

AONM Newsletter September 2019



AONM's May Conference, "Multi-System Diseases: Improving Patients' Lives with Proper Diagnosis and Appropriate Treatment Interventions", was absolutely fascinating, with Dr. Byron Hyde from Canada presenting the connections between enteroviruses and ME, Dr. Sam Yanuck from the USA talking about Clinical Management of the "Infected & Autoimmune" Conundrum in Autoimmune Encephalopathies, and many other exciting contributions from renowned international speakers. All the presentations as well as video recordings are available on our website free of charge (see the May 2019 Conference in the drop-down menu under the tab Events at www.aonm.org).

Our upcoming Annual Conference on November 17th promises to be extremely special too. Dr. Lawrence Afrin, world authority on MCAS/MCAD, is speaking in the UK for the first time, on "Mast Cell Activation Disease: Current Concepts". Dr. Jodie Dashore will be with us in person this time (by video-link last year due to a hurricane in the US), speaking on "A Plant-Based Natural Approach to Chronic Inflammatory Response Syndrome (CIRS)". We are delighted to welcome Dr. Dietrich Klinghardt again, who will be presenting the very latest findings and clinical results of the plant-based anti-retroviral approaches he is using with his teams around the world (see the interview in this issue for further information). Dr. Ann Corson, board-certified MD specialising in the epidemic of vector-borne and environmental illnesses, will also be with us, as will Dr. Armin Schwarzbach from Arminlabs, shedding light on testing from around the world. Dr. Judy Mikovits will chair the conference with her trailblazing courage and unparalleled insights into the most intractable chronic conditions, and Dr. Jean Monro from Breakspear Medical will be holding the keynote. We would like to suggest you book early to avoid disappointment, as pre-sales have never been as fast as for this year's November conference.

This month we cover the effects of EMFs on the virulence of pathogens, something the telecommunications industry is continuing to deny despite hard evidence from as far back as 1971, as Professor Martin Pall explains in the video cited in the article. We were also privileged to have the opportunity of interviewing Dr. Dietrich Klinghardt, who shares a taster of some of what he will be presenting in November. The newsletter closes with an overview of upcoming events through to the end of this year – a vast array of superb training and conferences.

CONTENTS

- ▶ **1. EMFs: The potentiation of Borrelia and other pathogens**
- ▶ **2. Interview with Dr. Dietrich Klinghardt: “Retroviruses as a key underlying driver of chronic disease”**
- ▶ **3. Upcoming events**

1. 1. EMFs – The potentiation of Borrelia and other pathogens

By Gilian Crowther, AONM Director of Research

The effects of pathogens are being potentiated by electromagnetic frequencies (EMFs) in a dual manner. EMFs greatly impact our immune system, making us more susceptible to viruses, bacteria and biotoxins, and also potentiate the virulence of those pathogens. This is a perfect storm that even the most apparently robust of us need to be aware of, especially with the onset of 5G.

Suppression of our immunity

The growth in our exposure to microwave radiation has been exponential, particularly since the turn of the millennium. EMFs, as Professor Martin Pall has been evidencing since 2013, exert their action (at least partially) by activating the voltage gated calcium channels (VGCCs) on the plasma membrane of our cells. When open, VGCCs let in one million calcium ions (Ca²⁺) per second.

We have two calcium-dependent nitric oxide (NO) enzymes, and they are triggered by this excess influx of calcium. The upregulated NO production increases superoxide and peroxynitrite (ONOO⁻), which lead to free radical generation and oxidative stress, as well as single-strand breaks in DNA. These consequences are enough in themselves to contribute to a myriad of health issues, but the upregulation of reactive oxygen species in the cell also has an inhibitory effect on calcineurin. “Calcineurin inhibition leads to immunosuppression, which in turn leads to a weakened immune system and an increase in opportunistic infection”, as described in a recent article by Doyon and Johansson.

Professor Pall and other experts argue that the safety guidelines of the industry for exposure to EMFs are completely miscalculated (see his talk to Breakspear Medical, “Electromagnetic field exposures act via activation of VGCCs: how this leads to diverse impacts on health”,

<https://www.youtube.com/watch?v=0RIskTMLV4>

[0&list=PLnc9bjQmU1NdZIZMXZiK84CIA61126Jj](https://www.radiationresearch.org/research/dr-martin-palls-latest-compilation-of-emf-medical-research-literature/) and “5G: Great risk for EU, U.S. and International Health! Compelling Evidence for Eight Distinct Types of Great Harm Caused by Electromagnetic Field (EMF) Exposures and the Mechanism that Causes Them.”

<https://www.radiationresearch.org/research/dr-martin-palls-latest-compilation-of-emf-medical-research-literature/>).

Physicians for Safe Technology have compiled extensive documentation and references on how non-ionizing radiation can cause damage to cell structures and disrupt the immune system: “Microwave radiofrequency electromagnetic radiation from wireless devices acts as an environmental stressor with direct oxidative toxic effects on cellular processes that are not related to heat or to ionization. The effect of radiofrequency EMR is indirect, inducing biochemical changes in cellular structures and their membranes.” (<https://mdsafetech.org/5g-telecommunications-science/>).

Greater virulence of pathogens

That our immunity has the potential to be hugely weakened by EMF exposure, depending on its strength and frequency, would therefore seem clear. But what is the connection with the virulence of pathogens, whether viruses, bacteria or otherwise?

Vargová et al in a 2017 study published in Systematic and Applied Acarology (“Ticks and radio-frequency signals: Behavioural response of ticks (*Dermacentor reticulatus*) in a 900 MHz electromagnetic field”) found that “ticks preferred the electromagnetic field with a frequency of 900 MHz - exactly the one used in mobile phones.” The study authors found that irradiation with 900 MHz RF-EMF “induces an immediate tick locomotor response manifested either in a previously unreported jerking movement of the whole body or in jerking of the first pair of legs. Overall, ticks exhibited significantly greater movement in the presence of the RF-EMF.”

Experts in this field also claim that Lyme spirochetes exposed to EMFs feel threatened and create more biotoxins. Biotoxins cause an amplification of cytokines, and symptoms worsen as a result. Few studies have actually been done on this, but a study by Marsch, Mayet and Wolter as far back as 1993 showed that cutaneous fibroses in chronic *Borrelia* infection may be provoked by trauma, surgery or electromagnetic radiation. Liu et al in 2011 evidenced the induction of Epstein-Barr Virus Early Antigen expression by mobile phone

radiation. The EBV-EA Positive Rate became statistically significant after just a few weeks. EMFs can also cause reactivation of past EBV infection: “Exposure to a 50 Hz electromagnetic field induces activation of the Epstein-Barr virus genome in latently infected human lymphoid cells” (Grimaldi et al, *J Environ Pathol Toxicol Oncol.*). Exposure to RF-EMFs within a narrow level of irradiation (an exposure window) also makes microorganisms resistant to antibiotics, as published in Dose Response, “Evaluation of the Effect of Radiofrequency Radiation Emitted From Wi-Fi Router and Mobile Phone Simulator on the Antibacterial Susceptibility of Pathogenic Bacteria”. “These results were confirmed by the study of Stansell et al, who found that static magnetic fields at moderate intensities are able to decrease antibiotic sensitivity and make *E coli* WHMC 4202 more resistant.” Dr. Klinghardt recounts an experiment by a prominent mould researcher on *Candida* in which the unprotected spores placed next to a Wi-Fi router (compared to the control) produced 600 times more biotoxins per hour than in the protected dish, surmising – interestingly – that this is a protective reaction: “They suffer as much as we do. they’re mounting their defences to shoot back.”

There certainly appears to be good evidence that EMFs of different kinds can profoundly impair our immunity, making us more susceptible to pathogens of all kinds. And that the pathogenicity of different bacteria, viruses and moulds can often be amplified under the influence of different frequencies. How exactly 5G will affect us – and other living organisms – on both these counts is as yet largely unknown, as no biological safety tests whatsoever have yet been conducted. To the extent that Brussels, the very heart of the EU, has actually decided to forbid the installation of a 5G network: “The people of Brussels are not guinea pigs whose health I can sell at a profit.” (Céline Fremault, Minister responsible for Housing, Quality of Life, Environment and Energy in Brussels).

2. Interview with Dr. Dietrich Klinghardt: Retroviruses as a key underlying driver of chronic disease

DR. DIETRICH KLINGHARDT MD, PhD, has been practising medicine since 1975. He has worked in the US since 1982, and founded the



Sophia Health Institute in Washington (Seattle), where he is the lead physician. He is also founder of the Klinghardt Institute.

(www.klinghardtinstitute.com).

He is internationally renowned for his work with patients with chronic illness of all kinds, especially neurodevelopmental and neurological disorders. He has received numerous prestigious awards, including “Physician of the Year”, and regularly speaks/holds events in the UK.

AONM: Dr. Klinghardt, you have opened up entirely new avenues in the approach to chronic disease with your focus on retroviruses as a key underlying driver. Please can you first explain what retroviruses are? What is the difference between a virus and a retrovirus?

DK: The more familiar DNA viruses such as those from the “herpes family” - and many others - work their way from DNA over to the RNA and from there to the manufacture of viral proteins. Retroviruses work their way backwards – from the RNA to the DNA – and then forward again from there. A retrovirus works via the enzyme “reverse transcriptase”. Once inside the cell, it uses the enzyme to force the cell to create viral DNA. This viral DNA becomes integrated into the host-cell DNA.

Human endogenous retroviruses (HERVs) make up part of our genome (4-8%) and represent footprints of previous retroviral infection (length of HERV-DNA in a single patient: 150 000 times round the earth). These can however be triggered and cause illness – we’ll talk about that a little later. And then there are endogenous retroviruses, RVs that can be acquired. They are present in the saliva of most biting insects – this includes ticks, stinging flies, fleas and spiders – and can be transferred to the host in the company of bacteria (*Borrelia*, *Bartonella*) or viruses: flaviviruses (*FSME*, *Zika*, some *flus*, *dengue*, etc.), *EBV*, *HSV-1/2*. Vaccines have also tested positive for retroviruses. [See the book “*Plague*” by Dr Judy Mikovits for further information.]

AONM will be exhibiting at the BSEM’s Annual Scientific Conference on Sept. 27th 2019,

[“5G and Health - The Facts, Risks and Remedies”](#).

Please see “Upcoming events” for further details.

AONM: What is published and what illnesses are potentially caused by, or have as a contributing factor, activated retroviruses?

DK: CNS-related illnesses: ME/CFS, Gulf War Syndrome, Autism, MS, Parkinson's, ALS, Schizophrenia Auto-immune diseases: Lupus, Crohn's, Hashimoto's Thyroiditis, Polymyositis, Sjogren's syndrome, Bechet's Disease, primary biliary cirrhosis Cancer: prostate, breast, non-Hodgkin's lymphoma, chronic lymphocytic leukaemia, mantle cell lymphoma, hairy cell leukaemia, bladder, colorectal, kidney, ovarian. To that I am adding a list of other illnesses that have responded under my care to retroviral interventions: intractable Lyme disease, mould illness, insomnia, brain fog and all stages of a deteriorating brain, most childhood illnesses including ADHD and behavioural problems. Real-time PCR has revealed that the copy number of HERV-H is indeed higher in children with autism, for example.

AONM: You mentioned that there are triggers for retroviruses. Could you give us some examples?

DK: We have to look at the forces in our environment that have disabled our mechanisms for silencing HERVs and other more recent retroviral infections. We have three main mechanisms by which we shut down sections of our DNA that shouldn't be expressed – methylation, acetylation and histone modification. Well we have proof that exposure to wifi demethylates DNA. It removes the histone cap on retroviral DNA and other viruses. Glyphosate and nanonised aluminium are also big contributors to this protective process going awry.

Inflammation, oxidative stress and microbial infection are also all known triggers of retroviral activity. Both human and animal retroviruses can also infect the central nervous system both directly and indirectly. The guidance of Dr. Judy Mikovits and her brilliant work has been pivotal in developing these insights: www.klinghardtinstitute.com has many references to this both on the website and in presentations of mine.

AONM: Are there any tests of this available yet?

DK: Therapists trained in Autonomic Response Testing, a central part of my therapeutic approach, are able to pick up retroviral infection using various techniques that I teach. We hope it won't be too long before we have some systematised markers, but nothing definitive is available as of yet.

AONM: Are there any ways retroviral infection can be addressed?

DK: Yes absolutely. There are medical drugs – antiretrovirals that have already been developed for HIV, for example, but their side effects are often considerable, and they are incapable of capturing all the retroviruses that that are adjacent to that narrow spectrum. Plant compounds can. Plants have been exposed to exactly the same retroviruses that we have been exposed to, but they have had 350 million years longer than us to evolve plant-adapted genes. There are studies evidencing the antiretroviral properties of very specific remedies, and I and my teams found that we were often getting excellent responses from these biological solutions, and much faster than in the past.

AONM: Can you give us a few examples of these biological agents?

DK: Baicalein – a flavonoid compound purified from the Chinese herbal medicine skullcap – is known for its ability to inhibit retroviral infection. Pantethine, interestingly, activates gene acetylation and slows replication of retroviral DNA. Ki Retro-Vi Powder from Ki Science has a wide spectrum of anti-retroviral ingredients, some sourced from the foothills of the Himalayas, some from Mongolia, all backed by sound scientific studies. Cistus Incanus tea also has proven retroviral properties, as well as being antiviral, antibacterial and anti-fungal, and a biofilm breaker. One can even refine the diet specifically to support antiretroviral activity. Flavonoids belonging to the flavonol or flavone group simultaneously inhibit reverse transcriptases and proteases. But chronically ill patients usually need targeted support with active extracts.

Of course you need to remove the key culprits that I mentioned at the outset for the remedies to be successful: this new therapeutic approach should always be combined with the synergistic use of EMR protection, treatment of Lyme and co-infections, mould and metal detox.

www.klinghardtinstitute.com
www.kiscience.com

Please see “Upcoming events” for details of seminars in the UK with Dr. Klinghardt.

Dr. Klinghardt will also be a key speaker at AONM's Annual Conference on November 17th 2019. To register, please go to <https://www.eventbrite.co.uk/e/aonm-annual-international-conference-2019-mast-cells-mould-and-the-myriad-of-diverse-factors-tickets-54636097037?aff=ebdshpsearchautocomplete>

3. Upcoming events

AONM ANNUAL INTERNATIONAL CONFERENCE

NOV 17th 2018 9.00 am - 6.00 pm



AONM ANNUAL INTERNATIONAL CONFERENCE 2019

Mast Cells, Mould, and the Myriad of Diverse Factors Underlying Chronic Ill Health

Date & Time: **SUNDAY 17 NOV 2019 | 09:00 - 18:00**

Location: **Holiday Inn London Regents Park, W1W 5EE**

This event will delve deeply into the elements underlying chronic illness with particular focus on the effects of biotoxins, a deep and insidious driver of persistent disease. Another key theme of the conference will be Mast Cell Activation Syndrome (MCAD/MCAS), an underrecognized phenomenon in which non-neoplastic mast cell disease drives chronic multisystem inflammation and allergy.

CONFERENCE CHAIR

Dr. Judy Mikovits *Biochemist, Cellular and Molecular Biologist, Molecular Virologist, and Co-Founder/Consultant at M.A.R.C. Inc.*

KEYNOTE SPEAKER

Dr. Jean Monro *Medical Director and founder of Breakspear Medical Group Ltd.*

GUEST SPEAKERS

Dr. Lawrence B. Afrin *Senior Consultant in Haematology/Oncology, Armonk Integrative Medicine, USA.*

Dr. Ann F. Corson *Board Certified in Family Practice & Integrative Holistic Medicine.*

Dr. Jodie A. Dashore *Founder and Medical Director at BioNexus Health Clinic, USA.*

Dr. Dietrich Klinghardt *Founder and Medical Director of the Sophia Health Institute, Seattle, and the Klinghardt Institute.*

Dr. Armin Schwarzbach *Medical Doctor, and CEO of ArminLabs, Augsburg, Germany.*

These talks are appropriate for all those interested in:

Retroviruses ▣ Mycotoxins ▣ Lyme Disease ▣ ME ▣ PANDAS/PANS ▣ OCD ▣ MCAD/MCAS ▣
CIRS ▣ MCS ▣ Fibromyalgia ▣ MS ▣ Autism ▣ ADHD/ADD ▣ Eating Disorders ▣
Anxiety Disorders ▣ Sleeping Disorders



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Call: 03331 210 305 | Email: info@aonm.org
Academy of Nutritional Medicine (AONM)
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Eventbrite

Klinghardt Institute



4th September 2019: A.R.T. Practice Day
Location: Emerson College
4th - 6th September 2019: A.R.T. Fundamental Qualification Exams. Location: Emerson College
7th September 2019: International Family Constellation. Location: Emerson College
12th - 13th October 2019: A.R.T. II Intermediate Course. Location: Peredur Centre, West Hoathly Road, East Grinstead, East Sussex. RH19 4NF
14th December 2019: A.R.T. Practice Day
Location: Emerson College
15th December 2019: International Family Constellation. Location: Emerson College
10th January 2020: A.R.T. Practice Day
Location: Emerson College
11th & 12th January 2020: A.R.T. III Advanced Course. Location: Emerson College

See the www.klinghardtinstitute.com page for further details of each event and registration

BSEM



SCIENTIFIC CONFERENCE

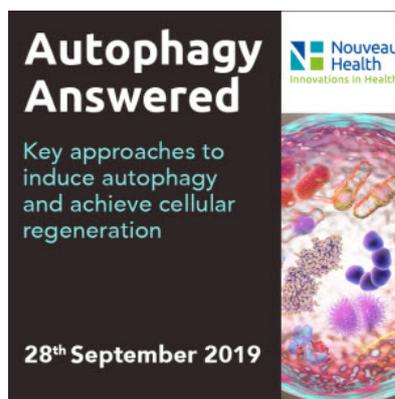
BSEM Conference 2019:
5G and Health - The Facts and the Risks
Friday, 27th September 9.00 - 17.30
Registration: <https://www.bsem.org.uk/events/11-5g-and-health-the-facts-and-the-risks>



Spotlight on Toxicity

15 November 2019 9:00am to 5:00pm
Training Day 5 - Environmental Medicine
Programme: https://hubble-live-assets.s3.amazonaws.com/bsem/attachment/file/69/BSEM_TD_5_-_Programme_-_Spotlight_on_Toxicidity_-_draft_28.05_-_Meu.pdf
Registration: <https://www.bsem.org.uk/events/12-spotlight-on-toxicity>

Nouveau Health



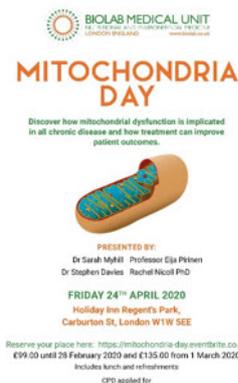
Autophagy Answered
Sept. 28th 9.30 am - 17.30 pm
Cavendish Conference Centre, London
- Ted Talks speaker, researcher, molecular biologist and longevity expert Dr Slaven Stekovic
- Practicing medical physician Dr Marcus Stanton
- Science writer Ben Brown
- Researcher Alessandro Ferretti

Registration:
<https://www.nouveauhealth.co.uk/autophagy-answered>

Biolab



Biolab Event
Mitochondria Day
Friday 24th April 2020
Holiday Inn
Regents Park
9.00 am - 5.00 pm



PANS PANDAS UK in collaboration with the PANS Physician's Network are holding a training event in Glasgow. 25th Oct 2019
Contact: secretary@panspandasuk.org

