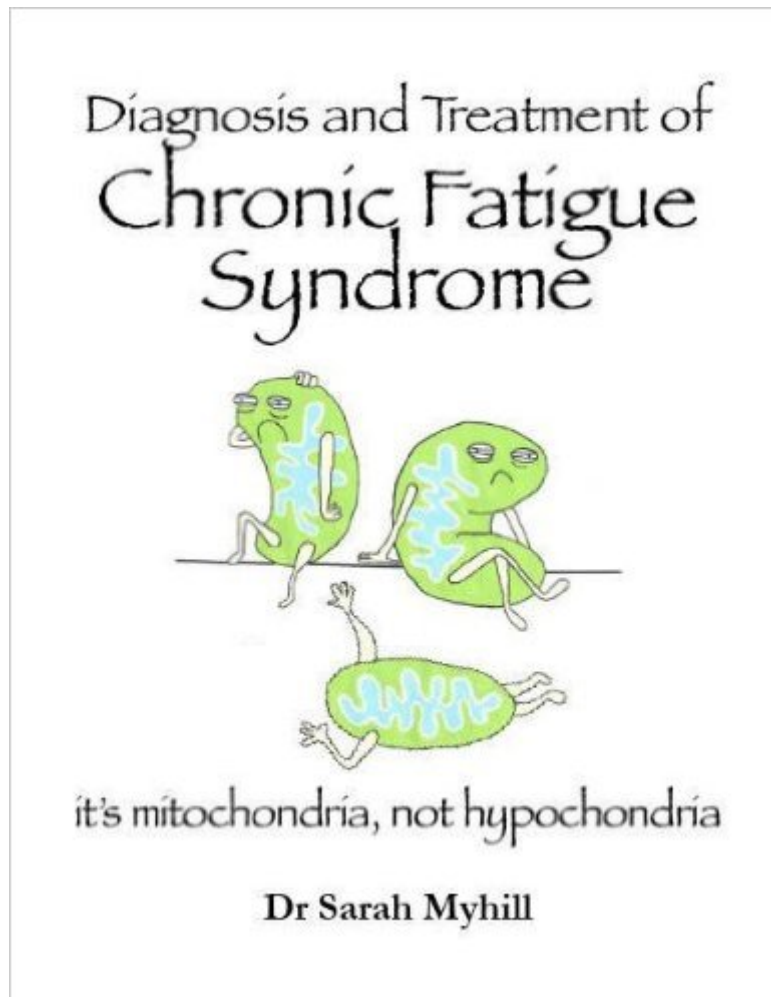


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# Diagnosing And Treating Chronic Fatigue Syndrome: Its Mitochondria, Not Hypochondria



## Synopsis

We have around 3000 mitochondria in each and every cell in our bodies. They are the powerhouses of our cells, essential for the production and management of energy at cell level. Dr Sarah Myhill, together with Dr John McLaren Howard of Acumen Laboratories and Dr Norman Booth of Mansfield College Oxford, has spent many years studying the relationship between their malfunction and the commonest problem seen by GPs in the UK - fatigue. Their research findings have been published in three scientific papers in the International Journal of Clinical and Experimental Medicine, in 2009, 2012 and 2013. These studies showed that poor functioning of the mitochondria is the central problem in CFS. Patients with the worst mitochondrial function had the worst fatigue and vice versa. This is solid scientific evidence that CFS is a problem with mitochondria and has allowed the objective measurement of fatigue for the first time. With the publication of the third study, which showed that mitochondrial function tests and symptoms improved in patients who took measures to address their mitochondrial problems, Dr Myhill was ready to write this book. Here she explains the importance of healthy mitochondria, how we can measure their functioning and what we can do to keep them healthy, or restore them to health if problems arise. CFS is all in our cells, not in our minds! Contents The clinical picture: symptoms; useful medical tests; tests not worth doing \* Mitochondria and chronic fatigue syndrome \* Treatment for mitochondrial metabolic dyslexia \* Solid foundations for recovery and good health \* Other important factors to look after \* Toxic and viral causes of CFS \* Practical details - where to start Hammersmith Press is an independent publishing house producing books for the general public and health professionals that promote better health and well-being through a greater understanding of the human body and mind, with a particular emphasis on the importance of nutrition and diet. Some of the areas we publish in include: -Neuro-linguistic Programming (NLP) -Overcoming Chronic Fatigue Syndrome -Natural Health & Weight Loss -Holistic Medicine -Thyroid Health -Medical stories -Healthy eating -Traditional medicines -Infertility -Menopause -Diabetes

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## Customer Reviews

Dr. Myhill has a very in depth understanding of ME/CFS. She has been researching and treating patients with this disease since 1982. While the treatment options are limited, I think she gives a very good overview of what she found useful in her practice and she explains really well the mitochondrial origin of the problem. Some of the useful treatments discussed in her book are B12 injections (which help to scavenge damaging peroxynitrate radicals caused by mitochondrial damage), magnesium, dietary changes, pacing, antioxidants such as Coenzyme Q and glutathione to combat mitochondrial damage. I doubt that most of the tests she describes are available to the US readers but there are similar tests that one can do that check for oxidative stress (Genova, Metametrix, Great Smokies Labs, etc.). I highly recommend this book to everyone who like myself suffers from this debilitating disease. In general, as I've been doing a lot of research on the subject, it seems to me that they take CFS a lot more seriously in the UK than they do here in the States. For example, they have "CFS wards" in the hospitals for patients with severe form of the disease - something that I never heard about here. Maybe national healthcare is not as bad after all as the Republicans are trying to paint it... I've worked for many years as a physician in the hospital before I became disabled with CFS, and I can assure that if your labs look normal - good luck being admitted, even if you feel like you're dying!

Dr. Sarah Myhill is a well-known authority on CFS, who has treated over 5000 patients with it. Her website and book are excellent for those looking for Answers, since most MDs and HMOs are clueless when it comes to chronic fatigue syndrome (CFS/ME), Fibromyalgia (FM) or chronic sleep problems other than Apnea. Most doctors look at it only from the narrow focus of their specialty, and not as a whole-body disease that can show up differently in each person, but all has the same root cause. The book covers a lot, including WHY you get the symptoms, what to do to reverse them, and what to expect as you slowly recover, in easy to understand language. Her treatments are based on the late virologist Dr. Martin Lerner's protocols for mitochondrial dysfunction (due to underlying old semi-dormant viruses and nutritional deficiencies weakening the immune system).

This causes low ATP (cellular energy) in most of the cells of the body, including the muscles, brain, and heart. This causes the all-over fatigue. Exercise makes CFS worse, since the body then shuts down the thyroid, too, to preserve itself. It also robs ATP for the heart and brain from the skin and muscles, causing painful Fibromyalgia, which is another common symptom of CFS. Rigor Mortis is also caused by lack of ATP in the muscles, which explains a lot of the FM pain! Lack of ATP in the brain affects the energy-hungry hypothalamus, which controls sleep; So deep restful sleep is impossible, no matter how many hours one sleeps or Ambiens they take. Lack of ATP in the heart can weaken the heart muscle, shown by low blood pressure & dizziness when standing up; EKG and blood flow is normal, but ejection rates are low. Most tests MD's do come out 'normal', since they are not looking for the right things, such as the cause of mitochondrial malfunction or low levels of several common viruses (such as Epstein-Barr) causing low-grade inflammation, but no noticeably active infection (such as Mono). The protocols to restore the Krebs Cycle, thus ATP cellular energy function, and to build up the immune system are also followed by Dr. Montoya's team at the top-rated Stanford Hospital in Palo Alto, Calif., U.S., which gives Dr. Myhill (in far-off Wales, UK) good credibility. The book can help you get your life back; especially if your [idiot] doctors and friends have been telling you the Fatigue is 'all in your head', or 'you are just depressed after your \_\_\_\_\_' (divorce, illness, surgery, or other stressor), or 'you are just lazy', when you know something is physically wrong, but not exactly what. There is an "ATP Profile" blood test for CFS by (tiny) Acumen Labs in the UK, but it is not yet licensed in the U.S.A. Improvement is usually seen in 1-3 months of taking the recommended OTC supplements, and perhaps an anti-viral such as generic Valtrex. Curing CFS is impossible, since there will always be viruses around, but people can get back to 95% after a year or so. This book gives CFS/ME/FM sufferers answers, direction, and hope, which is hard to find in the current medical system.

Having suffered, been restricted and often crushed by ME/CFS over 37 years, I have read many books and articles on the subject. Sarah Myhill's book is the first to describe the disease in a way that fully resonates with my own experience of it. She also lays out a very clear treatment protocol, including screening tests, diet and supplements. I found the book to be uplifting and inspiring. And feel I have a somewhat clearer direction for myself in my attempt to improve my health.

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