

AONM Newsletter February 2020



AONM’s Annual Conference in November 2019 was a stunning collection of unique presentations and exchanges. Places were in such demand that it was booked out a full two months in advance. This newsletter contains a review of that inspiring day, as well as some very important news about two of our regular speakers. The fact that Lyme Disease can cause gut paralysis, the symptoms of SIBO, and many other GI pathologies, is barely recognised: this issue sheds lights on that, with reference to Dr. Sherr’s seminal work on “Bell’s Palsy of the Gut”. Lastly as always we highlight the many superb events ahead at the start of a new decade that will hopefully bring new hope to the many patients so neglected in the UK and beyond.

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1. AONM 2019 Annual Conference: “Mast Cells, Mould, and the Myriad of Diverse Factors Underlying Chronic Ill Health”

AONM’s 2019 Annual Conference was introduced by the indomitable Dr. Judy Mikovits, who gave us a fascinating summary of her upcoming book “Plague of Corruption” (out March 2020, see next section for a review), as well as outlining the topics of the day. Dr. Mikovits also guided us expertly through the rest of the day.



The keynote was presented by **Dr Jean Monro**, Medical Director of Breakspear Medical. Her talk entitled “Environmental medicine aspects of chronic ill health due to Lyme disease

and co-infections” was a kaleidoscopic perspective on Lyme Disease, focusing particularly on the effects of climate change on vector-borne disease risk in the UK. She provided detailed information on the distribution of *Ixodes ricinus* ticks in Great Britain (the main carriers of the disease), the animal populations that carry them, and how this distribution has changed over recent years, as well as future risks and how to address them.



Dr. Jodie Dashore's talk on “Biotoxin Illness From The Ground Up: A Step-by-Step Approach to Natural Treatment Options for CIRS-WDB and CIRS-Lyme” gave deep insight into her programmes for biotoxin

illness caused both by mould (WDB = water-damaged buildings) and Lyme and coinfections. She explained the biotoxin disease pathway, the 13 symptom clusters, and the different CIRS (Chronic Inflammatory Response Syndrome) markers. She gave extensive detail of her clinical approaches using plant-based and all-natural protocols; more will be contained in her upcoming book (appearing 2020, we will report on it when published).



Dr. Armin Schwarzbach uncovered underrecognised and hugely important links between infections and hypercoagulation. He explained how the coagulation system is activated during infections, triggering fibrin

deposition and narrowing of the vasculature. White blood cells have a greater diameter than erythrocytes, and can cause a logjam in the capillary system. The interconnections are extraordinary, and could well explain symptoms of Raynaud's, brain fog numbness in the limbs, etc., that can occur in chronic infections, whether Lyme Disease or coinfections. *Dr. Schwarzbach is giving a webinar on this topic on Tuesday Feb. 4th at 6.30 pm, see Upcoming Events, “The Association Between Hypercoagulation, MCAS, and Infections” – the recording will be available afterwards at <https://aonm.org/view-past-webinars/>.*



Dr. Dietrich Klinghardt's presentation focused on the latest findings on retroviruses in chronic disease. He discussed the difference between endogenous retroviruses (HERVs) and exogenous ones, and the forces in

our environment that have disabled our mechanisms for silencing them. He explained the cornerstones of a protocol for addressing retroviruses, emphasising that 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. *He will be deepening these insights related to ME in his upcoming conference on “A Future without ME/CFS” on February 15th (see Upcoming Events).*

Dr. Lawrence Afrin gave a stunning overview of his decades of groundbreaking work on mast cell activation, often abbreviated MCAS (mast cell activation syndrome). He described the relationships among the various mast cell diseases and detailed his recommended approach to diagnosis and treatment of MCAS. His seminal work entitled “Never Bet Against Occam: Mast Cell Activation Disease and the Modern Epidemics of Chronic Illness and Medical Complexity” (2016) is still the most exhaustive handbook on this hugely misunderstood condition, and well worth reading.



Dr. Anne Corson's talk, “The Chronic Illness Puzzle”, knitted together aspects from across the entire spectrum of holistic medicine, from German Biological Medicine and homotoxicology to methylation genetics/epigenetics, biotoxins/mould illness and much more. Dr. Corson, like Dr. Schwarzbach, also emphasised the central importance of checking for the activation of coagulation, so frequent in chronic illness. Her take-home message was to look again and again for hypercoagulability, biotoxin illness, unrecognized infections, dental issues, structural problems, heavy metal toxicity, methylation faults, and electromagnetic radiation.



The final in-person speaker of the day was **Dr. Sarah Myhill**, who detailed her long struggle for justice regarding the PACE trial, and the betrayal of people with ME (PWME). She explained that the Information Commissioner had found the General Medical Council in breach of section 10 of the Freedom of Information Act, and that the next step was likely to be legal action, her final words being “Watch this space”.

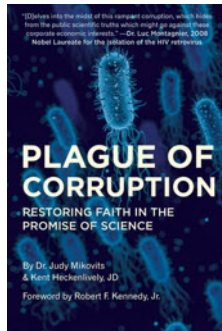


The day was interspersed with inspiring video links to experts such as Dr. Robert Bransfield on “Lyme Borreliosis: Late Stage Neuropsychiatric and Other Clinical Findings and Clinical Assessment”, Dr. Joe Jemsek on the first observational study on his Lyme Disease treatment protocol, and Kris Newby on her newly

published and astounding book “Bitten”. The presentations can be found at the following link <https://aonm.org/aonm-2019-annual-conference/> and the recording will soon be available at <https://aonm.org/aonm-conference-recordings/>.

2. Exciting news from our regular speakers

2a. Book: Plague of Corruption: Restoring Faith in the Promise of Science



Dr. Judy Mikovits’ new book appearing on March 17th, in the words of Dr. Luc Montagnier, 2008 Nobel Laureate for the isolation of the HIV retrovirus, “delves into the midst of this rampant corruption, which hides from the public scientific truths which might go against these corporate economic interests.” The powerful foreword is by Robert F. Kennedy, Jr.: “My father believed moral courage to be the rarest species of bravery. Rarer even than the physical courage of soldiers in battle or great intelligence. He thought it the one vital quality required to salvage the world. If we are to continue to enjoy democracy and protect our children from the forces that seek to commoditize humanity, then we need courageous scientists like Judy Mikovits who are willing to speak the truth to power, even at terrible personal cost.”

Excerpts can be found in her presentation <http://plaguethebook.com/wp-content/uploads/2019/06/Plague-of-Corruption.pdf>

For preorders, please see

<https://www.skyhorsepublishing.com/9781510752252/plague-of-corruption/>

2b. Dr. Joseph Jemsek vindicated and reinstated



In 2006, the North Carolina medical board restricted Dr. Joseph Jemsek’s medical license due to his longer-term therapy of Lyme Borreliosis Complex in his very sick, politicised and marginalised patient population. Now, well over 13 years later, these NC medical board orders have been rescinded and abolished. This

rarely happens. This reversal is vindication for Dr. Jemsek: we join all his grateful patients in congratulating him.

Videolink:

https://drive.google.com/file/d/15N_PNV7hdKR7s4kpaSToQdj3oluPqxqC3/view

3. GI Borreliosis – Bell's Palsy of the Gut

Borrelia burgdorferi, the pathogen responsible for Lyme Disease, can compromise gastrointestinal muscles and lead to gut paralysis, similar to the facial paralysis resulting from inflammation of the 7th cranial nerve called “Bell’s Palsy”. Bell’s Palsy, whether full or partial, is now known to be associated with Lyme Disease, which should always be considered as a differential diagnosis. Spirochetes can affect the entire GI tract. It has long been known that they can impact the oral mucosa (*Treponema pallidum* is an oral spirochete sometimes found in dental infections (1)); the disruption that Lyme Disease (and indeed some of its coinfections) can cause to the GI tract – most aptly known as GI Borreliosis – is much less well known.

Borrelia burgdorferi can affect the nervous system, and the gut-brain connection is now well-researched. It is said that Lyme gastroparesis can involve one or all components of the nervous system (2). It appears likely that branches of the vagus nerve are associated: the 10th cranial nerve (the vagus). The vagus nerve is a modulator of the brain-gut axis (3): “In the abdomen the vagus innervates the greater part of the digestive tract and other abdominal viscera” (4). Lyme neuropathy can cause esophageal or gastric paresis or spasm (or both) (4), while infection of the vagus nerve has also been found to cause this. GERD (gastroesophageal reflux disease), bloating, nausea and colitis have also been associated with *Borrelia burgdorferi* (5), as well as with several of its coinfections, *Bartonella* being one, and *Yersinia* another (6).

M. pneumoniae is also known to have pathogenic effects on the gut lining (7), while *Mycoplasma fermentans* has been detected in inflamed gut mucosa (8). Both have been evidenced in ticks.

There are also clear associations between *Borrelia burgdorferi* and SIBO (small intestinal bacterial overgrowth). This is an inevitable result of the disturbed motility in the bowel, with the loss of normal peristaltic activity: bacteria that should remain in the large intestine migrate upwards due to the logjam in the GI tract, and ferment there, causing bloating, pain and other symptoms. Disruption of the

normal absorption of nutrients further depletes the patient's energy, with evident confusion with what is termed ME (myalgic encephalomyelitis).

The excellent article “‘Bell’s Palsy of the Gut’ and other GI Manifestations of Lyme and Associated Diseases’ contains multiple extremely helpful therapeutic suggestions (pp 87 & 88) (<https://pdfs.semanticscholar.org/ac8c/7116958bc6db97ee111d435ae8b1890dffed.pdf>). It has to be remembered of course that dysbiosis and/or a weak immune system are likely predisposing factors, as ever. [Footnotes for this article are below]

(With thanks to Virginia T. Sherr, M.D., DLFAPA).

4. A Future without ME: Dr. Klinghardt in London on February 15th

Dr. Dietrich Klinghardt MD PhD, internationally renowned physician who spoke at our last conference (see the first article), is holding a conference in London on Saturday February 15th entitled “A Future without ME: True causes and effective treatment strategies”.

This will be a fascinating opportunity to hear this hugely innovative and holistic doctor speak from his 44 years of experience. Dr. Klinghardt will be discussing the multiple issues that may underlie this unexplained condition: viral and bacterial infections, environmental toxins at unprecedented levels, EMFs, structural and dental issues and more. These factors can all be at least partially shielded/avoided if we become aware of them and understand how. He will also be presenting targeted therapies for overcoming this dreadful and manifestly biomedical condition.

Dr. Klinghardt will be supported by a number of renowned international speakers focusing on related topics. Please see the website www.klinghardtinstitute.com for further details, and our “Upcoming Events” section for the registration link.

5. Deep Dive into the Mitochondria: Biolab April 24th

Biolab presents ‘Mitochondria Day’: Holiday Inn, Regent’s Park, April 24th

Recent years have seen an explosion of scientific research into mitochondrial function. These studies reveal that the mitochondria are involved in all chronic disease, suggesting that there is much that can be done to help. Supporting the mitochondria can be a huge factor in helping patients recover.

On Friday 24th April at the Holiday Inn, Regent’s Park, Biolab Medical Unit is presenting a full day on the mitochondria. This is a unique event which will not be repeated and to the best of our knowledge this teaching is not available to practitioners elsewhere. The day is designed to explain how mitochondria work, look at how mitochondrial dysfunction is implicated in virtually every chronic disease and to describe the Biolab tests that assess mitochondrial function indirectly. The teaching will cover the full range of chronic disease: metabolic, cancer, neurodegenerative, ME, autism, cardiovascular, autoimmune, ageing and many others. The speakers will also cover remedies most likely to help.

Rachel Nicoll PhD will discuss mitochondrial involvement in chronic conditions and the remedies that have been shown to improve patient outcomes, Dr. Mark Adams will discuss mitochondrial testing, while Professor Eija Pirinen from the University of Helsinki will give insights into her research on mitochondrial myopathy and mitochondrial dysfunction in weight loss. Three widely renowned BSEM doctors will be explaining how they incorporate mitochondrial remedies into their clinical practice, including Dr Sarah Myhill, who will be presenting her mitochondrial approach to ME and fibromyalgia.

Please see Upcoming Events for registration details

1. Spirochaetes in oral infections”, <https://www.ncbi.nlm.nih.gov/pubmed/8243346>
2. Nichols TW, Pearce LA. Lyme gastroparesis suggestive of inflammatory neuropathy. Abstract presentations—14th Meeting of the American Motility Society and UICM (9-22 to 25-2005, Santa Monica CA and Lyme & Other Tick- Borne Diseases: Emerging Tick- Borne Diseases, sponsored by Columbia University College of Physicians & Surgeons and The Lyme Disease Association. 10-28-05.
3. Vagus Nerve as Modulator of the Brain-Gut Axis in Psychiatric and Inflammatory Disorders. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5859128/>
4. <https://www.britannica.com/science/vagus-nerve>
5. Fried MD, Schairer J, Madigan G, et al. *Bartonella henselae* is associated with heartburn, abdominal pain, skin rash, mesenteric adenitis, gastritis and duodenitis. *J Pediatr Gastroenterol Nutr*, 2002; 35:3.
6. Saebø, A., & Lassen, J. (1992). Acute and chronic gastrointestinal manifestations associated with *Yersinia enterocolitica* infection. A Norwegian 10-year follow-up study on 458 hospitalized patients. *Annals of surgery*, 215(3), 250–255.
7. Chen W, Li D, Paulus B, et al. High prevalence of *Mycoplasma pneumoniae* in intestinal mucosal biopsies from patients with inflammatory bowel disease and controls. *Dig Dis Sci*, 2001; 46(11):2529-2535.
8. Eskow E, Adelson ME, Rao RV, Mordechai E. Evidence for disseminated *Mycoplasma fermentans* in New Jersey residents with antecedent tick attachment and subsequent musculoskeletal symptoms. *J Clin Rheumat*, 2003; 9(2):77-87.

UPCOMING EVENTS

AONM Webinar



The Association Between Hypercoagulation, MCAS and Infections

With Dr. Armin Schwarzbach

DATE: Tuesday 04 February 2020

TIME: 18:30 - 19:30 GMT

https://zoom.us/webinar/register/WN_AY4NDrs0SY2suOf-Orjyfa

AONM Event



AONM Annual May Conference 2020

Lyme Disease

SPEAKERS: Dr. Joseph G. Jemsek, Dr. Armin Schwarzbach, and others

DATE: Sunday 03 May 2020

TIME: 10:00 - 18:00

Location: Holiday Inn London Regent's Park

<https://aonm-may-conf-2020.eventbrite.co.uk>

AONM Event



AONM Cancer Conference 2020

SPEAKERS: Prof. Dr. Katharina Pachmann & others

DATE: Sunday 06 September 2020

TIME: 10:00 - 17:00

Location: Holiday Inn London Regent's Park

AONM Event



AONM Annual International Conference 2020

Conference 2020

SPEAKERS: TBA

DATE: Sunday 15 November 2020

TIME: 09:00 - 18:00

Location: Holiday Inn London Regent's Park

OTHER EVENTS

BSEM Event



BRITISH SOCIETY FOR
ECOLOGICAL MEDICINE

Training Day 6: Spotlight on Hormones

SPEAKERS: Dr. Wendy Denning, Dr. Nyjon Eccles, Dr. Anu Arasu and others

DATE: Friday 07 February 2020

TIME: 09:00 - 17:00

Location: Hallam Conference Centre London

<https://www.bsem.org.uk/events/48-training-day-6-spotlight-on-hormones>

BSEM Workshop



BRITISH SOCIETY FOR
ECOLOGICAL MEDICINE

Introduction to Micro-Immunotherapy

Part II

With Dr Gunther Schlegel

DATE: Saturday 08 February 2020

TIME: 08:15 - 14:00

Location: Hallam Conference Centre London

<https://www.bsem.org.uk/events/49-workshop-introduction-to-micro-immunotherapy-ii>

Klinghardt Institute



A Future Without ME/CFS International Seminar: ME/CFS: True Causes and Effective Treatment Strategies

SPEAKERS: Dr. Klinghardt with guest speakers Dr. Sarah Myhill, Dr. Armin Schwarzbach, Dr. Richard Straube, Dr. Patrick Assheuer

DATE: Saturday 15 February 2020

TIME: 10:00 - 18:00

Location: Holiday Inn London Regent's Park

<https://klinghardtinstitute.com/product/dr-klinghardt-a-future-without-me/>

Klinghardt Institute



A.R.T.™ I Beginners Course

With Dr. Klinghardt and Daniela Deiosso

DATE: Sunday 16 February - Monday 17 February 2020

TIME: 10:00 - 18:00 both days

Location: Holiday Inn London Regent's Park

<https://klinghardtinstitute.com/product/a-r-t-beginners-course-16th-17th-february-2020/>

Yes to Life Annual Conference: Nutritional Science and Cancer



DATE: Saturday 21 March 2020

TIME: 09:00 - 17:00

Location: 173 Euston Road, London

<https://yestolife.org.uk/event/nutritional-science-and-cancer-yes-to-life-annual-conference/>

AONM/Maintrac will have a table at this conference. Please come and say hello.

BIOLAB Event



Mitochondria Day

SPEAKERS: Dr. Rachel Nicoll, Dr. Mark Adams, Professor Eija Pirinen, Dr Sarah Myhill and others

DATE: Friday 24 April 2020

TIME: 09:00 - 17:00

Location: Holiday Inn London Regent's Park

<https://mitochondria-day.eventbrite.co.uk>

BSEM Event Introduction to Low-Dose Immunotherapy



With Dr. Jean Monro

DATE: Friday 01 May 2020 (NEW DATE)

TIME: 09:00 - 15:45

Location: Hallam Conference Centre London

<https://www.bsem.org.uk/events/47-introduction-to-low-dose-immunotherapy-new-date-1st-may-2020>

BSEM Event Annual Scientific Conference - Mould and Mycotoxins: Infections, Allergy and other pathologies



SPEAKERS: Dr. Joseph Brewer over from the US for the first time, famous for the Brewer Protocol for Mould, and many others

DATE: Saturday 13 June 2020

TIME: 09:00 - 17:30

Location: Hallam Conference Centre London

<https://www.bsem.org.uk/events/46-annual-scientific-conference-mould-and-mycotoxins-infections-allergy-and-other-pathologies>

13th European Congress for Integrative Medicine: Transforming Healthcare Together



DATE: 11 - 13 September 2020

TIME: 09:00 - 17:00 all three days

Location: London, UK

<https://www.ecimcongress.com/welcome>

info@aonm.org 03331 210 305 www.aonm.org
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