

AONM Newsletter March 2025



Introduction

2025 has got off to an amazing start for AONM with hugely inspiring webinars, and some live events ahead. Professor Craig Shimasaki from Molculera has been invited to speak from the podium at the Integrative and Personalised Medicine Congress (IPM) in June this year, and we are greatly looking forward to that. Gilian will also be holding a workshop there on autoimmunity linked to viruses and bacteria. Please come and visit us at the stand, as well as at the Association of Naturopathic Practitioners event on May 21st, where AONM will also be present. AONM is a supporter of Yes To Life's spring conference on March 29th too, where they are celebrating their 20th Anniversary. AONM is incidentally also celebrating its 20th Anniversary this coming May – more on that in our next edition.

We are very glad, as well, to have Dr. Lee Cowden returning after just over a month, on 10th April, to answer all the questions that came up in his recent introduction to the NutraMedix product line that AONM is proud to now be representing in the UK.

We look forward to any feedback you may have: please contact us on info@aonm.org.

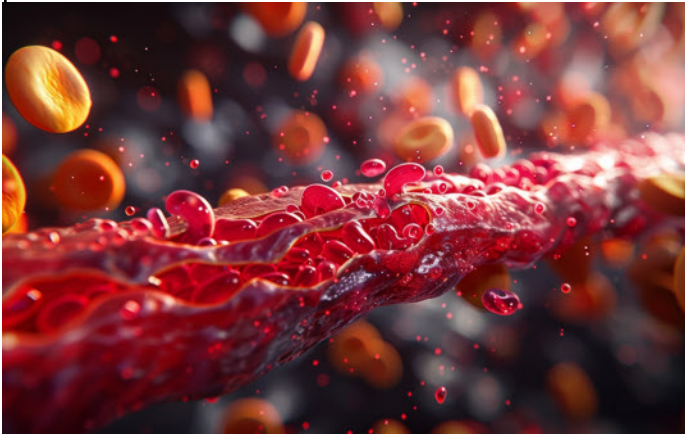
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1. The stealth threat of antiphospholipid antibodies

Antiphospholipid syndrome (APS) is a condition in which the immune system mistakenly creates antibodies that attack our own cellular membranes. This attack is directed against the phosphorus-fat components of our cells, the membranes called phospholipids.

This condition has long been known, but appears to have become more prevalent since the Pandemic, and is likely to be present in sufferers of Long Covid/Post-Covid far more than realised.



This article will focus primarily on antiphospholipid antibodies, and what disorders they have been found in.

Antiphospholipid antibodies (APLAs) affect many elements of the haemostatic system. Antiphospholipid antibodies, produced by B cells, bind to β 2-glycoprotein1 (β 2GP1) on the surface of endothelial cells⁽ⁱ⁾. The key pathogenetic mechanisms can be divided into four groups: (1) cellular activation (endothelial, immune cells, platelets), (2) inhibition of anticoagulant potential, (3) inhibition of fibrinolysis, (4) activation of the complement system (see Figure 1 from Bitsadze et alⁱⁱ). They downregulate nitric oxide production, which compromises vasodilation and leads to endothelial dysfunction. Most importantly, the activation of complement on the cell surface activates coagulation.

Clearly this is likely to create a perfect storm with an infection such as SARS-CoV-2, which has long been known to create coagulopathy. “Antiphospholipid antibody β 2GP1 complexes become thrombogenic in the presence of an inflammatory stimulus”⁽ⁱⁱⁱ⁾, and certainly the spike protein counts as an inflammatory stimulus. But can SARS-CoV-2 actually trigger the production of antiphospholipid antibodies? It would seem that it can. Multiple scientific studies have appeared over the last four years indicating this. In the Sept. 2022 review “Covid 19 and antiphospholipid antibodies”, Lee et al write “Antiphospholipid antibody production in COVID-19 is common”, finding “50% of COVID-19 patients being positive for lupus anticoagulant in some studies”. Likewise in Dec. 2022 in “Covid 19 and the antiphospholipid syndrome”, Cervera et al state “SARS-CoV-2 infection may induce antiphospholipid syndrome characterized by

sustained elevation in antiphospholipid antibody levels.”

APLA are found in 8% of patients with essential hypertension, while over 15% of obese and overweight patients with venous thromboembolism were found to have them in the Brodman et al study^(iv). A significant increase in the incidence of APLA has been noted in the elderly^(v). Surprisingly, they are also found to be “in young children with Autism Spectrum Disorder (ASD)”^(vi), providing “a unique avenue for future research into determining possible pathogenic mechanisms that may underlie some cases of ASD.”^(vi) Note has also been made of their incidence in schizophrenia^(vii), as well as Downs Syndrome^(viii). Hyperferritaemia – even moderate – is also associated with APLA, too, as a seminal article by Yehuda Shoenfeld et al has shown^(ix).

Antibodies against the very make-up of one’s cell membranes is clearly fraught with risks, especially when combined with comorbidities, or when a second hugely inflammatory “hit” occurs, such as Covid. The depletion has been studied in plants and given the term “phosphate starvation”. One wonders whether the phosphate starvation could even be linked to the complete exhaustion that afflicts M.E. and Long Covid patients, because adenosine triphosphate, our energy currency, is dependent on the supply of sufficient phosphate for the “P” in ATP. The receptors in our cell membranes will certainly be depleted and unable to allow substrates into the cells and mitochondria at a normal rate when cellular phospholipids are under attack in this way.

Symptoms extensively referenced in the literature and encountered in clinical practice are:

- **Extreme fatigue**
- **Headaches:** Chronic or migraine headaches.
- **Skin ulcers:** Open sores on the skin.
- **Vision issues:** Double vision or other vision disturbances.
- **Speech and memory issues**
- **Coordination and mobility issues**
- **Anaemia:** Low red blood cell count.
- **Thrombocytopenia:** Low blood platelet count.
- **Heart valve issues**

The even more serious disorders are:

- **Deep Vein Thrombosis (DVT):** Pain, swelling, and redness in the legs.
- **Pulmonary Embolism (PE):** Chest pain, shortness of breath, and potentially life-threatening if a clot travels to the lungs.

- **Stroke:** Can occur even in young individuals without other risk factors.
- **Transient Ischemic Attack (TIA):** Similar to a stroke, but symptoms resolve quickly.
- **Heart Attack:** Increased risk due to blood clots in the arteries.
- **Pregnancy complications** (including miscarriage).

Figure 1.



Effects of APLA on the complement system, inflammation, and vascular tone. β 2GPI— β 2-glycoprotein I, ApoE2—apolipoprotein E2 receptor, DAB2—Disabled-2, PP2A—Protein phosphatase 2A, eNOS—nitric oxide synthase, sENG—soluble Endoglin, TLR-4—toll-like receptor 4, TLR-8—toll-like receptor 8. APLA reduces eNOS activity via ApoE2 interaction. Decreased NO production results in impaired vasodilatation and endothelial dysfunction. APLA activates TLR and inflammasome pathways, triggering the secretion of inflammatory cytokines and chemokines. APLA activates complement on the cell surface, leading to the coagulation activation and cell damage by C5b-9 deposition. Black arrow down—decrease; black arrow up—increase.

Credit to: Bitsadze V et al. Catastrophic Antiphospholipid Syndrome. Int J Mol Sci. 2024 Jan 4;25(1):668

We have seen that Covid would appear to be able to trigger the condition. Can other infections lead to the development of antiphospholipid antibodies? There is indeed evidence that a number of viruses can do this: Cytomegalovirus and EBV, Parvovirus 19, as well as Hepatitis B and C. Where bacteria are concerned, Mycoplasma pneumoniae can definitely be causative. There are also close associations with neurological disorders linked to the Basal Ganglia (PANDAS comes to mind), and H pylori. Please refer to the AONM slides on this for references and further detail at <https://aonm.org/associations-between-infections-and-antiphospholipid-syndrome/>. AONM has the very best tests available for all these infections, whether acute or chronic, and its partner ArminLabs also has a test for antiphospholipid antibodies called “Anticardiolipin antibodies IgG, IgM and IgA” (this full range including IgA is not available in the UK).

Please contact info@aonm.org for further details,: <https://aonm.org/wp-content/uploads/2025/02/AONM-ArminLabs-Additional-Tests-Order-Form-JAN25.pdf>

References:

- i. Yun Z et al. An update on the biologics for the treatment of antiphospholipid syndrome. Front Immunol. 2023 May 19;14:1145145.
- ii. Bitsadze V et al. Catastrophic Antiphospholipid Syndrome. Int J Mol Sci. 2024 Jan 4;25(1):668
- iii. Ibid.Iv. Gary T et al. Primary antiphospholipid antibody syndrome-one further aspect of thrombophilia in overweight and obese patients with venous thromboembolism. Obesity (Silver Spring). 2013 Sep;21(9):E463-6.

- v. Duarte-García A et al. The Epidemiology of Antiphospholipid Syndrome: A Population-Based Study. Arthritis Rheumatol. 2019 Sep;71(9):1545-1552.
- vi. Careaga M et al. Increased anti-phospholipid antibodies in autism spectrum disorders. Mediators Inflamm. 2013;2013:935608.
- vii. Regina P et al. Anti-phospholipid syndrome associated with schizophrenia description of five patients and review of the literature. Immunol Res. 2017 Apr;65(2):438-446.
- viii.Requena-Silla Y et al. Antiphospholipid antibodies and Down syndrome: a case series. J Pediatr Hematol Oncol. 2002 Oct;24(7):575-8.
- ix. Shoenfeld Y et al. Ferritin in the antiphospholipid syndrome and its catastrophic variant (cAPS). Lupus. 2013 Nov;22(13):1327-35.

2. Unparalleled line-up of webinars

On 26th February AONM had the privilege of hosting Dr. Sarah Myhill, who presented on “Mitochondria, not Hypochondria: Diagnosing and Managing Mitochondrial Function in Disease” – please see the recording here: <https://aonm.org/mitochondria-webinars/>. She will be speaking again later on in the year about “Water: The Single Most Important Molecule for Life – How it impacts on energy delivery mechanisms and inflammation with implications for management”, based on Professor Gerald Pollack’s multi-decade work at the University of Washington (cf. his book “The Fourth Phase of Water). To register, please go to www.aonm.org/MyhillWater.

On 26th February we heard Dr. Lee Cowden speak about “Unlocking the Power of Nutramedix: Harnessing Nature for Better Health,” in conjunction with AONM’s new partnership with Nutramedix (<https://shop.aonm.org/shop/nutramedix/>).

Dr. Cowden gave fascinating insights into these high-quality, natural plant extracts sourced mainly from Peru, manufactured using a proprietary extraction and enhancement process to enhance bioavailability. He will be answering all the questions that came up during that webinar, and others live, on April 10th at 7.00 pm, sign-up link is here: www.aonm.org/CowdenQ&A

On Wednesday 26th March Dr. Robert Bransfield presented on his latest article, “The Association between Infectious Diseases, Mental Impairments, Violent Behaviour, and Global Instability”, newly published in 2025

(<https://esmed.org/MRA/mra/article/view/6178>).

His stunning work finds, for example, that “impairments from the SARS-CoV-2 pandemic are associated with an increased risk of mental impairments and violent behavior.” These are fascinating insights from one of the greatest psychiatrists of our time. Please watch for the recording under <https://aonm.org/view-past-webinars/>

On 1st April we have the honour of Dr. Ray Perrin speaking about his new book “Through The Looking

Glass: Long COVID and the Perrin Technique”. This lecture will explore the fundamental principles behind the manual diagnostic and treatment techniques developed by Dr Perrin in the 1990s for ME/CFS and FMS and how they can evaluate and improve the drainage of the brain and spine and restore better health in Long COVID. Dr Perrin will explain how the basic mechanisms of the neuro-lymphatic system (now known as the glymphatic system) works, and how it is compromised in the millions of Long COVID patients all over the world. Please see article 3 in our winter 2024 newsletter for a full review of the superb work:

<https://aonm.org/wp-content/uploads/2024/11/AONM-Newsletter-November-2024.pdf>, and Gilian Crowther’s recent Part 2 of her article in IHCAN Magazine on KPU, “Solving the Metabolic Mysteries of Kryptopyrroluria”, for mention of the book, too: <https://aonm.org/solving-the-metabolic-mysteries-of-kryptopyrroluria/>. To sign up for Dr. Perrin’s talk, please go to www.aonm.org/Perrin

Professional Training

Gilian Crowther, AONM’s Director of Research, is also holding regular trainings for therapists again this year. Please see <https://aonm.org/training/> for the topics, and to register.

3. Moleculera’s CEO speaking at the IPM Summit, Westminster

integrative mental health CONFERENCE 25
Friday 20 June
QEII Centre London UK

Prof Craig Shimasaki
President and CEO, Moleculera Biosciences / USA

Understanding the Connection Between Infections, the Immune System and the Brain: Can Infection Trigger Neuropsychiatric Symptoms, and How Can You Know?

Integrative & Personalised Medicine 25
19 - 21 June 2025
London UK

Register now:
ipmcongress.com

Professor Craig Shimasaki, CEO of Moleculera Biosciences, will be speaking at this year’s Integrative and Personalised Medicine Congress at the Queen Elizabeth II Centre, Westminster, at the Mental Health Day on June 20th at 12.15 pm.

The topic he will be addressing is “Understanding the Connection Between Infections, the Immune System and the Brain: Can Infection Trigger Neuropsychiatric Symptoms, and How Can You Know?”

It is known that between 20 - 60% of patients diagnosed with neuropsychiatric disorders are treatment-resistant to psychotropic medications. Research and clinical studies now demonstrate a clear connection between infections, inflammation, the immune system, and the brain. Professor Shimasaki’s presentation will review how Streptococcus, Borrelia, Mycoplasma and other infections can trigger an antibody response against specific brain targets, resulting in psychiatric and behavioural symptoms such as OCD, anxiety, ADHD and other common symptoms.

Professor Shimasaki will describe how diagnosing the underlying root cause is critical to providing appropriate and effective treatment for chronic and complex disorders such as PANDAS, PANS, neuroborreliosis-type symptoms when Lyme has triggered autoimmunity, and other immune-mediated neuropsychiatric disorders.

He will also be presenting case studies examining autoantibodies and their correlation with various neuropsychiatric disorders before and after treatment, as well as their utility in diagnosis and treatment decisions. This information will be an invaluable resource for learning more about the diagnosis and treatment of these complex yet treatable conditions.

AONM/ArminLabs will have a stand at the IPM, B3: please come and visit us, and take part in our tombola!

ONE OF 80+ WORKSHOPS
SATURDAY 21 JUNE / 11:15 - 11:45

Autoimmunity, the Viral / Bacterial Connection and How Testing Can Help

Gilian will be speaking about the mechanisms associated with viral and bacterial induced autoimmunity. She will cover some of the key viruses and bacteria linked to autoimmune disease and what tests can be used to detect chronic pathogens underlying autoimmune conditions.

Gilian Crowther
Nutritional Therapist / Naturopath / Director of Research, Academy of Nutritional Medicine (AONM)

Hosted by
arminlabs
AONM

Register now:
ipmcongress.com

Access the International Exhibition and full Workshop Programme from just £30 per day

Integrative & Personalised Medicine 25
19 - 21 June 2025
London UK

Gilian Crowther, AONM’s Director of Research, will also be holding a workshop on “**Autoimmunity, the viral/bacterial connection, and how testing can help**”. She will be speaking about the mechanisms associated with viral- and bacterial-induced autoimmunity. Gilian will cover some of the key viruses and bacteria linked

to autoimmune disease, and what tests can be used to detect chronic pathogens underlying autoimmune conditions.

Please use **ARM-20** to obtain a discount for registration at the members' rate for a 1, 2 or 3-day conference pass. **EXHIB-FREE** will allow visitors to register for a complimentary pass to attend the workshops and exhibition.

4. NutraMedix: Premium Herbal Supplements Now Available in the UK in Partnership with AONM

NutraMedix, established in 1993, is a Florida-based company dedicated to producing high-quality herbal supplements using pure, carefully sourced ingredients. The company was founded by Tim and Bertha Eaton, whose missionary work in Peru exposed them to the remarkable healing traditions of indigenous communities. Inspired by the effectiveness of plant-based remedies, they set out to share these natural solutions with the wider world.

A major breakthrough came in 1999 when NutraMedix discovered a rare, naturally TOA-free (tetracyclic oxindole alkaloids) form of cat's claw.

Unlike typical cat's claw, which contains TOAs that can counteract immune-supporting properties, this variant - developed into *Samento* - supports optimal immune health without overstimulation.

Beyond its commitment to quality supplements, NutraMedix is deeply rooted in philanthropy, donating at least 50% of its profits to Christian charitable initiatives worldwide. These include feeding the hungry, supporting orphans and widows, and equipping pastors in underserved communities. Now, NutraMedix is available in the UK through NutraMedixUK, in partnership with the Academy of Nutritional Medicine

<https://www.nutramedixuk.co.uk/aonm>.

This collaboration ensures greater access to NutraMedix's trusted natural health products, with exclusive discounts available to both the public and healthcare practitioners.

Keep an eye on the Practitioner section of the AONM website for any past webinar recordings and upcoming Nutramedix Trainings/Webinars. Dr. Lee Cowden gave a wonderfully informative presentation this month and you can find the recording along with his PowerPoint presentation here: <https://aonm.org/view-past-webinars/>.



5. Upcoming Events



Webinar: Dr. Ray Perrin
Through The Looking Glass: Long COVID and the Perrin Technique

1st April, 7.00 pm GMT

www.aonm.org/Perrin

Webinar: Dr. Lee Cowden

Q&A's following his very popular webinar on 12th March on Unlocking the Power of NutraMedix

www.aonm.org/CowdenQ&A

Webinar: Understanding Toxiplex with Kunal Garg

Wednesday 16th April at 6pm BST

REGISTER: www.aonm.org/Toxiplex

Please keep an eye on "Upcoming events" on the AONM website, as we have many exciting webinars planned for this year

Integrative and Personalised Medicine Congress (IPM) 19th - 21st June, The QEII Centre, Westminster, London

Professor Craig Shimasaki, CEO of Moleculera, is over from the US and will be speaking at 12.15 pm on 20th June on: *"Understanding the Connection Between Infections, the Immune System and the Brain: Can Infection Trigger Neuropsychiatric Symptoms, and How Can You Know?"*

<https://ipmcongress.com/conference/imh-2025>

EXH-20 will allow you to register at the 'members' rate for a 1,2 or 3 day conference pass (20% discount)

EXHIB-FREE – This will allow you to register for a complimentary pass to attend the workshops and exhibition

Gilian Crowther will be holding a workshop on 21st June, 11.15-11.45, with the title "Autoimmunity, the Viral/Bacterial Connection, and How Testing Can Help"

AONM/ArminLabs will have a stand at the IPM, B3: Please come and visit us there!



Klinghardt Institute

A.R.T. 2 training beginning on 8th April:
[Klinghardt A.R.T.® 2 Intermediate Online Programme - Spring 2025](#)

Please see the URL for further events:
<https://klinghardtinstitute.com/events/>



BSEM

6th June, Ecological Approaches to Healthy Homes

9.00 – 5.30, Hallam Conference Centre

<https://www.bsem.org.uk/events/training-day-20-ecological-approaches-to-healthy-homes>

26th September, [Autumn Workshop - Finding Coherent Health: The Power of Light and Water](#)



PHCUK

The Public Health Collaboration is holding its Annual Conference 31st May & 1st June at The Light, Euston, London

Professor Thomas Seyfried, famous for his seminal work Cancer as a Metabolic Disease, will be speaking, together with many other experts.

<https://phcuk.org/phc-conference-2025/>



British Network for Functional Medicine, BNFm

<https://bnfm.org.uk/>

Professor Douglas Kell and Morley Robbins
Fibrinolytic Microclots in Chronic, Inflammatory Disease Such As Long Covid & ME/CFS & The Poorly Understood Role Of Copper in Anaemia & Its Impact On Mitochondria

22nd May, 6.30-9.30 pm, 11 Cavendish Square, London

<https://www.tickettailor.com/events/clinicaleducation/1627241>



Association of Naturopathic Practitioners, ANP
Morley Robbins: Mineral Metabolism in Excess and Deficiency

21st May, 6.30 - 8.30 pm

College of Naturopathic Medicine, 25 Percy Circus
London WC1X 9EU

<https://theanp.co.uk/product/mineral-metabolism-in-excess/>

AONM/Armin Labs will also have a table here, Please visit us.