

AONM Newsletter August 2024



Introduction

Our August 2024 newsletter covers a fascinating new article by Professor Douglas Kell of Liverpool University and team on the extent to which herpes viruses could be affecting endothelial function and blood flow. This is followed by spotlights on two recent webinars – one on the mysteries of Kryptopyrroluria, the other on microbes and mental illness with the world-famous Professor Robert Bransfield and colleagues. The UK has a stunning lineup of events going forward into the autumn, and our last article gives highlights from a number of them, and an exceptional discount for readers to “Our Health, Our Planet, Our Future” in September. Upcoming events lists these and further events of interest – AONM looks forward to hopefully seeing you at some of these.

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

CONTENTS

- ▶ **1. Herpes viruses and vascular function/blood flow**
- ▶ **2. The mysteries of KPU**
- ▶ **3. Microbes and Mental Illness**
- ▶ **4. Highlights of fascinating events ahead**
- ▶ **5. Upcoming events**

1. Are Herpes viruses impacting endothelial and vascular dysfunction in M.E./CFS and Long COVID?

A new article by the brilliant Professor Douglas Kell, University of Liverpool, together with Prof. E. Pretorius and M. Nunes from Stellenbosch South Africa, investigates the evidence of endothelial and vascular dysfunction caused by Herpes viruses in M.E. and Long Covid.

In the 2024 article “**Herpesvirus Infection of Endothelial Cells as a Systemic Pathological Axis**”

in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome”⁽ⁱ⁾ the team has collated extensive research to suggest that “the chronicity of ME/CFS symptoms and the multisystemic nature of the disease may be partly attributable to herpesvirus-induced endothelial maladaptation”. It has been shown that blood flow, especially cerebral blood flow, is perturbed and reduced in M.E./CFS patients, as well as the perfusion of specific brain regions. The same team around Douglas Kell have also recently found significant levels of amyloid fibrin(ogen)/microclots - the clotting material implicated in Long COVID – in M.E./CFS plasma samples (The Occurrence of Hyperactivated Platelets and Fibrinoid Microclots in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)).

They garner evidence that endothelial cells can be infected by the Epstein-Barr Virus and HHV-6 in particular, recognising that other herpesviruses, including HHV-8 and Cytomegalovirus, can also do the same. As they write, “ECs [endothelial cells] are the interface between blood and tissue. They enable gas exchange, nourishment, and waste clearance, regulate inflammatory processes, secrete bioactive amines that contribute to haematological and vascular homeostasis, and perform many other essential physiological functions. Any dysfunction in these cells and their functional processes are likely to contribute to or induce pathology ... there is even evidence demonstrating an association between herpesviruses and the impaired perfusion of tissues.” The latency protein in EBV called LMP-1 is especially implicated.

It is crucial to see that EBV and HHV-6 are associated with reduced cerebral blood flow and the perfusion of particular regions. The findings of ‘HHV-6 encephalopathy associated with reductions in cerebral blood flow and the perfusion of the frontal lobe as well as perturbations in coronary microcirculation’ are very shocking, as is their disclosure of cases where EBV infection have caused/been associated with “severe cardiac and vascular issues, including myocarditis, vasculitis, disseminated intravascular coagulation, venous thromboembolism, thrombotic thrombocytopenic purpura, deep vein thrombosis, and stroke.” They go on to explain the association of HHV-6 infection with prothrombotic states and thrombotic microangiopathy. We have heard all too much of these haematological and vascular pathologies over the last four years associated with COVID, and it is very disturbing to now see the links with EBV and HHV-6.

This is a stunning article that will hopefully open up new therapeutic avenues for the myriads of M.E./CFS and Long COVID sufferers in the UK and beyond.

i.<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC11053605/>

2. The Mysteries of Kryptopyrroluria (KPU)

Gilian Crowther, AONM’s Director of Research, has just given a webinar on “The Mysteries of KPU”, covering the likely etiology of Kryptopyrroluria, its symptoms, as well as testing and therapeutic options.. KPU is characterised by elevated levels of pyrroles, a byproduct of haemoglobin breakdown in the urine.

This leads to deficiencies in essential nutrients like zinc, vitamin B6, and biotin, contributing to a diverse array of symptoms. These can range from fatigue, anxiety, and depression to digestive issues, neurological disturbances, and impaired immune function. Even seemingly unrelated issues like allergies, gynaecological complications, and blood sugar irregularities can be linked to this disorder.

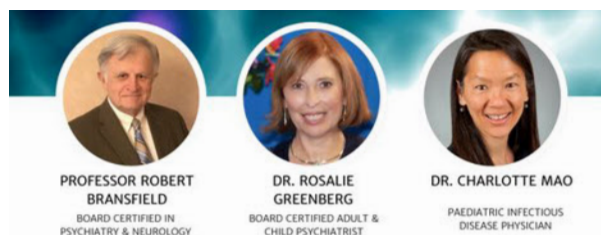
Testing for KPU at an excellent laboratory in Germany is now available from AONM, please see the webpage for further details:

<https://aonm.org/kryptopyrroluria-testing/>

The recording and slides are accessible on the AONM webpage under this link:

<https://aonm.org/kpu-webinar/>

3. Microbes and Mental Illness: Past, Present, and Future



AONM held a fascinating webinar last month with Professor Robert Bransfield, Dr. Rosalie Greenberg and Dr. Charlotte Mao on the multifaceted relationship between microbes and mental illness, including infection-triggered neuropsychiatric syndromes. The speakers discussed specific microbes associated with mental illnesses such as *Borrelia burgdorferi* (Lyme disease), Bartonella, SARS-CoV-2 (COVID-19) and group A strep (PANDAS/PANS).

The recording and all slides are available at this link:
<https://aonm.org/view-past-webinars>

4. Highlights of fascinating events ahead

Our Health, Our Planet, Our Future



On September 7th/8th the Klinghardt Institute is holding an inspiring and transformative event featuring Dr. Klinghardt PhD, Daniela Deiosso MSc and a panel of special guests. Over the course of the two days, Dr. Klinghardt will be updating us on the latest protocols for infections in chronic illness, including Long Covid and neurological disease. Dr Stephanie Seneff, Senior Research Scientist at MIT's Computer Science and Artificial Intelligence Laboratory in Cambridge, USA, will be giving a fascinating talk on the links between deuterium depletion, cancer and COVID-19, highlighting the central role of the mitochondria. Professor Pluchino, Professor of Regenerative Neuroimmunology and Honorary Consultant at the University of Cambridge, will discuss his research into slowing down neurological disability using neural stem cells. Professor Angus Dalgleish, oncologist and specialist in cancer immunotherapy, will be giving us insights into his latest research.

These are just a few of the highlights of what is going to be a stunning weekend. AONM is exhibiting so please come and visit us at our stand. The Klinghardt Institute has granted AONM a unique discount code of AONM2024 for our readers that gives you access for the patient/carer price of £85 rather than the normal fee in commemoration of this very special occasion:

<https://klinghardtinstitute.com/product/our-health-our-planet-our-future/>

The 5th Annual ANP Summit

The Fifth Annual ANP Summit promises to deliver a huge spectrum of information in the field of Chronic Conditions & Complex Pathologies in Natural Medicine. Ten experts will give presentations on topics ranging from protocols for Lyme Disease, cardiovascular health and osteoporosis through to recurrent UTIs and the resolution of deep trauma.

AONM's Director of Research Gilian Crowther will be highlighting how to recognise and provide relief for pathogen-triggered neuropsychiatric disorders often termed PANDAS – (Paediatric) Autoimmune Neuropsychiatric Disorder Associated with Streptococcus – and PANS – (Paediatric) Acute-Onset Neuropsychiatric Syndrome. These are infection-triggered neuropsychiatric syndromes induced by molecular mimicry in the brain, and have extensive crossover with conditions such as ASD, OCD, Tourette's and even anxiety disorder. She will be highlighting both allopathic as well as complementary approaches to therapy. Please see upcoming events (next page) for further details.

Unravelling Brain Health

On 18th October the British Society for Ecological Medicine is celebrating its 40th Anniversary with a Scientific Conference: Unravelling Brain Health, in conjunction with the Public Health Collaboration UK.

The conference will feature presentations by esteemed experts such as Dr Chris Palmer, Assistant Professor of

Psychiatry at Harvard University and pioneer of metabolic psychiatry, author of "Brain Energy", and Professor Ed Bullmore, Professor of Psychiatry at Cambridge University and author of "The Inflamed Mind". Patrick Holford, leading spokesman on nutrition and mental health and founder of the Food for the Brain Foundation, will cover "Four Horsemen of the Mental Health Apocalypse", with deep insights into his ongoing work on Alzheimer's Disease. Dr Jenny Goodman, Medical doctor, long-standing BSEM member and author of the recently published "Getting Healthy in Toxic Times", will be discussing how environmental toxins contribute to mental health issues. This is going to be a stunning exploration of the transformative potential of nutritional and metabolic interventions in improving mental health outcomes. AONM will be exhibiting – please come and visit us. See "Upcoming events" (next page) for further details.

5. Upcoming Events



Webinar: Advancing Research in Gestational Lyme Disease: Biobank Establishment and Study Development.

Professor Leona Gilbert, Dr. Stanley J. Naides and Dr. Laura Gillam

Thursday 5th September 2024, 7.00 pm BST

<https://us02web.zoom.us/j/91917611761>

Webinar: Adaptive Immune Response Investigation in Lyme Borreliosis with Professor Leona Gilbert, Dr. Armin Schwarzbach, Dr. Mihail Pruteanu, Mr. Markus Berger and Mr. Kunal Garg

Wednesday October 9th, 7.00 pm BST

<https://us02web.zoom.us/j/91917611761>

Training sessions

Comprehensive Laboratory Testing and Interpretation: Magdeburg Molecular Detections (MMD)

Mitochondrial testing

Wednesday, 04 September 2024 6.00 - 7.00 PM

<https://us06web.zoom.us/j/91917611761>

Comprehensive Laboratory Testing & Interpretation: IMUPRO

Food intolerances

Wednesday, 18 September 2024 6.00 - 7.00 PM

<https://us06web.zoom.us/j/91917611761>



Klinghardt Institute

Our Health, Our Planet, Our Future

7th & 8th September

Holiday Inn, Brighton

Special AONM discount code: AONM2024.

Entry for the carer/patient fee of

£85 <https://klinghardtinstitute.com/event/our-health-our-planet-our-future/>



5th Annual ANP Summit: Chronic & Complex Pathologies in Natural Medicine

14th and 15th September 2024

Gilian Crowther, AONM, will be giving a presentation on “How to recognise and provide relief for pathogen-triggered neuropsychiatric disorders”

<https://theanp.co.uk/naturopathic-summit/>



Nutritional Medicine Institute (NMI)

An Energetic View: Mitochondrial Nutrition for Fatigue, the Brain, and Healthy Ageing

11th and 12th October 2024 Millennium Gloucester Hotel London

<https://www.nmi.health/nmi-summit-2024/>



BSEM Scientific Conference - Unravelling Brain Health 40th Anniversary Conference with the Public Health Collaboration UK

18th Oct 2024, 9.00 am – 5.00 pm Cavendish Conference Centre, London AONM will be present at this conference with a stand – please visit us!

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

BSEM Training Day on Infectious Pathologies

29th November

with Dr. Armin Schwarzbach, Dr. Daud Mohamed and other speakers – please watch for the announcement on the BSEM webpage

<https://www.bsem.org.uk/pages/161-bsem-events>

For more detailed information about AONM

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