

**Creating international and interdisciplinary collaboration for health**

## AONM Newsletter June 2025



### Introduction

2025 continues with amazing events and webinars, and inspiring new information from all over the world. Professor Douglas Kell recently gave an eye-opening talk on anomalous microclotting that his team (including the renowned Professor Pretorius from South Africa) are finding not just in Long Covid, but in M.E., diabetes, and many other chronic conditions. Morley M. Robbins was over from the US, and gave two fascinating talks on the hidden, vital role of copper in iron recycling and the mitochondria. Professor Shimasaki from Moleculera Biosciences is coming over to the UK in June to speak at the Integrated and Personalised Medicine Congress on infection-triggered neuropsychiatric syndromes, and Dr. Armin Schwarzbach from Germany will be holding a presentation at the same congress on autoimmunity and the viral/bacterial connection.

This newsletter has both discount codes to the many fascinating conferences ahead as well as an invitation to a free viewing of the “Red Ring”, a powerful documentary that raises awareness of Borrelia and coinfections, and the long odyssey it took one patient to regain his health.

*We look forward to any feedback you may have: please contact us on [info@aonm.org](mailto:info@aonm.org).*

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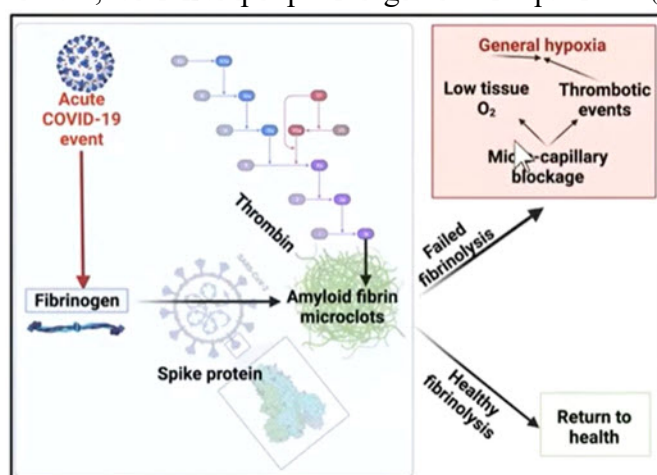
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### **1. Anomalous microclotting in Long Covid and M.E.**

The British Network for Functional Medicine held a fascinating event at the King's Fund on 22nd May 2025 at which Professor Douglas Kell, Professor of Systems Biology at the University of Liverpool, held a talk entitled “**Fibrinoid Microclots in Chronic, Inflammatory Disease Such As Long Covid & ME/CFS**”.

Professor Kell explained that various exogenous substances that his team have tested are capable of causing anomalous microclotting. He explained that the spike protein from SARS-CoV-2 alone can catalyse amyloidogenic clots that can block microcapillaries, and that every Long Covid patient in their studies has demonstrated these microclots. Dormant/latent infections can also cause these: the tiniest fraction of a pathogen in the blood appears able to trigger the clotting cascade. His research shows that adding just one molecule of a bacterium like LPS (lipopolysaccharide) per 100 million fibrinogens induces dense matter deposits that create fibrinaloid fibrin that is resistant to fibrinolysis. "These microclots occur in a great many chronic, inflammatory diseases, are comparatively resistant to fibrinolysis, and thus have the ability to block microcapillaries and hence lower oxygen transfer to tissues, with multiple pathological consequences."<sup>(1)</sup>



From Prof. Kell's video "*PESE from Chronic Ischaemia-Reperfusion injury in Long Covid and ME/CFS resulting from fibrin amyloid microclots*"

Professor Kell also explained that microclots are much more prevalent in patients with M.E., where many of the symptoms overlap with Long Covid. This hypercoagulation has also been found in Type 2 diabetes.

Patients whom he and his study colleagues have been in touch with often improve, he explained, with nattokinase, serrapeptase and/or lumbrokinase that can in many cases assist proteolysis. His team has also recently found a TCM herbal medicine formula called Xue Fu Zhu Yu of particular interest. His most recent article describes how "the known actions of its constituent herbs and specific bioactive molecules that they contain ... would seem to offer the opportunity to provide novel, safe and useful treatments for chronic inflammatory diseases that display fibrinaloid microclots, including Myalgic Encephalopathy/Chronic Fatigue Syndrome and Long COVID."<sup>(2)</sup>



Professor Kell

Further very new findings related to Long Covid have just been published by Professor Peter Ziaja from the Professor Stark Institute in Hamburg together with colleagues from Imperial College London in April 2025.<sup>(3)</sup> They have made a "significant accidental discovery" in a Long Covid study that is drawing international attention being termed "Broken Bridge Syndrome": what Professor Ziaja calls "a biomarker that essentially proves the clinical picture". Their study investigated structural and functional alterations in the brainstem and cerebellar peduncles of individuals with Post Covid Syndrome. They found significant volume loss in the superior cerebellar peduncle (SCP) in Long Covid subjects compared to healthy controls, as well as reduced volumes in other areas. "Moreover, standard laboratory tests detected beta-2 and M2 autoantibodies, as well as specific epitopes of the spike protein, in all 44 patients. We hypothesize that these autoantibodies and spike protein epitopes could exploit CSF stasis in the fourth ventricle, leading to the degradation of surrounding structures." AONM has recently introduced unique tests of these Beta-2 adrenergic receptor as well as Muscarinic autoantibodies (<https://aonm.org/celltrend/>), and is in touch with Professor Scheibenbogen and the CellTrend laboratory regarding the significance of this new study.

1. Kell, Douglas & Pretorius, Ethersia & Zhao, Huihui. (2025). A Direct Relationship Between 'Blood Stasis' and Fibrinaloid Microclots in Chronic, Inflammatory, and Vascular Diseases, and Some Traditional Natural Products Approaches to Treatment. *Pharmaceuticals*. 18. 712 <https://www.youtube.com/watch?v=v8ZF4INnC18&t=22s>
2. Op. Cit.
3. Ziaja, Christof & Young, Susanne & Sadre Chirazi - Stark, Michael & Lindner, Thomas & Zurek, Gregor & Sedlacik, Jan. (2025). Brainstem Reduction and Deformation in the 4th Ventricle Cerebellar Peduncles in Long COVID Patients: Insights into Neuroinflammatory Sequelae and "Broken Bridge Syndrome".

## 2. Copper and the mitochondria



Morley Robbins

Morley M. Robbins MBA CHC was over in the UK with the Root Cause Protocol Team and gave two very well-received talks on the importance of the right mineral balance, particularly bioavailable copper, and the mitochondria, in the fourth week of May.

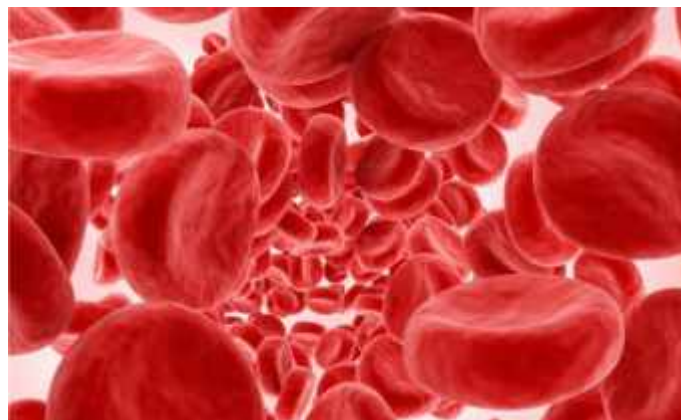
On 21st May he spoke at the College of Naturopathic Medicine in London on “Mineral Metabolism in Excess and Deficiency” to an audience of 100, and on 22nd May at the King’s Fund (together with Professor Douglas Kell, see the first article), speaking on “The Poorly Understood Role Of Copper in Anaemia & Its Impact On Mitochondria”. The focus of his presentations was to broaden our understanding of the copper-driven dynamics that dictate the status and availability of iron in mammalian physiology. It is copper that activates oxygen in our mitochondria, particularly at the cytochrome C oxidase enzyme – without it, ATP cannot be made. Caeruloplasmin is the copper transport protein in our organism, and it is rarely ever measured. Even when it is, the level does not show its actual function, which is often different to its level on the results – but it is often low when measured anyway, indicating low copper. The level of serum copper does not show intracellular/intramitochondrial copper, which are what counts, so the metrics are fraught with problems and need a very differentiated approach to an iron-copper-caeruloplasmin panel.

AONM now has a Root Cause Panel with the markers recommended by the RCP (<https://rcpl23.org/>), which is the organisation that has been founded to promote greater understanding of this complex field, and can assist with advice on their interpretation.

See <https://aonm.org/root-cause-profile/> Also see IHCAN Magazine for a recent article on “Copper, The Ultimate Mitochondrial Nutrient”, in [ihcan-mag.com](http://ihcan-mag.com) Oct 24, and an interview with Morley Robbins, “Is anaemia deficiency or just non-availability: what’s up with iron?”, [ihcan-mag.com](http://ihcan-mag.com) Jan 24.

For two very interesting recent webinars with the founder of the RCP Morley Robbins with the excellent UK doctor Dr. Ahmad Malik, please see: Mr Magnesium on Why Copper is Everything <https://www.youtube.com/watch?v=4OKxLWZBD5M> and Copper, The Unsung Hero of Human Health <https://www.youtube.com/watch?v=r6CLMgpt2fk>

## 3. The metabolic mysteries of KPU and the mitochondria



The IHCAN Conference on June 7<sup>th</sup> (<https://www.ihcanconferences.co.uk/june-2025/>) features AONM’s Director of Research Gilian Crowther explaining Kryptopyrroluria (KPU) and its impact on the mitochondria. She will be going into great detail on therapeutic approaches that can be taken, both “traditional” and newer based on fascinating findings relating to its likely etiology. Gilian is the first speaker at 10.30 am, followed by Adriano dos Santos, who will be covering the profound impact of light spectra on human physiology and integrating this with the latest research on the microbiota. Other speakers are Dr. Deanna Minich, who will explore the science behind phytochemicals as medicine, Dr. Tom O’Bryan, who will be discussing “*Inflammation and Infertility, a troublesome twosome*”, and Dr. Sophie Scandrett, who will be giving an update on PCOS.

For further detail on Gilian’s topic, KPU, please see <https://aonm.org/kryptopyrroluria-testing/>

## 4. Infections & autoimmunity and PANS/PANDAS at the IPM

On Thursday May 29th at 7.00 pm UK time Professor Craig Shimasaki, President and CEO of Moleculera Biosciences, spoke about autoimmune neuropsychiatric pathologies of the brain. The title of his talk was **Can Infections Trigger Neuropsychiatric Symptoms? Is there a Connection between Infections, the Immune System, and the Brain? Case Studies and Treatment Resolution Using the Autoimmune Brain Panel**. The recording is available here:

<https://aonm.org/view-past-webinars/>

Professor Shimasaki is also coming over to the UK to the Integrative and Personalised Medicine Congress (IPM) 19 - 21 June 2025, and will be speaking from the Podium on the topic "*Understanding the connection between infections, the immune system and the brain: Can infection trigger neuropsychiatric symptoms, and how can you know?*" His talk is on "Mental Health Day" on Friday 20th June at 12.15:

□  
Dr Armin Schwarzbach, CEO of ArminLabs, is attending the IPM as well, and will be holding a workshop together with Gilian Crowther on Saturday 21 June at 11.15 on the topic of *Autoimmunity, the Viral/Bacterial Connection, and how testing can help*.

Please do come if you can, **EXHIB-FREE** will allow you to register for a pass to attend the workshops and exhibition free of charge. **EXH-20** will give you 20% off the usual conference rate. Please let us know if you would like to speak to either Professor Shimasaki or Dr. Schwarzbach personally on the occasion of their visit and we will be happy to arrange this: please contact us on [contact@aonm.org](mailto:contact@aonm.org).

## 5. Free film viewing: The Red Ring



Step into the gripping true story of Joonas Berghäll, a renowned Finnish filmmaker whose life was profoundly impacted by tick-borne disease. The Red Ring is a compelling documentary capturing his years-long struggle through debilitating symptoms, misdiagnoses, and the search for recognition.

This webinar, is a vital platform for patients, healthcare professionals, researchers, and advocates across the globe to raise awareness and demand change.

**WIN FREE TESTING!**

In each webinar, three attendees will be randomly selected to receive FREE TICKPLEX® testing, generously offered by ArminLabs.

**ATTEND FOR FREE**

7th June 2025, 5.00 pm UK time

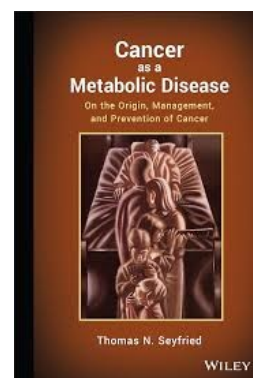
28th June 2025 Australasia

5th July 2025 Americas

The event is completely free of charge – but registration is required to attend.

[https://www.tezted.com/the-red-ring?utm\\_campaign=f8339044-8b1f-4c89-869b-036ac19738cd&utm\\_source=so&utm\\_medium=mail&cid=9bb2ae06-4f30-43f1-94b6-0de1a44d95ae](https://www.tezted.com/the-red-ring?utm_campaign=f8339044-8b1f-4c89-869b-036ac19738cd&utm_source=so&utm_medium=mail&cid=9bb2ae06-4f30-43f1-94b6-0de1a44d95ae)

## 6. Update on cancer as a mitochondrial metabolic disease



The Public Health Collaboration held a fascinating conference at “The Light” in Euston on May 31st and June 1st called “Prevention or Prescription?”.

The highlight was Professor Thomas Seyfried, author of the book “*Cancer as a Metabolic Disease*” over from the US, who gave an update on his team’s most recent approaches to managing cancer.

He began with the question: “Can the mitochondrial metabolic theory explain better the origin and management of cancer than can the somatic mutation theory?”. He contrasted the current dogma that cancer is a genetic disease with the evidence that challenges this, citing numerous studies as well as his own research. He went over the nuclear mitochondrial transfer experiments (frequently replicated) that he had also cited with detailed references in his book: “We should have got just the opposite results”. He went back to Otto Warburg’s discovery that “all cancer cells arise from chronic insufficiency to cellular respiration.” The newer finding that adds to this is that cancer cells can also continue to ferment the amino acid glutamine in the mitochondria in the presence of oxygen: he explains that mitochondrial substrate level phosphorylation (mSLP) is the “missing link” in Warburg’s hypothesis. His team has a new paper showing how glutamine is actually fermented in cancer, not respired, contrary to common beliefs. “The Warburg hypothesis and the emergence of the mitochondrial metabolic theory of cancer” (April 2025).(1)

The full recordings of the conference can be purchased at <https://phcukconference.org>, until August.

1. <https://link.springer.com/article/10.1007/s10863-025-10059-w>

## 7. AONM/NutraMedix UK Partnership Update



For those new to NutraMedix: their unique range of herbal supplements, including the TOA-free cat's claw formula **Samento** is now available in the UK via NutraMedixUK, in partnership with AONM.

<https://shop.aonm.org/product/samento/>

Special discounts are available to both healthcare professionals and the public. Practitioners, please email [support@eonm.org](mailto:support@eonm.org) to receive details of your Exclusive Discount!

### Spotlight on ImmuneMedix



#### What Is ImmuneMedix?

ImmuneMedix is a thoughtfully formulated herbal supplement featuring 11 plant extracts traditionally used in wellness practices across Asia and the Caribbean, some dating back to the second century.

Created by NutraMedix, this blend is designed to support both innate and adaptive immune responses, helping your body defend itself more effectively.

#### Key Benefits:

- Supports a healthy immune system
- Promotes a balanced inflammatory response
- Helps maintain immune readiness during times of stress
- Formulated for high bioavailability and effective absorption
- Free from artificial additives, preservatives, and synthetic colours

Whether you're looking for year-round immune support or a seasonal boost, ImmuneMedix provides a clean, plant-based option backed by traditional knowledge and modern formulation.

Purchase ImmuneMedix™ through the Academy of Nutritional Medicine

<https://shop.aonm.org/product/immunemedix/>

**Upcoming Detox Workshop with a NutraMedix US Expert, Hosted by Raphaela Dyer**



Raphaela Dyer

We are excited to announce that our collaboration with NutraMedix UK continues to grow and now includes a series of live workshops facilitated by Raphaela Dyer from AONM, joined by US-based Nutramedix experts. These interactive sessions are designed to deepen practitioners' understanding of how best to implement NutraMedix protocols in clinical practice.

Our next online workshop will take place on Tuesday, 1st July, from 6–7pm BST, and will be hosted by Raphaela Dyer, a respected practitioner and valued member of the AONM Team.

## 8. Upcoming Events



**AONM**

### Webinars

**Dr. Sarah Myhill**

**Tuesday 7th October, 7.00 pm**

**Water: The Single Most Important Molecule for Life – *How it impacts on energy delivery mechanisms and inflammation with implications for management***

[www.aonm.org/MyhillWater](http://www.aonm.org/MyhillWater)

### Trainings

<https://aonm.org/training/>

**NutraMedixUK & AONM Practitioner**

**Workshop: 1st July 2025, Time: 6:00 PM BST**

**Host: Raphaella Dyer**

*Designed exclusively for healthcare professionals, this workshop offers practical insights, case-based discussion, and the opportunity for live Q&A with our expert speaker.*

<http://aonm.org/nutramedix>

**Free film viewing courtesy of Te?ted, ArminLabs and AONM**

**The Red Ring**

Powerful documentary about Lyme Disease. One man's personal battle with tick-borne diseases and the years of misdiagnoses that shaped his journey.

**7th June 2025, 5.00 pm UK time**

[https://www.teztet.com/the-red-ring?utm\\_campaign=f8339044-8b1f-4c89-869b-036ac19738cd&utm\\_source=so&utm\\_medium=mail&cid=9bb2ae06-4f30-43f1-94b6-0de1a44d95ae](https://www.teztet.com/the-red-ring?utm_campaign=f8339044-8b1f-4c89-869b-036ac19738cd&utm_source=so&utm_medium=mail&cid=9bb2ae06-4f30-43f1-94b6-0de1a44d95ae)



**IHCAN**

**Gilian Crowther**

***The Metabolic Mysteries of KPU, and its impact on the Mitochondria***

**Saturday 7th June, 10.30-11.45 am**

<https://www.ihcanconferences.co.uk/june-2025/>



**British Society for Ecological Medicine BSEM**

**Ecological Medicine: Approaches to Healthy Homes**

**Friday 6th June 9.00-5.00**

**In-person only**

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

**Please apply to [julia@bsem.org.uk](mailto:julia@bsem.org.uk) for a special AONM discount**



**Klinghardt Institute**

**Beginners online programme starting June 24th 2025**

[Klinghardt A.R.T.® 1 Beginners Online Programme - June 2025](#)

**A.R.T. Global Summer Immersion Week**

**Emerson College, UK**

**August 30, 2025 - September 4, 2025**

<https://klinghardtinstitute.com/event/a-r-t-global-summer-immersion-week/>

**Our Health, Our Future: 2-day International Conference in Turin, Italy**

Leading experts, medical professionals and researchers will explore the complex and interconnected challenges that affect the health of us all in the post-COVID era.

<https://klinghardtinstitute.com/event/our-health-our-future-international-conference-in-turin-italy/>

**Please see the Klinghardt Institute for further events:**

<https://klinghardtinstitute.com/events/>



**1st Annual Conference on Chronic Infection Pathologies**

**"SHOW ME THE DATA!"**

**Jyväskylä, Finland | 31st September 5–7, 2025**

**On-site & Online**

<https://www.teztet.com/cip2025>



**NMI Summit 2025**

**The Path to Resilience: Personalised Nutrition and Lifestyle Medicine for Psychiatric Disorders and Mental Health**

**3rd - 4th October**

**Millennium Gloucester Hotel**

<https://www.nmi.health/summit-2025/>



**Holistic Healing Podcast**

**Dr. Rosy Daniel**

<https://www.aliveandlovingit.org/>