



AONM Newsletter December 2023



Introduction

This newsletter just before the seasonal break is to briefly cover the continuing and very worrying rise in neurological disorders, many of which are infection-triggered. AONM is increasingly going to cover therapeutic approaches to the PANS/PANDAS aspects of this, and we outline the various options available both in the article and in Upcoming Events.

We are also delighted to report that Professor Koenig, who founded and runs MMD, AONM's mitochondrial laboratory in Germany, has just received a prestigious award for her unique and innovative work.

We all hope for more peaceful times going forward: we wish our readers the very warmest Seasonal Greetings, and the very best for the New Year ahead.

As always, we welcome your feedback: please contact us on info@aonm.org.

- ▶ **1. “Pioneer” Award to our mitochondrial lab director**
- ▶ **2. Neuroinflammation continues to rise post-COVID**
- ▶ **3. Upcoming events**

1. “Pioneer” Award to our mitochondrial lab director

Professor Dr. Brigitte Koenig, founder and CEO of MMD Laboratories, has just won this year's award from Swiss QS24 TV

station in the category “Pioneer”. The award is granted to those rated by the channel's viewers as Health Visionaries. The founder Alexander Glogg explains: “This award is to distinguish innovative, impressive and inspiring personalities for the implementation of their outstanding visions in the fields of health.” The award was voted on by 2.5 million viewers. Professor Koenig is founder and CEO of MMD, AONM's mitochondrial laboratory in Magdeburg, Germany. Dr. Klinghardt was presented with the award in 2021 for his life's work as a doctor.

2. Neuroinflammation continues to rise post-COVID

Neuroinflammation has been a key focus in the UK and beyond in recent months – both the disorders increasingly being suffered and the coverage of these conditions in continuing professional development (CPD) for clinicians.

AONM highlighted the rise in neuropsychiatric disorders – commonly known as PANDAS and PANS – in its April 2023 newsletter, and this development has continued apace. It was even the subject of a Parliamentary Debate on September 12th of this year, for the first time, after the successful launch of an APPG thanks to the huge effort of PANS/PANDAS UK in particular (www.panspandasuk.org). Many articles both in scientific journals as well as the more popular press have come out since. On 20th November the Daily Mail had a double-page spread on the condition entitled “How common viruses can make the body attack the brain - and leave you facing a trauma of twitching and hallucinations”, and the Economist ran with an extensive article on September 20th called “How common infections can spark psychiatric illnesses in children”.

The reason why these disorders are being exacerbated post Covid is being investigated intensively by Moleculera Laboratories and others, and seems to be related to the severe breakdown in the immune system that Covid can cause. AONM is keen to support this investigation in any way it can: the Academy held a talk on PANS/PANDAS at the recent 5th International Conference on Chronic Pathologies near Munich, Germany, organised by ArminLabs (<https://chronic-pathologies.com/en>), as well as at the Thinking Autism Conference in London (<https://www.thinkingautism.org.uk/>) on October 6th-8th on the same theme.

The British Society for Ecological Medicine held a well-attended training for GPs and other members called “Neuroinflammation: An alternative perspective on



neuropsychiatry” on November 3rd (<https://www.bsem.org.uk/events/training-day-16-beyond-neuroinflammation-ii>) that also covered infection-triggered neuropsychiatric disorders, with talks by experts in the field from the UK, as well as fascinating coverage of topics such as schizophrenia by Dr. Ali Ajaz and lipids and the starved brain by Dr. Damien Downing.

Moleculera, the unique laboratory that tests for a number of antineuronal antibody biomarkers associated with these infection-triggered disorders, co-hosted a large three-day conference, NUCI 2023, together with Dr. Gary Kaplan, one of the most prolific PANS/PANDAS physicians in the US. The three-day conference looked particularly at the role of immune dysfunction and infections, and speakers included Professor Ron Davies from Stanford who does superb work at the ME/CFS Collaborative Research Center under the aegis of the Open Medicine Foundation, and Dr. Jennifer Frankovich, who runs a world-famous unit for PANS/PANDAS at Stanford (access to the talks is still available ex post on application to <https://chronicillnessconference.com/contact/>).

Dr. Craig Shimasaki from Moleculera Labs will be holding a webinar on Friday December 15th at 6.00 pm UK time on the biology behind infection-triggered autoimmune neuropsychiatric disorders and the use of the Cunningham Panel to assist in diagnosis and therapy (<https://www.moleculeralabs.com/webinar-utilizing-cunningham-panel-clinical-practice/>). AONM is

also delighted to have Dr. Nancy O'Hara speaking about therapy for PANS/PANDAS on February 2nd 2024, famous for her book Demystifying PANS/PANDAS: A Functional Medicine Desktop Reference on Basal Ganglia Encephalitis.

It remains to be seen whether the rise in neuropsychiatric illness among both children and young people as well as adults can be curbed: an article that has just appeared in Jama (Nov. 30th 2023) does not bode well¹. Its study found that post SARS-CoV-2 infection in 61 patients "the gray matter thickness in the left precuneus and right lateral occipital region and the ratio of the right hippocampus volume to the total intracranial volume were significantly reduced ... gray matter thickness and subcortical nuclear volume injury were significantly associated with anxiety and cognitive function."

¹ <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2812387>

Upcoming events

AONM

Expert Panel Webinar – Roundtable Discussion

Dr. Sarah Myhill, Dr. Armin Schwarzbach, Prof. Leona Gilbert, Zhaneta Misho, Gilian Crowther.

Wednesday December 13th 2023

18:30 GMT

Register here: <https://www.aonm.org/ExpertPanel>

Professor Craig Shimasaki:

Utilising the Cunningham Panel in Clinical Practice: Identifying appropriate patients and how its use can impact treatment

Webinar, 15th December, 6.00 pm GMT

Registration: <https://www.molecularalabs.com/webinar-utilizing-cunningham-panel-clinical-practice/>

Webinar on therapies for PANS/PANDAS

with Dr. Nancy O'Hara, author of "Demystifying PANS/PANDAS"

February 2nd 2024, 7.15 pm.

Further details coming.

Klinghardt Institute

A.R.T. Intermediate / Advanced Practice Day

Friday 15th December 2023.10am – 5pm

The Secrets of A.R.T.: Advanced Training & Practice Day in Sussex, UK

Saturday 16th December 2023: 10am-6pm

Family Constellation with Dr. Klinghardt & Daniela Deiosso

Sunday 17th December 2023:

Time: 9.30am to 5pm

For details, please see www.klinghardtinstitute.com

Lyme Disease Workshop

Discover Lyme Disease Workshop

Julia Behrens and Daphne Lambert

Wednesday, January 11, 2024

10:00 AM - 3:30 PM

To book: jean@greencuisinetrust.org;

further info: julia@herbal-consultant.com

BSEM

Ecological Medicine Approach to Gut Health

Speakers include Dr Damien Downing, Dr Shideh Pouria, Dr Jerry Thompson and Gilian Crowther

2 Feb 2024 9:00am

For details, please see

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