

## **JK's Handy Guide to Chronic Fatigue and Myalgic Encephalomyelitis**

**This document is specially dedicated to my mother, who's tireless effort and advocacy led me back to my health**

Foreword:

Dear chronically fatigued readers,

Like you, I have suffered from the illness known as chronic fatigue/cfs/me. For 10 years I searched largely in vain for effective understanding and treatment, and wasted a lot of time (and money!) with people and treatments that knew little more about the illness than I did. 8 years into my time as a sufferer, I reached my lowest point, bed bound, unable to speak, eat or walk. I was in severe physical pain that appeared immedicable, and even having previously been recommended for science at Cambridge, I could no longer remember the names of family members. I was in the process of applying for assisted suicide when I had my first major breakthrough. Following my full recovery, I am living a happy and healthy life and pursuing my love of music (playing drums is by no means a low energy activity!). It was essential to me that should I recover, I would use my time to better educate people on this most mysterious of illnesses and how best to chart your course through the myriad of dead ends and snake oil to finally put all the puzzle pieces of your story together. I hope the following personal story and scientific info will provide you with both the tools and the inspiration to live a full, happy and vital life.

To your good health,  
James 'JK' Kitchin

P.S. As part of my work on this topic I have put together a website which contains links and discounts to the products that I recommend for your treatment and personally used to aid my recovery. I believe that I have made these products cheaper and more accessible than elsewhere online. I still take most of these products myself and it would really help me to continue the work I am doing if you could click through my website and use the discount codes should you decide to use my research. Thank you for your help.

### **Before we get started:**

There are lots of rules surrounding what you can and cannot say in the field of healthcare and it is important that you read the following statements. This is standard procedure and I can explain in a little more detail below why this is necessary.

You may notice on the majority of the treatments to follow that it says on the packaging:

*This product is not intended to diagnose, treat, cure or prevent any disease*

This is a very standard legal procedure and applies to all supplements and other medical products that do not fall under the category of drug. Legally speaking, the FDA do not oversee supplements which is why the disclaimer is necessary. Supplements and products of this nature are overseen by The Dietary Supplement Health and Education Act (DSHEA) instead. This disclaimer does not affect the effectiveness of the product in any way.

There are also 6 products that have printed the following statement:

*Cal Prop 65 warning: This product contains a chemical known to the state of California to cause birth defects or other reproductive harm*

Don't panic! This is also something that you sometimes see on nutritional products and in the case of these products it refers not to the ingredients that are actually present in the supplement but rather the likelihood of one of those ingredients being exposed to a heavy metal e.g. lead during the growth of the plants. The threshold is incredibly low as to almost make it meaningless, the Prop 65 warning level for lead is 0.5 mcg (micrograms) per day exposure, and the level that is not harmful is considered to be 500 mcg per day. So a product can contain lead that is 1,000 times lower than the safe level but still have to provide a Prop 65 warning on the label. Tiny and insignificant amounts of these chemicals/metals are the price we pay nowadays for bug free food (and supplements!). A large percentage of household foods would fail the Prop 65 test. It is far

more healthy and beneficial to take these supplements than to not take them. California is the only state using this warning system.

There is also a disclaimer that I must write and it follows much the same lines as the ones above: *James Kitchin is not a medically trained professional and while he does have considerable experience in the field of C.F.S./M.E. he cannot diagnose or treat any disease. If you require a diagnosis or professional medical help these are best sought out from your G.P. or a private doctor with experience in this field. A number of such doctors are listed later in the booklet. James Kitchin and the NHS should also be regarded as separate entities.*

### **Handy tips for using this booklet**

In the book I refer to the illness as M.E. and C.F.S. interchangeably. They mean the same thing under the current definition and are the same illness.

More precise dosage and usage information is available at [chronicfatiguesyndrometreatment.co.uk](http://chronicfatiguesyndrometreatment.co.uk)

No need to read it all at once! If you can, amazing, but you are under no pressure, and you must take this at your own pace.

It is impossible to be perfect in life, and it is not required to get better from chronic fatigue. You must not worry if you cannot do everything absolutely to the letter.

However, a high level of discipline will be required, there will be ups and downs, but believe me when I say it is worth it.

Good luck!

**The following story is quite harrowing and I have purposefully left those pieces in, in order to help the carer understand how intense this illness can be, and help the patient realise they are not alone.**

### **My story:**

I had a fairly normal childhood growing up in the countryside of Derbyshire. I had a few stresses in my life but nothing particularly unusual. The only strange thing at the time was my tendency towards severe allergies and I would often pick up every infection going round school. It was not until my later years that things started to go downhill.

Aged 11, I had a number of big shifts in my life. The marriage of my parents began to enter a rocky period, we all moved house to Birmingham and I started a new school. These were all stresses on our lives and I began to struggle to get to sleep. It would often take me 2 hours in bed to drift off and I began to feel tired and started to struggle my way through my new school.

Following a car crash, a burglary and some other unfortunate events, the stress levels were sky high and my symptoms started to worsen. I was unhappy at my new school, even though I was an academic child I felt the workload was unnecessary and impossible to keep up with (especially in my tired state). I started to fall behind on my work and the tiredness was worsening. Looking back, I would say this was the point at which I became depressed. My parents did not understand at the time, and in the only doctor's appointment we had, the doctor told us that there didn't seem to be anything wrong with me.

Aged 12, I continued to develop new symptoms, such as brain fog (an inability to think clearly or remember information), pain (which started in my muscles) and a general sense of heaviness and sluggishness. I was a keen sportsman and found that I could keep up the pretence of being reasonably normal around my peers, but using all that energy to "be normal" would cause me to crash out after school. I would come home and collapse on the sofa, complaining of constant tiredness, and I would need a considerable amount of time to recover before doing anything difficult. Certainly the days of homework first, TV later were long gone. We consulted the doctors more often during this year, but the only thing that really happened was that my sleep was analysed (I apparently had no observable sleep conditions) and I was prescribed antidepressants.

As I turned 13 the anxiety started to rise and it was decided as a family that the experiment to move had failed, and we moved back to Derbyshire. I started at the school that my primary school friends went to, but didn't feel at all comfortable. My illness wasn't getting any better and I suffered some bullying, I feel partly due to the fact that I was withdrawn due to the symptoms I was facing. My brain fog in these times and my feelings of depression and anxiety got considerably worse. We went to see doctors in the Derbyshire area, but got the same response. Your bloods are fine, there isn't anything wrong with you.

As I turned 14 at this point, something was clearly wrong with me. It was around 13 or 14 that my parents really started to connect with the fact I was very ill and that we were going to have to try and understand this ourselves. This started a long process by which my family began to research online how best to help me, and the conclusion that they came to, is that I might be suffering with chronic fatigue syndrome. So back to the doctors we go.

"I'm afraid we have to wait 6 months here to give you a diagnosis of M.E.". By this point I think it is fair to say we were pretty upset with the whole system. I was prescribed sleeping pills and my mother started to research nutritional changes and supplements that could help support me (what we now know to be not the right things at the right doses, but it was the start of a sea change in the way we approached the illness).

It is worth saying at this point that I do not hold anything against the doctors who treated me early on in my illness. I believe they were doing the best they could at the time, and it was simply a lack of information that prevented them from being of help. You may already know or soon discover that there is a large amount of politics at play in the treatment of this condition. Due to its complexity, many different groups have different ideas about how it should be treated and often come into conflict with one another. Having recovered from the most severe form of this illness (other than death, which traditionally is quite difficult to recover from), I would say that I have a pretty strong case given the amount of knowledge I have on the subject. I am not interested in belittling one group or another and their treatments, I just want to help as many people get better as possible, but you may see the occasional political reference in my story as it is very difficult to untangle this illness from the various ideas these groups put forward.

Following my diagnosis of M.E., I was able to go to the local chronic fatigue service. This was in the days before the NICE review of the guidelines. I took part in the treatments offered (some CBT, mindfulness, pacing) but found them ineffective.

At 15, I really started to crash. We had begun to look into nutritional supplements, adjusting my diet and a few other ideas (such as counselling, immunotherapy and nutritional injections). Despite doing all of these, my health continued to decline and I found myself at the end of my final GCSE year unable to go to school or take my GCSEs so I was forced to apply for my case to be reviewed to see if they could award me any qualifications.

During this time, I became incredibly angry and bitter. I had no idea what was happening to my body. By this time, I had problems with my sleep, allergies, brain, mood, light and sound sensitivity, joints, muscles, bones and perhaps another 10 or so niggles that cropped up as a result of my deterioration.

I felt nervous and totally wired even though my body was not able to keep up with the energy required to feel that way. This feeling of "tired and wired" is a classic symptoms for chronic fatigue patients (more on that later). I was able to watch some TV and play computer games, which caused a lot of confusion for my parents (if he is able to do that, why not do actual work?). It took a long time for me to medically work out why this was the case, and there was a lot of conflict between my parents and myself during this period. I have written a section explaining this later in the booklet in the section helping carers understanding what the chronic fatigue sufferer is going through.

Aged 16, as our knowledge of chronic fatigue started to develop, I felt ready to engage a little with normal life. We had found a handful of things that were helping me (B12 and magnesium injections, fish oils, coenzyme Q10 - not all of which I would necessarily recommend now), and I decided to try to go to music college. This..did not go well.

I was in the place that no chronic fatigue sufferer wants to be (but they are normally familiar with) which is always being two steps behind everyone else. I would arrive to the small amount of lectures I attended exhausted, and although I had dedicated a lot of my time before becoming seriously ill to playing, I would make countless errors that were totally avoidable. I would forget where songs begun and ended despite practicing them for months, I would go to perform and suffer with a new found stage fright, in which my muscles would seize up and it would be a battle to feel anything other than this new anxiety. I would often leave the stage

embarrassed and at one time even mocked, and despite any success or personal development, I would always be thinking 'but if you were well, what else could you be doing?'

It was very clear to me that my physical health was draining my brain. I got to the end of the course and started two long years housebound at home with my mother. We continued a whole host of different treatments (including craniosacral therapy, meditation, PC injections, skin injections, a very strict paleo diet, and perhaps 20 or 30 different supplementation products). It was a total nightmare. I wasn't getting any better and as winter approached aged 19 I realised that I was getting worse to the point of a new low. By this point we had consulted with the best chronic fatigue doctors in the UK. Being an only child, my parents very kindly were able to use their savings for my healthcare but it was certainly not easy.

We had explored so many avenues. We had learnt about people who could not stand being near mobile phones and wifi signal, I had been to yoga, people who work with energy, dealt with countless doctors and professionals, all of whom had their specialities, but none who could work out what was going on. At this point I was seriously considering assisted suicide as an option. There appeared no way back, and despite the horror of my family, my parents in a way were able to understand why I felt so low, certainly they could empathise with the fact that if I were forced to live my life under these conditions it would be intolerable, and it would only continue to get worse. I remember telling my parents at the time that it felt as if my body was disintegrating, I had begun to have severe chest pains and I sensed that sooner or later something major would fail.

It was time to look further afield. We decided to go on a big last ditch trip to America to see what else we could find out. It was not an easy decision to take the trip. I was struggling to walk by this stage and I knew that the travel was going to be extremely painful. It was a brutal journey but I made it. Fascinatingly, I didn't notice the jet lag. I think by that point my body didn't know which way was up.

America turned out to be a game changer. It was fascinating how far ahead they were of the British when it came to treating chronic fatigue. Despite the massive cost, we were able to glean vital knowledge about how the illness works. Why did it take so long for us to find out America was better? I think that the main factor was that without understanding the science, it was very difficult to make an informed decision as to what treatments were best. You are essentially left with judging the quality of the marketing, and as the doctors who were really on top form were pretty full anyway, they had little need to market and the only mention of their names would come from the odd forum post or page comment. Eventually, our paths started to cross.

The first piece of incredibly important news from America was that I had Lyme disease. This was one of the first things we investigated in England and crossed off the list of possibilities. This, very sadly, is because in England I tested negative for Lyme, but when I had the much superior Lyme test in America it discovered that my body was carrying the infection. Despite never having been to America, they were still able to identify British strains better than the standard test. I will talk more about this later but Lyme is a huge part of dealing with chronic fatigue and it is estimated by a number of the leading M.E. doctors in America that 80 to 90 percent of M.E./C.F.S. patients carry Lyme.

The second important piece of news is that I was suffering from Babesia. Again all of these things will be covered individually later but this accounted for my severe black depression and some of my brain fog.

The final piece of what I see as my three piece story (like a suit, but worse) was that I was diagnosed with a toxic mould infection. This was probably the most significant piece of my story. From a young age I had suffered with allergies. I had been misdiagnosed all along! My old mattress was found to contain spores and it turns out that from a young age this infection had been slowly building, eventually causing new symptoms and poisoning my body.

These were huge developments, but I was not out of the woods yet. The final huge mistake me and the doctors made was to go on a course of antibiotics. I was absolutely floored by the effect these had on me, they were injected intravenously, as is the practice for better coverage of the body. I had surgery to have a Hickman line put in (a way of getting more liquid into the body more easily, typically used for cancer) and was injected through this. I had a huge Herxheimer reaction where the body cannot cope with extra toxicity caused by microbe death.

This was 8 years in, where I hit my lowest point. I had perhaps 40 individual symptoms at this point. It's very hard to describe the feelings in this period. I'm pretty sure I reached a place most people never experience. I was not able to talk, not because I did not have the strength (though it sure would have been tough) but because there no longer felt like there was a link between my brain and my vocal chords. I wanted to say things sometimes, but they would drift

away, and I would never be able to solidify them long enough to express them. I retreated into my own space, my own head, my own swirling mass of emotions and feelings. I was aware of my family fussing around me, but refused all further treatment. I would use the little strength I had to lock myself in the bathroom, having no way to express my desire to stop the medicine. I felt absolutely certain that if I were to continue to participate, I would die.

I felt that my heart was starting to give out, but even if I could have communicated, I probably wouldn't have done so. I was looking for an easy way out, and I felt that a heart attack might be a good way to go.

The America experiment was deemed from a diagnosis perspective a success, but from a treatment perspective an abject failure. We had secured some leads for sure for what we might do next, my Hickman line was still in and there had been some talk of using it for silver injections (a natural antibiotic). I was on a range of pick me up style supplements and steroid medication. and was also treating all three of my identified issues with small amount of oral antibiotics, nasal rinse solutions and anti malarials. Time passed and I grew ever more desperate for something to change. We were in limbo, me not well enough to go back and continue the kind of treatments that would floor me, and yet only having a small action plan for my three issues.

My health began to improve ever so slightly, I believe due to the treatments I was on at the time. Looking back, this was the light at the end of the tunnel, but back then, it felt so far away from any kind of recovery that it seemed insignificant. It was at this point that I snapped. I attempted to take an overdose and was taken to the NHS for suicidal feelings, but was turned away as there was deemed to be nothing that they could do. I was able to explain very calmly how I felt and I still believe that despite my depression I was still of sound mind, simply reacting to the situation I had found myself in. They agreed.

I said that I would not leave out the bad parts of this story at the top and this topic of suicide is certainly the worst section. This is a little tangential to the subject of chronic fatigue but I know that there will be many sufferers out there feeling like this and it is important for them to know what it is possible to come back from.

Having moved to my grandma's house (we suspected mould elsewhere) I started to feel a little stronger but no less depressed. I believed that the boost in energy came from having my own room, peace and quiet, and rest from travelling. However, I was still certain that I could never get better. On one particular day I took my steroids and my pills, told my family I was going for a walk, and boarded the train to Eastbourne. I made my way up to the cliff face at Beachy Head with extreme difficulty, just as the sun was beginning to set. Alone I sat at the cliff face preparing myself to jump.

As a lifelong scientist and rationalist, the next part is very difficult to explain. I walked up to the edge of the cliff, and as I looked down, I was hit with the full force of nature. The wind was pushing me backwards, the sea was churning, crashing down onto the rocks. It was cold, and desolate. I had something you might liken to a spiritual or numinous experience, where I felt that I was communicating with nature. Either by this point I'd gone completely mad, or I was witnessing something very special. Who was I against all this power to take my own life? To defy nature? I stepped back utterly crestfallen that I had not succeeded, sat in a small gully and cried until the stars rose and illuminated my path home.

I hope that those reading never find themselves at such a low point, but I must explain that my view of suicide and mental health was radically changed during those experiences. For carers to try and understand, when you are that low, the pain is unbearable. Any thoughts of what the family might want go out of the window. In my experience, I felt totally rational, so others may well feel the same. Anybody experiencing this illness may consider that option. If you are experiencing this, you are not alone.

From this point on, things get happier. I returned to my treatment and slowly began to see some interesting developments. Black strings started to fall from my nose and with every week, I seemed to have less breathing issues and less brain fog. I ramped up my lyme disease treatment and continued with my babesia medication, and slowly, ever so slowly, I began to see improvement.

There was increased strength in my legs. Words came more easily. I could start not just to see TV, but to watch it. My noise sensitivity and light sensitivity reduced. Conversations did not have to be rushed to get to the end for rest, but could be followed and understood with less trouble.

I started to go out for a weekly walk, and was able to tolerate hour long counselling sessions twice a week. I started to pick up the guitar again, my second favourite instrument after the drums. I began to read a little.

Perhaps 9 months of steady improvement week on week went by, all the while, changing small details, working out what was best for my routine, optimising my treatment. I had started to go out for walks 2 or 3 times a week and was starting to look to the future and what I wanted to do. The recovery was not quick but it was an exciting time.

I could help my mum prepare some of my food and generally be a little more friendly and sociable. I started to document my experiences of what I had been through. Through frequent meditation and good healthcare, I was finding access to a calm that I had been sorely missing.

I decided at this point that I wanted to help other people with chronic fatigue. How can it have taken this long to track down the answers? My mum must be one of the foremost chronic fatigue experts nowadays! I started to set up my idea which eventually became [chronicfatiguesyndrometreatment.co.uk](http://chronicfatiguesyndrometreatment.co.uk).

Now, 1 year on from the start of taking what I now recommend as treatment, having got my life back I feel inspired, motivated and positive. I am more passionate about music than ever, and am integrating myself into the London music scene. I run my website and have a passion for sharing my knowledge and story. I still regularly meditate and lead a healthy lifestyle through everything I've learnt. I am able to peruse dense medical literature, socialise and follow my other interests, including exercise. Most importantly I have health, energy and happiness.

Despite it being a thoroughly horrible experience, I have learnt some good stuff from chronic fatigue. Recovery from this illness is a very exciting time. Through no fault of your own, you have been taken completely out of the matrix of modern life. Although this initially seems negative, it offers an amazing range of possibilities.

For example, you fear less stuff. A lady on radio 4 recently said that she had suffered from both chronic fatigue and breast cancer and she would rather have breast cancer. That means, just by surviving this thing, you have already fought harder than many will ever have to. I am much calmer in social situations now because I have some perspective. Does it matter exactly what your hair looks like? Whether you are better or they are better? I have some hilarious reference experiences from when I was very ill of being in a wheelchair and refusing to wash my hair, going into the doctors with greasy, matted hair and dirt under my fingernails. And what I discovered, is that people really don't care. They worry so much about themselves, but when they see you, they don't mind if you don't look your best. It doesn't affect them. So it shouldn't affect you.

The fear of falling behind, of not achieving as much as someone else, that becomes a reality. And you get through it. You are no longer tied to the expectations of others. You probably failed those expectations. But that is fantastic. Because it sets you free. Why return to the corporate rat race? Why do what everybody else does? Perhaps this is the time to do what you really want with your life, to follow your passions, live creatively and feel the true value of the time you now have.

For me that means playing music, helping people with chronic fatigue, and living boldly. For you, who knows?

Let's find out.

## **What is M.E./C.F.S.?**

Myalgic Encephalomyelitis or Chronic Fatigue Syndrome is a condition characterised mainly by extreme tiredness but also a number of other symptoms that may or may not occur. These can include (but are not limited to: sleep issues, brain fog, joint pain, bone pain, muscle pain, dizziness, sore throats, lymph node swelling, sensitivities to light, sound, temperature, electrical objects, headaches, depression, digestive issues, loss of balance, poor circulation, nausea, allergies and food intolerances. Chronic fatigue is sometimes referred to as a 'diagnosis of exclusion' which in simple english unfortunately means they don't really understand what you are suffering from, as they have ruled out the classic illnesses that cause these symptoms.

Some campaigners have even gone as far as to call it a 'dustbin diagnosis', however I believe that with an investigative scientific attitude is possible to work out the cause of all of your symptoms.

The leading theory for chronic fatigue currently is that it is an autoimmune condition, brought on by some factor (or group of factors) that knock the immune system out of balance. Classic examples of chronic fatigue factors include: severe stress, exposure to mould, exposure to chemicals, exposure to heavy metals (e.g. mercury), trauma, a tick bite (characterised by a ringed 'bullseye rash' on the bitten area and glandular fever or other severe illnesses.

Fortunately, these factors can help give us clues as to what might be the underlying cause of the fatigue (and there is always an underlying reason, my 84 year old grandma was far more energetic than me when I stayed there!). You will most likely resonate with some of these factors but if you don't, not to worry, we will be focusing our attention on the same handful of systems all the same.

The immune system is responsible for protecting our bodies from nasties like viruses, bacteria and mould, kills cancer cells, and deals with chemicals that enter our body. Comparisons have been drawn between chronic fatigue and cancer and it is easy to see why, they are both characterised by extreme immune dysfunction.

A good way to think about the immune system is like a weighing scale. In a normal human being, the scales are tipped firmly in support of the immune system. Your body contains the right bacteria, energy from food, calmness and lack of inflammation to suitably protect itself from the dangers of the outside (and inside) world. Occasionally it might be knocked (for example, when you catch a cold) but it normally recovers quickly and you return to normal (or homeostasis).

In the chronic fatigue patient, the scales tip the other way. The negative factors mentioned above all pile in on the immune system, and the immune system simply does not have the resources to cope with the problems. It gets stuck in dysfunction and the body's normal defence mechanisms fail. At this point, the mitochondria (which are responsible for making energy in the body) slow down to protect themselves and as a result you are left with extreme fatigue, and other symptoms begin to arise.

The question therefore is, how are we going to give the immune system (and other important systems in the body) more support, and reduce the strain on the body so that it can recover and return to health? Here are the most common causes, followed by recommended treatment.

## **Treatments for all sections later in the booklet**

### **Section 1: Lyme Disease**

Lyme disease is an infection caused by bacteria carried by small parasites called ticks. These ticks can live in a variety of locations but are commonly found on animals (particularly sheep, dogs and deer) and in long grass and woodland areas. The most common symptoms of a tick bite with lyme is a distinctive 'bullseye rash' (shown below). This may appear days or weeks after the bite. However, it is certainly possible to receive lyme disease without being aware of a tick bite, and this was what happened to me in my own story.



Unfortunately I believe that a large quantity of chronic fatigue patients are misdiagnosed, and many of them will in fact have lyme disease. As I mentioned earlier, the lyme test in Britain is largely ineffective, and like me, you could be one of the many people who received a negative response from the lyme disease test, when in fact you have been carrying it all along (I have added the correct test in the test section).

To understand why this is, we need to understand the bacteria a little better. The problem with lyme is that it is quite an intelligent infection. Compare it to a disease like pneumonia. This is a classic high virulence infection which means that it multiplies very rapidly, allowing it to quickly grow and spread. This however, is also its weakness. It has not developed strategies to protect itself because it attempts to overwhelm the immune system rather than hide from it. Thanks to the magic of modern antibiotics, these infections are usually quickly cleared and dealt with. Lyme works a little differently.

Dr Rawls MD, a leading expert on lyme who had and cured the illness himself, explains: "Just possibly the most successful microbes are not the most virulent. Success in the microbe world is defined by the ability to propagate and flourish. Killing or severely disabling the host can be counterproductive. A stealthy approach offers great advantage. Persistence instead of virulence is how they win. Collectively, these microbes can be referred to as low virulence pathogens"

What Dr Rawls is explaining here is that the lyme infection, also known as *Borrelia*, is known as a stealthy microbe. It reproduces very slowly, about once every 30 days. It can hide in tissues, joints, the brain, the nervous system and even in the lymph nodes (remember that lymph node swelling?). It can damage cartilage through inflammation which helps explain the joint pain

issues. The strain on the immune system will cause significant fatigue, and the symptoms of lyme and chronic fatigue are almost identical.

I believe in the next few years it will become widely understood that treating lyme with antibiotics is absolutely not the right move. This is because unless lyme is treated extremely quickly (and even then it sometimes does not work), the lyme will simply evade the antibiotics and you will actually go backwards. People report feeling better after a course of antibiotics only to fall back into the illness feeling even worse. This is because the lyme has a number of strategies like becoming completely dormant (failing to interact with the antibiotic), hiding under layers of biofilm (which protect the lyme) and hiding in places that the antibiotic cannot reach.

It also important to understand that antibiotics can be downright detrimental to your health. The antibiotics not only destroy bad bacteria, but also mess up the good bacteria in your gut, leading to issues with immunity, digestion, mood and the possibility of being more susceptible to further infections.

## **Section 2: Heavy metals**

If you have ever heard about the plight of the people of Minamata, you will know about the dangers of heavy metals. In the 1950s and 60s, a corporation dropped their mercury laden waste into the local harbour. The local children were born with severe birth defects and the population began to fall seriously ill.

Now if you consider that dentists put mercury fillings in our teeth, is it any wonder that these could be a source of heavy metal toxification? In most normal people, heavy metals are flushed out by the body and do not noticeably affect the body, but in chronic fatigue patients, the metals can have built up. This can make your body weaker and although you certainly won't have the severe effects of the Minamata crisis, it is best to deal with this.

I was not a serious contender for heavy metal issues, I had some mercury and a small amount of lead, but these were fairly typical. I would recommend that even if you have not experienced the main risk factors (mercury exposure, lead pipes in your house, large amount of exposure to copper, particularly copper dust), that you use the binders described in the main treatment section to help get rid of any toxic metals that may still be in your body. Sweden, Denmark, Norway and Germany have already restricted the use of mercury fillings and if you have any, it is essential to get these removed and replaced with a mercury free material, such as resin.

## **Section 3: Mould**

Mould is one of the least talked about but perhaps one of the most significant aspects of chronic fatigue recovery. I have been told time and again by multiple doctors that you simply must deal with mould (or confirm you aren't suffering) or you simply will not improve. That was a tough lesson for us, and it may be for you too, as it may mean moving house, or disposing of items that carry spores. This is a difficult process but one of the most valuable.

As I mentioned in my story, I had suffered from allergies as a child. My nose would stream constantly, and I was suffering from what I thought was hay fever in the summer and colds in the winter. The typical doctor will not have any idea about mould exposure, and that is one of the things I am hoping to change.

When we are exposed to a mouldy environment, spores are breathed up through our nose and into our sinuses and lungs. A standard healthy immune system can kill and deal with these invaders, but in a chronic fatigue patient (you are probably starting to see the pattern here) the immune system is not strong enough, mould can take residence in the sinuses and lungs and begin to grow. It releases toxins as its natural defence mechanism and these poison our body.

Classic mould issues are breathing difficulties, brain fog, asthma, "allergies" and "colds". Mould is also sometimes responsible for the classic "wired" symptom that so often accompanies chronic fatigue. Mould toxins seem to have a large part to play in triggering the flight or fight response that can leave the immune system out of balance.

If your doctor has prescribed you allergy medication, be very careful with what you take. Antihistamines are okay (even useful) as they help reduce inflammation, but steroids must be scaled down and stopped as soon as you are able. This applies to all steroid medication. It is possible to progress with treatment while on these medications (I did for a time) but while steroids give you a kick, they actually suppress the immune system, which is the exact opposite of what we are trying to achieve. Great for allergy, terrible for mould. The mould is able to grow faster and I too fell victim to this misdiagnosis. Unless you have some other condition with which you must have steroids or you have Addison's disease you should get off them as soon as possible.



Examples of steroid medication to avoid are: hydrocortisone cream, hydrocortisone tablets and the Nasacort nasal spray.

#### **Section 4: Stress**

It is worth talking in this section a little about fight or flight. This is the adrenaline pumped response that we get whenever we feel we are in danger. This may apply to literal danger, or may apply to the danger of failing, or social anxiety, or exam stress. In times gone by, when we lived as small tribal units, most dangers consisted of outside threats, for example, an enemy tribe. The enemies would appear, adrenaline would kick in and it would help to give the tribes the strength to fight or to run. Nowadays, our dangers are far less literal. You couldn't exactly punch your boss if he shouted at you! Well, you could, but rather you than me! The problem with the high stress, low danger way of life, is that we can get stuck in this fight or flight mode. Our brains mistakenly run the process when we aren't in danger, and as blood goes to our legs and arms to fight, the immune, digestive and a number of other systems are slowed down and are considered low priority by the body. That would be fine if we calmed down, but being in a state of constant stress takes a huge toll on our body. I certainly believe stress contributed to the onset and perpetuation of my condition. The 21st century can be a difficult time to navigate for the fatigued human.

#### **Section 5: Co-infections**

One of the issues of suffering a tick bite is that along with lyme, a number of less common infections can be picked up that make recovery more difficult. The four most common are babesia, ehrlichia, bartonella and anaplasma. Not all lyme patients will have co-infections from their tick bite, but it is worth getting tested to see what you have. The treatments I suggest cover a wide range of bases but it may be valuable to you to do extra research on a more targeted approach if you are found to have any co-infections. I myself had babesia and appeared to have bartonella, both of which I have dealt with nicely.

#### **Section 6: Food, Chemical and Electrical Sensitivities**

Much of the work being undertaken in the UK revolves around these areas, and while it is certainly not the whole picture, it is important you are aware of these ideas.

On the subject of electrical sensitivity: We've tried some pretty wacky treatments over the course of my illness, but the more I read, the more I came to understand the value of dealing with electrical sensitivity. This is not a myth as most people believe. I have seen a woman in great pain with my own eyes as an unknowing person sent a text message next to her. This is probably one of the worst sensitivities to have, in our increasingly computerised and wifi ridden world, and with the launch of increasingly powerful services. A common misunderstanding is that the invisible electrical fields that these devices produce directly damage the body. In fact the evidence seems to suggest (for example from this quote from leading chronic fatigue, mould and lyme expert Dr Klinghart MD), that the electrical fields excite bacteria and mould inside the body meaning that they reproduce faster and cause more damage.

"A Swiss mold researcher once conducted some simple experiments to measure the virulence and presence of mold and mold toxins in high EMF environments. He exposed moulds to a Wi-Fi router and found that the production of mycotoxins was dramatically increased by the energetic frequencies. The virulence of the mold toxins also increased 600-fold."

Pretty dramatic huh? You will (and may have already found) that you will have to reconsider a lot of the things you thought you knew about health. Chronic fatigue cannot be solved by a pill, therefore we are forced to look to all the possible scientific answers other people may have disregarded. It is important you remain open minded and be aware that these are the things that I believe to work after 10 years of research and trial and error.

On the subject of chemical sensitivities: These tend to develop as a result of chronic fatigue, but being able to identify clearly the things that make you more inflamed and more sick can be really helpful in speeding up your recovery. For me personally, this meant changing my washing powder to a kinder, less chemical product, as this would stop my skin itching and was great for taking some pressure off my body. I have met multiple people with chemical sensitivity and chronic fatigue. I do believe it to be important to investigate if you suffer around deodorants, exhaust fumes, washing powder, perfumes or other commonly used chemicals.

Finally, on the subject of food sensitivities: We've known for a long time that people suffer with food allergies. The entire medical community would be able to tell you about the risk of anaphylactic shock for someone with a severe nut allergy, but there are many other smaller intolerances that can plague patients with chronic fatigue. Despite not having a nut allergy before chronic fatigue, I discovered that I would become massively inflamed when I ate them. On our diet section later we will look at how best to avoid these common intolerances.

## **Section 7: Methylation and your DNA**

A question often posed by chronic fatigue sufferers is why me? What was so different about me that caused me to get this illness? Perhaps your friends were exposed to similar conditions to you but did not get ill. Part of the answer to chronic fatigue seems to lie in the DNA. When making my way through years of the illness, one topic that kept coming up was methylation. This is a vital process that activates and deactivates bodily functions like the stress response, neurotransmitter production (brain health), inflammation and detoxification. Methyl groups turn these functions on and off at the right times, so with poor methylation, regulating these functions becomes significantly more difficult. You can probably see how chronic fatigue symptoms and methylation issues seem to match up pretty well. On getting my DNA tested I found that indeed, I actually had a number of genetic mutations that made my absorption of nutrients helpful to methylation much more difficult. I had to change the nutrients I was taking and had much superior results. More on this later. For those of you who react heavily to B12 injections, this section may be of particular interest to you.

## **Section 8: Candida overgrowth and Leaky Gut**

One of the problems of the 21st century lifestyle is the amount of sugar we consume. Not only does this make us gain weight as we all know, it is also can throw our gut into imbalance. Candida is a helpful yeast that helps our body break down food, but when our immune system becomes compromised, it grows out of control. It breaks down the walls of our digestive tract allowing toxins and other nasties into the bloodstream which can cause many of the symptoms associated with chronic fatigue. This breakdown is known as leaky gut. We will learn how to starve candida and repair that gut lining later.

### **Treatments**

I have split the following treatments into two sections. I used all of the these treatments and the majority I still use to this day. The first section is treatments I would recommend for all chronic fatigue patients. This is because they cover a wide range of possible fatigue causes, and have a significant impact on general wellbeing and health. The second section will be treatments for specific causes of chronic fatigue. There will also be a list of medical tests below that I would encourage you to take in order to work out why you are fatigued.

Commonly asked questions about these treatments:

#### **How long will it take to get better?**

The good lyme doctors normally say about 1-2 years, but I went from the incredible low mentioned in the story to writing this booklet in a year, and the increase in my health was exponential. You are unlikely to be as ill as I was so I hope you will take less time.

#### **Can you promise I will get better?**

No, I cannot promise you will get better I am afraid. Chronic fatigue is a condition that has stumped many medical practitioners and has taken me many years to get my head around. There is some truly great stuff in this booklet but your puzzle pieces of your illness may fit together in a way that I have not yet seen. It is important for you to develop that investigative scientific attitude, that will allow you to stand on my shoulders (just like I have stood on research before me) in order to fill in any blanks you might have. What I can promise you is that if you do all of the stuff in this booklet, you will know way more about your body.

#### **How long will I have to take these treatments for?**

These are mostly long term treatments. The price you pay for having this life changing illness is that you must take care of your body into the future. There is no reason following your recovery you cannot start to scale back some of the treatments you take but a return to an old way of life would likely see the return of symptoms.

### **How long until I see some change?**

It took me 6 months to really wake up to the fact that I was significantly improving. I would not recommend giving up the protocol until at least that period of time has passed. I would be very surprised if you did not see any change at all after that length of time. Remember there is always a reason! We just need to find out what that reason is! If you take the tests and do the protocol, at the very least, you will have significantly improved your knowledge of your body.

### **Will I initially feel worse or better on these treatments?**

A common difficulty of recovering from chronic fatigue is the dreaded 'Herxheimer reaction' (or Herx reaction). This takes place when a foreign invader is killed in the body and releases toxins as it dies. Sometimes, a boosting of our immune system can cause a short term negative response as the body decides to deal with more of the infection at once. This will make your symptoms worse for a time. Metal toxins can also produce a toxic response as they are being removed from the body. Something to look out for: If you go to the toilet and you feel better, this probably means it was a Herx reaction because that implies toxic products are being excreted. If you feel that something is definitely not suiting you, stop. Any reactions will actually help provide clues as to how best heal your body. When initially starting treatment, it is best to build up what you are doing gradually (you can start different treatments at the same time, but you might want to increase dosages say once every few days). This will help to avoid shocking the body and allow it to adapt.

### **How will the journey of my recovery look?**

Recovery from chronic fatigue is naturally a 2 steps forward, one step back process. The Herx reaction is one such reason for this process. Particularly for those chronic fatigue patients suffering with an infection of some sort, the reproductive nature of the bacteria means that your progress can for a small time go backwards as well as forwards. I discovered through my own experience with lyme and the experience of others that there is a direct correlation between the full moon and new moon and lyme symptoms. This is because the bacteria reproduces once every 28-30 days, and for reasons we don't understand this seems to link up with the moon cycle (which lasts 29.5 days). I was a full moon sufferer! Although there is no scientific research into this topic, the experience of a large number of lyme patients implies its veracity. A great way to check whether this might be an issue for you is to look up the dates of the full moon and new moon and monitor how you feel around that time. During my recovery, I was always sure to go easy on myself during the full moon period. You are most likely to suffer in just one period or the other. Seasons also have a significant effect on chronic fatigue, particularly the autumn period moving into winter, the cold seems to favour bacteria and can also affect our mood. I found myself dipping in early October.

### **How much will it cost?**

The current cost of all the treatments in the main section is split into two categories. I have made every effort to ensure these products are cheaper, but when importing the best treatments from around the world everything is taxed with various import charges. These charges would apply whether or not you order by yourself, and you may find some unscrupulous companies on the net who will not inform you that on arrival to the UK you can be charged a large percentage of the value of your item, which makes their products appear cheaper.

The majority of products are shipped free of charge through our main supplier (orders over £65) and myself. Two of our smaller suppliers also offer free delivery. Be aware that you will have to pay your own shipping charges for rain products and nrf1&2, and Dr Rawls's herbs. You may incur a customs fee for rain products which is around £30 pounds, and Dr Rawls's herbs which is around £50 (these fees fluctuate up and down). These are still the best value way to take advantage of these products. Unfortunately these are bigger companies with whom I cannot negotiate further discounts, but I have put the ways to take advantage of existing discounts on my site.

There is a one off purchase price of £1255.00 for the pieces of equipment that are only required once. This represents an average 8% discount that I have negotiated. There is then a monthly fee of around £590 (prices correct November 2017) for repeat orders of the 'Recommended For All' protocol. This price mathematically accounts for products that do not need to be ordered every month. This price includes additional offers on these monthly products through my site which give you an average of a further 10% off RRP. Tests are based on your own personal story and selection and range from £50-£750. You will not need to take many tests. There are some discounts also available for these.

Although I hope one day these treatments will be free for all, it's worth putting these numbers in some context. The companies that make these products tend not to prove the greatest cost to the chronic fatigue patient. Over my time with chronic fatigue, I consulted with countless doctors, many of whom were private and charged many thousands of pounds for their services. Many proved to be total dead ends. I could not find the answers I was looking for in the public health service either. My family very kindly spent most of their savings trying to find an answer and we wasted a lot of it on doctors who didn't know as much as they claimed, and treatments that didn't hold the answers. This, surprisingly, is quite a cheap way to approach effective treatments for chronic fatigue, because it hits the body from lots of different angles with well researched treatments, for medically speaking, not too much money. If you are still stuck I have provided a list of the best doctors in the field. The seriousness of this condition (as I mentioned in my story, a lady said on radio 4 that she would rather have breast cancer again than continue with chronic fatigue) makes it easier to put these numbers into perspective.

## **Treatment section 1: Treatments that I recommend for all chronic fatigue patients**

As I mentioned in the foreword, the product treatments are available through my website at [chronicfatiguesyndrometreatment.co.uk](http://chronicfatiguesyndrometreatment.co.uk). It was very important to me that if I was going to help the people who make the things that got me better sell their products, that it would be easier not harder for patients to get hold of them. This means discounts and access to everything in one place for a tired mind to more easily cope with.

### **Treatment 1: Diet**

As I said at the top, getting better from chronic fatigue is a significant challenge and you must be disciplined in order to see your way through. A great amount of this effort will be focused on your diet. You may be forced to reconsider a lot of what you think you know about dietary health as the correct food for chronic fatigue does not line up with the 'balanced diet' concept of healthy eating.

Many infections, such as mold, lyme, parasites, bad bacteria, excess candida and babesia are heavily reliant on sugar to maintain their survival in our bodies. When these infections get out of control, it is essential we change our diet in order to prevent these infections reproducing at an increased rate. While it is also very good for your body to cut down on sugar, it helps massively to starve infections of the nutrition they need, which will kill off infection and make your immune system's job easier.

The ideal chronic fatigue diet revolves around a 'caveman' or paleo diet with a few additions to make it a little easier. You may have heard about these kind of diets before, but the basic idea revolves around a high vegetable and meat diet with additions of a small amount of raspberries, coconut yoghurt and other small additions that will help you along.

The rationale behind this diet is quite simple. For most of human history, we have been eating using a hunter/gatherer strategy, meaning we hunt and kill animals and take what nutrition we can from plants. This means that our bodies are designed to consume this type of food. Only in the last 12,000 years (which is only about 5% of human history) have we started to farm products such as dairy, grains and cane sugar. Our bodies are ill equipped to deal with these foods. Dairy causes a large amount of inflammation in the body, you may have heard of lactose intolerance but casein, a protein in dairy also causes issues for our body. Dairy alternatives are okay (with the exception of rice milk), but I personally found coconut to be the best dairy alternative as it was the kindest on the body and gave lots of energy. Grains are also ill suited to digestion by the body, with some of the population reporting Coeliac disease, or an inability to digest gluten. In fact, this is simply the extreme end of what most people experience, which is inflammation in the body due to the indigestibility of grains. Our reliance on refined sugars and

added sugars further pushes the body and can result in diabetes and heart problems. As chronic fatigue patients, we have to be extra careful about sugar, and while it is impossible to have a perfect diet, we should avoid this as much as possible, and if you want to eat fruit, go for a portion of raspberries a day as these seem to be the kindest fruit on the body for chronic fatigue sufferers.

The question therefore is, if you are cutting out all of these energy sources, how do you replace all that energy? The answer comes in complex carbohydrates and fats. These are the two main energy sources (and the foods also contain a lot of protein, which helps with repair) that humans over most of human history relied on. Fortunately, we now have supermarkets, so you will be able to choose from a much wider variety of foods than our ancestors, which will be much more interesting.

The benefit of a complex carbohydrate is that it cannot be so easily used as energy by infections, meaning you give more energy to the body and less to the infection. They are also slow release, meaning your blood sugar remains balanced and energy is given to you over a longer period of time, leaving you feel fuller for longer.

People sometimes need time to get their heads around the idea of a high fat diet, thinking that it leads to obesity. This is absolutely not the case. It is the combination of fats, sugar and simple carbohydrates that lead to obesity, heart disease and the surrounding issues. I lost weight on this diet and am fitter than I have ever been (becoming your healthiest weight this way is much easier than spending all your time exercising!). Eating just fats and complex carbohydrates puts your body in a fat burning mode, which is ideal for improving your figure and your health, so this completely overrules any worries you might have about eating too much fat. It is essential on this diet that you do not try to count calories. You are probably going to need to eat more food and use more oils in order to feel full, but the great thing about this diet is that it is not addictive, your body will let you know when you have had enough food to eat. If you are still concerned about eating a high fat diet, check out what food Hugh Jackman ate to get into his role as superhero Wolverine. That guy hasn't got an ounce of fat on him and is incredibly strong, yet he was consuming a huge amount of calories, but because they were mostly in the healthy form of vegetables and meats he was able to become healthier. Side note, you won't look like Wolverine if you eat this diet, but you will be following in the footsteps of some very healthy humans.

It is also probably best to throw the traditional ideas of breakfast, lunch and dinner out of the window. You will not have access to the normal breakfast foods of juice, cereal or toast on this diet. For me, my meals did not have a label, they were not 'breakfast' meals or 'dinner' meals but they could be consumed at any time that was appropriate. Expect to have to either increase your portion size or eat an extra meal in a day to account for the change in diet.

Changing diet for anyone can be tough, but requires a special perseverance if you have chronic fatigue. I would recommend you go slowly, and transition into the new diet over a number of weeks. Most people have some level of addiction to sugar and this may be problematic especially in the early stages of the diet. Your body will be forced to change to burn a new fuel (fats and complex carbohydrates) and initially it may not be happy about this. It is also worth remembering that your infections may not be happy about this, and if they begin to die, this can also cause you to feel worse as they release toxins upon death. This is a short term issue that is well worth riding out. Especially in the very early stages of your treatment, be kind to yourself, and if you absolutely have to have something off the diet after a particularly awful day, you have my permission. Just don't make a regular habit of it. While I don't advocate being obsessive or a perfectionist, in the long run I found it much easier to be 100% on the diet, not just because it was the most effective, but because then I didn't have any arguments with myself about what I should or should not be eating. If you have had an awful day, another way to beat the system is to treat yourself to something non-food related, like a movie.

Foods to enjoy:

Meat and fish (Ideally non processed meats, but I did have a few of those in my diet and it was okay, I would use things like sliced ham packets to use as snacks, honey roast is okay)

Spices on your foods (turmeric and garlic are two classic immune boosters)

Vegetables (This can be mostly what you fancy, with the exception of potatoes and not too many highly sweet vegetables (e.g. peas) but a couple of portions a day is okay. Not too many carrots either).

Treats: Raspberries (one portion a day), Coconut yoghurt (200g ish a day - I used the Coconut Collaborative Natural Coconut Yoghurt, an absolute rip off but it pepped me up through a lot of

my bad days. Be very careful to not get a yoghurt with added sugar - naturally occurring sugars only)

Seeds (a couple of my diet treatments contain a lot of seeds, these may be useful for you)

Oils (The best oil in my opinion is avocado oil, but coconut oil and olive oil are also good)

Foods to try out and see how you feel:

Nuts (theoretically these are a great complement to the diet but some chronic fatigue patients found them to cause inflammation. This also applies to nut milks like almond milk. Try them and see how you feel).

Chickpeas (again theoretically a great slow release carbohydrate but I found it to cause inflammation. I think this may be due to the high folate content which due to a genetic deficiency [see genes section below] which some chronic fatigue patients have, this can cause issues.

Eggs (the chronic fatigue community sometimes have trouble with eggs, but if you can eat them, they are a great source of energy and protein)

Foods to avoid:

Simple carbohydrates (e.g. potatoes, flour, pasta, bread, crisps)

Standard dairy products (e.g. milk, yoghurt, cheese)

Sugary foods (e.g. fruit, chocolate, fizzy drinks)

Sunflower oil, corn oil and rapeseed oil (high inflammation with these oils)

Alcohol (sorry guys, but this will definitely slow down your recovery and even well makes your overall health worse)

A typical day for me on the diet:

Turkey breast x2 (fried in avocado oil) + A large portion of green beans

Rain Soul for an extra kick of energy

Gluten free sausages (out of a pack and into the oven) with peas

Half a pot of coconut yoghurt as a snack

Chicken stir fry (fried in avocado oil) with lots of mixed veg (onion, cabbage, beans, carrots, cauliflower)

A pack of meat (e.g. honey roast ham)

## **Treatment 2: Rain Soul and Rain Core:**

Throughout my illness we were on a hunt for dietary products that significantly reduce inflammation. Reducing inflammation is key to dealing with pain, improving mood and allowing the immune system to fight back. One of the best we found was Rain Soul. This is essentially a thick fruity tasting liquid that contains black cumin seeds, raspberry seeds, chardonnay grape seeds and D-ribose (D-ribose is all the rage in the chronic fatigue community at the moment). This provides you with a large dose of healthy fats from the seed oils that your body can use to repair itself and D-ribose is a very special kind of sugar that actually helps chronic fatigue recovery rather than hinders it. Quite hilariously, the product was so good at reducing inflammation and calming the body down that they had to add a little normal sugar just to pep up the body a little and get the balance right! It's just too good! That means you get to enjoy a touch of sweetness guilt free.

The other Rain product that me and my family really like is Rain Core. It is probably no surprise to you given the section above on leaky gut and candida and the repeated references to looking after your immune system that looking after the gut is essential to chronic fatigue recovery. This supplement contains a who's who of gut helping seeds and greens, as well as significantly aiding detoxification. Chlorella, for example, is favoured by nutritionists for its ability to protect and aid repair of lining in the gut, preventing leaky gut syndrome. Rain Core also contains black cumin seeds, milk thistle seeds, cranberry seeds, kale, spirulina, wheat grass, dandelion, aloe vera and chlorophyll. You may be familiar with a number of these superfoods already but it is the combination of those superfoods together in their concentrated form that gives this product its potency.

## **Treatment 3: iH2O Water System and the Make Water Pure Water Distiller:**

Something pretty great we discovered was the iH<sub>2</sub>O Water System. During the Chernobyl disaster, scientists were surprised to find that those living in the mountainous regions close to natural springs received far less symptoms than other citizens who had been exposed to the radiation. Their research was continued and developed, and in 2003, a scientist named Dr. Peter Agre won the Nobel Prize for his research into water and hydration. He discovered that not all water was created equal.

When our body processes water for hydration and the facilitation of chemical reactions, it must enter our cells in a very specific way. This specific way is called single file alignment. Most water that we drink is not found in this structure and as a result, our body has to use up extra energy converting the molecules from clusters to single file alignment. Therefore, if we can have a device that converts the molecules before they enter our body, we can use our precious energy elsewhere.

This special kind of water also has a number of other benefits. It is very good at preventing bad bacteria, virus and tumour growth, boosts immunity, and is three times more hydrating than normal water. This doesn't necessarily mean that you will drink less water as most people are to some degree dehydrated. It is a jug that you fill up with water, plug into charge and it is ready in half an hour. It holds onto its new structure for a long time, at least 24 hours at room temperature and 45 days in the fridge. It can also be boiled, and has no real difference to normal water in terms of taste.

The ideal complement to this is a good water distiller. The one that we use and have found to be great is the Make Water Pure Water Distiller. The water distiller not only removes any nasties, metals and toxins that you might find in your tap water, it also makes the iH<sub>2</sub>O system more effective. Because the water is now pure, the water molecules will more easily be placed (and more easily stay) in single file alignment.

#### **Treatment 4: GIA Life Pendant, Universal Guard and Cell Guard:**

Preventing the bacteria, mould and viruses in your body being stimulated is the role of these three products. If you've ever felt sick being on the computer too long you will know that spending a lot of time in front of a screen can be detrimental to your health. For chronic fatigue patients (as explained in the previous electrical sensitivity section) the problem can be far greater because of the large amount of bacteria/mould/viruses inside you. An easy way to be able to use your phone and computer with far less trouble is to stick a cell guard on your phone and a universal guard on your computer.

While there is no way to prevent radio emissions from your phone (it just wouldn't work otherwise!) you can compensate by emitting another more friendly group of electromagnetic waves to negate the effect of the phone waves. Our bodies are run through bio-electromagnetic energy signals, and these products aim to replicate the kind of electrical fields that our bodies are comfortable with.

Wearing the GIA Life Pendant around your neck or placing it under your pillow also helps protect you from illness stimulating Wifi and 3/4/5G phone internet connections. I use all three of these and I recommend that you do too. This is the treatment that people will be most skeptical about, but I really do believe that it is important. Remember that many medical experts are clueless in the field of chronic fatigue, so sometimes we will have to be pioneers in new medicines and treatments.

#### **Treatment 5: Dr Rawls's Adaptogen Recovery, Mitochondrial Support, Advanced Biotic and Joint Care:**

Enter the medical powerhouse that is Dr Rawls. His story was one of the most inspiring for me because not only is he a fully qualified medical doctor, he has also recovered from fibromyalgia (an offshoot of chronic fatigue) and Lyme disease himself. He told me that he regularly windsurfs and has no symptoms, which is a wonderful acknowledgement of the power of his treatment. Most people, let alone the chronically fatigued, would be impressed by the vitality he has! His story in particular I really like and is well worth checking out. I still take his products and as usual, discounts and links are available on my website.

Herbs are definitely Dr Rawls's speciality and the three products mentioned above are a fantastic mix. These herbs are chosen for their particular chemical properties which help various functions in the body. I think that everybody should be on a herbal protocol, but these herbs are tailored particularly to chronic fatigue. The Adaptogen Recovery mix is specifically focused on

support to the immune system, the Mitochondrial Support mix to help the energy producing parts of your cells and the Advanced Biotic supports those all important good bacteria.

Some of you may notice while browsing his site that he sells the first three of these products in a pack called the Restore Kit with one other product called Prevention Plus. I would discourage you from buying this because it contains one vitamin, a methyl based Vitamin B12, that will be poorly suited to chronic fatigue sufferers with certain gene mutations. More on this later. Dr Rawls informed me that they had trouble creating a product with the gentler water based form, so I have listed a product that contains a wide range of vitamins and minerals (as in prevention plus) as well as the gentlest Vitamin B12 supplement.

The joint care supplement contains a very strong form of curcumin which recently appeared in the BBC's 'Trust Me I'm A Doctor' program for its ability to help prevent the onset of cancer. This happens through a process called 'DNA methylation' by which cancer causing genes are switched off. As I mentioned earlier, methylation is very important for our overall health which makes curcumin very valuable to the chronic fatigue sufferer. This particular brand is 46x more bio available (meaning it can be absorbed 46x more easily) which makes it much more effective.

During my illness, my body became more and more arthritic and I found it more and more difficult to play music on my instruments. I was terrified that my life's passion would be ended because it would be too painful to carry on playing. Fortunately, I'm glad to say that my joints improved considerably after starting this product. Of particular note, glucosamine rebuilds cartilage, which keeps your joints moving fluidly. On a side note, lyme disease causes havoc with cartilage so this symptom can be a good indicator you may be suffering from lyme. Many general pain symptoms, such as the muscle and bone pain also associated with chronic fatigue will be helped by this product.

#### **Treatment 6: Seeking Health's Optimal Start and Hydroxo B12 Lozenges (2000mcg):**

As mentioned above, these products complement the Dr Rawls protocol. The optimal start product fulfils the role of the multivitamin, which most people are probably aware is very beneficial to your health. This will help speed up your recovery as these vitamins and minerals work as co-factors which allow chemical reactions (and therefore healing) to take place in your body.

Vitamin B12 is vital for helping energise the body. Your GP may test you to see if you have a vitamin B12 deficiency, but this is not the whole story. While your body may not be deficient in B12, it may not be getting an optimal amount. There is a big difference between the amount you need to not be deficient, and the amount you need to be getting the most benefit from vitamin B12. The hydroxo B12 lozenges solve this issue.

It's time to talk about genes, and why they matter in chronic fatigue. I recommend that everybody gets their genes tested, because this area of research is only going to become more important as time goes on. It is amazing that nowadays you can get your genes tested with only a saliva sample and your chromosomes will reveal an incredible amount of data about your body. Testing information in the tests section. There is a lot of pointless stuff to find out, but a number of genes are vital in understanding your chronic fatigue.

The first is the MTHFR gene. There are whole websites dedicated to MTHFR's relation to chronic fatigue. The MTHFR gene makes the MTHFR enzyme, which is added to folic acid from food that can then be used by the body. Folic acid is responsible for detoxification and metabolism and is very important. However, a large number of chronic fatigue patients (and the general population) have a genetic mutation (people have lots of these, don't worry) that means this process is inhibited. This can cause 'folate trapping' where unused folate becomes stuck in the body, causing stress, inflammation, and reduces the body's ability to detoxify.

The biggest mistake doctors make is to supplement with more folate. Don't do that! The issue is that there are too many methyl products in the body so the correct move is to supplement with Hydroxo B12 (as mentioned above because it will help your energy but won't put stress on this system). If your doctor is giving you B12 supplementation, particularly injections, I would recommend changing to a hydroxo B12 (and even then not injecting it, take a lozenge). The presence of high amounts of methyl products in certain B12 supplements is why some chronic fatigue patients have such severe reactions to them, even if they feel better in the long run. For all patients, whether they have a gene mutation or not, they should be taking Hydroxo B12.

There are many types of MTHFR mutation and it will probably be helpful to you to find out which one you have in order to personalise your treatment more effectively. The other gene that is worth looking at is the COMT gene which, if mutated, may also help explain issues with methyl



products and methylation. In both cases, I had a heterozygous mutation for both genes, which means one of my parents gave me a mutation. The particular SNPs that you should check (and this will make more sense once you take the test) are C677T and the A1298C for the MTHFR gene, and V158M for the COMT gene. If still totally confused after taking the test, they have a traffic light system. Green is no mutation, yellow is a partial mutation (this was me) and red means the gene is struggling with mutations from both sides of the family.

### **Treatment 7: Meditation:**

The great thing about this treatment is that it is completely free, though it does require a lot of discipline. I think this is an amazing way to heal yourself faster and that is why it sits on my list of chronic fatigue essentials.

There are many misconceptions about meditation, but the basic concept is this. You sit (but I would recommend for chronic fatigue patients that they lie down, this is perfectly acceptable) and begin by observing your breath. Not judging it, not attaching any meaning to it, just feeling it. At this point, all manner of crazy brain activity will begin. The mind is not used to focusing on such a simple task and all manners of thoughts and feelings will arise. This is fine. In fact, it is better than fine, because then you can start to observe those too. One of the biggest misconceptions about meditation is that if you start to think, you've failed. This is completely wrong. Unless you are completely enlightened, you will be distracted by your thoughts and feelings. This is a great opportunity to attempt to observe them from a distance and place no judgement on them. Inevitably you will be sucked in to your thoughts, and start worrying about something or other. This is fine too. Don't scold yourself, return to your breath first, and then the feelings in your body and observing your thoughts from a distance. Don't judge, don't place meaning. Just experience them. Try not to move, the more disciplined you get the easier this will get. If you have to move, don't get upset with yourself. The less you move, the easier it will be to go into a deep state of relaxation.

At some point, maybe not the first time you try it, and maybe not the first ten times you try it, your body will start to shift and change. It will relax, it may heat up, it may twitch. Whatever it does is fine. Your body is getting into a state where it can more easily heal, repair and communicate with the brain about whatever is going on. You may get surges of emotion. This is also great. This means you are dealing with past trauma. Try not to judge your emotions and just let them be. If you feel compelled to cry you can do that too. Over time and many practice sessions, you will become more in tune with your body, your immune system will be stronger, your mood will be better and you will feel more at peace. Your flight and flight response will calm down and you will be less triggered by daily events.

You may find this practice hard to stick to. At times, particularly in the beginning, you will feel worse than when you began. It is always hard. But it is without a doubt one of the most valuable things I have ever done. An important mindset with meditation is not to be goal driven. We are not looking for "progress" in meditation, we are just looking to be aware during our meditation. There are no good meditations or bad meditations. There just are meditations. For reasons that few truly understand, this practice and this mindset creates incredible positive healing and change in peoples lives.

I still to this day do 2 hours meditation a day, one in the morning and one at night. I set my alarm for one hour and then I practice. Getting better from chronic fatigue is a serious commitment and the length of this practice represents that commitment. If you are seriously ill this will probably be feasible for you. If you still live some semblance of a normal life, then perhaps you could do half an hour at each end of the day to fit in with your life. This is an important part of recovery and should not be neglected if at all possible.

### **Treatment 8: NRF 1 and 2 Synergisers - Take NRF 2 with Rain Core for maximum effect:**

The NRF 1 synergiser is the piece of the puzzle that supports mitochondria. This switches on a gene that allows the mitochondria to replicate more easily. Given that mitochondria are responsible for producing energy in your cells, this is much needed for getting your energy back and helping you to recover. A long time ago during my illness when I was in steady decline I had my mitochondria analysed in a lab. The reference score was 1.0 to 3.0 (1.0 referring to an healthy elderly person and 3.0 referring to a healthy young person). My score was 0.4, and while chronic

fatigue is not exclusively a mitochondrial illness, mitochondrial function can decline significantly and one of the best ways to get it firing again is to switch on the genes that support the production of energy, and then support that production with a good diet and the other treatments I list.

The NRF 2 synergiser is incredibly helpful for chronic fatigue as it is mainly focused on reducing oxidative stress. Oxidative stress happens when oxygen free radicals (highly reactive oxygen molecules) are produced during normal bodily processes like inflammation and exercise. These free radicals can damage important parts of our cells such as the DNA and mitochondria. The body can naturally produce antioxidants to stop any damage but this ability decreases as we get older and especially amongst the chronically fatigued. The great thing about this synergiser is that it encourages the body to make its own antioxidants, which are the top of the tree in terms of effective antioxidants. You'll also be getting plenty of secondary antioxidants as an extra bonus from the whole protocol. It does this by activating the NRF 2 protein in your body which is responsible for the antioxidant process. This field of study is called nutrigenomics and the wider field is called epigenetics.

### **Treatment 9: A Good Probiotic and Saccharomyces Boulardii:**

With much of the effectiveness of the immune system revolving around gut health, a good probiotic is essential. This helps replace the good bacteria in your body that may have declined, due to infections, a poor diet, or antibiotics. It is also possible to inherit poor gut health (low levels of good bacteria) from your mother and I believe this happened to me. This will have even more significance if you have taken antibiotics because the gut will be more damaged as a result. I recommend that you take the 'Essential Blend (Jigsaw Health)' probiotic because the choice of good bacteria is excellent and there is a large quantity (25 billion) per capsule. Lactobacillus rhamnosus is known to be great for mood (remember how you get a churning in your gut when you get stressed, guts have a link to the brain!), it also contains bifidobacterium longum and bifidobacterium bifidum, which are popular immune and digestive boosters and lactobacillus acidophilus, which is a classic that provides the health benefit in yoghurt (but in this format without the problems of dairy). Lactobacillus plantarum has a wide range of uses including gut health, treating depression, immunity boosting and reducing inflammation.

Saccharomyces Boulardii is a yeast that protects the good bacteria (I recommend Lambert's). This is very helpful to take with the probiotic as more of the good bacteria will survive and provide health benefits down in the gut. For those suffering with mould toxicity, it also does an excellent job of clearing mould infections (see the specific treatment section for more on mould).

### **Treatment 10: Binders - Bentonite Clay and Modified Citrus Pectin:**

One way to rapidly speed up detoxification is to use binders. These are products that pull toxins, such as heavy metals or substances produced by mould out of your body. They should be taken well away from food (at least one hour) and 2 hours away from supplements and medication. There is no harm in taking binders near food and supplements/medication, but it will reduce the nutritional value and effectiveness of the latter. However, away from food, binders are an important and useful tool in helping your body flush out these causes of your fatigue.

The first I would recommend is bentonite clay. There can be some issues with impurities in some brands so I would recommend you buy the brand my doctor prescribed me with which is Yerba Prima Great Plains. Bentonite clay is a great across the range binder and can bind candida, kill viruses and bacteria, bind mould toxins and protects the gut wall.

The second binder is a little more specialised. PectaSol-C Modified Citrus Pectin is probably the best known binder for Galectin-3. Galectin-3 is a protein that is well known for its ability to cause cancer, and being able to control the levels of this protein is really important, not just for preventing cancer but for your general wellbeing and health, particularly your immune system, cells and cardiovascular health. The speciality of the PectaSol-C brand is that the particles are smaller than other brands, leading to greater absorption and increased effectiveness.

### **Treatment 11: Exercise:**

As we all know, exercise is great for our health. It stimulates natural killer cells (your immune system) and boosts neurotransmitter production, for example dopamine, which makes us feel good. It also speeds up detoxification and actually helps stimulate production of energy in the body. Although it is on my list of recommended treatments for all patients, there is one key difference to the other treatments in that I believe you will be unlikely to want to do this at the start of your treatment.

As I know all too well, exercise is horrible for chronic fatigue sufferers. There is not only the initial pain and fatigue that comes during and after the event, but also the knowledge that in a couple of days time you are likely to pay a heavy price in energy for doing it. This is not the time to be doing exercise. This boom and bust cycle as it is known will be detrimental to your health and exercise will do you little good in this state. It is better to wait until other treatments have begun to take effect and you feel more energised and brighter before going out for walks. One of the ways that I could tell it was time to start walking was that I felt a desire to move, to leave the house, and to get sunshine. It took me 9 months of treatment to get to that point. The majority of you are unlikely to be that ill, and may still participate to a small degree in normal life so for you, this process may not take as long.

The eventual aim is to do a couple of miles walk a day, but do not rush this. I started going out for a short walk once a week, and I built it up from there. It can be a big thing for a chronic fatigue sufferer to get dressed and leave the house, and can feel overwhelming at first, so it's helpful to factor this in when considering how much exercise you feel you can do. Don't push too hard!

## **Specific Treatments**

The next set of treatments relate to specific causes of your chronic fatigue that you have unearthed through testing, analysis of symptoms or other puzzle pieces that you've put together. This is a more personalised section and will require your further research if you do uncover evidence that you have a more complicated story than the majority of chronic fatigue sufferers. The next few treatments I show you relate to some of the more complex aspects of my chronic fatigue story, but nevertheless common causes of chronic fatigue (namely mould and babesia) and these were the treatments that I found most effective in combatting them. Aside from the chronic fatigue causes, there is also a depression section. However, given the number of possible co-infections and other circumstances that make this such a complex illness to treat, if you find from the tests in the tests section you have an infection that has not been discussed in this booklet, it is best to seek out experts on your particular co-infection.

### **Specific Treatments for Mould**

#### **Specific Treatment 1: Dealing With Mould Externally:**

If you haven't read my section about mould as a cause of chronic fatigue, this would be good to look at first. If you believe you are suffering with the symptoms of mould toxicity, then there are a number of remedial steps you can take. Mould must first be dealt with externally. This means taking yourself out of the mouldy environment so that your body has a chance to heal. This is essential. There are a number of companies that offer mould removal services and house cleanups but the general consensus in the chronic fatigue community is that these services are ineffective. Mould is a hardy organism and can hide in hard to reach places. If you have some mould in your house, you can of course stay out of the mouldy room and keep the door shut but long term again this will be ineffective as the spores are good at travelling underneath doors and spreading.

If you have mould in your house, or you suspect you do, this does not mean nobody can ever live there again. It is simply that you suffer with a mould sensitivity, which the majority of people do not have. It is worth letting them know as a courtesy that there is mould in the home, but this will not affect individuals who do not have problems with mould. Mould is a fact of life, and the single greatest test of whether a place is bad for you is if you feel bad when you are there. I cannot emphasise enough that if you are suffering with mould issues and you know there is mould in your house you must move. Removing mould from your body, covered in the next section, takes time and will not work if you are replacing it with new spores. That being said, you can be sensitive to some kinds of mould and not others, I had a lot of mould in my sinuses, yet I

know there is a small amount of mould in the room I am writing this in and it does not cause me any problems. However, when ill, best to err on the side of caution.

There is a lot of debate about how best to deal with items that have been exposed to mould. The more items you take with you to a new place, the more likelihood there is of the mould spreading to your new place. If you do suspect mould, it is worth checking out the considerable amount of information online that guides you through the process of moving and cleaning items.

### **Specific Treatment 2: Dealing with Mould Internally: Iodine and Xylitol Nasal Rinses, Fluconazole and Antihistamines (probiotic and diet from the main section also especially important):**

As well as the standard chronic fatigue health treatments I recommend, there are a number of helpful mould specific treatments that will help you get rid of any mould in your sinuses and lungs. Once you are out of of mould externally, we can start working on the quantities in your body.

The majority of mould that has taken hold in your body will most likely reside in your sinuses. Washing out the sinuses is therefore an excellent idea. The most effective way is to use a NeilMed sinus rinse bottle of warm water with 6 drops (build up slowly) of Lugol's Iodine (15% concentration) or until the bottle turns a medium orange. Then add one sachet of Xlear Xylitol Sinus Care. The iodine will kill the mould in your sinuses, and the xylitol will help remove biofilm that the mould uses as a defence mechanism. Be aware that mould releases toxins upon death, and I had a symptom that I like to describe as 'mould worry' where shortly after doing the rinse, I would feel stressed out and confused. This is okay and well worth it in the long run as the mould starts to reveal itself and the symptoms start to clear. Imagine my delight after 20 years of allergic symptoms to finally find the cause in small black strings coming from my nose into tissues. My so called allergies disappeared and my brain fog lifted. I have been doing this for about a year, I am still ongoing and I reckon the majority of mould has now been removed. My breathing and thinking are great. It took a number of months for me to first see strings of mould emerge from my nose.

This is the first time that I have recommended prescription drugs in this booklet but I do believe this kind of anti fungal can be really useful for mould sufferers. Though a lot of prescription medication is not good to be taken long term, because of toxic effects on the body, it can tip the balance in your favour against mould to take this anti fungal. I like fluconazole, the reason for this is that it does not kill mould directly, instead it just inhibits its growth, which is great because that means you do not get overwhelmed with toxicity from dying mould and your immune system can handle the mould at a rate that it feels comfortable with. It is also important that when taking fluconazole you have a regular liver test (in the tests section) about once every 6 weeks to check that the drug is not interfering with the processes in your liver. Fluconazole is actually one of the better drugs where this is concerned. You will have to consult your GP as only small amounts of fluconazole are sold over the counter. Beware, like many chronic fatigue issues, GPs may be resistant to the idea of mould causing damage in the body and are not typically well educated on the topic. The dosage of fluconazole I took was 100mg twice a day, which is a high dosage (but proved effective). If your GP refuses to prescribe drugs, you may be forced to research more creative mould destroying alternatives, get a prescription from a private doctor or find a regulated online pharmacy that will help you.

Antihistamines are also going to be your friend in mould treatment. Using their anti-inflammatory properties is really helpful just to calm down your immune system in the short term. Like all drugs, I wouldn't recommend you take them for ever but during recovery they can really help to calm down your body. They can have strange effects on some people, and I had to try quite a few before I found ones I was comfortable with. I found with cetirizine hydrochloride and loratadine in particular I felt very disorientated. Antihistamines can be prescribed through your GP. Try a few and see which suit you best. The ones that I settled on eventually were Fexofenadine (180mg once a day) which is normally only prescribed in America but it suited me so my GP helped me out, and Zaditen (1mg twice a day), which is also an American prescription which we had to do privately. You may find standard antihistamines will suit you better than me. Be vigilant for possible side effects, including drowsiness (we don't want any more of that!).

### **Specific Treatments for Depression:**

## **Specific Treatment 1: Anti-depressants:**

Depression is a slightly different topic than most that we are covering because it is not a cause of chronic fatigue, however we can end up feeling less motivated to stick to other treatments if we are feeling depressed. Don't worry, chronic fatigue is not all in your head! It is perfectly understandable that you would feel depressed during the time of having chronic fatigue. Some chronic fatigue patients feel that they are so desperate to prove it is a physical illness that they refuse any mental treatment but I think if a mental treatment doesn't take too much energy, it can just help make you feel brighter. Therefore, if you want to go to the GP and have antidepressants prescribed, I think you should. When your circumstances look better, you can come off them slowly. At my worst time, I was on 150mg of Sertraline a day, and separately a couple of years before that I was on 20mg of Citalopram a day. I also took Amytriptaline and Melatonin as sleeping pills early on in my condition but I would recommend taking as few medications as possible, not just because of the possibility of side effects but also the fact that they tend to cover up your symptoms rather than treat them.

## **Specific Treatment 2: EcoNugenics MycoPhyto Complex**

A long term alternative to using antidepressants is to use natural products instead. This mushroom mix is primarily advertised as an immune booster but was prescribed to me as a mood booster. I still use it to keep my mood at its best and a little more immune support is great! Examples of mushrooms contained that help with depression are the coriolus, cordyceps and reishi mushrooms.

## **Specifically Treating Babesia**

### **Specific Treatment: Malarone Anti-malarial**

Babesia is a common co-infection of lyme passed on often during the same tick bite, but it is considerably more virulent than lyme. This means it reproduces more quickly and its strategy is more based around trying to overwhelm the body than hide from the body's immune system, like the stealth microbes of lyme do. This means babesia treatment can be more conventional, and if you get this co-infection confirmed, Malarone taken once a day will help clear this infection more quickly. You are now able to buy this medication with an online prescription but it is still worth checking with your GP, firstly to see if they can prescribe it for you and secondly to check possible interactions with other medications that you may be taking. Signs to look out for that you might have babesia: it can start with a fever (or chills), black depression, struggling with breathing and chest pain.

## **Tests you should or could take**

The medical tests are perhaps the least important of the three sections in terms of your recovery. There is a prevailing consensus amongst chronic fatigue doctors that because of your symptoms, you should start treatment right away, regardless of whether you have confirmed any of the possible causes. This is the course of action I would recommend, with two caveats. If you suspect a particular cause of your fatigue I strongly recommend you get the test/s for that particular fatigue cause, in order to help specialise treatment. In addition to this, if you only take one test, let that test be the lyme and its co-infections test. This is because there are a wide range of co-infections that can come with lyme and some of them benefit from more specific treatments so taking this test is probably the most important. Knowledge is power with treating chronic fatigue!

Links to all tests are available at [chronicfatiguesyndrometreatment.co.uk](http://chronicfatiguesyndrometreatment.co.uk).

### **Test 1: Lyme and Co-infections Testing**

There is no current Lyme and co-infection test that is 100% accurate because of the stealthy nature of the microbes, but the EliSpot tests are considerably more effective than the ELISA and Western Blot tests offered by the NHS. The EliSpot is around 84% effective in detecting the disease, and while there is no data for the NHS tests the experience of the chronic fatigue community as a whole strongly suggests these two tests are much weaker. On a personal note, both the ELISA and Western Blot came back negative for me even though I had Lyme. The advantage of the comprehensive EliSpot is that you may discover specific co-infections that you have. This is not a test to decide whether or not you should treat chronic fatigue (you should start with the recommended treatments for all sections) but your treatment can become more targeted (and therefore more effective) if you have that extra information. They can test for a wide range of infections including Borrelia (Lyme), Anaplasma, Ehrlichia, Bartonella, Babesia, Chlamydia, Mycoplasma, Yersinia, Epstein Barr, Herpes and Varicella. This test is also recommended by a well-respected chronic fatigue doctor in the UK called Dr Myhill.

### **Test 2: Genetic Testing:**

You can see the treatment 6 section for specific mutations you might want to check, but it is my belief that an understanding of your genes is going to become more and more important in chronic fatigue recovery. It was helpful for me to understand where my mutations lay and justified the reactions I was getting in response to methyl products. In terms of personalising your treatment, understanding your genes is an excellent way to go. The results can be confusing (although there is a little advice in the Seeking Health treatment section) so you can choose if you wish to have the raw data analysed in order to gain more advice about best treatment. Dr Amy Yasko Ph.D, a doctor of which the chronic fatigue community are big fans, does some fantastic work on the methylation cycle with your raw data. Her site analyses your results and gives you information about the best ways to personalise your treatment in this area.

### **Test 3: Liver Function Test - If on Fluconazole you must have this every 6 weeks or as often as your GP/Doctor recommends:**

The liver function test is a pretty standard test that your GP might do anyway as part of a basic bloods panel. If your GP has prescribed you Fluconazole therefore you may be able to get this test through your GP. There is no reason to do this test other than Fluconazole usage, but it is just a safety precaution. The only exception to this is getting a basic bloods panel from your GP the first time you start to develop chronic fatigue symptoms, just to make sure nothing medically obvious has been missed before a diagnosis of chronic fatigue. Make sure these tests also check thyroid function. If you cannot get your liver function test regularly done through your GP you will have to get it done privately or pursue other mould treatments.

A quick note about the basic bloods that doctors tend to take to check somebody's health. It is important to note that all of these results often come back completely normal even when a chronic fatigue patient is very ill. This doesn't mean that the patient is faking it, but rather means that more specific testing is required to isolate the issue.

### **Test 4: External mould testing:**

If you want to check whether a place is okay for you to live in if you suffer from mould issues, then some kind of mould testing of your house will likely prove helpful. With a mould test kit you place a number of petri dishes around your home and take swabs, and then send them to a lab where they will reveal what types of mould are living in your home. As I mention in my story, my old room was found to contain *Aspergillus fumigatus* at a high concentration. I had been breathing it in as I slept! Hopefully because of this guide you will be able to identify that mould may be an issue for you quicker than I did.

### **Test 5: Internal mould testing:**

Internal mould testing is used to determine whether mould has indeed infected your body. You will most likely know this from your symptomatic diagnosis, but this can be useful in seeing not just if you have mould, but if your body is able to detoxify. It will also tell you the species of mould that you are infected with. Chronic fatigue patients often struggle to remove mould toxins

(which prove you have mould) from their body, which is why a mould test can come back negative even when you definitely have mould (or as sure as you can be with just a symptomatic diagnosis). The way to remedy this (and in the process, prove you can detoxify, which will be a good sign) is to take glutathione supplement a couple of weeks before the test, to help your body get your toxins out of your body. Glutathione is an excellent ongoing supplement to be taking and can helpfully be found in Dr Rawls's Mitochondrial Support from the main section. After taking this test I discovered that I had two types of mould in my body, aspergillus ochraceus and aspergillus fumigatus (the last one having over 5 times more toxins in my body than a standard positive result!).

### **Test 6: Gut Stool Analysis:**

If you have particularly serious gut issues or you wish to find more about your gut the Comprehensive Digestive Stool Analysis/Parasitology test may be for you. This test analyses the contents of your stools, which, although quite disgusting can tell you a lot about your gut. It will check for bacterial issues, good bacteria status, parasites and some information about mould (although a superior mould test is recommended in the 'Internal Mould' section if you strongly suspect mould). This analysis was helpful for me in identifying the beginnings of a candida overgrowth which I then starved with the diet that I recommend. Most guts will be just fine with the treatments that I list in the main section, those with severe issues in this area will benefit most from this test.

### **Test 7: Mitochondrial Function Test:**

The best way I can describe this test is as a 'proof of illness' test. It can literally show, in numerical form, that your body is not producing enough energy. It was a great relief for me to get this test because anyone that doubted my condition could simply be shown the results. You will be treating your mitochondria in the main section anyway so this test is only useful if you need some sort of hard evidence for your condition. Getting a score of 0.4 for my mitochondrial function (1.0-3.0) was not a shock for me, but it is good to see that you can recover from that!

### **Test 8: Heavy Metals Test:**

For the majority of people I would recommend not taking a heavy metals test and instead simply using the binders in the main section to clean up your body. However, if you suspect significant exposure to heavy metals it may be valuable to test to more clearly identify the issue. A chelating agent (remover of metals) is taken before the test and makes sure the kinds of metals that are present in your body are excreted. If you were exposed to a large quantity of a toxic metal, you can then personalise your treatment further to deal with its removal.

### **Recommended further reading**

'Unlocking Lyme' - William Rawls M.D.

'Healing is Possible' - Neil Nathan M.D.

### **Expert Doctors in the Field**

If you are still stuck or would like an expert doctor to closely follow your story, these are the experts that I would recommend. Be aware that consulting a private doctor is a considerably more expensive option and that must be taken into consideration. The knowledge in this booklet is distilled from experts such as these but it can be comforting to have more interaction with them if you can afford it and require more support.

Dr Rawls - The mastermind behind many of the treatments in this booklet. He is specifically a lyme disease focused doctor but has recovered from fibromyalgia (an offshoot of chronic fatigue) himself and is a fully qualified standard medical doctor also. Based in America but does Skype.

<https://rawlsmd.com>

The London Clinic of Nutrition - In my opinion, these are the most advanced nutritionists in the UK. I found Oliver Barnett to be very knowledgeable and he is well versed in the subjects of Lyme disease, mycotoxins and chronic fatigue.

<http://londonclinicofnutrition.co.uk>

**And that is it! I really hope you feel more educated on chronic fatigue after reading this document. As a final note, I have added a page for carers which helps to explain what the condition is like for patients and makes it easier for people to understand. This can be given to anyone who requires more understanding of chronic fatigue. I wish you the best of luck with recovery, the journey will be hard, but with discipline and information, it is truly possible to get your life back.**

Warm wishes,  
JK

### **Understanding chronic fatigue for the carer**

Chronic fatigue is by its nature a mysterious illness. It shows very few external symptoms, and it would be very difficult to tell a chronic fatigue sufferer from the average person just by looking at them. The mistake that has been made by the medical profession and the general public is to assume that there is therefore nothing wrong with the sufferer. The nature of chronic fatigue causes means that blood tests can come back perfectly normal and indicate good health, despite the symptoms the person is experiencing. A common misdiagnosis and accusation levelled at chronic fatigue sufferers is that they are just imagining it (professionally known as psychosomatic illness).

Is it very important to understand that there are multiple physical causes for chronic fatigue. If you are interested in pursuing this further you can read 'JK's Handy Guide to Chronic Fatigue' in full, but the important concept to understand is that the patient is not faking their symptoms. If you are a carer or person close to a sufferer it is very important that you are empathetic with the issues they are having. You would not refuse to believe a cancer sufferer when they told you they were unwell, and the same should go for chronic fatigue. Much of the stress that chronic fatigue patients suffer is the scorn or disbelief of the people around them so educating those people is important in order to prevent this happening.

It is also important to understand that many GPs are not well educated on the causes of chronic fatigue, and this can sometimes cause friction between the doctor and the patient. It can be helpful to take time to educate your GP on what you have learnt and work together to help you get anything you may need prescribed. Also understand that both carer and patient will spend most of their time looking at treatments that a GP would not traditionally recommend. This has no impact on the effectiveness of the treatments, these two different ways of doing things simply reflect different approaches to medicine, of which I and many other chronic fatigue patients have found a more holistic and alternative medicine viewpoint to be of considerably more benefit. That being said, your GP will hopefully be able to help you with the more conventional treatments that are available (for example, the chronic fatigue referral services, and the medications listed in my guidebook).

There are a number of important concepts that will help carers better understand chronic fatigue. The first is understanding the boom and bust cycle. Chronic fatigue patients can often 'spike' their energy in order to cope with a big event (for example a family gathering). This is the 'boom' part of the cycle. Unfortunately, they will often pay for it, normally a couple of days later and immediately after the event with a significant increase in symptoms. This is the 'bust' part of the cycle. This cycle goes a long way to explaining the 'oh well they seem alright' comment that every patient gets every so often. Explaining this cycle will help people understand that a chronically fatigued person's energy is not well balanced, and will fluctuate, often very quickly and without warning.

The second concept is the fight and flight response. This response refers to the adrenaline produced when we enter a stressful situation. This could be anything from a fight to stress regarding work, to the stress of having to wash the dishes. Very small things can be very stressful for chronic fatigue patients because the body is under attack from within. This means that the



fight and flight response is triggered very easily, and when it does, this saps a huge amount of energy from the patient as the adrenal gland struggles to keep up with the pace. This is why you see chronic fatigue patients struggle to do very simple menial tasks (like dishwashing) because their overloaded system is triggered and they dip very rapidly. In comparison, a chronic fatigue patient who was not triggered and was moderately relaxed (for example, when watching a film they liked), could deal with far more input and spend more energy because they were not stressed. This is why chronic fatigue sufferers sometimes appear 'lazy' because they can watch a film (in the non-stress state) but as soon as they begin to do something even vaguely stressful (like dishwashing) they crash almost instantly and cannot continue.

Finally, understand that with an 'invisible' illness like chronic fatigue, it is very difficult to understand just how much pain an individual is in, and how it is affecting them. The symptoms of brain fogginess, joint, bone and muscle pain, severe fatigue, hearing and light sensitivity, depression and multiple other symptoms can all be going at once, and this is absolutely overwhelming for the patient. Compassion is essential from the people around the patient in order to make them feel secure and help reduce their stress for better health.