



Creating international and interdisciplinary collaboration for health

AONM Newsletter November 2014

This month's newsletter highlights some of the very exciting events that AONM has been involved with either directly or peripherally over the last few weeks. Our *Spotlight on lab markers* looks at a test for Kryptopyrroluria from Germany that is highly sensitive. We finish as always with an outlook on interesting upcoming events held by either AONM or affiliated organisations.

Lyme Disease

- ▶ New insights from the BNOA
- ▶ Focus on: Lyme Disease, with Rio Trading

Mitochondrial Dysfunction

- ▶ 5th World Congress on Targeting Mitochondria
- ▶ ACUMEN seminar: Review and follow-up
- ▶ Spotlight on lab markers: KPU

Infections/Cancer

- ▶ "Treating the Common Plagues"
- ▶ BSIO update and the use of medicinal mushrooms

Corporate Wellness: Incisive Media

Events

Arthralgia and other Lyme manifestations/the lymphatic system revisited

The British Naturopath and Osteopathic Association (<http://bnoa.org.uk/>) held a fascinating seminar at the BCOM (British College of Osteopathic Medicine) on October 12, 2014. **Professor B. Puri** spoke in the morning about Lyme Disease as a possible cause of joint disorders. He began by describing the history of Lyme Disease, the different manifestations of *Borrelia* (and co-infections) – including arthralgia –



and the highly sophisticated methods the organism uses to evade detection, including cyst formation and biofilms. He also looked at the testing available, together with pros and cons. The second part of his talk discussed the various techniques and therapies for combatting this growing scourge in the UK, extending from pulsed antibiotics with cyst busters and biofilm breakers through to herbal support protocols.

The afternoon speaker was **Dr. Ray Perrin** talking about CFS/ME and neurolymphatic disease: an osteopathic approach. He described the role of the hypothalamus and perivascular system in the drainage of the brain, and the retrograde lymph flow that can result from sympathetic overload. He explained how his form of osteopathy (“The Perrin Technique”) can help to open up blocked lymphatic drainage. He also referred back to Professor Puri’s talk, mentioning that *Borrelia burgdorferi* is a large bacterium: if drainage via the perivascular spaces in the basal ganglia is dysfunctional and the spirochetes have already reached the central nervous system, the risk is that they will stay in the brain.



Focus on: Lyme Disease – Inspiration from Holland and Germany

The Lyme Disease conference held on October 25 was a fascinating mix of nuggets on testing, therapeutic approaches, and detoxification in general. Dr. Philip Kielman from Rio Trading, Holland, described how understanding of the disease has evolved, and its character as the “great imitator”. Dr. Theodoor Scheepers from Pro Health Medical explained the problems inherent in testing for Lyme Disease, and specific diagnostic advances made by his lab. Christine Bailey and Dr. Fred Kuipers gave us insights from the front line. Christine presented a case study with a young child diagnosed with late-stage Lyme Disease, while Dr. Kuipers outlined his new treatment protocols using the “Epigenar” range distributed by Rio Trading. His protocols are now available: please contact j.rocher@riohealth.co.uk for his Bowel Cleanse and Anti-viral Protocol. The video and audio are available from CAM

Conferences. If of interest, please contact abigail.morris@targetpublishing.com.

Targeting Mitochondria: 5th World Congress, Berlin

The 5th World Congress on Targeting Mitochondria was held by the World Mitochondria Society at the end of October in Berlin, with over 460 attendees, evidencing how very “hot” a topic mitochondrial dysfunction has become (www.targeting-mitochondria.com).

The first day was particularly interesting, as it was focused on various ways of analyzing mitochondrial function in vitro and in vivo, something Cell Symbiosis Therapy has always done in patient workups. See for example <http://www.aonm.org/clinic.html>

The Congress had many speakers from the UK: **Andrey Y. Abramov** from UCL Institute of Neurology, **Dr. Hannah Bridges** and **Dr. Roger Springett** from the MRC’s Mitochondrial Biology Unit, and **Professor Matt Whiteman** from University of Exeter Medical School. Professor Whiteman talked about how hydrogen sulfide (H₂S) can offer potential health benefits in a range of issues, from diabetes to stroke, heart attacks and dementia.

He explained how a new compound developed at the University of Exeter (AP39) could target delivery of very small amounts of the substance to the right (or key) places inside cells – specific sites on the mitochondria.



Gilian has a copy of the book of abstracts. Please contact her (gilian@aonm.org) if you would like further details about any of the topics.

Gilian Crowther

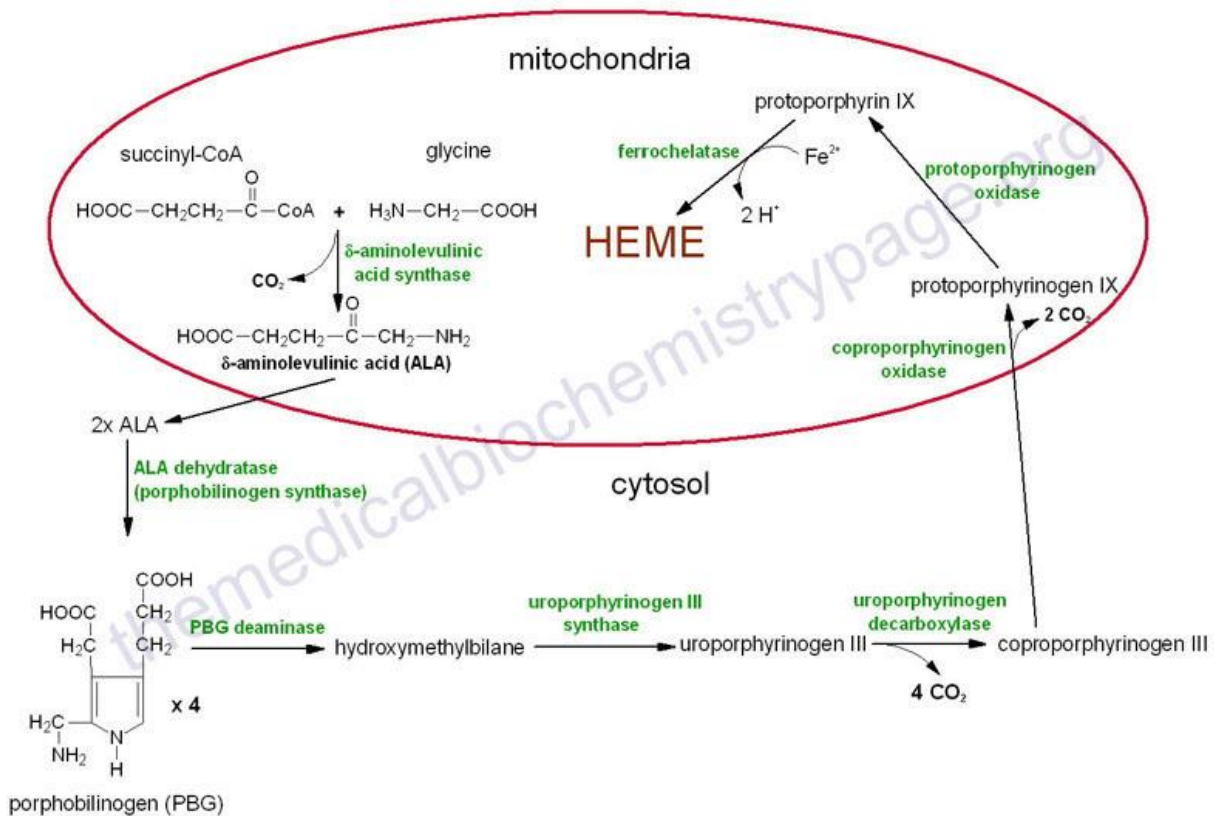
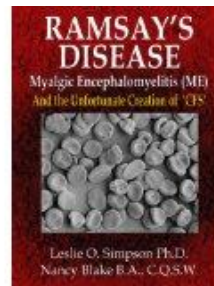


Figure: Pathway of heme synthesis (reproduced with kind permission of themedicalbiochemistrypage.org)

AONM has received test kits from Germany to test for Kryptopyrroluria (for details on this condition, please refer to <http://www.aonm.org/kpu>).

(A book has also just appeared on KPU in German by two Cell Symbiosis Therapy colleagues, Kyra Hoffmann and Sascha Kauffmann, "KPU, a common but forgotten metabolic disorder"; we will be publishing excerpts from this as soon as translations are available). This highly sensitive kit has two tubes to compare the urine sample with one tested for creatinine. This enables the lab to deduce a ratio based on the dilution of the urine, making the test exceptionally accurate. The results are reported in mg/g of creatinine; the reference range is below 5 mg/g. Please contact Gilian Crowther (gilian@aonm.org) if you would like a kit.

Related book tip: PS The book "Ramsay's Disease" gives deep insight into many aspects of ME from a



haemorrhology perspective. Dr. Simpson describes his finding of oddly-shaped red blood cells in ME (clearly visible in micrographs). "My strong conviction, supported by some observations in research papers, is that ME is characterised by the failure of normal aerobic muscle metabolism due to the effects of the shape changes in the red blood cell population, resulting in an early switch to the anaerobic system." Haemoglobin scavenges excess nitric oxide: the erythrocytes bend as a result (see this link for further information <http://www.dfwcids.org/medical/chenev/heart04.par2b.htm>) and can no longer get through the tiny capillaries, which Dr. Simpson – and Dr. Paul Cheney – say explains many of the symptoms of ME, Raynaud's disease being just one. Could this especially be the case in patients suffering from an upregulated NO/ONOO⁻ cycle? *Gilian Crowther*

ACUMEN training seminar, September 20th

Dr Charles Forsyth from the British Society of Ecological Medicine held an all-day seminar for AONM in September to coach attendees on the wide range of the tests available at ACUMEN laboratory in Devon – one of the most advanced mitochondrial labs in the world. He covered many of the mitochondrial, toxicological and gastrointestinal-related tests, explaining their significance, and when they could be useful. Each participant received a folder containing over a hundred pages of lists of tests available together with sanitised examples of test results, as well as explanations on the chemistry involved. Dr Forsyth took us through the material with great expertise, spending the afternoon on three very detailed case studies.

Copies of the notes are available from AONM in return for a modest fee (please contact info@aonm.org), and a video is being prepared for anyone interested (we hope to announce that it is available in the next newsletter).

AONM are putting together an ACUMEN support group on examining solutions to problems found in the DNA adducts test; we plan to hold occasional telephone conferences to exchange information on (for example) which pathways clear which toxins. Please contact Juliet if you are interested in joining: juliethayward@btinternet.com.

Audrey Adcock.

“Treating the Common Plagues”

Many leading scientists are predicting that common antibiotics will stop working within 7 - 10 years, with nothing to replace them on the horizon. A conference on 2nd November in Birmingham – **Infection Control: What to do when Antibiotics no longer work, organised by** Dr Graham Downing and Abundance & Health, had some of the world’s leading experts talking about how to treat infections with natural, safe and effective protocols.

Dr. Tom Levy from the US showed research demonstrating the efficacy of high-dose Vitamin C in treating acute viral infections, including polio, acute hepatitis, measles, mumps, herpes, viral encephalitis and influenza. Dr. Levy also suggested that high

doses of vitamin C would most likely kill the Ebola virus. Dr Levy has written several books, including 'Curing the Incurable: Vitamin C, Infectious Diseases & Toxins' (<http://www.peakenergy.com/index.html>).

Dr. Lyn Hanshew, a research scientist from the USA, showed evidence that silver is a very powerful antimicrobial, killing Legionella, Pseudomonas, Borrelia and many other microbes. She explained that Advanced Cellular Silver, 200ppm (ACS200) has a more complete kill rate and is better at penetrating body tissues than other silver products. Silver was even used back in the times of Hippocrates for wound healing and tissue repair.

(<http://www.resultsrna.eu/ResearchAndDevelopment.aspx>).

Dr. Peter Kay told the audience that since the completion of the Human Genome Project scientists can now identify individual genes responsible for specific functions in the body. Of around 25,000 human genes, 100 are important for immunity, for example, with five of these (IL-7, CARD9, OX40, DEFβ1 & MBL2) being critical. If any of these are suboptimal, you will be more vulnerable to infection. It is now possible to identify and manufacture individual DNA sequences for these and other health promoting genes: a company named Homeovitality dilutes these down to a 6C homeopathic. In addition to immune enhancing products, their range includes support for allergy sufferers, bone strength, memory and detoxification. They also run practitioner training courses.

(<https://www.homeovitality.com/about/introduction-to-homeovitality>)

Other speakers were **Jayne Goddard**, President of the Complimentary Medical Association, **Dr. George Georgiou** of The Da Vinci Holistic Health Centre in Larnaca, Cyprus (cf. his book, 'Curing the Incurable with Holistic Medicine', <http://www.deta-elis-uk.com/>), and **Scott Tips JD**, international lawyer and president of The National Health Federation (NHF) (<http://www.thenhf.co.uk/>)

Dr. Downing and Abundance & Health are planning another conference on Infection Control and Immunity in London next year. We'll post as soon as we hear further details. *Diana Peterson*

Medicinal mushrooms and cancer

Stephen Cinnamond



Photo by Jason Hollinger

A number of our members were able to attend The British Society for Integrative Oncology's first education and networking event on 29th Sept in London.

The proceedings started with an introduction from their committee followed by a presentation by the respected biochemist and practitioner of Traditional Chinese Medicine (TCM) Martin Powell on the Role of Medicinal Mushrooms as an Adjuvant Cancer Therapy.

Martin has also written several books on medicinal mushrooms, "Medicinal Mushrooms: A Clinical Guide", and "Medicinal Mushrooms: The Essential Guide". The evening closed with remarks on the direction and progress the BSIO is making by the BSIO Chair Marie Polley, followed by opportunities for networking.

A full review of the evening can be found on the BSIO website, and one can access (with Martin's permission) a full copy of his presentation here: http://www.bsio.org.uk/event_29-09-14.php



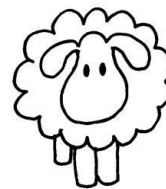
Corporate Wellness

AONM's corporate wellness branch in collaboration with Angela Steel's SuperWellness has just completed another highly successful employee wellness programme at the media group "Incisive Media":

EXCLUSIVE: Incisive Media employees reduce wellness risk by 25%

<http://www.wsandb.co.uk/wsb/news/2382082/exclusive-incisive-media-employees-reduce-wellness-risk-by-25>

Events



The **Sheep Dip Survivors Group** are meeting again at the House of Commons (see the July 2014 AONM newsletter for a report on the first meeting) on Tuesday 2nd December from 14.00 - 16.00 in Committee Room 9, hosted by the Rt hon Andy Burnham MP, Shadow Secretary of State for Health, on behalf of his constituent, Tom Rigby, a farmer affected by organophosphate sheep dip. Attendees will share their experience and reflect: "Do we need an enquiry into problems caused by Sheep Dipping?" Please RSVP to Tom Rigby, tom.rigby2@btopenworld.com

The **UK Nutrition and Wellness Meetup** are meeting on Tuesday 9th December at 7.00 pm at the Nutricentre bookshop, 7 Park Crescent, London W1B 1PF. Seasonal Sharing & Plant-Based Nutrition, Speaker: Barry Honeycombe. Voluntary donation of £4. <http://www.meetup.com/UK-Nutrition-Wellness/events/218291252/>

Please contact us at any time if you are interested in learning more about our services, or exploring how we could work together: info@aonm.org/ 0845 505 1296, or go to www.aonm.org

