

# The Academy of Nutritional Medicine

**Sunday 12th December 2010**

**10am – 5pm**

## **Myalgic Encephalomyelitis & Fibromyalgia One Day Conference**

**Location: CNM Building (College of Naturopathic Medicine), 41 Riding House Street,**

**London W1W 7BE. Tube: Oxford Circus, London, United Kingdom**

This Conference is an opportunity for people who are affected by Fibromyalgia and/or Myalgic Encephalomyelitis as well as Health Care Professionals to gain knowledge of these conditions relating to the most up to date research and also treatment options.

We are delighted to announce our very special guest speaker Dr Sarah Myhill.

### **SPEAKERS:**

**Dr Sarah Myhill - [www.drmyhill.co.uk](http://www.drmyhill.co.uk)**

Dr. Myhill has a particular interest in M.E.. She qualified from Middlesex Hospital Medical School with honours in 1981 and has worked in the NHS and in private practice.

Dr. Myhill is an active figure in the British Society of Allergy, Environmental and Nutritional Medicine, and its Secretary and has been medical advisor to Action for ME.

Dr Myhill is interested in diagnosis in the correct sense, finding the cause of illness, not simply in treating the symptoms.

She has a special interest in treating M.E. and has consulted over 100 farmers with M.E. following organophosphate poisoning and 100 women with M.E. following silicone poisoning either from breast implants or injection.

Over the past twenty years Dr. Myhill estimates to have seen over 1,500 cases of M.E. largely caused by viral infection. During the early years she reported these cases individually to the Medical Devices Agency.

Dr Myhill has been a pioneer in our understanding of mitochondrial dysfunction in possible XMRV/MLV ME/FM patients

-----

**Professor Basant Puri MA (Cantab), PhD, MB, BChir, BSc (Hons) MathSci, MRCPsych, DipStat, PG Cert Maths, MMath**

Professor Basant K. Puri is a world-leading neuroscience and biochemistry expert who received his primary and postgraduate degrees in medicine from the University of Cambridge, and carried out post-doctoral work in molecular genetics at the University of Cambridge and in imaging at the Royal Postgraduate Medical School at Hammersmith Hospital, London. He also has postgraduate degrees in mathematics and is a member of the Royal College of Psychiatrists. While at Hammersmith Hospital and the MRC he contributed to our understanding of the effects of lipids on brain structure and chemistry and directed a clinical programme to study the effects of lipids on major neurological and psychiatric disorders. He demonstrated the benefits of lipids on the clinical symptomatology and cerebral atrophy of Huntington's disease, and has helped develop methods to quantify the effects of PUFAs on brain structure. He has taught Nutritional Medicine at postgraduate MSc level.

He is the author of over 30 books and 150 papers.

Long-chain polyunsaturated fatty acids and the pathophysiology of myalgic encephalomyelitis

B K PURI

<http://jcp.bmj.com/content/60/2/122.abstract>

Chronic Fatigue Syndrome, a natural way to treat ME

By Professor Basant K. Puri

<http://rosevibe.me.uk/cfs/review.htm>

-----

**Mr Greg Crowhurst**

Greg Crowhurst is a registered Nurse with qualifications in Training, Experiential Learning, Counselling, Web Design and an MA in Moral, Personal and Spiritual Development, Greg ran his own Training & Development company before caring full-time for his wife Linda who has Very Severe ME.

He is the author of two spiritual books based on his experience of caring and has published on ME in the Nursing Standard and British Journal of Nursing.

He runs a website dedicated to Severe ME : [www.stonebird.co.uk](http://www.stonebird.co.uk)

Greg has found music, art and expressive writing invaluable in coping with the 17 years his wife has spent in never- ending physical suffering.

He recently wrote an article in the British Journal of Nursing, on the potential implications of XMRV for caregivers of patients with ME/CFS.

The experience of Severe ME

<http://www.stonebird.co.uk/>

BLOG

<http://carersfight.blogspot.com/>

---

**Video Presentations by Mrs Catherine Gilmore**

Catherine Gilmore is 39 years old. She was diagnosed with Fibromyalgia 3 years ago. She is a Leukaemia Survivor of nearly 20 years and underwent a bone marrow transplant at the young age of 19 years old.

Her story, like so many is one that describes someone that despite all of life's difficulties shows an inner strength and determination to help others.

In August 2009 Catherine Gilmore started using her artistic talent to produce not just beautiful but incredibly moving videos that both express the feelings and thoughts of the Fibromyalgia Survivor but also can be used as a tool to help the person feel 'believed' and 'understood'. For someone with Fibromyalgia and/or M.E. this is essential. Catherine's videos are viewed around the world, they have been shown to patient groups, friends and relatives, medical professionals and at International Conferences educating both the public and health care professionals.

Fibromyalgia awareness 2

[http://www.youtube.com/watch?v=s0hMzX\\_Ku48](http://www.youtube.com/watch?v=s0hMzX_Ku48)

Fibromyalgia awareness 6

<http://www.youtube.com/watch?v=xu9OCP4oWu8>

---

**Price £30 – Lunch not included.**

**TO RECEIVE A REGISTRATION FORM AND MAKE PAYMENT TO SECURE YOUR  
PLACE PLEASE EMAIL: [info@aonm.org](mailto:info@aonm.org)**

**or Telephone: 07946 26 28 93**