already losing this battle. Caesarian sections and bottle feeding mean babies are not correctly inoculated or fed. Oral thrush, a fungal infection of the mouth, is commonplace. Doctors appear completely unconcerned, but already the first battle has been lost. Fermenting mouths lead to fermenting guts. The gut is leaky – microbes in the gut then get into the body (called bacterial translocation) and we now know these are driving a wide range of pathologies

# How do you know you are losing the arms race?

Dental plaque (fermenting mouth)

Body odour (fermenting skin)

Dandruff (fungal infection)

Being apple shaped (fat is deposited where the immune system is busy)

Upper fermenting gut (reflux, indigestion, bloating)

Tendency to coughs and colds

Joint and muscle aches, muscle stiffness

# It starts at birth with...

Oral thrush and cradle cap

Reflux, burping, posseting (all symptoms of upper fermenting gut)

Colic (allergy to food)

Crying (mother's diet and/or formula milk is high carb – which results in adrenalin spikes)

Poor sleep - the adrenalin spikes wakes baby in the night

**VACCINATION!** What a horror! Microbes and immune adjuvants injected directly which bypass the normal immune defences!!



# Case history: Baby Robyn

- Fully breastfed by Mum Michelle who eats a paleo ketogenic diet
- No vaccinations

Result:

Slept well from birth, since 5 weeks old.....10 hours a night

No burping, no posseting, no vomits

Non-smelly nappies

Rarely cries

Strong neck muscles at 3 months

Baby Robyn has started her arms race well. It is never too late to start! We should all be putting in place the defences NOW. Furthermore, this is the starting point to treat all pathology associated with inflammation. AND most pathology is!

By the time patients consult with me, pathology is far advanced.  
Indeed yes – many will need and benefit from the wonderful tests available from ArminLabs

BUT the starting point to treat them will be exactly the same

You MUST do this too.....and you will help your patients by understanding the why, what and how of the regimes.

I spend more time talking about these basic regimes than all other subjects put together. There is no point building a house until the foundations are strong and will last a lifetime



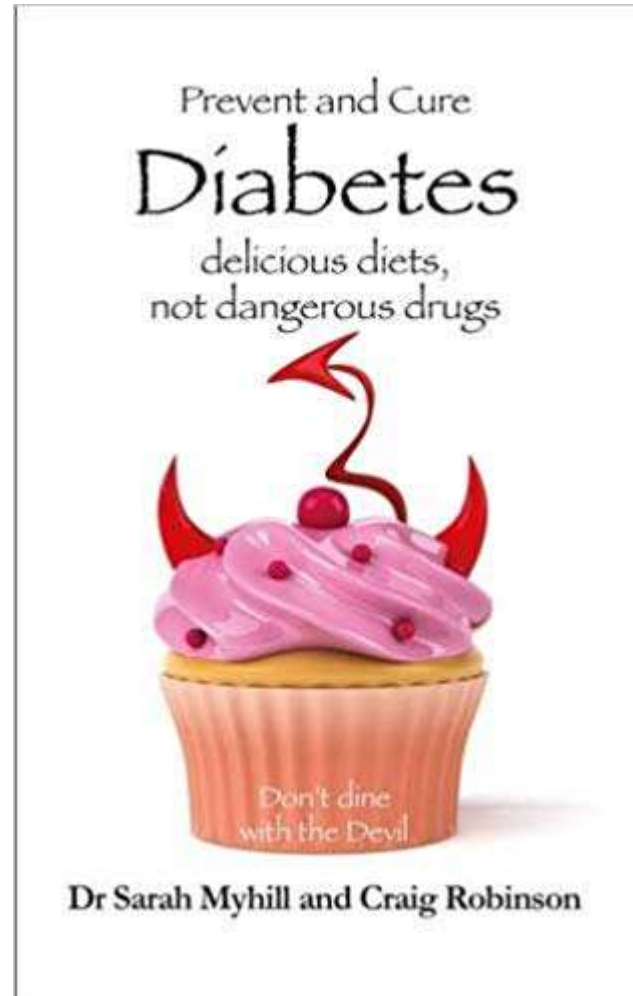
# This gives us Groundhog Day strategies.....

Groundhog Basic – what we should all be doing all the time to prevent infection

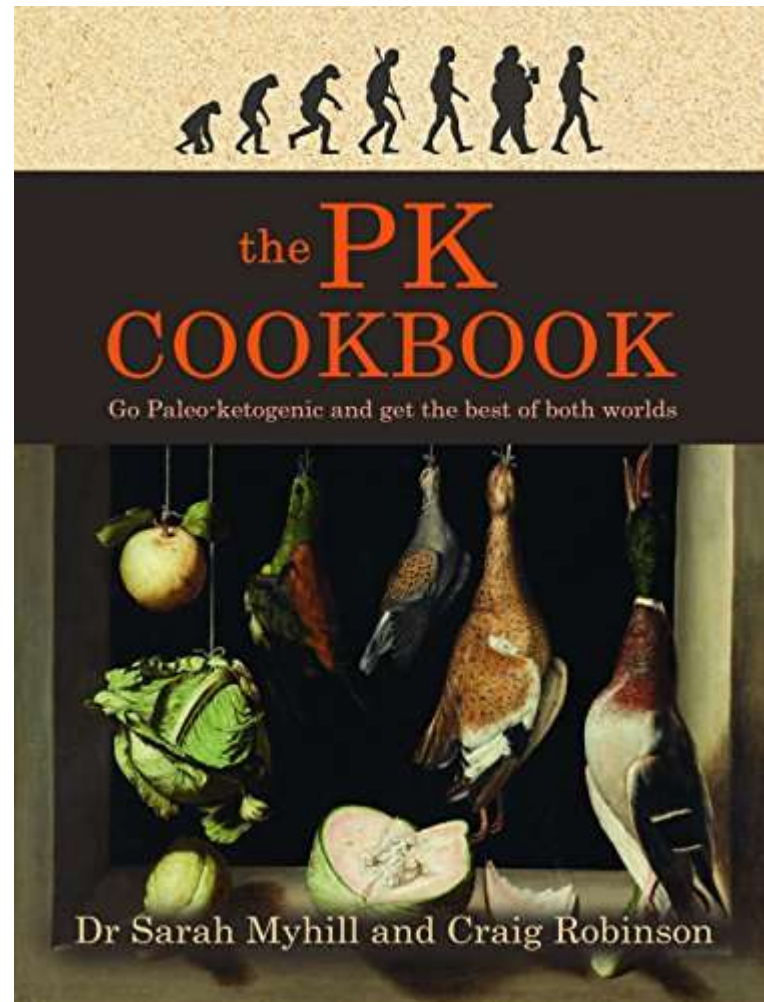
Groundhog Acute – all that we should be doing AT THE VERY FIRST SYMPTOM. Do not let the little wretches even get a foothold! Sweep them off the beaches at the first opportunity!

Groundhog Chronic – all the above and more.

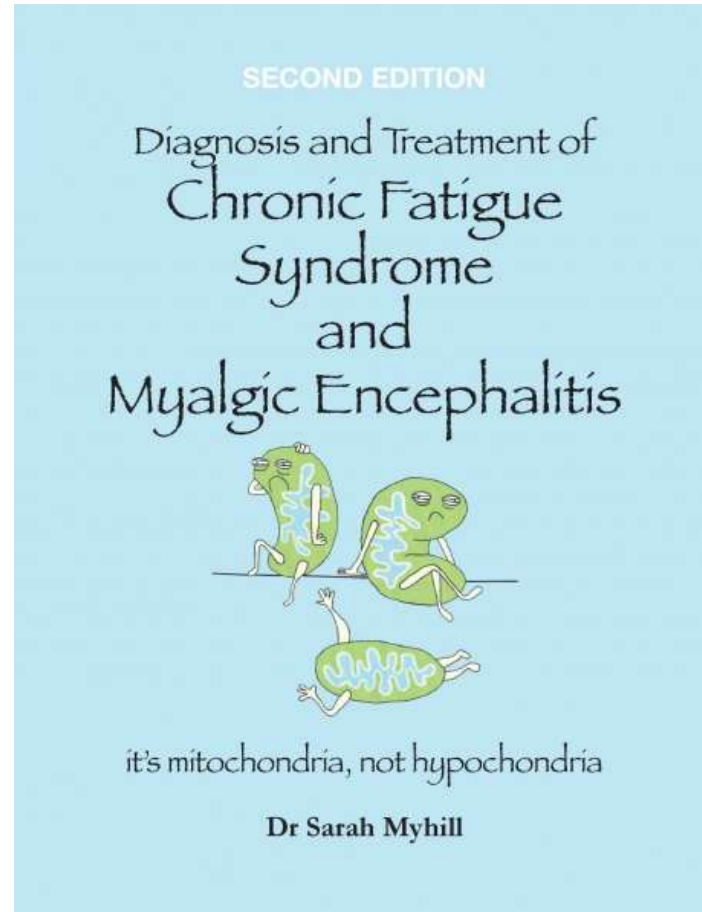
# Groundhog basic: The Paleo-ketogenic diet WHY



# Groundhog Basic: The Paleo Ketogenic diet HOW



# Groundhog Basic: energy delivery mechanisms



# Groundhog Basic

- Micronutrients
- Sleep
- Exercise
- Heat and light

# Groundhog Basic: use your brain

*"You were born with a perfectly good brain, now is the time to use it!"*

Mrs Pearce, 1968, before every times-table test, Princes Risborough County Middle School. Craig's first teacher.

Avoid exposure: gobs, guts, genitals and gnats

Risky behaviour: drug abuse

Injuries and broken skin

The Pill and HRT

Symptom suppressing drugs: e.g. acid blockers, NSAIs.....

Vaccinations

*"An ounce of prevention is worth a pound of cure"*

Benjamin Franklin, 17 January 1706 - 17 April 1790.

# Groundhog Acute – be prepared

*“By failing to prepare, you are preparing to fail.”*

Benjamin Franklin

Infections come when we least expect them. Stock up your first aid kit now so you have the tools of the trade at your fingertips.

- Ascorbic acid
- Lugol's iodine (and coconut oil to make a salve)
- Salt pipe
- Sunshine salt (for the perfect rehydration mix)
- Salt and dressings for skin breaches

*“Of several remedies the physician should choose the least sensational”.*

Hippocrates, 460 - 370 BC

Otherwise known as the KISS principle ‘Keep It Simple, Sweetheart’

# Groundhog Acute: the weapons – vitamin C

*“The patient should get large doses of Vitamin C in all pathological conditions while the physician ponders the diagnosis.”*

Dr Frederick Robert Klenner, B.S., M.S., M.D., F.C.C.P., F.A.A.F.P. 1907 – 1984

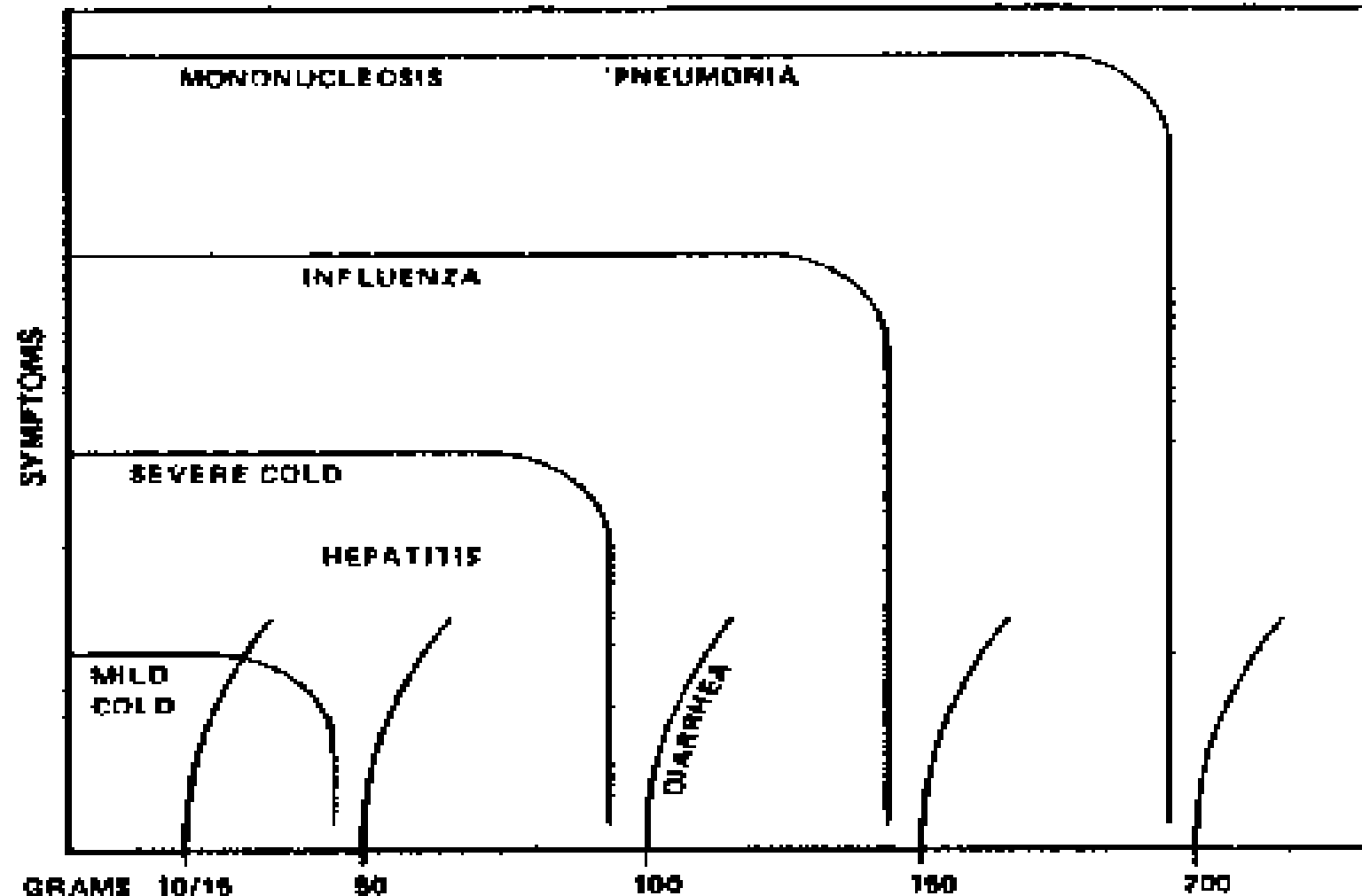
Take ascorbic acid 10 grams every hour until you get to bowel tolerance

This will abolish the symptoms and you will feel better at once. This has kept me infection free for 35 years



# REPRESENTATIVE DOSES TO TREAT ACUTE SYMPTOMS OF DISEASE IN PATIENTS VERY TOLERANT TO ASCORBIC ACID

*Medical Hypotheses*, 7:1359-1376, 1981. Robert F. Cathcart, III, M.D. Allergy, Environmental, and Orthomolecular Medicine 127  
Second Street, Los Altos, California 94022, USA Telephone 650-949-2822



From the Eastern Virginia Medical School in Norfolk, Virginia, Dr Paul Marik added intravenous vitamin C to his normal antibiotic protocol for treating patients diagnosed with advanced sepsis and septic shock in his intensive care unit

Before using vitamin C the mortality was 40%. Mortality is now less than 1%. Had this been a novel antibiotic it would have made headline news!

Dr Marik offered the following observations: *"In the doses used, vitamin C is absolutely safe. No complications, side effects or precautions. Patients with cancer have safely been given doses up to 150 grams - one hundred times the dose we give. In the patients with renal impairment we have measured the oxalate levels; these have all been in the safe range. Every single patient who received the protocol had an improvement in renal function."*

(Please note anyone receiving intravenous vitamin C must be first checked for glucose-6-phosphate dehydrogenase deficiency. High dose vitamin C in these people may cause a haemolytic anaemia. I can find no evidence of this being an issue for oral vitamin C)

# Groundhog Acute: the weapons – iodine

*"Iodine is by far the best antibiotic, antiviral and antiseptic of all time."*

Dr David Derry

Iodine kills all classes of pathogen on contact: viruses, bacteria, fungi, yeasts and protozoa. Most bacteria are killed within 30 seconds of contact. No microbe is resistant.

It is extremely safe to take. The French physician Lugol in 1829 developed Lugol's iodine, which was a mixture of 5% iodine with 10% potassium iodide, which greatly enhanced the absorption of iodine. He prescribed 300 to 1,000mg (Lugol's 12% iodine 40 to 160 drops, 2mls to 8mls) per day for the treatment of infectious disease, with good results.

Vitamin C attacks from the inside out  
Iodine attacks from the outside in

Use iodine mixed with coconut oil as a salve for the skin, scalp, nose, ears, around the eyes, mouth, perineum etc. Because it is volatile and penetrates the skin well, apply to the skin over swollen lymph nodes. Use as often as necessary to keep the skin stained yellow.

Use Lugol's iodine inhaled in a salt pipe for all upper and lower respiratory infections e.g. pharyngitis, tonsillitis, laryngitis, sinusitis, otitis media, rhinitis, bronchitis,

# Other weapons include:

- Herbs, spices and fungi
- Heat
- Light
- Do not suppress symptoms
- Rest – allow the immune system the energy it needs to fight

# The Infection Game then details how to use these tools to treat

Acute respiratory infections

Fermenting gut

Childhood fevers

Gastroenteritis

UTIs

Skin infections

Dental infections

Etc.....

# ME patients come with chronic infections that are well established

Chapter 27 – are you infected? Symptoms and signs

Chapter 28 – principles of diagnosis of chronic “stealth” infections.  
Which tests to do and what they mean.

*“There are two ways to be fooled. One is to believe what isn't true; the other is to refuse to believe what is true.”*

[Søren Kierkegaard](#), Danish philosopher, 1813 – 1855

Chapter 29 – principles of treatment: improve the defences, choice of antimicrobial, Herxheimer reactions and duration of treatment

# Groundhog Chronic: improve the defences

Treatments for chronic infections which arguably we should all adopt as we age

As we age we acquire infections.

My DNA is comprised 15% of retrovirus. So is yours.

I was inoculated with Salk polio vaccine between 1957 and 1966 so I will probably have simian virus 40, a known carcinogen.

I am probably carrying the chickenpox, measles, mumps and rubella viruses because I suffered those as a child.

I was also a bit spotty so *propionibacterium acnes* may be a potential problem.

At least 90% of us have been infected with Epstein Barr virus.

I have been bitten by insects and ticks from all over the British Isles so I could also be carrying Lyme (*Borrelia*), *Bartonella*, *Babesia* and perhaps others.

I have been a cat owner and could well test positive for *Bartonella*.

I have suffered several fractures which have healed but I know within that scar issue will be lurking some microbes – feed them some sugar and they will multiply and give me arthritis.

I have had dental abscesses in the past and have one root filling which undoubtably will also harbour microbes. In the past,

I have consumed a high carb diet which inevitably results in fermenting gut.

On the good side, my puritanical upbringing means I have been free from STDs (thank you Mum!).



# Groundhog Chronic:

## All of GH Basic and GH Acute

Plus 14 hours in 24 fasting, episodic fasting

Extra supplements for detoxing

Supplements for raw materials for healing and repair

Review energy delivery mechanisms (as we age our mitochondrial, thyroid and adrenal function decline)

Review and get rid of prescription medications – doctors are dangerous

Use your brain

If you are tiring of Groundhog, be inspired by these quotes...

*We are what we repeatedly do. Excellence, then, is not an act, but a habit."*

Idiomatic translation by Will Durrant in 'The Story of Philosophy' of the original,

*"Excellence is an art won by training and habituation.."*

Aristotle, 384BC- 322BC

*"repetitio est mater studiorum"* – repetition is the mother of all learning

Old Latin Proverb

***"consuetudinis magna vis est"* – the force of habit is great**

**Cicero, 106BC – 43 BC (assassinated for his opposition to Mark Antony, Cicero's last words were purportedly "There is nothing proper about what you are doing, soldier, but do try to kill me properly.")**

Chapters 31 to 38 deal with the management of chronic infections of:

The gut (yes - it all starts in the gut!)

EBV and other herpes viruses

Lyme disease

Bartonella and Babesia

Mycoplasma and Chlamydia

Rickettsia and Yersinia

All other infections

Preventing antibiotic damage to the gut microbiome

.....JUST DO IT

..... so you can live a high quality  
high quantity life

.....and do silly things on horses

