

**EFFECTIVE NATUROPATHIC TREATMENTS IN
POST VIRAL CHRONIC FATIGUE SYNDROME**

BY

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ABSTRACT

The author is a registered Microbiologist and a registered Naturopathic Physician in Australia. His special interests are difficult to cure diseases including Post Viral Chronic Fatigue Syndrome (CFS).

The patient cases that became a core of this dissertation come from the author's clinical practice in Brisbane and Canberra, between 1993-1998. Although there were many more patients with post viral fatigue symptoms to choose among, these particular ones who were selected, were chosen due to their clinical presentation being clear cut Post Viral CFS.

Principles of naturopathic medicine are explained in this dissertation and viable holistic treatments of Post Viral CFS are presented with results as a key objective. Although there is a variety of reasons why CFS can develop, this dissertation deals only with examples of Post Viral CFS.

All case histories are actual and the language used is taken from patients describing their problems. Personalised treatments were administered on an individual basis. To come up with results, the whole person was treated, not just the disease culminating in comprehensive improvements in patients health. In this process different herbs, amino acids, vitamins, minerals, diet, physical therapy and lifestyle modifications were prescribed to patients.

The main actions of the curative agents are explained in Chapter III. Possible reasons for successful results are discussed. A summary of results is presented and conclusions are drawn.

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I am deeply thankful to all my patients for entrusting their health in my clinical skills as a Naturopathic Physician.

I apologise to all my patients and friends for putting them through a nightmare of horribly tasting natural medicines, especially liquid herbs and powdered amino acids. Those of you who have not given up and completed the treatments are rewarded with better health and a better life.

Special thanks to my wife Kristi, a Remedial Therapist, for helping my patients with their skeletal, muscular and other complaints using the Bowen Technique and other techniques including Deep Tissue Therapy, Lymphatic Drainage, Reiki and Aromatherapy. Thanks to these techniques the speed of recovery was often enhanced.

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DECLARATION

I declare that this dissertation is my own account of my clinical naturopathic medical practice and research and contains as its main content work which has not previously been submitted for a Degree at any University, College or School.

**Aleksander Strande, N.D., B.Sc., M.Sc.
Canberra, Australia, November 1998**

PROLOGUE

After experiencing the modern scientific, technological and materialistic civilisation, it has become clear that the very existence of life on this planet may be endangered by the rapid degeneration of human health in the modern world, and that the life sciences, including the modern approach, have been inadequate to preserve human well-being from such universal decline. Not only internal treatments and external surgical applications, but also the techniques of modern diagnosis itself are frequently harmful to human health. In view of these circumstances, the renaissance of traditional wisdom based on a more total comprehension of cosmology, including the arts of health and diagnosis, has become absolutely essential to recover humanity, individuality and collectivity.

Michio Kushi, 1980.⁽¹¹⁵⁾

I INTRODUCTION

1. NATUROPATHIC MEDICINE

Naturopathic medicine is a healing art of assisting a person in recovery from ill health and maintaining well-being through stimulation, enhancement and support of the inherent healing capacity of his or her body by using natural means. It emphasises that the body can heal itself if it is appropriately encouraged to do so.

To facilitate complete recovery the underlying cause must be addressed. Health and disease are conditions of the whole organism, a whole involving physical, emotional, genetic, environment and social factors. The physician must treat the whole person. Beyond an accurate diagnosis and right prescription, the physician must be a catalyst for healthful change and motivate the patient to assume responsibility for his or her own health.

Most diseases are ones own making. They are the result of a long term abuse in the form of living habits, faulty nutritional patterns and health unfriendly environmental factors.

The key postulates of naturopathic medicine are these: do no harm, build health rather than fight disease, practice prevention and change when necessary.

2. CHRONIC FATIGUE SYNDROME (CFS)

CFS is the descriptive name of a syndrome characterised by a myriad of symptoms involving many body symptoms. It is also known by descriptions such as: Myalgic Encephalomyelitis (ME), Chronic Mononucleosis, Yuppie Flu, Chronic Fatigue and Immune Dysfunction Syndrome (CFADS) and Glandular Fever.

The diagnosis is made on the basis of symptoms and the ruling out of other ailments that could cause these conditions⁽¹⁾.

The major criteria used to distinguish CFS are:

- a. Persistent fatigue that does not resolve with bed rest and that is severe enough to reduce average daily activity by at least fifty percent for at least six months.
- b. The presence of other chronic clinical conditions, including psychiatric disorders, can be ruled out.⁽³⁾

Varying combinations of symptoms include recurrent sore throats, low grade fever, lymph node swelling, headache, muscle and joint pain, intestinal discomfort, emotional distress, anxieties, depression, mood swings, loss of concentration, allergies and hypersensitivities, hot or cold flushes, muscle spasms, over sensitivity to noise, light and temperature change, sleep disturbance and extreme, often disabling fatigue.⁽²⁾

CFS was hardly known in the 1970s and it was often misdiagnosed as hypochondria or a mental problem. At the end of the 1990s it is one of the most common ailments people talk about.

The major causative factor of CFS diagnosed in the author's clinics were the following: post viral, stress/trauma related, chemical/environmental, hormonal, associated with a degenerative disease or simply unknown. CFS of non-viral origin is not the subject of this dissertation.

Most clinicians dealing with a reasonable amount of CFS cases observe certain patterns of dysregulation of immune and hormonal/metabolic systems as well as the whole body's detoxification system. These cause the symptoms mentioned before. CFS is not only a vastly complex illness, but also one escalating alarmingly in frequency. Epidemiological studies confirm that it is spreading and crossing all boundaries, including socio-economic, racial, political, gender, occupational and geographical.⁽⁹⁾

Post viral CFS is more prevalent than other CFS cases in the author's Australian clinic. The most common anti-bodies discovered were those of Epstein Barr Virus (EBV), Cytomegalovirus (CMV), Ross River Virus (RRV) and Barmah Forest Virus (BFV). EBV is the most common virus followed closely by CMV. RRV is transmitted through mosquitoes and there were more cases of it in the author's Brisbane clinic. Pain is usually the significant symptom (among others) in RRV. BFV seems to be slightly more debilitating and longer lasting than the above three. Other viruses, many of them difficult to classify, were also confirmed or were the suspects but they were far

less common. Some cases of post viral fatigue were simply treated without confirmation of the virus, and were assumed post viral due to lack of evidence of any other causative factors.

II AIMS OF THE DISSERTATION

There are many articles and books written about Post Viral Chronic Fatigue Syndrome, its different aspects, how to help sufferers or how to achieve a cure. Unfortunately most of them do not offer any possibilities of substantial improvements within a reasonably shorter time. Many people suffering from CFS only experience mild symptoms. At the other extreme many cases are extremely physically and mentally debilitating. The victims risk losing their jobs, income, family and sometimes the reason for living.

The clinical experience in this dissertation is dedicated for those worst affected not by giving them more theory, but by giving them more results.

The aim of this dissertation is to give a hope to clinicians who have problems with achieving results and those patients suffering from a severe form of Post-Viral CFS or those who tried everything, nothing worked and who are still very unwell.

The author's inclination in extreme debilitating cases of Post Viral CFS is to exercise a radical initial approach, followed by more conventional naturopathic approach. This simply implies that the initial therapeutics are concentrated on breaking a pattern of mental/ physical fatigue and pain and elevating a general well-being by 50% in a few weeks or even days wherever possible.

Thereafter this course is maintained but a more holistic approach is introduced as well. This has been shown to be beneficial for recovery as explored in this dissertation.

Clinical evidence, as highlighted in case histories in this dissertation, shows that patients' compliance diminishes over time. Whereas 75% of recovery occurs in the first 2 to 6 months of treatment, the remaining 25% of the recovery process may take another 3 months to 3 years or more.

III TECHNICAL EXPLANATORY INFORMATION AND THERAPEUTIC ACTONS OF THE NUTRIENTS USED

EVALUATING OF IMPROVEMENTS IN PATIENTS HEALTH

Patients were encouraged to assess degree of improvements in their health in the following manner:

0% indicates no improvement.

25% indicates a minor improvement.

50% indicates a medium improvement.

75% indicates a major improvement.

100% indicates that the symptom in question is not occurring any more.

Patients did have a choice of more precise marking the degrees of improvement, for example 10%, 95% etc.

Many health care training institutions encourage a practitioner to take the case history and word the file notes using the patients' description of a complaint rather than medical translation of patient's version. This method is consistently used by the author as much as practicable. Such straight forward and descriptive case history taking is mirrored in this dissertation.

Follow up visits do not necessarily always reflect the same patient concerns. As the patient gets better, different symptoms may become a new priority and perceived minor problems from the past may become an urgent issue requested to be resolved. The initial complaints as perceived by the patient at the initial consultation did, on occasions, change over time. Total new complaints may be presented and the old major issues, as they disappear, may become irrelevant. The research case study findings focus specifically on complaints (and remissions) as they were at the time of the visit.

Part of the dates of consultations are included to indicate a time frame in which the improvements took place.

MEASURING ZINC DEFICIENCY IN PATIENTS

A simple test “Zinc Tally” was developed by Metagenics to check the current zinc status in patients. Since zinc is associated with the taste function in humans, it was postulated that the taste perception could be used as a measurement of zinc status. It was discovered by Dr Derrick Bryce-Smith at Reading University in England. His study, published in the Lancet in 1985, concluded that upon administration of 10ml of the oral zinc sulphate solution, a lack of taste, delayed taste or immediate taste indicated that a person was not, was partly, or was well nourished with zinc. Zinc may then be supplemented and zinc status measured again to obtain an adequate zinc status in a person.⁽⁸⁾

Zinc is the most important mineral for the immune system. Its deficiency reduces white blood cells available to attack virus, bacteria or yeast^(4,5), it influences the brain function⁽⁶⁾ and affects many other functions in human and animal bodies.⁽⁷⁾

Supplementation of zinc was available in tablet form as Metazinc. Another more bioavailable form was Zinc Drink. Both products were from Metagenics and zinc sulphate was the zinc source.

LIFESTYLE IMPROVEMENTS

Many different lifestyle improvements were recommended. They often involved some degree of change such as changing the diet, regular exercise, relaxation and instructions not to gravitate towards people and avoid situations and jobs that are stressful. Cold and hot showers were sometimes recommended as therapy. They seem to stimulate the circulation and everything that is dependent on it, giving a sense of refreshment for body and mind.

PHYSICAL THERAPY

As needed, Aromatherapy massage or Bowen Technique treatment were recommended.

Aromatherapy has its roots in the most ancient healing practices of mankind. The Egyptians have been using aromatics almost 3000 years before Christ for medical and cosmetic purposes. Essential oils are very potent in their effect, helping the body return from an unbalanced state leading to illness, to the ideal balance representing health and well-being. The essential oils exert a subtle influence on the mind and allow one to take control of one's emotional well-being.^(157,158,159)

The Bowen Technique involves a gentle, dynamic system of muscle and connective tissue manipulations which balance the body and stimulate energy flows. It is useful for unresolved skeletal, muscular and other problems. It can be used safely on everyone from infants to the elderly.^(88,160)

LIQUID HERBAL EXTRACTS AND TINCTURES

99% of liquid herbal preparations used derived from two leading Australian companies: Mediherb and Australian Herbal Extract Company. Both companies use cold percolation as a way of extracting the plant's active ingredients which is the preferred method to deliver phyto-chemicals in a bio-available form with minimal or no loss in trace elements. Ethanol as a base is used in most cases. Glycerine is used in a minority of preparations.

CONCENTRATION OF HERBAL EXTRACTS AND TINCTURES

1:1 preparation means an extract (1kg of dry herb produced 1 litre of liquid herbal solution). 1:2 preparation means a tincture (1kg of dry herb produced 2 litres of liquid herbal solution). 1:3, 1:4, 1:5 and 1:10 tinctures are also used mainly in case of the herbs that exert very strong action on the body and consequently need to be provided in diluted form. There are only a very few herbs that require dilution of that kind. There are some companies in the industry that provide their whole range of herbs in a form of very diluted tinctures. The author perceives them as not therapeutic enough and consequently he does not use them in his naturopathic practice.

MEDICINAL HERBS AND THEIR THERAPEUTIC ACTIONS

Allium sativum (Garlic). Beneficial action in respiratory catarrh, chronic bronchitis, viral and bacterial infections.^(19, 49)

Althea officinalis (Marshmallow). Indicated in digestive and respiratory inflammation, irritating cough and bronchitis.⁽³²⁾

Aloe vera (Aloe). Used in skin problems, burns, stomach ulceration; it stimulates body's resistance leading to recovery.⁽²²⁾

Andrographis paniculata (Andrographis). Strengthens the immune system⁽¹¹⁴⁾ and promotes production of ACTH.⁽⁴⁷⁾ It is a gastric stimulant⁽¹¹²⁾ and it displays a liver protective action.^(111, 112, 113) It has anti-parasitic properties.^(109, 110)

Anemone pulsatilla (Pasque Flower). Indicated in nervous tension, painful menses and painful testicles.⁽³²⁾

Angelica archangelica (Angelica). Indicated for bronchitis with vascular deficiency.⁽¹⁹⁾ A lung tonic.

Angelica sinensis (Dong Quai). The “female tonic”. Useful in menstrual disorders, period pain, PMS, PID, circulatory disorders. It increases the red blood cell count⁽⁹⁵⁾ and it can coordinate uterine contractions - relax it or stimulate it depending on need and uterine tone.⁽⁴⁷⁾ It has an anti-proliferative effect on smooth muscle cells.⁽⁹⁶⁾

Apium graveolens (Celery). Useful for arthritic and rheumatic pains. It stimulates kidney function and promotes excretion of uric acid.⁽⁸⁰⁾

Arctium lappa (Burdock). This is a key blood purifier for skin problems and for rheumatic problems. It reduces swelling and water retention.⁽⁸¹⁾

Armoracia rusticana (Horsradish). Reduces post natal drip. It is beneficial in influenza and fevers.⁽³²⁾

Artemisia absinthium (Wormwood). Specific for nematode infestations and anorexia.⁽¹⁹⁾ It is a powerful bitter digestive tonic.

Asclepias tuberosa (Pleurisy Root). It is a specific herb for pleurisy and pneumonia. It is an anti-inflammatory and expectorant.⁽³²⁾ It induces sweating.⁽⁹²⁾

Astragalus membranaceus (Astragalus). It stimulates white blood cells to produce interferon.⁽¹⁶⁾ It potentiates the activity of monocytes.⁽⁹⁷⁾ It is hepatoprotective⁽⁹⁸⁾ and it boost humoral immunity.^(47, 99) It is specific for debilitated states with sweating. It also improves memory.⁽¹⁰⁰⁾

Avena sativa (Oats). Nourishes the nerve system delivering a mildly sedative effect.^(17, 18, 19, 20, 32)

Bacopa monniera (Bacopa). It is rich in steroidal saponins⁽¹⁰⁾ and will promote recovery from stress. It also enhances learning and memory.⁽¹¹⁾ It improves the acquisition and delays extinction of the newly acquired behaviour.⁽¹²⁾

Baptisia tinctoria (Wild Indigo). Lymphatic tonic for unresolved infections especially the upper respiratory area.⁽³²⁾

Berberis vulgaris (Barberry). Stimulating hepatic and digestive tonic.⁽²⁰⁾ It stimulates heart muscle in lower doses and slows it down in higher doses.⁽⁸¹⁾

Calendula officinalis (Calendula). Specific indications include enlarged lymphatic nodes, cysts, duodenal ulcer and inflammatory skin lesions, acute or chronic.⁽¹⁹⁾

Capsicum spp. (Cayenne). Increases absorption of other nutrients.⁽²¹⁾ Potent circulatory stimulant.^(19,20)

Centella asiatica (Gotu Kola). Skin proliferant and regenerator.^(68, 69, 70) Beneficial in rheumatism.⁽¹⁹⁾

Cola vera (Kola Nut). Used in nervous debility, in states of atony and weakness. Specific for nervous diarrhoea.⁽³²⁾

Coleus forskohlii (Coleus). Increases the force of cardiac contractions,⁽⁸²⁾ relieves asthma^(83, 84) and lowers blood pressure.⁽¹¹⁵⁾ It stimulates ACTH and growth hormone from pituitary tissue preparations.⁽⁸⁴⁾ It regenerates sensory nerves.⁽⁸⁵⁾ It inhibits IgE mediated release of inflammatory mediators from human basophils and lung mast cells.⁽⁸⁶⁾

Comiphora molmol (Myrrh). It has anti-microbial, astringent, anti-catarrhal and expectorant actions.⁽³²⁾

Crataegus spp. (Hawthorn Berry). Cardiac tonic.⁽³²⁾ It is a potent anti-oxidant and it improves circulation to the extremities.⁽⁹¹⁾ It has a capacity to modulate blood pressure.⁽⁹²⁾

Crataeva nurvala (Crataeva). Increases smooth muscle tone in uterus and bladder and helps clear urinary tract infections.^(58, 59, 116)

Discorea villosa (Wild Yam). It is an anti-spasmodic herb, that balances female reproductive hormones and it is useful in menopause. It is beneficial for the liver.⁽³²⁾

Echinacea augustifolia (Echinacea). Effective in a wide variety of bacterial and viral infections and immune system disturbances.^(18, 19, 32) Increases phagocytosis.

Eleutherococcus senticosus (Siberian Ginseng). Increases resistance to physical, chemical and biological stressors.⁽¹³⁾ It displays steroidal and immunostimulant actions.^(14, 15) It impedes hypertrophy and atrophy of the adrenal glands.⁽¹⁶⁾

Ephedra sinica (Ma Huang). Relieves the spasm in bronchial muscle (anti-asthmatic action) and it increases mental and physical output.⁽¹⁴⁾ Relieves allergies.⁽¹⁷⁾

Equisetum arvense (Horsetail). The herb is rich in silica,⁽⁷⁹⁾ it is beneficial for kidneys⁽⁷⁸⁾ for bed-wetting and for incontinence.⁽³²⁾

Eschscholtzia californica (Californian Poppy). It has sedative and anodyne properties.⁽³²⁾

Eupatorium perforliatum (Boneset). An acute flu remedy.⁽¹⁷⁾

Euphorbia hirta (Euphorbia). It is an anti-catarrahal herb.^(18, 19, 32) As an anti-spasmodic it is helpful in asthma and cough.^(18, 19, 20)

Flipendula ulmaria (Meadowsweet). The digestion herb useful for heartburn, peptic ulcer and diarrhoea.⁽²²⁾

Foeniculum vulgare (Fennel). Diuretic. Beneficial for flatulent dyspepsia and colic.⁽¹⁹⁾

Fucus vesiculosus (Bladderwrack). Tonic for under active thyroid and giotre.⁽³²⁾
Useful in obesity.

Gentiana lutea (Gentian). It is a key bitter herb and it stimulates the appetite via a general stimulation of the digestive juices.⁽³²⁾

Gingko biloba (Gingko). Beneficial in asthma.^(60, 61, 62) It relieves ischaemic states⁽⁶³⁾ and aids cerebral circulation.⁽¹⁷⁾

Glycyrrhiza grabra (Liquorice). Beneficial in lowered adrenal function.⁽⁴¹⁾ It potentiates the effect of cortizone and ACTH.⁽⁴²⁾ An anti-inflammatory for respiratory problems and gastric duodenal ulcer.⁽¹⁹⁾

Gymnema sylvestre (Gymnema). Reduces glucose level in hyperglycaemic states.⁽⁶⁴⁾ Promotes glucose tolerance.⁽⁶⁵⁾ Enhances endogenous insulin.⁽⁶⁶⁾ Prevents sugar craving.^(117, 118)

Helonias luteum, also known as *Chamaelirium luteum* (False Unicorn). One of the best tonics for the uterus and female reproductive system.⁽³²⁾ Helps menstrual irregularities, menopause, infertility caused by dysfunction in follicular formation. It is also useful in resolution of ovarian cysts and threatened miscarriages.⁽¹⁸⁾

Hydrastis canadensis (Golden Seal). Restorative to mucus membranes.⁽²⁰⁾ It has healing and astringent properties.^(18,19) It is a digestive tonic.⁽³²⁾

Hypericum perforatum (St. John's Wort). Anti-retroviral.⁽²⁴⁾ Anti-viral activity against enveloped viruses including herpes,⁽²⁵⁾ Influenza A,⁽²⁵⁾ Sindbis Virus and Murine CMV.⁽²⁶⁾ It contains 4mg of Melatonin per 1g dry herb.⁽⁹³⁾ It displays an anti-anxiety effect.⁽²⁹⁾ It is an anti-depressant.^(30, 31) It is a specific herb for neuralgia and injured nerves.⁽⁹⁰⁾

Inula helenium (Elecampene). It is a very useful agent in congestive bronchial and pulmonary conditions. It has been traditionally indicated for the cough of pulmonary tuberculosis.⁽¹⁸⁾

Iris vesicolor (Blue Flag). Specific for skin conditions linked to congested liver and toxic states.⁽³²⁾

Larrea mexicana (Chaparral). Powerful anti-oxidant used in cancers, arthritis, suppressed immune states and skin conditions.⁽⁸¹⁾

Leonurus cardiaca (Motherwort). Diffuse, stimulating and relaxing anti-spasmodic nervine herb. It is indicated for quickening of heart rhythm and other reflex conditions affecting cardiac function. It is a cardiac tonic and it influences PMS nerve tension and muscular rigidity.⁽²⁰⁾

Lobelia inflata (Lobelia). It compounds the actions of being anti-asthmatic, expectorant and a respiratory stimulant.^(19, 32)

Marrubium vulgare (White Horehound). It is an anti-spasmodic expectorant with gentle stimulating properties^(18, 22) in congestive catarrhal conditions of the lower respiratory system.^(19, 22)

Matricaria recutita (Camomile). It contains an essential oil and flavonoids that confer anti-spasmodic, anti-inflammatory and carminative effects.^(17, 18)

Medicago sativa (Alfalfa). A good source of vitamins A, C, E, K and minerals Ca, K, P, Fe. It is indicated in run down states and avitaminosis.⁽¹⁹⁾

Panax ginseng (Korean Ginseng). The most important Qi tonic in Chinese medicine. It contains steroidal saponins,⁽⁸⁹⁾ and increases ACTH, therefore cortisol production.⁽¹⁰¹⁾ It has an anti-depressive effect by promoting blood-brain transport of DL-Phenylalanine, a mono-amine transmitter precursor.⁽⁸⁷⁾ It also normalises blood sugar⁽¹⁰²⁾ and increases alertness.⁽⁹⁵⁾

Panax notoginseng (Notoginseng). Cardiac muscle strengthener, it increases coronary blood flow.⁽³⁷⁾ Provides anti-inflammatory, anabolic and androgenic effect.⁽¹⁰²⁾ Increases protein synthesis⁽¹⁰³⁾ and displays anti-arteriosclerotic action.⁽⁴⁷⁾

Phytolacca decandra (Poke root). Tonic to the lymph system. Specific for lymphatic swelling and inflammation.⁽³²⁾ It stimulates leukocyte and lymphatic activity.⁽⁸⁾ Effective anti-inflammatory agent in autoimmune diseases such as RA.^(18, 32)

Picrorrhiza kurroa (Picrorrhiza). Hepatorestorative.^(33, 34) As immune enhancer it boosts T-cells, B-cells and phagocytic function.⁽³⁵⁾ Immunomodulator.⁽³⁶⁾ Stimulates synthesis of nucleic acid and protein.^(120,122)

Piper methysticum (Kava). Anti-inflammatory for the joint pains and anti-microbial.⁽¹⁹⁾ Sedative and mild tranquilizer.⁽⁷⁴⁾ Analgesic.^{(75, 76, 77).}

Piscidia erythrina (Jamacia Dogwood). Sedative and anodyne.⁽³²⁾

Prunus serotina (Wild Cherry Bark). Herb specific for persistent cough and nervous dyspepsia.⁽¹⁹⁾ It can control asthma.⁽³²⁾

Rhamnus purshiana (Cascara). The herb is specific for constipation.⁽¹⁹⁾

Rosmarinus officinalis (Rosemary). Diffuse stimulant and relaxing tonic with special influence upon stomach and cerebellum. It soothes the nervous system, and is a booster to the vasomotor function and peripheral circulation.⁽²⁰⁾

Rumex crispus (Yellow dock). Herb for jaundice and liver complaints.⁽¹⁹⁾ It is helpful in stubborn skin conditions.⁽³²⁾

Salvia officinalis (Sage). Contains phytoestrogens.^(18, 22) Suppresses perspiration.^(18, 23) Useful in any over-relaxed tissue. As a gargle may be used in bleeding teeth, ulcerated or receding gums and sore throats.⁽⁹²⁾

Sanguinaria canadensis (Blood Root). Specific for asthma and bronchitis with feeble peripheral circulation.⁽¹⁹⁾

Schizandra chinensis (Schizandra). Improves vision, hearing, skin sensory discrimination and reduces fatigue.⁽¹⁶⁾ Protects against liver damage^(16, 104). Has an anti-depressant effect,⁽¹⁰⁵⁾ increases learning ability and endurance in humans.⁽¹⁰⁶⁾ It is an anti-oxidant.^(107, 108)

Scutellaria lateriflora (Scullcap). Relaxing and gentle sedative effective in nervous tension, stress and exhaustion.^(18, 19) Restorative to the nervous system.⁽²⁰⁾

Silybum marianum (St. Mary's Thistle). Remarkable regenerator of liver cells.^(17, 18) It is an anti-oxidant and it inhibits lipo-oxygenase.⁽¹²⁵⁾

Stachys betonica (Wood Betony). Specific for headaches and neuralgia of nervous origin.⁽²¹⁾

Tabebuia avellanae (Pau D'Arco). Anti-parasitic.^(44, 45) Anti-fungal.^(56,57)

Tanacetum parthenium (Feverfew). Migraine and arthritis remedy.⁽⁷¹⁾ It reduces pain by inhibiting prostaglandin production.^(72, 73)

Taraxacum officinale - leaf (Dandelion Leaf). Kidney tonic and diuretic. It is rich in potassium and does not deplete the body's potassium reserves during diuresis.^(32, 90)

Taraxacum officinale - root (Dandelion Root). Kidney tonic. It is also a liver tonic. It is rich in potassium and does not deplete body's potassium reserves during diuresis.^(32, 90)

Tilia.spp. (Lime Flower). Specific for raised blood pressure with nervous tension and arteriosclerosis.⁽³²⁾

Trigonella foenum-graecum (Fenugreek). Lymphatic tonic,⁽¹⁹⁾ that dries up sinuses. It is rich in vitamins A and B2.⁽⁸⁰⁾

Turnera diffusa (Damiana). Indicated in depression and anxiety.^(18, 1, 20)

Vaccinium myrtillus (Billberry). Restorative to the eyesight.^(43, 44) Rich in bioflavonoids.

Valeriana officinalis (Valerian). Tranquilizer. Relieves anxiety, insomnia, tension, headache and fright.^{(17, 18, 19).}

Verbascum thapsus (Mullein). Indicated in bronchitis, asthma and lung problems.^(19, 21)

Verbena officinalis (Vervain). It is indicated in a wide range of nervous disorders including depression, nervous exhaustion, melancholia, stress and migraines of nervous and bilious kind.^(18, 18, 32, 92)

Viburnum opulus (Cramp Bark). Sedative and anti-spasmodic herb. Specific for muscular cramps.⁽¹⁹⁾

Vitex agnus castus (Chase Tree). Stimulates and normalises pituitary gland and its function, especially its progesterone function. Indicated in PMS and menopause.⁽³²⁾

Withania somnifera (Withania). It is an adrenal tonic⁽³⁷⁾ and in the same time it has sedative and hypotensive effect.^(38, 39) It has anti-inflammatory properties.⁽⁴⁰⁾

Zingiber officinale (Ginger). Circulatory stimulant.^(45, 46) Anti-nausea remedy.^(47, 48) Improves gastric and saliva secretion.^(47, 50) It has aspirin like anti-inflammatory activity.^(51, 52, 53)

MEDICINAL AMINO ACIDS AND THEIR THERAPEUTIC ACTIONS

The following is the list of the amino acids used in the case histories. It is not a complete list of amino acids available. The therapeutic applications mentioned,^(122, 123, 124, 125, 126) are only those, that may be relevant to the clinical cases of CFS presented in this dissertation. It is not a full list of medical uses for the amino acids listed.

L-Arginine

Metabolic role: Major “energy currency”. Detoxification of ammonia. Digestion.
Immune system. Neurotransmitter. Growth hormone stimulation.

Medical uses: Liver insufficiency. Arteriosclerosis. Elevated cholesterol levels.
Male impotence. Low sperm count.

L-Carnitine

Metabolic role: Fat metabolism. Aerobic power. Anaerobic capacity.

Medical uses: Anorexia Nervosa. Connective tissue diseases. Heart disease.
Hypoglycaemia. Mental retardation. Muscle weakness.
Constipation.

Choline Bitartrate

Metabolic role: Fat metabolism. Neurotransmitter.

Medical uses: Arteriosclerosis. Liver cirrhosis. Memory loss. Movement disorders. Constipation.

Creatine Monohydrate

Metabolic role: Muscle building. Energy.

Medical uses: Muscle wasting. Chronic fatigue.

L-Glutamic Acid

Metabolic role: Energy. Neurotransmitter.

Medical uses: Epilepsy. Mental retardation. Peptic ulcer.

L-Glutamine

Metabolic role: Energy - particularly during starvation. Nitrogen transportation.
RNA and DNA formation.

Medical uses: Epilepsy. Mental retardation. Peptic ulcer.

Glycine

Metabolic role: Detoxification. Energy Neurotransmitter. RNA and DNA
formation.

Medical uses: Elevated cholesterol. Hyperacidity.

L-Histidine

Metabolic role: Dermatitis. Digestive enzymes. Ultraviolet skin protection

Medicinal uses: Nutritional supplement. Low libido in females.

Inositol

Metabolic uses: Energy from glucose. Fat metabolism.

Medical uses. Diabetic neuropathy. Elevated cholesterol. Constipation.

L-Isoleucine (BCAA)

Metabolic role: Energy

Medical uses: Muscle wasting.

L-Leucine (BCAA)

Metabolic role: Energy. Neurotransmitter regulation. Pain suppression. Prevents
muscle breakdown.

Medical uses: Coma due to liver failure. Muscle wasting.

L-Lysine

Metabolic role: Skin flexibility. Fat metabolism. Energy from glucose.

Medical uses: Anti-viral specially for herpes virus. Corneal regeneration. For cold sore infections.⁽¹²⁵⁾

L-Methionine

Metabolic role: Energy. Protein synthesis. Antioxidant. Improves liver function.

Medical uses: Elevated cholesterol. Paracetamol poisoning. Liver damage.

L-Phenylalanine

Metabolic role: Neurotransmitter. Mood elevation. Memory enhancement.
Suppressing appetite.

Medical uses. Depression. Sickle cell anaemia.

L-Threonine

Metabolic role: Energy. Fat metabolism.

Medical uses: Motor Neurone Disease.

L-Tyrosine

Metabolic role: Neurotransmitters. Thyroid hormones. Energy.

Medicinal uses: Depression. Narcolepsy.

L-Valine (BCAA)

Metabolic role: Energy. Neurotransmitters.

Medical uses: Coma due to liver failure. Muscle wasting.

The term BCAA means branch chain amino acids - a group of three aminoacids

L-Leucine, L-Isoleucine and L-Valine.^(123, 124, 126)

Chief protein powder from Musashi

Content: 46.6% protein, 3.5% BCAA, 49% carbohydrates, 3% fat.

Used by the author for patient weight gain or weight maintenance.

Amino acids “K’UN” - The Receptive (for women) from Musashi

Typical profile per 100g: Glycine 5g, L-Arginine 8g, L-Histidine 5g, L-Isoleucine 11g,

L-Leucine 17g, L-Lysine 13g, L-Methionine 2g, L-Phenylalanine 7g,

L-Threonine 9g, L-Tyrosine 10g, L-Valine 13g.

Amino acids “KUAN” - The Creative (for men) from Musashi

Typical profile per 100g: Glycine 8.88g, L-Arginine 11.11g, L-Histidine 12.5g,

L-Isoleucine 10g, L-Leucine 12.5g, L-Lysine 18.05g, L-Methionine 1.11g,

L-Phenylalanine 4.44g, L-Threonine 6.11g, L-Tyrosine 6.38g, L-Valine 8.88g.

Amino acids “NI” - Nourishment (BCAA) from Musashi

Typical content per 2.5g of the BCAA mix: L-Isoleucine 480mg, L-Leucine 1.22mg,

L-Valine 730mg.

Aminoacids “HUAN” - The Dispersion (dispersion of fats, breakdown of toxins)

from Musashi.

Typical profile per 100g: Choline Bitartrate 33.05g, Inositol 33.05g, L-Methionine 33.05g.

Glyco-amines from Orthoplex.

4g of the powder contains: Glycine 3.11g, L-Leucine 400mg, L-Valine 400mg, Nicotinamide 12mg, Pyridoxine HCl 4mg, Zinc (as amino acid chelate) 8mg, Magnesium (also amino acid chelate) 4mg.

OTHER NUTRIENTS USED IN POST VIRAL CFS TREATMENTS

Co-enzyme Q 10 12mg from Advance Nutrition

Each capsule contains Japanese source Co-enzyme Q10 12mg, dl alpha Tocopheryl Acetate 10 IU, Calcium Hydrogen Phosphate 200mg, Magnesium Phosphate 100mg and Potassium Chloride 50mg.

Co-enzyme Q 10 takes part in production of Adenosino triphosphate (ATP), which is the basic energy molecule of cells. It is the fuel which keeps the mitochondria, the most active part of a cell, working.⁽¹³¹⁾ Its supplementation improves CFS symptoms⁽¹³⁵⁾ and many health professional recommend it.⁽¹³⁶⁾ Supplementation with Co-enzyme Q 10 reduces side effects of medical drugs and enhances maturation of all cells involved in immunity and the production of antibodies.⁽¹²⁵⁾ It activates macrophages⁽¹³²⁾ and improves cellular oxygenation.⁽³⁾

Slippery Elm Powder

One of the most valuable and soothing herbs for assisting the healing of injured or inflamed tissues, especially in the stomach and intestinal tract. Especially efficient in absorbing noxious gases, neutralising excess acidity in the stomach and providing a protective, healing coating over the linings to assist the rapid healing of ulcers. Slippery Elm has a soothing healing action on all parts of the body and has also proven beneficial for many problems of inflammation of the throat, lungs, kidneys, bladder, bowels, and infections of the female organs and urinary tract. The powdered bark of this herb is especially suitable to those with peptic ulcers and other digestive problems, due to age or illness. Used externally as a poultice, slippery elm assists healing of skin eruptions, wounds, varicose ulcers, burns and boils.⁽¹³¹⁾ The author frequently prescribes slippery elm together with liquid herbs to diminish healing crisis that may be caused by higher doses of liquid herbs.

Psyllium Husks Powder

It is rich in mucilage which swells with water to provide bulk and lubrication to the bowel - increasing its action and assisting the prevention of constipation. Beneficial for the Irritable Bowel Syndrome (IBS), Ulcerative Colitis, chronic constipation and cystitis. It also helps maintain normal healthy blood vessels.⁽¹³¹⁾ The author frequently prescribes psyllium husks together with liquid herbs to diminish healing crisis that may be caused by higher doses of liquid herbs.

Avena Complex from Blackmores

It is a nerve tonic indicated for depression associated with anxiety and tension, general debility and stress symptoms such as poor memory and confusion.⁽¹³⁸⁾ Each tablet

contains Avena sativa 938mg, Rosmarinus officinalis 1200mg, Verbena officinalis 750mg, Kola nitida 200mg, Nicotinamide 50mg, Calcium pantothenate 50mg, Thiamine 30mg, Riboflavine 20mg, Pyridoxine hydrochloride 16mg, PABA 10mg, Choline bitartrate 10mg, Inositol 10mg, Biotin 50mcg, Folic acid 8.3mcg, Cyanocobalamin 1.67 mcg.

PCIP from Blackmores

Each tablet contains Potassium Chloride 65mg and Iron Phosphate 15mg. An anti-inflammatory formula used by the author for unresolved respiratory problems.

PPMP from Blackmores

Each tablet contains 33mg of Potassium Phosphate and 65mg of Magnesium Phosphate. It is used by the author for a calming down effect, for insomnia and for muscular cramps.

Calcium + Magnesium (CalMag) from Natures Own

It is an amino acid chelated form of Calcium 500 mg and Magnesium 250mg per tablet, 2:1 for easier assimilation. Used by the author for calming down effect, for insomnia or for muscular cramps.

Magnesium. Many of the symptoms of CFS are similar to those of magnesium deficiency: anorexia, nausea, learning disability, personality damage, weakness, tiredness, myalgia.^(133, 134) Patients with CFS have lower red blood cell magnesiums.⁽¹³⁴⁾

HCL from Natures Own

Hydrochloric acid is a digestive acid produced and secreted by a healthy stomach when food is eaten. It initiates digestion of proteins, fats and carbohydrates and aids the absorption of several vitamins and minerals, including iron and vitamin B12. In addition, because HCL is such a strong acid, it inhibits growth of harmful bacteria. It increases appetite and therefore assists weight gain.⁽¹³¹⁾

Tresos B Multivitamin formula from Eagle.

The dominant vitamin in this complex is vitamin B3. It functions in the body as a co-enzyme in metabolic reactions that produce energy from carbohydrates, protein and fat. The vitamin is important for proper circulation and healthy functioning of the brain and nervous system.⁽¹³¹⁾

Vitamin E 500 IU water soluble from Eagle.

Anti-oxidant. It stabilises membranes and protects them from destruction, preventing premature aging. It protects lung and skin from pollutants. It oxygenates the tissues preventing some symptoms of fatigue and is necessary for general good health.⁽¹³¹⁾

Omega EFA from Metagenics.

Combination of vitamin E and Essential Fatty Acids (EFA) that are present in fish liver oil (Omega 3 fatty acids) and Evening Primrose Oil (Omega 6 fatty acids).

In CSF, sufferers, metabolism of EFA may be abnormal as the viruses reduce cell ability to produce them and interferon requires EFA to exert its anti-viral effects.⁽¹⁴¹⁾

Shark Liver Oil 600mg from Proteus.

It contains Vitamin A and Alkoxyglycerols/Alkglycerols. Both components help build resistance to infections and benefit general good health.

Evening Primrose Oil (EPO) from Mediherb.

Contains gamma linoleic acid, found in mother's milk and necessary for the production of prostaglandins in the body. Used successfully in relieving PMS, allergies and skin conditions.⁽¹³¹⁾

Silymarin from Mediherb.

Content: herb *Silybum marianum* standardised to 140mg of silymarin per tablet.

Used by the author for conditions requiring extra liver support or regeneration.

Celery 2000 from Bio-Organics.

Dry herb *Apium graveolens* in a capsule.

Shark Cartilage in powder form

One of the most powerful natural substances with an anti-inflammatory effect. It is used in skeletal-muscular disorders and degenerative diseases including solid tumours and cancers.⁽¹⁴⁰⁾

Bromelain 300mg from Natural Nutrition.

An anti-inflammatory agent, that reduces inflammatory oedema by digesting fibrous material and inflammatory proteins of the site of trauma and therefore speeding the healing process.^(126, 137) As a blood protein scavenger it acts as an anti-allergic agent.

Vitamin B5 500mg from Natures Own

Calcium pantothenate helps stimulate the adrenal glands which produce cortisone and other hormones. It is useful for protecting against physical and mental stress, for warding off infections and speeding recovery from ill health. Reduces susceptibility to colds and infections. Necessary in the metabolism and release of energy from foods.⁽¹³¹⁾

Cortico from Metagenics.

Combination of vitamin B5 500mg, vitamin B6 100mg, vitamin C240mg, magnesium (from magnesium ascorbate) 60mg and bioflavonoids 100mg. The formula is indicated for the exhausted adrenal glands to aid them in their functions including reduction of inflammation, tissue damage, electrolyte balance and blood sugar metabolism.

DMG from Metagenics.

Each 100ml bottle contains Dimethylglycine 50mg/ml.

DMG has been identified as the active component of pangamic acid (vitamin B15), with abilities to increase oxygenation and cellular ATP levels. Athletes use DMG to improve performance, enhance oxygen utilisation and reduce fatigue during and after exercise. Tissue oxygenation and utilisation is paramount for cellular energy production and metabolism. Dimethylglycine has been shown to improve sub-optimal metabolism and function of many tissues and organs.^(3, 139)

C-Ultrascorb II Powder (ph adjusted, ascorbic acid free) from Metagenics.

Ascorbate lactone derivatives for maximal intracellular uptake. This scientifically advanced formula activates the conversion of mineral ascorbates to their derivatives. Ascorbate lactone derivatives provide rapid cellular delivery and retention of ascorbate in connective (cartilage), lymphoidal and phagocytic tissues (liver, spleen, marrow, lung).⁽¹³⁹⁾

Fibroplex from Metagenics.

For the relief of muscular and pains (fibromyalgia) and cramps. Also helps to relieve symptoms of premenstrual syndrome. Muscle function is dependent on correct electrolyte concentrations. Magnesium is a major regulator of cellular calcium levels thereby affecting muscle function. Magnesium and taurine constitute the main therapeutic nutrient agents in the formula.

Scavenger Plus from Metagenics

This formula is prescribed for elevated blood pressure and the hardening of arteries. It contains fish oil, garlic and anti-oxidants which, due to a specially formulated enteric coating, will not break down in the stomach causing irritation or reflux. Natural fish oil derives from salmon as a source of EFA. Folic acid, vitamin B12 and vitamin B6 are involved in the regulation of elevated homocysteine levels.⁽¹³⁹⁾

Ultradophilus from Metagenics.

It contains an extremely stable strain of *Lactobacillus acidophilus* with nine months of assured potency. It is highly effective in re-establishing a healthy bowel flora.⁽¹³⁹⁾

Ultra Probioplex from Metagenics.

Double strength Lactoglobulin antibody concentrate with naturally occurring antimicrobial compounds, lactoperoxidase and lactoferrin, from the whey fraction of milk. Potassium iodide enhances the antimicrobial activity of lactoperoxidase. Fructo-oligosaccharide acts as a prebiotic by providing metabolic fuel for Bifidobacteria which produce short chain fatty acids. Short chain fatty acids have a trophic effect on the colon whilst being antifungal and promoting peristalsis.⁽¹³⁹⁾

Heme from Orthoplex

The formula includes ferrous gluconate, vitamin B12, folic acid and supporting nutrients. It is prescribed whenever there is confirmed or suspected anaemia which may produce symptoms such as tiredness, headache, irritability or depression.⁽¹²⁶⁾

Zinc C-Lozenges With Lysine from Orthoplex.

Each tablet contains zinc gluconate 7.1mg, ascorbic acid 100mg, sodium ascorbate 57mg, magnesium oxide 6mg, retinyl acetate 1000IU, L-Lysine 62.5mg. It is an anti-inflammatory formula prescribed by the author for unresolved respiratory problems.

Kelamin from Orthoplex.

Multivitamin formula with vitamin K as the main nutrient.

Fat soluble vitamin K is obtained from plant, animal and bacterial sources. Sub-optimal levels of vitamin K were detected in diarrhoea, intestinal infections, gall bladder and liver disease, Crohn's disease, ulcerative colitis, blue babies, mothers in labour, over-dosage with anti-coagulants and in people consuming irradiated foods. Deficiency symptoms of vitamin K include bone abnormalities, decreased vitality, haemorrhage, nose bleeds and premature aging.⁽¹²⁶⁾

CST from Orthoplex.

It is indicated for chronic respiratory catarrh, recurrent colds, chronic bronchitis, nasopharyngeal catarrh and chronic sinusitis.

The formula includes garlic, papain, amylase, beta carotene and vitamin D3.

It is very effective and prescribed frequently for the problems mentioned above.⁽¹²⁶⁾

Lymphodran from Orthoplex.

This bioflavonoid formula contains 500mg of Rutin, 200mg of Quercetin and 50mg of ascorbic acid. It is useful for any oedema and inflammation. Bioflavonoids aid in better utilisation of vitamin C. They help to strengthen the walls of blood vessels and decrease capillary fragility. Beneficial for the prevention, or natural treatment of varicose veins, haemorrhoids, bleeding gums, haemorrhaging, susceptibility to bruising, hardening of the arteries, respiratory infections, eczema, psoriasis, capillary disorders, rheumatoid arthritis, diabetes and bleeding ulcers. Prevents coronary thrombosis and strokes.^(126, 131)

Prime Maritime Pine Bark 20mg or 60mg from Kaire.

This product is a good source of Pycnogenol, a bioflavonoid that is one of the most potent antioxidants known to man.^(28, 29, 30)

It reduces risk of accelerated aging, strengthens blood vessels, improves red blood cell membrane flexibility, improves skin health and elasticity, it is anti-allergic and anti-inflammatory, reduces diabetic retinopathy and improves the immune system.⁽¹²⁷⁾ It is prescribed by the author in the end stage of recovery from CFS and as a maintenance to prevent its recurrence.

Lavender essential oil

Prescribed as an external application for resolution of cold sores.^(157, 158, 159)

IV CLINICAL CASES AND TREATMENTS OF POST VIRAL CHRONIC FATIGUE SYNDROME

1. CASES WITH UNDEFINED VIRUS

CASE ONE: Male, Aged 20

First visit: 24 Feb.

Main complaints: Patient consistently “wakes up tired and is tired all day”.

Other Problems: Patient had a bad case of influenza two years previously. The patient felt bad since that time but recently had felt even worse. The patient did cross country skiing but didn't do much in the last season.

The virus had not been detected. An examination revealed a lump in the left breast since December two years ago and he had experienced nose bleed episodes through life. During the consultation the patient felt like going to bed and was irritable and tired.

The patient was consulting other naturopaths who prescribed Siberian Ginseng, Withania and Tresos B (a combination of vitamins and minerals with an emphasis on vitamin B). The patient experienced a physical energy level assessed at 20% whilst his mental energy level was assessed as even lower. Hot flushes were experienced when stressed as were night sweats. The patient experienced dizziness when standing up and whereas he used to catch the train daily, he now only caught the train occasionally, if at all.

Other symptoms included an inflamed throat, frequent colds, recurrent sinus blockages with headaches, mouth ulcers, problems with concentration for extended periods (in excess of 5-7 hours), irritated and impatient behaviours, flatulence, and insomnia.

The patient exhibited no energy for several days after going for a run and said that he felt a tight band around his chest, which became worse after exercise. He was depressed when tired and was tired most of the time and subsequently was tested for zinc deficiency. The patient also spoke of his sighing and yawning a lot and also with a tendency for craving sugary foods.

Treatment

550ml of the following herbs: 200ml of Ephedra sinica 1:4
 150mg Bacopa monniera 1:2
 100ml Verbena officinalis 1:2
 50ml Phytolacca decandra 1:5
 25ml Picrorrhiza kurroa 1:2
 24ml Zingiber officinale 1:2
 1ml Capsicum spp. 1:3

Dose: 10ml 3 times a day.

350g powdered aminoacids:

50g L-Leucine
 50g L-Isoleucine

50g L-Valine

200g L-Glutamic acid

Dose: 2 teaspoons 3 times daily.

Psyllium husks. **Dose:** 3 teaspoons 3 times daily.

Zinc Drink from Metagenics: 2ml a day.

Second Visit: 17 Mar

No improvement. All symptoms from visit one still apparent; except the ones that improved and ceased as indicated below.

Improvements: 25% constantly tired, patient said that he can now function for an additional three hours.

25% zinc deficiency.

Symptoms ceased: Nil.

Treatment: Branch chain aminoacids (L-Leucine, L-Isoleucine, L-Valine), even amounts.

Dose: 3 teaspoons 3 times daily.

1100ml herbs:

150ml Bacopa monniera 1:2

150ml Ephedra sinica 1:4

100ml Hypericum perforatum 1:2

100ml Silybum marianum 1:1

50ml Phytolacca decandra 1:5

Dose: 15ml 3 times daily.

Zinc Drink from Metagenics: **Dose:** 2ml a day.

Coenzyme Q 10, from Advance Nutrition. **Dose:** 5 capsules three times daily.

Third Visit: 15 Apr

No improvements. Patient talked about tight band around chest, blood from nose, and lump in the left breast.

Improvements: 50% impatient and irritable; 75% sighing and yawning; 70% constantly tired; lack of energy; 25% dizzy when gets up; 50% zinc status.

Symptoms that ceased: Craving sugar; waking up tired; recurrent colds and flues; blocked sinuses; headaches; flatulence; mouth ulcers; hot flushes; night sweats.

Treatment: Repeat of previous treatment.

Fourth Visit: Did not show up.

Fifth Visit: 6 Jun (after two months break due to cash flow problem).

Complaints: The patient continues to talk about the tight band around his chest which became worse with exercise. The patient said that he became very tired for 1 day if he ran for a 30 minute period. Previously the patient was tired for 7 days if he did the same 30 minute run. The patient continued to be impatient and irritable, rated his energy level at 50% or better, had problems with his concentration, woke up tired and exhibited sighing and yawning behaviours while awake. The patient was depressed due to his tired state. His tongue was also yellow coated.

Improvements: 25% lump in left breast.

Symptoms ceased: Cold and flues. Blocked nose. Dizziness.

Treatment: Repeat of treatment as per second visit.

Sixth Visit: 19 Jun

The patient said he wants to lose 5kg (he is now 87.5kgs).

Improvements: 75% impatient and irritable; 70% energy; 25% concentration; 25% wake up tired; 50% lump on left breast; 75% zinc status. The patient is finding studying easier.

Symptoms ceased: Tight band around the chest. Depression.

Treatment:

1100ml herbs:

- 150ml Ephedra sinica 1:4
- 150ml Bacopa monniera 1:2
- 100ml Hypericum perforatum 1:2
- 50ml Silybum marianum 1:1
- 50ml Schizandra chinensis 1:2
- 30ml Phytolacca decandra 1:5
- 10ml Zingiber officinale 1:2
- 10ml Capsicum spp. 1:10

Dose: 15ml 3 times daily

Aminoacids 300g: L-Carnitine, Inositol, Choline Bitartrate (100g each)

Dose: 3 teaspoons 3 times a day

Coenzyme Q 10 from Advance Nutrition. **Dose:** 5 capsules three times daily.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 5 tablets twice daily.

Seventh Visit: 21 Jul

The patient has had a cold for 24 hours and a runny nose.

Improvements: 75% energy; 50% concentration; 75% wake up tired; 75% lump on left breast; Zinc status is better 50% all up.

Symptoms ceased: Impatience. Irritability.

Treatment: Eliminate the infection:
CST formula from Orthoplex. **Dose:** 5 tablets three times daily.
Lymphodran from Orthoplex. **Dose:** 5 tablets three times daily.
PCIP from Blackmores. **Dose:** 2 tablets 2 times daily.

Continuation of CFS treatment:

Herbs repeat of last formula.
Zinc Drink from Metagenics. **Dose:** 4ml daily.
Exercise daily - this time partly walking and partly running.

Eighth Visit: 14 Aug

Lump from the left breast is gone. Energy is 85%. Zinc status is 100%. Gone are concentration problems, waking in the morning with tired feelings. The patient feels warm and good. Medicine compliance fell down to 75%

Treatment: Same herbs but at the diminished dose 10ml 3 times daily.
Finish off Q 10 at the rate of 5 capsules before breakfast.
Mix of BCAA (Leucine, Valine, Isoleucine). **Dose:** 2 teaspoons three times a day. Pine bark from Kaire. **Dose:** 5 tablets three times daily.

Ninth Visit: 15 Sep

The patient feels 100%. He says that he is sick of taking the medicines.

Treatment: Last round of treatment.

HEME from Orthoplex. **Dose:** 1 tablet a day.

Last bottle of herbs - 550ml:

150ml Bacopa monniera 1:2

150ml Withania somnifera 1:2

100ml Hypericum perforatum 1:1

50ml Schisandra chinensis 1:2

50ml Glycyrrhine glabra 1:1

50ml Phytolacca dencandra 1:5

Dose: 10ml three times daily.

CASE TWO: Female, Age: 47

First Visit: 17 Feb

Main Complaints: The patient advised that she couldn't shake off the viral infection she had acquired a year previously. The patient had experienced symptoms of tiredness and a sore throat with mucus since that time.

Other Problems: Additional symptoms experienced included a moderate level of stress, an inability to digest fatty foods, difficulty in falling asleep, heartburn, alternation of stools from loose to constipation, wind that sat in the bowel and frequent bloated states.

The patient saw her energy state at the 20% level and said that she also experienced on and off hot flushes and night sweats. The patient always experienced cramps on the first day of her period and had PMS (Pre Menstrual Syndrome) symptoms of an emotional state and swelling of breasts. The patient's periods were irregular and occurred every 6-10 weeks. Over the last 2 years the periods had become more regular, more frequent and heavier. The average flow was 7 days and clots were for 2 days.

The patient spoke about concentration problems, depression, her anxious and panicky states, her impatience and the fact that she became easily irritable. There was a marked craving for sugar, waking up tired with stiff and painful joints and sighing and yawning once awake.

The patient spoke about her neck remaining a problem 12 years after she had been in a car accident. Other symptoms included headaches, feelings of fuzziness, hair falling

out and splitting, soft and flaky finger nails, blocked sinuses, indigestion, flatulence and reflux, cold hands and feet, and a tender nose - the result of frequent blowing.

The patient spoke about the exasperation she had experienced in attempting to address her health issues. She also said that she had visited numerous medical services without success, and of her yearning to find a quick and effective solution to her medical problems.

Treatment:

500ml liquid herbs:	100ml Astragalus membranaceus 1:2
	100ml Echinacea augustifolia 1:2
	100ml Trigonella foenum-graecum 1:2
	75ml Silybum marianum 1:1
	75ml Schisandra chinensis 1:2
	50ml Calendula officinalis 1:2
	25ml Sanguinaria canadensis 1:5
	25ml Hydrastis canadensis 1:1

Dose: 10ml 3 times daily.

HEME from Orthoplex. **Dose:** 1 tablet 2 times daily

Psyllium Husks. **Dose:** 3 teaspoons in liquid 3 times daily.

Aminoacids: BCAA's. **Dose:** 1 teaspoon in liquid 3 times daily.

Diet counselling. Gastric ulcer diet.

Second Visit: 10 Mar

No Improvements: Patient cited no change in concentration, depression, motivation, impatience, and irritable and aggressive behaviours. Lack of energy remained a

problem (still 20%) and there was no appetite. The patient said that she did not eat very much.

Pain was experienced at the back of the leg when in a stationery state (during menses), and there was more flow with clotting.

The patient spoke of being breathless and coughing from the chest area. Problems with the patients inflamed red and watery nose continued and this was worse in air conditioned locations.

Improvements: 25% craving sugar; 25% inability to fall asleep; 25% flatulence and bloating; 25% cramps with menses; 25% inability to cope with stress; 50% alternating diarrhoea and constipation and 75% bloating.

Symptoms ceased: craving sugar; problems with falling asleep; runny nose; stools are perfect.

Treatment:

1100ml liquid herbs:	300ml Ephedra sinica 1:2
	200ml Angelica archangelica 1:2
	200ml Verbascum thapsus 1:2
	200ml Asclepias tuberosa 1:2
	150ml Gentiana lutea 1:2
	40ml Zingiber officinale 1:2
	10ml Capsicum spp. 1:10

Dose: 15ml in liquid 3 times daily.

HEME. **Dose:** Finish off at the rate of one tablet before sleep.

Psyllium Husks. **Dose:** Take 2 teaspoons in liquid 3 times daily.

50ml Gentiana lutea 1:2

30ml Vitex agnus-castus 1:2

20ml Zingiber officinale 1:2

Dose: 10ml 3 times daily

Aminoacids: Mix of even doses of Inositol, Choline Bitartrate, L-Methionine,
L-Lysine

Dose: 3 teaspoons 3 times daily.

Lavender essential oil. **Dose:** apply externally 1 drop on cold sore 3 times daily.

HEME from Orthoplex. Finish off. **Dose:** 1 tablet a day.

Psyllium Husks. **Dose:** 3 teaspoons in liquid 3 times daily.

EPO 1000mg from Mediherb. **Dose:** 3 capsules twice daily.

Fourth Visit: 10 May

No Improvements: Pain during menses and heaviness of flow, 7 days flow as always,

No weight loss recorded.

Improvements: 75% cold hands and feet; 25% bloating as soon as patient eats and
very bad after champagne; 75% inability to concentrate; 75% watery nose.

Symptoms ceased: Pain in leg when stationary during period; burning feet; puffy
feet; appetite problems; energy good; depression; breathlessness; ear ache; cold sore.

Treatment:

550ml liquid herbs: 150ml Ephedra sinica 1:2

100ml Centella asiatica 1:2

100ml Angelica archangelica 1:2

100ml Foeniculum vulgare 1:1

50ml Gentiana lutea 1:2

30ml Vitex agnus-castus 1:2

20ml Zingiber officinale 1:2

Dose: 10ml 3 times daily

Yeast and sugar products are to be eliminated from the diet.

Aminoacids: Did not take as much as should. Has plenty left. Continue 2 teaspoons twice daily.

Psyllium Husks. **Dose:** 3 teaspoons twice daily.

Coenzyme Q 10 12mg from Advance Nutrition. Has some left, felt good and forgot to take. **Dose:** 5 capsules twice daily.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 5 tablets twice daily.

Fifth Visit: 30 May

Pathology tests showed higher than normal oestrogen levels for patient's age. Patient said she felt very well.

No Improvements: The patient still bloats up.

Symptoms ceased: Constant pain during menses; Watery nose.

Treatment:

550ml liquid herbs: 150ml Medicago sativa 1:1

100ml Matricaria recutita 1:2

100ml Filipendula ulmaria 1:1

100ml Rumex crispus 1:1

60ml Althea officinalis 1:1

40ml Aloe vera 1:10

50ml Allium sativum 1:2

Dose: 10ml twice daily.

EPO 1000mg from Mediherb **Dose:** 2 capsules twice daily.

Aminoacid L-Carnitine. **Dose:** 1 teaspoon in liquid twice daily.

Ultradophilus from Metagenics. **Dose:** 1 teaspoon in liquid twice daily.

Probioplex from Metagenics. **Dose:** 1 teaspoon twice daily.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 5 tablets twice daily.

Sixth Visit 26 Jun

The patient feels very good, is going to gym and is losing weight.

Symptoms ceased: Bloating.

Treatment: Repeat of 550ml liquid herbs as per last visit. **Dose:** 10ml daily.

EPO 1000mg from Mediherb. **Dose:** 3 capsules daily.

Seventh Visit: 27 Aug

Patient stating she is feeling great and is going to gym 3 times weekly.

Treatment:

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 5 tablets in the morning for half a year then 2 daily for one years. The patient to keep up the current positive lifestyle.

No more visits required.

CASE THREE: Male, Age: 42

First Visit: 7 Jan

Main complaints: The patient feels overworked and rundown and exhausted since he had a bad virus a year ago. The patient can hardly work since the virus happened. The virus was not identified.

Other problems: The patient is sick of hard work and no social life. He has experienced a sore throat for years and is tired most of the time. Energy assessment is 40%. Wants to get fitter. Used to be sporty and wants to be again. Wants to wake up and not feel exhausted. Struggles to get out of bed in the morning. Not a big fruit eater. Lives alone and never cared about diet. Drinks 6 cups of coffee a day. Constipated for some time and has a motion every 4th day. Sighing and yawning all the time. Wakes up with stiff and painful joints. Head feels fuzzy like cotton-wool all the time. Catches colds and infections all the time. Experiences post nasal and chest mucus. Other symptoms include lately feeling feet burning at night, pains in neck to arms for past 2 years (old injury), low back pain (20 years), left knee problems which were operated on 4 times. He almost never feels hungry and has lost 1 inch of hair during the last 3 years. The patient also has a shaky tongue with thick yellow coat.

Treatment: Walk to sweat 30 minutes every day. Reduce caffeine and sugar.

550ml liquid herbs:	150ml Hypericum perforatum 1:1
	150ml Astragalus membranaceus 1:2
	100ml Schisandra chinensis 1:2
	100ml Glycyrrhiza glabra 1:1
	30ml Gentiana lutea 1:1
	20ml Rhamnus purshiana 1:1

Dose: 10ml 3 times daily.

Aminoacids “Kuan” from Musashi. **Dose:** 3 teaspoons 3 times daily.

Psyllium Husks. **Dose:** 3 teaspoons 3 times a day

Co-enzyme Q 10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

HEME from Orthoplex. **Dose:** 1 tablet before sleep.

Metagenics Zinc tally test showed zinc deficiency. Zinc Drink from Metagenics.

Dose: 5 ml in water before sleep.

Second Visit: 28 Jan

No Improvements: Catching colds and infections; sore throat; very smelly feet; burning feet at night; 2 years neck pain; pain in arms; 20 years low back pain. The patient did not do much walking or significantly reduce his caffeine intake as directed in initial visit.

Improvements: 25% sighing and yawning; 65% energy; 25% fuzzy head; 75% upper respiratory mucus; 25% pain in left knee (does more activity on it); 75% yellow thick coat on his tongue.

Symptoms ceased: Constipation, lack of appetite, shaky tongue.

Treatment:

2 x 550ml liquid herbs:

- 150ml Echinacea augustifolia 1:2
- 150ml Apium graveolens 1:1
- 75ml Marrubium vulgare 1:1
- 50ml Glycyrrhiza glabra 1:1
- 50ml Panax ginseng 1:2
- 50ml Phytolacca decandra 1:5
- 25ml Commiphora mol-mol 1:1

Dose: 15ml 3 times daily.

PCIP from Blackmores. **Dose:** 2 tablets four times daily (chewing not swallowing).

Co-enzyme Q 10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

Zinc Drink from Metagenics. **Dose:** 5ml in water before sleep.

HEME from Orthoplex. **Dose:** finish off at the rate of 1 tablet before sleep.

Aminoacids. 50-50 mix of 300g “Kuan” from Musashi and 300g of even amounts of

Choline Bitartrate, L-Tyrosine, L-Phenylalanine. **Dose:** 3 teaspoons 3 times daily.

Third Visit: 25 Feb

No Improvements: Very smelly feet, burning feet sensations at night. The patient said that he struggles to fall asleep at night.

Improvements: 25% sore throat (now on and off); 25% runny nose; energy marked at 75%; 75% fuzzy head; 10% pain in the neck for two years; 50% pain in arms; 50% low back pain 20 years; 50% sighing and yawning; 75% respiratory mucus; 75% tongue covered with yellow thick mucus; 50% zinc level status. The patient is walking 0.5km daily and drinking 75% caffeine in comparison to last week.

Symptoms ceased: The patient has not had a single bout of infection.

Treatment:

2 x 550ml liquid herbs:	150ml Echinacea augustifolia 1:2
	100ml Baptisia tinctoria 1:2
	75ml Astragalus membranaceus 1:2
	75ml Schisandra chinensis 1:2
	50ml Hydrastis canadensis 1:3
	50ml Phytolacca decandra 1:5
	50ml Picrorrhiza kurroa 1:2

Dose: 15ml three times daily.

Aminoacids. The same aminoacids as per last visit with the same dose.

Yeast free diet.

Co-enzyme Q 10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

PCIP from Blackmores. **Dose:** Chew 2 tablets four times daily.

Zinc lozengers (with L-Lysine) from Orthoplex. **Dose:** Chew 3 tablets during lunch time.

Liquid herb Valeriana officinalis. **Dose:** 10ml before sleep.

Fourth Visit: The patient did not show up for appointment. He called 10 days later and admitted that he was working harder than he was advised to on medical grounds. The patient was advised to limit his working input until he had made a total recovery.

Fifth Visit: 1 May

No Improvements: The patient has not eaten or exercised as well as previously due to taking on more business. He is now only occasionally following a yeast free diet. Yellow tongue is back. Overall the patient has slipped back by 10%.

Improvements: The patient has decided to employ another person to handle extra work.. 75% very perspiring feet; 75% burning feet sensation at night; 65% struggling to fall asleep at night; 75% sore throat; 80% runny nose; rates his energy 70%; 50% pain in neck; 55% back pain of 20 years; 75% zinc status.

Symptoms ceased: Mucus upper respiratory; sighing and yawning; fuzzy head sensation; pain in arms.

Treatment: Repeat of all treatment regime from the last visit plus a few sessions of Bowen Technique treatment.

Sixth Visit 25 May

The patient was feeling excellent but did not adhere to any treatment conditions during the past two weeks. He still found the energy holds at a level above 80%. There were no chest symptoms. The patient found that as soon as he drops exercise and healthy diet the burning feet sensation partially returns and he has also had more problems with falling asleep. The lower back pain (the injury of 20 years standing) is 90% better and pain in the neck is gone.

Treatment:

Co-enzyme Q 10 12mg from Advance Nutrition. **Dose:** 5 capsules three times daily.

Prime Maritime Pine Bark 20mg from Kaire **Dose:** 5 tablets 3 times daily.

Seventh Visit 11 Jun

The patient feels well and has no complaints. He is amazed that he is not getting any colds and cases of influenza.

Treatment:

Lymphodran from Orthoplex. **Dose:** 5 tablets in the morning.

Boswellia Complex from Mediherb. **Dose:** 2 tablets in the morning.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 2 tablets in the morning for the next 1 year.

No further visits required.

2. CASES WITH EPSTEIN BARR VIRUS

CASE FOUR: Male, Age: 18

First Visit: 16 Nov

Main complaints: The patient is a long distance runner who broke down 15 months ago and thought it was due to overtraining. The patient remains run down regardless of whether he does or does not train and experiences recurrent colds and flus. He has been very tired since contracting Glandular Fever. This was confirmed (IgG to EBV).

Other problems: The patient has had very bad hay fever and suffers nose bleeds which worsen with the change of seasons (Spring). When he tries to run, he experiences his muscles totally failing him and he is also very tired constantly despite long periods of sleep.

The patient's energy fluctuates and during this initial consultation, the patient's whole body appeared to be shaking. The patient started to become emotional when the consequences of EBV were explained to him.

Other symptoms experienced were varied bowel motions (alternating between diarrhoea and constipation), problems with falling asleep, inability to relax, insomnia, waking up tired, fainting spells, problems with sustaining concentration, depression, craving sugar and carbohydrates, shooting pains throughout body, skin cracks (easily), heart palpitations when stressed, irritable and aggressive and headaches.

The patient wants particular help with his memory to address upcoming examinations.

He has a very high wheat diet and his zinc status was measured as 50% of normal.

The patient also has financial difficulties.

75ml Schisandra chinensis 1:2

75ml Silybum marianum 1:1

Dose: 10ml three times daily.

PPMP from Blackmores. **Dose:** 2 tablets four times daily.

Aminoacids. Even amounts of L-Leucine, L-Isoleucine, L-Valine. **Dose:** 1 teaspoon three times daily.

Third Visit 30 Dec

No Improvements: Weak muscles; cold hands and feet, the patient spoke about palpitations when he spoke or when in front of a crowd or in a stressful situation.

Improvements: 75% hay fever; 85% energy; 90% weepy and depressed; 80% irritable, aggressive; 90% waking up tired; 90% fuzzy head; 30% nose bleed; 80% ability to handle stress; 75% heart palpitations (frequency of occurrence).

Symptoms ceased:

Night sweats; dizziness; no colds or flues, when the patient is very tired he still gets a sore throat for a few hours but there is no inflection.

Treatment:

552ml liquid herbs:

- 200ml Leonurus cardiaca 1:2
- 100ml Withania somnifera 1:2
- 100ml Astragalus membranaceus 1:2
- 75ml Silybum marianum 1:1
- 75ml Schisandra chinensis 1:2
- 2ml Capsicum spp 1:3

Dose: 10ml twice daily.

Metazinc from Metagenics. **Dose:** 1 tablet before sleep.

Aminoacids (BCAA's). **Dose:** 2 teaspoons twice daily.

Increase exercise/running regime.

Cold and hot showers twice daily.

Fourth Visit: 20 Jan

The patient feels good. There is still a shortage of money and the patient's father had gone to the United Kingdom. Zinc status has improved. The patient has followed all instructions including cold/hot showers.

Treatment: Repeat of treatment from last visit.

Fifth Visit: 17 Feb

Loose bowel movements partially back. The patient feels good. Nose bleed 50% better and there are no heart palpitations. Zinc status 75% better.

Symptoms ceased: Weak muscles, cold hands and feet, Hay fever, energy problems, depression, waking up tired.

Treatment:

555ml liquid herbs	200ml Astragalus membranaceus 1:1
	150ml Hypericum perforatum 1:1
	100ml Withania somnifera 1:2
	50ml Schisandra chinensis 1:2
	50ml Silybum marianum 1:1
	5ml Capsicum spp 1:10

Dose: 10ml one time daily.

Mix of the following even amounts of aminoacids: Inosine, L-Ornithine, Glycine,

L-Threonine, L-Phenylalanine. **Dose:** 2 teaspoons in the morning.

Zinc Drink from Metagenics. **Dose:** 5ml in water before bed.

Psyllium Husks. **Dose:** 2 teaspoons in the morning.

PPMP from Blackmores. **Dose:** 3 tablets in the morning.

Sixth Visit: 24 Apr

The patient now cycles 60-80km a week. Feels good and there is no more nose bleed.

Heart palpitations only very occasionally with stress. Circulation is perfect.

Treatment:

PPMP from Blackmores. **Dose:** 3 tablets three times daily.

Zinc Drink from Metagenics. **Dose:** 2ml daily with water.

Seventh Visit: 24 May

Feels good. Cycles 100km weekly. Has not noticed heart palpitations.

Treatment: No more visits required.

Continue with PPMP at the rate of 3 morning and 3 evening for the next 4 months.

Buy and drink a variety of herbal teas including Dandelion (Taraxacum) and Chamomile (Matricaria).

Cold and hot showers once a day.

CASE FIVE: Female, Age: 54

First Visit: 12 Oct

Main Complaints: Tired. High blood pressure last few years. The patient has a stressful job (school principal) and has low energy since Infectious Mononucleosis 5 years ago (IgG to EBV). Pushes herself to get going.

Other problems: The patient feels stress and pressure all the time and has a low libido. She has gradually put on weight in the last 12 months and has been diagnosed with CFS but has not missed any days at work. The patient has had a hiatus hernia and a benign tumour in the right eye which gets checked every year by a specialist. The patient has taken large doses of vitamins since she was diagnosed with CFS, and whilst she has felt better, the basic medical problem has not been resolved.

Other patient symptoms include a leaking mitral valve with a slight murmur (since age 5), excessive flatulence (particularly past 12 months), light headed and dizziness (last 4 weeks), weak bladder (worse lately), blood pressure 175/110, pulse 82. She has 13 amalgam fillings.

The patient gets out of breath and this is especially bad when walking up and down stairs. The patient was on medication for her blood pressure but the medications gave her headaches, flushes, heart palpitations, and pins and needles. In the last week, the patient got a severe headache and could not stand straight and was vomiting and shaking. Her husband measured her blood pressure at 210/110. The patient believes that the medication brought on her illness. Her father had a history of strokes. The patient sleeps 6 hours only.

Treatment:

Walk 15 minutes every day.

550ml liquid herbs: 150ml Crataegus spp 1:2
 100ml Coleus forskohlii 1:2
 100ml Leonurus cardiaca 1:2
 100ml Ephedra sinica 1:4
 100ml Withania somnifera 1:2

Dose: 10ml three times daily.

Sent for serology to confirm EBV: IgG was strong positive, IgM was negative (no second bout or re-activation of virus). Axial CT scan of orbits confirmed probable cavernous haemangioma of right orbital cone.

Second Visit: 25 Oct

The patient is worried as she anticipates stress in school will increase (it is going to be busier).

No Improvements: Got a flu with cough and mucus (chesty); vision deteriorating gradually over the last 12 months; energy; ability to concentrate; over sensitivity to noises; headaches; fuzzy head sensations; light headed; tight chest; weak bladder (patient gave birth to 3 children and has had fibroids removed); once she needs, she needs to rush to relieve; sneezing.

Improvements: 25% wake up tired; 75% bloating and flatulence; 25% ability to handle stress; lost one and a half kilograms; motions are softer and lighter in colour; sleeps longer (7 hours); blood pressure 130/77.

Treatment:

Scavenger Plus from Metagenics. **Dose:** 2 tablets 3 times daily.

A few days later patient walked into the clinic and requested a stronger medication right now as she has been weepy and depressed. Has been experiencing anxiety and panic attacks and being shaky, has been impatient and irritable. She is craving sugar. Also experiencing yawning, body pains and heartburn.

Treatment:

Given eye exercises.

Instruction to walk 20 minutes daily.

550ml liquid herbs:	150ml Hypericum perforatum 1:2
	100ml Lobelia inflata 1:2
	100ml Trigonella foenum-graecum 1:2
	100ml Echinacea augustifolia 1:2
	50ml Phytolacca decandra 1:5
	50ml Picorrhiza kurroa 1:2

Dose: 10ml three times daily.

Scavenger Plus from Metagenics. **Dose:** 2 tablets three times daily.

Decoction of Crataeva nurvala.

Fifth Visit: 22 Feb

Feels much better. Bladder is better only when drinks Cratavera tea. It gives symptomatic relief only.

Improvements: 75% lightheaded, 50% energy; 75% inability to concentrate; flatulence.

Symptoms ceased: Tight chest; headaches; over-sensitivities to noises; sneezing; the patient can actually sleep when she goes to bed.

Treatment:

Co-enzyme Q 10 12mg from Advance Nutrition. **Dose:** 5 capsules twice daily.

550ml liquid herbs:

- 150ml Hypericum perforatum 1:1
- 100ml Lobelia inflata 1:2
- 100ml Tilia supp 1:2
- 100ml Coleus forskohlii 1:2
- 100ml Crataegus spp. 1:2

Dose: 10ml three times daily.

Sixth Visit: 4 Feb

Did not show up.

CASE SIX: Female, Age:17

First Visit: 5 Dec

Main complaints: The patient's mother referred to her as a "sick girl". CFS was diagnosed and the patient was treated by a MD specialising in environmental medicine. EBV antibodies confirmed. Patient said that it felt like it had been 4 years since she had first experienced "flu" symptoms.

Other problems: Symptoms the patient listed were muscle and chest tiredness, headaches, memory loss, depression, sweats, sore throat, hot flushes, dry mouth, anxiety and panic states, sighing and yawning, cramps (on the first day of period), lumps on breasts and PMS (bad temper, irritable). First day menses associated with numbness between pelvic area and the knees and pain in the knees and lower back areas.

The patient also spoke about experiencing hands that were either 'too cold or too hot', glands that came up 'on and off', and skin which 'crawls' on the face. Energy level was rated at 30% and the patient said she sleeps 'all the time' but still feels that she needs more sleep.

The patient was over-sensitive to noises and bright lights, experienced her whole body shaking and aching, and had experienced fevers. Her BP measured 150/100, pulse 73.

The patient also exhibited speaking in a very weak voice.

Treatment:

550ml liquid herbs:	200ml Bacopa monniera 1:2
	150ml Hypericum perforatum 1:1
	100ml Salvia officinalis 1:1

50ml Schisandra chinensis 1:2

50ml Silybum marianum 1:1

Dose: 15ml 3 times daily.

Aminoacids “K’UN” from Musashi. **Dose:** 3 teaspoons three times daily.

Psyllium husks. **Dose:** 3 teaspoons 3 times daily.

Co-enzyme Q 10 12mg from Advance Nutrition. **Dose:** 5 capsules 5 times daily.

Second Visit: 23 Dec.

No Improvements: Concentration; craving sugar, soft finger nails; alternating hot/cold hands; sore throat; low appetite; repeats herself (ie asks the same questions); loosing weight.

Improvements: 25% depression; motivation; 25% over sensitivity to noises and lights; 25% impatience and irritability; 25% sighing and yawning; 25% body pains; 25% wakes up tired; 25% headaches; energy rated 40%; 25% hot flushes; 50% very dizzy every day; BP 129/100; 25% fevers; weight 62kg.

Symptoms ceased: Anxieties; panic attacks; catching colds; dry mouth.

Treatment:

2 x 550ml liquid herbs: 150ml Bacopa monniera 1:2

150ml Hypericum perforatum 1:1

100ml Cola vera 1:2

100ml Salvia officinalis 1:2

50ml Schisandra chinensis 1:2

Dose: 15ml 3 times daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

Aminoacids mix: 100g L-Leucine, 100g L-Isoleucine, 100g L-Valine, 300g Creatine Monohydrate. **Dose:** 3 teaspoons 3 times daily.

Psyllium Husks: **Dose:** 3 teaspoons 3 times daily.

The patient was directed to walk to sweat every day.

Third Visit: 19 Jan

No Improvements: Low appetite; still speaks softly; cramps in shoulders in the morning when turns head; has suffered 4 migraines during the last 4 weeks. The patient smokes 3 to 4 cigarettes per day.

Improvements: 40% craving sugar; 50% concentration; 30% soft finger nails; 25% hot/cold hands; 25% sore throat; needs 11 hours sleep (improved by 1 hour - needed 12 hours before); 50% depression; 50% over sensitivities to noises and lights; 50% impatience and irritability; 50% body aches; 40% wakes up tired; energy rated 45%; 45% hot flushes; 75% very dizzy every day; BP 128/85; 50% PMS (irritability and bad temper); 50% lumpy and swollen breasts and arms; 75% cramps with menses; 50% the feeling of having constant flu.

Treatment: The patient was advised to stop smoking cigarettes and to walk to sweat every day.

Liquid herbs: Repeat of last mix and the same dose.

Co-enzyme Q10 12mg from Advance Nutrition. Repeat the same product and dose.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets 3 times daily.

Fourth Visit: 7 Feb

The patient spoke of feeling dehydrated on hot days.

Improvements: 50% appetite; 40% softly spoken; 75% craving sugar; 70% ability to concentrate; 50% soft finger nails; 55% cold/hot flushes on hands; Needs nine and a half hours sleep (used to require 12); 80% body aches; Energy marked 55%; 75% cramps with menses. 90% irritability. Weighs 65kg. The patient is now smoking 1 cigarette a day.

Symptoms ceased: Cramps in shoulders in the morning triggered by head movement; migraines; sore throat; over sensitivity to noises and light; hot flushes; spells of extreme dizziness; all PMS symptoms.

Treatment:

Aminoacids. The same aminoacids and dose as last time.

Co-enzyme Q10 12mg from Advance Nutrition. Same dose as last time.

550ml liquid herbs:	200ml Hypericum perforatum 1:1
	100ml Bacopa monniera 1:2
	100ml Scutellaria lateriflora 1:1
	100ml Taraxacum officinale 1:2 (leaf)
	50ml Schisandra chinensis 1:2

Dose: 15ml 3 times daily.

Fifth Visit: 2 Mar

The patient is fighting a flu. Cramps with menses are partly back. Energy marked 60%. Depression is a lot better.

Symptoms ceased: Lack of appetite. The patient has stopped smoking cigarettes.

Treatment: First use bottle one (Influenza mix):

200ml liquid herbs:	50ml Eupatorium perfoliatum 1:2
	50ml Echinacea augustifolia 1:2

50ml Baptisia tinctoria 1:1

40ml Salvia officinalis 1:1

5ml Phytolacca decandra 1:5

5ml Picrorrhiza kurroa 1:2

Dose: 15ml 3 times daily.

Thereafter use bottle two:

550ml liquid herbs: 150ml Bacopa monniera 1:2

150ml Hypericum perforatum 1:1

75ml Astragalus membranaceus 1:2

75ml Salvia officinalis 1:1

50ml Panax ginseng 1:2

50ml Valeriana officinalis 1:1

Dose: 15ml three times daily

Coenzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

Aminoacid mix: 100g each: L-Leucine, L-Isoleucine, L-Valine, Choline Bitartrate, L-Arginine, L-Tyrosine.

Sixth Visit: 23 Mar

Energy marked 80%. No other symptoms.

Treatment:

550ml liquid herbs: 150ml Bacopa monniera 1:2

150ml Hypericum perforatum 1:2

100ml Astragalus membranaceus 1:1

75ml Baptisia tinctoria 1:1

75ml Salvia officinalis 1:1

40ml Cola vera 1:2

10ml Panax ginseng 1:2

Dose: 15ml twice daily

Coenzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules twice daily.

Aminoacids: The same mix as last time. **Dose:** 3 teaspoons twice daily.

Seventh Visit: 14 Apr

Feels good. Marks energy as 90%

Treatment:

550ml liquid herbs: 150ml Astragalus membranaceus 1:1

150ml Bacopa monniera 1:2

150ml Hypericum perforatum 1:1

100ml Panax ginseng 1:2

Dose: 10ml twice daily

Aminoacid Choline Bitartrate. **Dose:** 1 teaspoon twice daily.

Coenzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules in the morning only.

Eighth Visit: 20 May

Feels fine.

Treatment: Repeat of last treatment regime.

Ninth Visit: 25 Jul

Feels 100%. Did not comply with supplementation regime.

Treatment: Finish off the remaining medication at the same rate as instructed last time. No new medication prescribed.

3. CASES WITH CYTO MEGALO VIRUS

CASE SEVEN: Male, Age: 15

First Visit: 2 Sep (year one)

Main complaints: For past 18 months the patient has been tired to the point that he could not go to school. During the same period the patient experienced jaundice and lack of appetite. Weight is 59kg. IgG to CMV were confirmed.

Other problems: The patient has had the skin condition ichthyosis since birth (very dry type). He has experienced exercise induced migraines which commenced three years ago; the severity is to the point of paralysis. Direct medical investigations showed inflammation of the stomach.

Other patient symptoms included stomach cramps, pains in the knuckles, sore right shoulder, bloated sensation after eating, flatulence, and three bowel movements daily. There were problems with falling asleep and the patient both woke up during the night and woke up tired in the morning. Energy levels were marked at 30% and he also spoke about feeling very dizzy, nauseous, depressed, irritable and with a lack of desire to eat.

Treatment: Exclude from diet as much as possible the principle gut irritants: gluten (especially wheat), salicylates, lactose (dairy products).

Sylimarin from Mediherb. **Dose:** 5 tablets 3 times daily.

Coenzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

Psyllium Husks. **Dose:** 3 teaspoons 3 times daily.

Aminoacids: Glycoamines from Orthoplex. **Dose:** 1 teaspoon 3 times daily.

Second Visit: 12 Sep (year one)

No Improvements: Cramps and pains in stomach; flatulence; no desire to eat; nausea; edgy, irritable.

Improvements: 25% bloating; energy 35%; 25% dizziness; 2 bowel movements daily (was 3).

Symptoms ceased: Waking up at night.

Treatment:

550ml liquid herbs:	150ml Ephedra sinica 1:4
	100ml Matricaria recutita 1:1
	100ml Viburnum opulus 1:2
	100ml Hypericum perforatum 1:1
	50ml Glycyrrhiza glabra 1:1
	25ml Gentiana lutea 1:1
	25ml Zingiber officinale 1:2

Dose: 10ml 3 times daily.

Aminoacids “NI” from Musashi. **Dose:** 3 teaspoons around breakfast, 2 teaspoons around lunch.

Coenzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

Omega EFA from Metagenics. **Dose:** 5 capsules 3 times daily

Psyllium Husks. **Dose:** 3 teaspoons 3 times daily.

Third Visit: 7 Oct (year one)

No Improvements: Dry skin condition, pains in shoulders, fingers, hip.

Improvements: Weight 59.5kg (was 59kg); Flatulence; 25% no desire to eat; 75% nausea; energy 45%; 75% bloating; 25% dizzy spells; overall skin quality 15%.

Symptoms ceased: Cramps in stomach; circulation problems.

Treatment: Aminoacids as per visit 2. **Dose:** 3 teaspoons with breakfast and lunch and 1 teaspoon with evening meal.

550ml liquid herbs:

- 100ml Scutallaria lateriflora 1:1
- 100ml Viburnum opulus 1:2
- 100ml Hypericum perforatum 1:1
- 100ml Bacopa monniera 1:2
- 50ml Astragalus membranaceus 1:2
- 25ml Schisandra chinensis 1:2
- 25ml Berberis vulgaris 1:2
- 25ml Gentiana lutea 1:1
- 25ml Zingiber officinale 1:2

Dose: 15ml 3 times daily.

Coenzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

Shark Oil 200mg from Natural Nutrition. **Dose:** 5 capsules twice daily.

Protein powder “Chief” from Musashi. **Dose:** 3 tablespoons in liquid after meals 3 times daily.

Fourth Visit: 30 Oct (year one)

No Improvements: Pain in shoulders; pain in knees.

Improvements: Energy is 60%; 50% dizzy spells; 25% skin quality overall; 25% pain in fingers; 75% sleep quality; body weight 60kg (very slow increase).

Symptoms ceased: Pain in hip.

Treatment: Aminoacids “NI” from Musashi. **Dose:** 3 tablespoons after each meal.

2 x 500ml liquid herbs

- 120ml Apium graveolens 1:1
- 100ml Hypericum perforatum 1:2

100ml Bacopa monniera 1:2

50ml Schisandra chinensis 1:2

50ml Astragalus membranaceus 1:2

50ml Berberis vulgaris 1:2

50ml Gentiana lutea 1:1

30ml Zingiber officinale 1:2

Dose: 15ml 3 times daily.

CalMag from Natures Own. **Dose:** 6 tablets before sleep.

Liquid herb Valeriana officinalis 1:1. **Dose:** 10ml before sleep.

EPO from Mediherb. **Dose:** 3 capsules twice daily.

Shark Oil 200mg. **Dose:** 5 capsules twice daily.

Fifth Visit: 28 Nov (year one)

No Improvements: Pains in the knees, activities still wear patient out and he suffers from asthma when he runs.

Improvements: 75% pains in shoulders; 75% dizzy spells; 50% dry skin; 75% pains in fingers; 85% sleep quality; body weight 60.5kg, energy 60%.

Treatment:

2 x 550ml liquid herbs: 200ml Bacopa monniera 1:2
 100ml Rosmarinus officinalis 1:1
 100ml Cola vera 1:2
 100ml Scutellaria lateriflora 1:1
 50ml Gentiana lutea 1:1

Dose: 15ml 3 times daily.

Protein powder "Chief" from Musashi. **Dose:** 3 tablespoons after 3 daily meals.

Aminoacid mix: L-Tyrosine 100g, BCAA's 100g. **Dose:** 3 teaspoons at breakfast and 3 teaspoons at lunch.

Vitamin B5 500mg from Natures Own. **Dose:** 2 tablets at breakfast and 2 tablets at lunch.

EPO 1000mg from Mediherb. **Dose:** 3 capsules at breakfast and 3 capsules at supper.

Shark Oil from Natural Nutrition. **Dose:** 5 capsules at breakfast and supper

Vitamin B15 (DMG) from Metagenics. **Dose:** 1 teaspoon at breakfast and supper.

Sixth Visit: 1 Dec (year one)

Worried patient's mother discovered a lump on son's breast. Referral to a MD for investigation. The result is a finding of benign fatty deposits (hormonal in adolescence). Mother claims that the lump might have been there for 5 months or so. Checked zinc status and is found to be deficient.

Treatment: Continue with all medication as instructed during the fifth visit. Additionally Zinc Drink from Metagenics at the rate of 5ml in water before sleep.

Seventh Visit: 15 Dec (year one)

The patient reacted to vitamin B15. Reacted to vitamin B5 at the rate of 4/day but can tolerate 2/day.

No Improvements: Tender lump in one breast.

Improvements: Body weight 61.5kg; 75% nausea; 75% energy (walking and bike riding); finding that after quitting eating yellow cheese, body is not as yellow; zinc status is good.

Symptoms ceased: Cramps; pains; flatulence.

Treatment: Continuation of previous regime but without zinc and vitamin B15.

Vitamin B5 reduced to 2/day. New liquid herbs regime as follows:

550ml liquid herbs	200ml Bacopa monniera 1:2
	100ml Rosmarinus officinalis 1:1
	100ml Cola vera 1:2
	100ml Scutellaria lateriflora 1:1
	50ml Phytolacca decandra 1:5

Dose: 15ml three times daily.

Exclude yeast from diet as much as practicable (difficult to adhere in teens).

Eighth Visit: 5 Jan (year two)

The patient's eyes turned yellow after having chocolate and alcohol on the weekend.

Energy is very good and was marked 80% or better. Lump on left breast decreased by 75%; Body weight is 62.5kg.

Treatment:

External application of EPO from Mediherb

Gamma EFA from Metagenics. **Dose:** 5 capsules 3 times daily.

Vitamin B5 from Natures Own. **Dose:** 3 tablets at breakfast and supper.

Aminoacids previously prescribed. Continue dosage of 3 teaspoons with breakfast and lunch.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules three times daily.

Protein powder "Chief" from Musashi. **Dose:** 3 tablespoons after 3 main meals.

Liquid herb Valeriana officinalis. Now uses only 5ml before sleep and it is sufficient.

550ml liquid herbs:	100ml Panax ginseng 1:2
	100ml Eleutherococcus senticosus 1:2

100ml Scutellaria lateriflora 1:1

100ml Astragalus membranaceus 1:2

50ml Gentiana lutea 1:1

50ml Phytolacca decandra 1:5

Dose: 15ml 3 times daily.

Ninth Visit: 23 Jan (year two)

Patient feels fine most of the time and breast lump has disappeared. Still has yellowish eyes and the eyes usually turn normal on vegetarian diet. Before September last year he could not eat anything but vegetarian food to keep stomach pains to a bearable minimum. He now can tolerate more foods. Can sleep without Valeriana herb and CalMag. Compliance to liquid herbs and other supplements has decreased. Re-prescribed medication at the same dose and promised that doses will start diminishing as from the next time.

Tenth Visit: 15 Feb (year two)

Energy is good. Patient does not notice not having enough energy and he can now concentrate for a long time. "Chief" powder (protein powder from Musashi) makes him sick. Yellowish eyes disappeared.

Treatment:

Protein powder "Chief" from Musashi. **Dose:** 2 tablespoons after breakfast only

Aminoacid mix "Kuan" from Musashi. **Dose:** 3 teaspoons at breakfast and lunch.

Gamma EFA from Metagenics. **Dose:** 3 capsules at breakfast and supper.

Silymarin from Mediherb. **Dose:** 3 tablets at breakfast and supper.

Crotico from Metagenics. **Dose:** 1 at breakfast and lunch.

Leftover liquid herbs. **Dose:** 15ml twice daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules 3 times daily.

Eleventh Visit: 9 Mar (year two)

Energy is good although the patient has not kept to the prescribed doses. The same supplements and doses re-prescribed.

Twelfth Visit: 2 Apr (year two)

Major non-compliance. Body weight best ever 64kg. Patient started swimming. The same supplements re-prescribed in the same way. Additionally prescribed HCL form Natures Own. **Dose:** 1 with breakfast.

Thirteenth Visit: 30 Apr (year two)

Patient experienced pain in stomach with nausea after HCL supplement introduced. New dose $\frac{1}{4}$ of one tablet once a day with the main meal. Instructed to finish off the rest of medicines before any other new ones can be provided. Noticed skin not as good as when Omega EFA was reduced or forgotten for a few days.

Fourteenth Visit: 28 May (year two)

Feels good. Can tolerate $\frac{1}{4}$ of one HCL tablet per day.

Treatment:

Protein powder "Chief" from Musashi. **Dose:** 1 tablespoon after breakfast.

Silymarin from Mediherb. **Dose:** 2 tablets with breakfast.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules twice daily.

Omega EFA from Metagenics. **Dose:** 5 capsules twice daily.

Aminoacids (have not complied at all). **Dose:** take a teaspoon or two when tired.

HCL from Natures Own. ¼ tablet with the main meal.

Liquid herbs: finish off, no more.

Fifteenth Visit: 1 Jul (year two)

Feels good. Body weight is 64.5kg. The patient finds that when he eats the wrong things too much, headaches return.

Treatment:

HCL from Natures Own. **Dose:** ¼ tablet once daily with breakfast.

Kelamin from Orthoplex. **Dose:** two tablets with breakfast.

Omega EFA from Metagenics. **Dose:** 5 capsules in the morning.

Co-enzyme Q10 12mg from Advanced Nutrition. **Dose:** 5 capsules in the morning.

Sixteenth Visit: 21 Sep (year two)

Good. Maintains health with regime from fifteenth visit with 50% compliance.

Seventeenth Visit: 17 Oct (year two)

Feels good. Patient advised to continue with supplements only if he feels like taking them. Advised to take Silymarin from Mediherb if sick due to overeating.

CASE EIGHT: Female, Age: 61

First Visit: 15 Nov

Main complaints: Patient said that her husband is paranoid and worries too much. Glandular fever comes and goes. Occasional Staphylococcus infections. Diagnosed with CFS some time before. IgG antibodies to CMV confirmed. Feels very tired.

Other problems: The patient complained of feeling aches and sick constantly. She also experienced coughing and choking sensations all the time and has recurrent chest and ear infections. Other symptoms include swollen ankles (in hot weather), headaches (in hot humid conditions), no energy (over a few years), very stressful and nervous, lower back pain, depressed, anxious, irritable, bruises easily, heartburn (worse when she is lying down), asthma (for some time), and bloated all the time and passes lots of gas.

Patient advised that she also does not like the cold weather. She has spent a number of months on penicillin for sore throats and other infections without any results. She has found that all drugs prescribed tend to make her sick and an environmental doctor had said that she was allergic to everything. The patient said that she experiences diarrhoea after eating oranges. She also experiences headaches and tight chest sensations after drinking wine and was simply sick after eating fatty and spicy foods. There was a reaction to sulphur chemicals and the patient had three bowel movements a day which were always loose.

A zinc deficiency was confirmed. The patient's sleep patterns were not good and she wakes up and is unable to return to sleep. There is a diagnosed duodenal ulcer.

The patient is also concerned and complains frequently, that she can not afford costs for treatment.

Diagnosis: Post viral CFS.

Treatment:

550ml liquid herbs:	150ml Taraxacum officinale (leaf) 1:2
	150ml Echinacea augustifolia 1:2
	100ml Trigonella foenum-graecum 1:2
	50ml Picrorrhiza kurroa 1:2
	50ml Armoracia rusticana 1:2
	50ml Prunus serotina 1:2

Dose: 10ml three times daily.

Slippery Elm. **Dose:** 1 teaspoon 3 times daily

Psyllium Husks. **Dose:** 1 teaspoon 3 times daily

CST from Orthoplex. **Dose:** 1 tablet twice daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 1 capsule 3 times daily.

Duodenal ulcer diet.

The patient telephoned 3 days after the first visit. She complained that she spent so much money and she could not see any results. Was reassured and explained (again), that it normally takes a month or so to get better and half a year or more to cure this type of CFS.

Second Visit: 9 Dec

Feels better all around. Poor compliance with liquid herbs.

No Improvements: Ability to concentrate; over reactive to lights and noises; sore and burning eyes; panicky when away from home; gets hungry too much (heart burn); dry

flaky skin; soft cracking finger nails; bruising; out of breath; worse with stress. The patient is concerned about the financial costs of the treatment.

Improvements: 25% depression; 25% anxieties and panics; 25% irritability; 25% craving sugary things; 25% sharp shooting pains in the body; 25% wake up feeling tired; 75% coughing; 75% headaches; 25% hair splitting and falling out; 25% post nasal drip; 25% reflux; 25% hungry all the time; 75% swollen ankles; 75% fluid retention; 25% feeling dry in mouth; 25% energy; 25% flatulence.

Symptoms ceased: Sleeplessness; sore throat; sore ears; no infections; feeling of tight chest; Staphylococcus infection in mouth.

Treatment: Liquid herbs from the first visit. Dose: 1ml in a very nice tasting juice 3 times daily.

Metazinc from Metagenics. **Dose:** 1 tablet a day

Aminoacids "K'UN" from Musashi. **Dose:** 1 teaspoon 3 times daily.

CST from Orthoplex. **Dose:** 2 tablets twice daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 4 capsule 3 times daily.

Third Visit: 4 Jan

The patient called a few hours before the visit and cancelled the appointment. Feels much better and cannot afford it anyway.

CASE NINE: Male, Age 26

Major complaints: Problems started 6 years ago with the patient experiencing acne, hair loss, joint pains and burning red rashes, which were worse on hands. Detailed pathology tests showed nothing except IgG antibodies to CMV, that MD thought was quite irrelevant. Energy rated 40%.

Other problems: The patient said that he had been very tired and worse over the last two months. Symptoms included swollen and painful fingers, lower back pain (in the morning), piles (for past 4 years), pain in the right leg (after ejaculation; this had been evident for the past 7 months), and bad breath.

The patient is very busy in that he is both working and studying. He stated that he felt better in cold weather, and both his stress level and skin improved during this time. Overall the patient said he experienced less pains during those times when he was highly motivated. He stated he had previously been prescribed a medical diet which did not work.

Poor sleep patterns had existing for the past 5 years. The patient became bloated after eating, had faecal matter which was hard and experienced flatulence. The patient experienced light headed and dizzy sensations, anxieties, and had white elevated patches on the tongue. Zinc status was tested and found to be acceptable.

Treatment:

550ml liquid herbs:	200ml Hypericum perforatum 1:2
	100ml Rosmarinus officinalis 1:1
	100ml Anemone pulsatilla 1:5

100ml Equisetum arvense 1:2

50ml Apium graveolens 1:1

Dose: 15ml three times daily.

HEME from Orthoplex. **Dose:** 1 tablet twice daily.

Psyllium Husks. **Dose:** 3 teaspoons 3 times daily in liquid.

Shark cartilage powder. **Dose:** 2 teaspoons twice daily with liquid.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 5 tablets three times daily.

EPO from Mediherb. **Dose:** 3 capsules twice daily.

Second Visit: 22 Mar

No Improvements: Sharp shooting pains in the morning and pain originating in hip and radiating up. The patient still only slept 2 hours in the night and another half hour during the day time. He wakes up very tired. Other symptoms are pains in the knees, acne on the back of torso, hair loss, fatigue, pain in the right leg after ejaculation; he appears shaky and hyper active.

Improvements: 25% anxieties; 25% irritability; 25% pains in hands; 25% inability to cope with stress; 25% facial acne; 75% bad breath; 25% bloating and flatulence; 75% energy; 90% overall stiff and painful joints. The patient has gained 2kgs and is now 61kgs.

Symptoms ceased: Fuzzy head; burning red rash worse on hands; swelling of fingers; faecal material is not hard any more.

Treatment: Bowen Technique Treatment for hip pain and other pains.

2 x 550ml liquid herbs. Repeat of the initial herbs including dose.

Liquid herb Valeriana officinalis 1:1. **Dose:** 10ml before sleep.

CalMag from Natures Own. **Dose:** 6 tablets before sleep.

Fourth Visit: 15 May

Did not show up.

4. CASES WITH ROSS RIVER VIRUS

CASE TEN: Male, Age: 36

First Visit: 3 Nov

Main complaints: The patient got sick a year ago and tested for RRV antibodies a few months later. He still feels sick and experiences fatigue, joint and muscle pain and a general inability to concentrate. Finds he just cannot do anything and suffers from total exhaustion. Tested RRV antibodies: IgM is positive (virus still active). IgG are positive.

Other problems: The patient feels like he has the flu all the time but that it is not a fully developed flu. He said that when he is in stressful situations, he is aware that both his stomach and heart are affected.

Symptoms the patient experiences are phlegm in throat (over a number of months), swelling and pain in hands and fingers, depression, dry mouth, hot flushes, dizziness, sighing and yawning, bleeding haemorrhoids, mouth ulcers, anxiety attacks (accompanied by fainting), irritability and headaches and eye pain.

The patient said that he craves sugar all the time and also cannot stand loud noises and bright lights. He has difficulty getting to sleep and wakes up during the night. The patient said that he wakes up tired. He was tested for zinc status and found to be deficient.

Treatment:

500ml liquid herbs:	100ml Leonurus cardiaca 1:2
	100ml Hypericum perforatum 1:2
	100ml Bacopa monniera 1:2

100ml Avena sativa 1:2

75ml Taraxacum officinale (root) 1:2

75ml Taraxacum officinale (leaf) 1:2

Dose: 10ml three times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets three times daily.

CalMag from Natures Own. **Dose:** 6 tablets before sleep.

Hot and cold showers daily.

Aminoacids "KUAN" from Musashi. **Dose:** 1 teaspoon three times daily.

Metazinc from Metagenics. **Dose:** 1 tablet before sleep.

Second Visit: 27 Nov

The patient feels better mentally.

No Improvements: Concentration; aching eyes and head; haemorrhoids; pains in bones and muscles; dry mouth; feels light headed and dizzy (worse pm); phlegm in the throat; tight chest; inflamed glands; sore neck (left side); sleep.

Improvements: 75% depression; 75% over sensitivity to noises and bright lights; (the patient is dealing with his kids better); 85% anxieties/panic attacks; 75% yawning; 25% headaches; 25% the feeling of foggy head; 25% poor quality of skin, cracking; 25% fatigue; 95% zinc deficiency.

Symptoms ceased: Hot flushes; heart palpitations linked to stomach noises.

Treatment:

550ml liquid herbs: 200ml Echinacea augustifolia 1:2

100ml Hypericum perforatum 1:2

100ml Bacopa monniera 1:2

50ml Phytolacca decandra 1:5

50ml Picorrhiza kurroa 1:2

50ml Tabebuia avellaneda 1:2

Dose: 10ml three times daily.

Cold and hot showers.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 4 capsules three times daily.

Aminoacids "KUAN" from Musashi. **Dose:** 1 teaspoon three times daily before meals.

Aminoacid L-Phenylalanine. **Dose:** 1 teaspoon three times daily after meals.

CalMag from Natures Own. **Dose:** 6 tablets before sleep.

Liquid herb Valeriana officinalis 1:2. **Dose:** 10ml before sleep.

Third Visit: 22 Dec

Blood tests were undertaken which found IgM antibodies negative; IgG antibodies positive. Conclusion RRV is deactivated. The patients feels much better and gets through the days pretty well now.

No Improvements: Haemorrhoids.

Improvements: 50% aching eyes; 50% headaches; 90% pains in hands and feet; 90% dry mouth; 90% pains in muscles and bones; 95% light headed and dizzy sensations; 95% phlegm in throat; 85% sleep; 90% inflamed glands.

Symptoms ceased: Depression, fatigue; tight chest; sore left side of neck.

Treatment: Drink more water.

500ml liquid herbs: 100ml Trigonella foenum-graecum 1:2

100ml Echinacea augustifolia 1:2

100ml Tanacetum parthenium 1:5

100ml Apium graveolens 1:2

100ml Hypericum perforatum 1:2

50ml Phytolacca decandra 1:5

Dose: 10ml three times daily.

Lymphodran from Orthoplex. **Dose:** 2 tablets three times daily.

Shark cartilage powder. **Dose:** 2 teaspoons 3 times daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 4 capsules three times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 2 tablets three times daily.

Fourth Visit: 6 Jan

Did not show up.

CASE ELEVEN: Female, Age: 57

First Visit: 19 Oct

Main complaints: The patient said she cannot recover from a RRV (confirmed by a GP), that she got more than six months ago. She feels weak and exhausts quickly and has tight and painful muscles all over her body. She says this has been the situation for the past six months.

Other problems: The patient advised that she had difficulty absorbing information quickly, and became frustrated when she could not work out issues quickly. She spoke of feelings of resentment that she had been raped in childhood and felt she experienced her life in conflict as a result of that incident. She spoke of wanting to live a full and contented life and also spoke of being bashed by her ex-husband.

Symptoms the patient has are a frozen shoulder (she cannot lift the right arm), fatty lumps all over the body, allergies and sensitivity to various things, suppressed thinking process (brain is not clear), asthma (since 5), constipation (all her life), fluid build up (in arms), inflamed vein and cold hands and feet.

The patient reacts to cigarette smoke (her current boyfriend smokes) and said she is constantly experiencing dizzy sensations and states of forgetfulness. She only has sex once a month as she finds the semen gives her a burning sensation.

The patient said that she feels that her presence and approach to life makes other people around her depressed. She takes a variety of drugs for a variety of medical symptoms. The patient also advised that she was not sleeping at all until she started having massage treatments.

Treatment: Walk 30 minutes every day.

550ml liquid herbs:

- 100ml *Piscidia erythrina* 1:2
- 100ml *Verbena officinalis* 1:2
- 75ml *Ephedra sinica* 1:2
- 75ml *Tanacetum parthenium* 1:5
- 75ml *Bacopa monniera* 1:2
- 70ml *Silybum marianum* 1:1
- 30ml *Phytolacca decandra* 1:5
- 25ml *Gentiana lutea* 1:1

Dose: 10ml three times daily

Drink herbal tea made from *Equisetum arvense* few times daily.

Second Visit: 11 Nov

No Improvements: Fat lumps over the whole body; cold hands and feet; inability to concentrate; dizziness; inflamed veins.

Improvements: 75% muscular pains all over body (pain does not exhaust the whole body but centralises in few areas like the left arm); 20% extreme pain in the right arm; 75% breathlessness; 75% pain in lumbar area; 75% overloading herself with things that worry her; 25% asthma; 25% absorption of information; 30% weak (exhausts quickly. Is more alert and more clear thinking; 25% resentment; 25% vaginal burning with semen; 25% reaction to cigarette smoking; 75% sleep quality; 25% dizziness; 75% pain in the back; 25% fluid in arms.

Symptoms ceased: The feeling of being in suspended animation.

CASE TWELVE: Female, Age: 32

First Visit: 6 Mar

Main complaints: The patient has been very tired for 10 years. Last year went to a GP, tests were done and nothing showed up - except IgG antibodies to RRV. Was offered antidepressants, but refused. Experiences sweaty hands, bad breath and body aches.

Other problems: The patient said that she yearned to feel like she did 10 years ago. She finds she is constantly crying and all things become worse when she is under stress.

Other patient symptoms are headaches, diarrhoea and food allergies, bloated sensations, frequent flatulence, sighing and yawning, blocked sinuses and waking up during the night. The patient said that she feels more tiredness after eating certain foods (bread or pasta). She is drinking 2 glasses of wine daily with her evening meal.

The patient's energy level was rated at 40% (used to be worse). She also experiences sensitivity to cold and has PMS cramps and pains before the onset of menses.

Treatment:

550ml liquid herbs:	150ml Hypericum perforatum 1:2
	100ml Anemone pulsatilla 1:2
	100ml Viburnum opulus 1:2
	100ml Angelica sinensis 1:2
	50ml Phytolacca decandra 1:5
	25ml Gentiana lutea 1:1
	25ml Zingiber officinale 1:2

Dose: 10ml three times daily introduced gradually over a period of four days: 2.5ml, 5ml, 7.5ml, 10ml.

Strict wheat free diet. No lactose (dairy). Reduce dietary yeast. Decrease wine.

Psyllium husks. **Dose:** 3 teaspoons 3 times daily.

Aminoacids “NI” from Musashi (BCAA’s) **Dose:** 2 teaspoons three times daily.

EPO 1000mg from Mediherb. **Dose:** 3 capsules twice daily.

Second Visit: 27 Mar

Feels a lot better.

No Improvements: Sleep problems; hair falling out; cramps before menses; sweaty hands.

Improvements: 75% crying and being depressed; 25% irritability; 75% sighing and yawning; 25% wakes up tired; 75% headaches; 25% blocked sinuses; 75% stomach pains; 25% bad breath; 75% tiredness; 25% diarrhoea; 75% bloating; energy rated 70%. The patient said that the body does not ache much at all. She informed that she had significantly decreased her consumption of wine.

Symptoms ceased: Soft nails, cracking skin; flatulence. The patient now finds that she can stay awake all day.

Treatment: The patient was advised to keep up the diet for a few months and thereafter start introducing rejected foods slowly and gradually.

2 x 550ml liquid herbs

100ml Hypericum perforatum 1:1

100ml Scutellaria lateriflora 1:1

100ml Viburnum opulus 1:1

100ml Valeriana officinalis 1:1

100ml Taraxacum officinale (root) 1:1

50ml Glycyrrhiza grabra 1:1

Dose: 15ml three times daily.

Aminoacids (mix of 6 x 100g: L-Arginine, L-Tyrosine, L-Phenylalanine, L-Valine, L-Isoleucine, L-Leucine). **Dose:** 3 teaspoons three times daily.

Psyllium Husks. **Dose:** 2 teaspoons 3 times daily.

EPO 1000mg from Mediherb. **Dose:** 2 capsules 3 times daily.

PPMP from Blackmores. **Dose:** 2 tablets four times daily (the last lot being before sleep)

Third Visit: 24 Apr

Patient feels happy and not exhausted at all.

No Improvements: Hair falling out; period cramps; pelvic joint aches sometimes.

The patient has just found out her left leg is longer than the right one by about 1cm.

She has been recommended the Bowen Technique treatment to try to address it.

Improvements: 90% sweaty hands; 90% stomach pains; 90% bad breath. The patient said her sleep patterns were much better.

Symptoms ceased: Depression; crying spells; irritability; sighing and yawning; being tired; waking up tired in the morning; headaches; blocked sinuses; diarrhoea; abdominal bloating. The patient said that she has stopped drinking wine.

Treatment:

2 x 550ml liquid herbs: 150ml Hypericum perforatum 1:2

100ml Equisetium arvense 1:2

100ml Salvia officinalis 1:2

100ml Valeriana officinalis 1:1

50ml Schisandra chinensis 1:2

25ml Gentiana lutea 1:1

25ml Zingiber officinale 1:2

Dose: 10ml three times daily.

Instruction to purchase Lactobacillus flora from a health shop or a pharmacy and supplement it at the rate of one teaspoon twice daily.

Aminoacids "K'UN" from Musashi. 1 teaspoon three times daily.

Super Prime Maritime Pine Bark 60mg from Kaire. 1 tablet twice daily for the next few months.

Fourth Visit: 10 May

Did not show up.

5. CASES WITH BARMAN FOREST VIRUS

CASE THIRTEEN: Female, Age: 16

First Visit: 12 Sep

Main complaints: The patient experienced a flu outbreak four year ago which she did not recover from. Medical intervention and blood tests revealed nothing except antibodies to BFV. The patient said that she felt horrible for the first three years however during the last year she had begun taking some herbs and vitamins and now felt slightly better.

The patient finds it difficult to get out of bed and into everyday activities. She said that 15 hours sleep is normal for her. She also experiences dry skin and aching legs (worse with any exercise). Exercise leaves the patient's whole body shaking (especially the legs). Whenever the patient endeavours to concentrate, she finds she ends up with a headache. The patient said that she had no ability to concentrate or focus.

Other problems: Symptoms the patient has are a rash (spreads over the right hand up to the elbow; this gets worse after eating dairy products), swollen fingers, shaky yellow tongue, panic attacks, stiff and painful joints, twitching facial muscles, light headed and dizzy sensations, chest mucus and an inability to fall and maintain sleep.

The patient felt that she reacted in a negative manner to her favourite foods (fast foods, chocolate, ice-cream). She experienced bloated states and felt that the foods just sat in the gut region. She has bowel movements once or twice daily. She spoke about her craving for pasta which left her in a bloated state for up to 48 hours.

Treatment: Keep up the diet.

550ml liquid herbs. Repeat of formula from the first visit and doses.

Aminoacids. Repeat formula from the first visit and doses.

Multivitamins. Repeat the same regime as per first visit.

CalMag from Natures Own. **Dose:** 4 tablets before sleep.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets three times daily.

Third Visit: 4 Nov

The patient was feeling okay but went to a party and ate inappropriate foods. The result next morning was leg aches. Generally feels better in all aspects. Any time she went off the diet she was more tired. She is sick of the diet and hates the liquid herbs.

Treatment:

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 3 capsules three times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets three times daily.

Liquid herb Eschscholtzia californica. **Dose:** 5ml before sleep.

Multivitamins "Tresos B" from Eagle. **Dose:** 1 three times daily.

Fourth Visit: 20 Dec

The patient reacted to Eschscholtzia. She now sleeps without any aid. She said she feels okay but feels better when she is sticking to the prescribed diet.

Treatment:

550ml liquid herbs: 150ml Hypericum perforatum 1:1

100ml Bacopa monniera 1:2

100ml Cola vera 1:2

100ml Avena sativa 1:2

100ml Rosmarinus officinalis 1:2

Dose: 10ml before breakfast.

Aminoacids "K'UN" from Musashi. **Dose:** 1 teaspoon before breakfast.

Fifth Visit: 1 Feb

The patient is feeling good. Said that she is trying to keep to the diet (in between going to parties).

CASE FOURTEEN: Female, Age: 16 (year one)

First Visit: 29 Oct

Main complaints: Antibodies to Barmah Forest Virus. The patient has had symptoms for a year and her medical doctor advised her that nothing can be done except to avoid exertion. The patient experiences a constant state of fatigue, body aches and pains, headaches, shakes, dizziness, and itchy eyes.

Other problems: Patient symptoms are frequent colds and flues, mucus spit, very dry skin, runny faeces, lack of appetite, night sweats, poor sleep, flatulence, unspecified vaginal discharges, body water retention, anxieties, body aches (waking up with), constant depression, dark lines under eyes, frequent burping, back pains (when bending) and lots of mucus and saliva.

The patient had recent allergy tests undertaken by medical specialist in environmental diseases which showed allergies to dust mite, dust, lamb, cabbage, tomato and orange products.

The patient experiences hot flushes and has PMS cramps. Periods are not regular, from 28 days to 2.5 months. She has 3 bowel movements per day. She also finds that she grinds her teeth in the night.

Treatment:

550ml liquid herbs:	125ml Rosmarinus officinalis 1:2
	100ml Hypericum perforatum 1:2
	100ml Verbena officinalis 1:2
	75ml Bacopa monniera 1:2
	75ml Salvia officinalis 1:2

50ml Artemisia absinthium 1:2

25ml Zingiber officinale 1:2

Dose: 10ml three times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets three times daily.

Aminoacids "K'UN" from Musashi **Dose:** 1 teaspoon three times daily.

Second Visit: 21 Nov (year one)

No Improvements: Dry skin; head feeling thick; cannot memorise things; bloating; wheezy chest.

Improvements: 25% depression; 25% anxieties; 25% irritability; 25% fatigue; 25% yawning; 75% spasms and shooting pains in the body; 75% poor sleep (due to aching); 25% wakes up tired; 75% stiff and painful joints and body; 25% headaches; 25% dizziness; 75% vaginal discharges; 75% cracking of the skin; 25% indigestion; 25% flatulence; 25% tight band around the chest; 75% itchy eyes; 75% hot flushes; 25% water retention. The patient has two bowel evacuations daily.

Symptoms: Infections; sinus congestion; yellow/green mucus; white mucus; acne, no diarrhoea.

Treatment: Yeast free diet.

Two different herbal mixes. Mix one:

550ml liquid herbs: 200ml Echinacea augustifolia 1:2

100ml Arctium lappa 1:2

80ml Taraxacum officinale (root) 1:2

50ml Hydrastis canadensis 1:3

50ml Picrorrhiza kurroa 1:2

30ml Phytolacca decandra 1:5

20ml Rumex crispus 1:2

10ml Zingiber officinale 1:2

10ml Capsicum spp 1:10

Dose: 15ml three times daily. After finishing mix one, commence with mix two.

Mix two:

550ml liquid herbs: 150ml Hypericum perforatum 1:2

100ml Bacopa monniera 1:2

80ml Artemisia absinthium 1:2

75ml Schisandra chinensis 1:2

75ml Silybum marianum 1:1

50ml Salvia officinalis 1:2

20ml Zingiber officinale 1:2

Dose: 15ml three times daily

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 4 capsule 3 times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets 3 times daily.

Aminoacids "K'UN" from Musashi. **Dose:** 1 teaspoon three times daily.

Third Visit: 5 Jan (year two)

The patient feels much better. Tested zinc status - deficient. Maintains reasonable activities. The patient could not sleep 2 nights out of past 30 nights. She has also had a heavy period.

Treatment:

550ml liquid herbs: 100ml Bacopa monniera 1:2

100ml Hypericum perforatum 1:2

100ml Echinacea augustifolia 1:2

100ml Artemisia absinthium 1:2

50ml Schisandra chinensis 1:2

50ml Silybum marianum 1:1

40ml Salvia officinalis 1:2

10ml Zingiber officinale 1:2

Dose: 10ml three times daily.

Aminoacids “K’UN” from Musashi. **Dose:** 1 teaspoon three times daily.

Metazinc from Metagenics. **Dose:** 1 tablet twice daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets three times daily

Co-enzyme Q10 12g from Advance Nutrition. **Dose:** 3 capsules three times daily.

Fourth Visit: 4 Feb (year two)

Patient says sleep and energy is good. Still experiencing cramps 1 day prior to menstruating. Her skin is not as dry. No more pains.

Treatment:

Liquid herbs. Repeat.

Co-enzyme Q10 12mg from Advance Nutrition. Repeat.

Fifth Visit: 8 Jul (year two)

Patient has had a lot of sugary foods lately and now feels clogged up. Has a sore, red throat, phlegm and wheezy chest. Her energy level is down.

Treatment:

550ml liquid herbs: 100ml Echinacea augustifolia 1:2

100ml Marrubium vulgare 1:2

80ml Picrorrhiza kurroa 1:2

50ml Verbascum thapsus 1:2

50ml Angelica archangelica 1:2

50ml Ephedra sinica 1:2

50ml Trigonella foenum-gracum 1:2

50ml Armoracia rusticana 1:2

20ml Phytolacca decandra 1:5

Dose: 10ml three times

Shark Oil 600mg from Proteus. **Dose:** 2 capsules twice daily.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 3 tablets twice daily.

Aminoacids. "K'UN" from Musashi. **Dose:** 1 teaspoon before breakfast

Aminoacids "HUAN" from Musashi. **Dose:** 1 teaspoon before breakfast.

Sixth Visit: 8 Aug (year two)

All chest problems are gone. She is going to gym and rides a bike..

Seventh Visit: 28 Oct (year two)

Zinc test shows good status. Continues with pine bark from Kaire and aminoacids.

She said sometimes she works out in the gym. Feels good.

Eighth Visit 25 Nov (year two)

Feels good. Sinus headaches; pain concentrates at the back of head.

Treatment:

200ml liquid herbs: 70ml Tanacetum parthenium 1:5

70ml Stachys betonica 1:2

60ml Euphorbia hirta 1:1

Dose: 5ml with breakfast only.

Ninth Visit: 2 May (year three)

Some symptoms have started to return. She did not stick firmly to the diet. Feels nauseous and angry. Is a little tired which is worse after activity. Says she cannot relax.

Treatment:

550ml liquid herbs:	100ml Withania somnifera 1:2
	100ml Hypericum perforatum 1:1
	100ml Astragalus membranaceus 1:2
	100ml Tanacetum parthenium 1:5
	100ml Taraxacum officinale (leaf) 1:2
	30ml Vitex agnus-castus 1:2
	20ml Zingiber officinale 1:2

Dose: 10ml twice daily.

PPMP from Blackmores. **Dose:** 2 tablets twice daily.

Aminoacid :L-Carnitine. **Dose:** 1 teaspoon three times daily.

Tenth Visit: 1 Apr (year four)

Patient picked up chest infection. She has had lots of mucus and has had severe pains in lower back. Went to a MD; Diagnosis: kidney infection. She is taking Rx antibiotics. Everything is clear now. Patient is not experiencing any pain though she has had a tight chest (asthma) and the chest infection is not resolved.

Treatment:

550ml liquid herbs:	140ml Verbascum thapsus 1:2
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140ml Euphorbia hirta 1:2

140ml Inula helenium 1:2

100ml Viburnum opulus 1:2

15ml Zingiber officinale 1:2

15ml Vitex agnus castus 1:2

Dose: 10ml three times daily.

CST from Orthoplex. **Dose:** 2 tablets twice daily.

Eleventh Visit: 2 May (year four)

Three weeks later. Patient feels good and even better if exercises regularly.

CASE FIFTEEN: Female, Age: 42

First Visit: 2 Oct

Main complaints: The patient became tired five years ago. Experiences symptoms of weakness, upset stomach, diarrhoea, asthma, nausea and body aches. Four years ago a test showed antibodies to BFV.

Other problems: The patient said she had a bad dose of influenza in the past fortnight. She experienced diarrhoea and stomach cramps if she ate any food. She subsequently drank a lot of fluid. The patient said that she can't tolerate many foods but still eats them (wheat, dairy, soy products). She experiences pains in the stomach after eating meat.

The patient has an ulcerated oesophagus. She is taking NSAID (non-steroidal anti-inflammatory drugs) from a doctor for it other symptoms are), abdominal bloating, flatulence, hot flushes, night sweats, dry mouth, bruises easily, and feels giddy constantly. During her PMS cycle she experiences anxieties, depression, sugar cravings, and swollen breasts. She experiences mucus problems in her lungs (green colour on and off). The patient also advised that she experienced thrush in her mouth and vagina, had constantly cold hands and feet, and also catches cold and other infections far too easily.

Treatment:

550ml liquid herbs:	100ml Rosmarinus officinalis 1:2
	100ml Euphorbia hirta 1:2
	100ml Hypericum perforatum 1:2
	100ml Viburnum opulus 1:2

75ml Schisandra chinensis 1:2

75ml Silybum marianum 1:2

Dose: 10ml three times daily

Ultradophilus from Metagenics. **Dose:** 1 heaped teaspoon three times daily.

Aminoacids "K'UN" from Musashi. **Dose:** 1 teaspoon three times daily.

Irritable Bowel Syndrome diet (no gluten, dairy, caffeine).

Second Visit: 28 Oct

Patient feels pain in the back (had injury to the back two weeks ago). Generally feels happier, but no improvements apart from that.

No Improvements: Feels shaky; impatient and aggressive, yawns a lot; headaches; still white mucus (but no green mucus any more); ribs and back still sore from the fall, dizzy and light headed.

Improvements: 25% weepy, repressed; 25% nausea; 25% anxieties; 75% craving sugar; 25% body pains; 25% sleep problems; 25% wake up tired; 25% skin; 25% fuzzy head (that feels like cotton wool); 75% thrush in mouth; 25% vaginal thrush; 25% sinus congestion; 25% indigestion and gastric reflux; 25% tight chest; 25% bloating and flatulence; 25% bruising easily; 25% cramps (with the first day of menses); 25% loosing cloths; 25% fluid retention; 75% diarrhoea; 25% energy; 75% cold hands and feet; 25% PMS (anxieties); 75% PMS (depression); 25% PMS sugar craving; 25% PMS water retention.

Symptoms ceased: Colds and flues; coloured throat mucus (indication of bacterial infections); hot flushes; night sweats; dry mouth.

Treatment:

550ml liquid herbs:

100ml Bacopa monniera 1:2

100ml Echinacea augustifolia 1:2

100ml Hypericum perforatum 1:2

100ml Taraxacum officinale (leaf) 1:2

75ml Tanacetum parthenium 1:5

65ml Viburnum opulus 1:2

10ml Zingiber officinalis 1:2

Dose: 10ml three times daily.

Aminoacids "K'UN" from Musashi. **Dose:** 1 teaspoon three times daily.

CalMag from Natures Own. **Dose:** 6 tablets before sleep.

Liquid herb Ephedra sinica 1:2. **Dose:** 2.5ml three times daily.

Third Visit: 18 Nov

Feels much better.

No Improvements: Upper respiratory white mucus, cramps in calf muscles, needs 30 minutes rest daily.

Improvements: 75% asthma related problems; 75% sensation of feeling shaky; 75% impatience, aggression; 75% headaches; 25% sore ribs; 75% PMT craving sugar; 90% energy.

Treatment:

550ml liquid herbs:

100ml Hypericum perforatum 1:2

100ml Taraxacum officinale (leaf) 1:2

100ml Tanacetum parthenium 1:5

50ml Angelica sinensis 1:2

50ml Ephdra sinica 1:2

50ml Echinacea augustifolia 1:2

50ml Artemisia absinthium 1:2

40ml Picrorrhiza kurroa 1:2

10ml Zingiber officinale 1:2

Dose: 10ml three times daily.

Fourth Visit: 12 Dec

The patient has been feeling well and does not stay in bed during the day. She finds she can tolerate more foods although she still feels the cold and finds tap water disagrees with her. She finds that she also takes on the responsibility of dealing with other people's problems.

550ml liquid herbs:

150ml Bacopa monniera 1:2

150ml Hypericum perforatum 1:2

100ml Tanacetum parthenium 1:5

50ml Schisandra chinensis 1:2

50ml Picrorrhiza kurroa 1:2

40ml Silybum marianum 1:2

10ml Zingiber officinale 1:2

Dose: 10ml once daily

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 4 capsules once daily.

Aminoacids "K'UN" from Musashi. **Dose:** 1 teaspoon before breakfast.

Fifth Visit: 29 Jan

Did not show up.

6. CASES WITH MULTI-VIRAL EXPOSURE. DIFFERENT COMBINATIONS OF THE FOLLOWING VIRUSES: EPSTEIN BARR VIRUS, CYTO MEGALO VIRUS, BARMAH FOREST VIRUS, ROSS RIVER VIRUS

CASE SIXTEEN: Male, Age: 48

First Visit: 27 Jul (year one)

Main complaints: The patient said he used to be a self starter but two years ago he started to become tired in the mornings. He now finds himself lethargic and finds it hard to get going. Recently he started to be very dizzy, having headaches all the time (and woke up with them). He also has noticed an inability to sustain concentration over the past 18 months and found constant use of antibiotics did not help address the problem.

The patient finds himself in an extremely bad depressive state and very minor things have brought with it near suicidal thoughts. He runs a business and is easily irritated. Normally he sees himself as a perfectionist but now does not care about anything. He suffers joint and muscle soreness and anxiety and panic attacks. He advised that in his present depressive state he now spends the whole Sunday in bed.

Other problems: Patient symptoms are a build up of mucus (in the morning), leg cramps (in the evening), swollen glands (last 2 years), tightness of muscles, lower back pain, low energy level (rated 10%) hot flushes, night sweats, pain in left foot (last two months) soreness under arms, over sensitivity to certain noises and lights, constant signing and yawning, heart palpitations, chest tightness, mouth ulcers, reduced appetite, dry mouth, and post nasal throat and chest mucus (that is white in colour).

The patient has sex once a fortnight. His tongue appears coated with a thick yellow matter. There is also undigested matter seen in faecal matter (especially sweet corn).

The patient finds that whilst he falls asleep all right, after about 2/3 hours he tends to wake up and think about his business and employees. Zinc tests indicated that the patient had a significant zinc deficiency.

Treatment:

Reassurance that he will get better.

Sent for blood tests; requested antibodies to EBV, CMV, RRV, BFV. EBV, CMV, BFV came positive (IgG's only); RRV came negative.

Start reducing dietary gluten, caffeine, alcohol. All three are dominant in his diet.

Walk half an hour daily.

550ml liquid herbs:	200ml Bacopa monniera 1:1
	100ml Scutellaria lateriflora 1:1
	100ml Hypericum perforatum 1:1
	75ml Schisandra chinensis 1:2
	75ml Silybum marianum 1:1

Dose: 10ml three times daily.

Aminoacid mix: L-Tyrosine 50g, L-Arginine 50g, L-Valine 50g, L-Leucine 50g, L-Phenylalanine 50g. **Dose:** 1 teaspoon three times daily (introduced gradually).

Bromelain 300mg from Natural Nutrition. **Dose:** 2 tablets three times daily.

Metazinc from Metagenics. **Dose:** 1 tablet before sleep.

Telephone complaint 5 days later: Patient said he feels worse after commencing my treatment. New instructions: Start liquid herbs at the rate of 1ml three times daily and build up gradually, to 10ml three times daily. The remaining medications as before.

Second Visit: 7 Sep (year one)

Expresses enormous thanks for help and says that he feels “very good”. The author raises doubts and proceeds with the consultation.

No Improvements: Moves his legs (shakes or vibrates) all the time; heart burn. The patient’s wife describes him as being short fused. He says he struggles to get out of bed in the morning.

Improvements: Energy rated at 20%; 15% anxieties; 25% irritability; 50% depression; 50% ability to concentrate; 50% hypersensitivity to noises and bright light; 75% palpitations and hot flushes; 75% sleep problems; 25% wakes up with sore and painful joints; 25% painful joints and muscles (during the day time); 30% upper respiratory mucus; 75% upper respiratory mucus (in the morning); 25% tired all morning; 25% mood swings; 75% leg cramps (worse with certain activities). Patient saying he is having sex once per week (was previously once a fortnight).

Symptoms ceased: No reaction to herbs any more; mouth ulcers; dizzy spells; swelling of lymph glands; sore under arms; no undigested matter seen in faeces.

Treatment:

550ml liquid herbs:	200ml Hypericum perforatum 1:1
	150ml Bacopa monniera 1:1
	100ml Viburnum opulus 1:1
	100ml Cola vera 1:1

Dose: 10ml three times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 2 tablets three times daily

Aminoacid mix: L-Leucine, L-Valine, L-Arginine (100g each). **Dose:** 2 teaspoons three times daily.

Bowen Technique treatment on the lower back.

Metazinc from Metagenics. **Dose:** 1 tablet twice daily. (Still tests zinc deficient).

Slippery Elm powder. **Dose:** 2 teaspoons three times daily.

Psyllium husks powder. **Dose:** 2 teaspoons three times daily.

Blood test results show elevated cholesterol and triglycerides. Supplementation of Slippery Elm and Psyllium husks lower these by preventing their reabsorption from the gut.

Third Visit: 21 Sep (year one)

No Improvements: Sore foot (very bad last two days). Wife says that he is still short fused but that he can control it better. Patient still drinks 2 coffees daily.

Improvements: 55% energy; 20% zinc status; return of cramps (as soon as he ran out of PPMP from Blackmores). The patient said the whole family have got a bad flu except for him.

Treatment: Reiterate need for walking 45 minutes daily as he did not adhere well to this instruction.

550ml liquid herbs:	200ml Ephedra sinica 1:4
	100ml Valeriana officinalis 1:1
	100ml Tanacetum parthenium 1:5
	75ml Schisandra chinesis 1:2
	75ml Silybum marianum 1:1

Dose: 10ml three times daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules three times daily.

PPMP from Blackmores. **Dose:** 2 tablets four times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets three times daily.

Slippery Elm powder. **Dose:** 2 teaspoons three times daily.

Psyllium husks. **Dose:** 4 teaspoons three times daily.

Metazinc from Metagenics. **Dose:** 2 tablets twice daily.

Aminoacids "KUAN" from Musashi. **Dose:** 3 teaspoons three times daily.

Bowen Technique treatment as needed for pain.

Fourth Visit: 17 Oct (year one)

The patient would like to gain some weight. He said that he needs more concentration and energy in the next two weeks. Will be taking part in car racing, something he has not done for a few years.

Improvements: 25% sore left foot; 90% sore right foot; 75% cramps in fingers and toes; 75% short fused (can actually contain it); drinks only one coffee daily. Headaches are rare but when stopped bromelain, headaches came back. Beer consumption is down to two bottles of beer a week, not two bottles a day. 35% Zinc status.

Symptoms ceased:

Pains in hands.

Treatment:

550ml liquid herbs:	200ml Ephedra sinica 1:4
	100ml Valeriana officinalis 1:1
	100ml Tanacetum parthenium 1:5
	80ml Viburnum opulus 1:1
	50ml Silybum marianum 1:1
	19ml Gentiana lutea 1:1
	1ml Capsicum spp 1:3

Dose: 10ml three times daily.

“Chief” protein powder from Musashi. **Dose:** 2 tablespoons after each meal three times daily.

Aminoacids “Ni” 150g from Musashi plus 100g L-Glutamine - mixed together. **Dose:** 2 teaspoons two times daily.

Metazinc from Metagenics. **Dose:** 2 tablets twice daily.

Slippery Elm powder. **Dose:** 2 teaspoons three times daily.

Psyllium husks powder. **Dose:** 4 teaspoons three times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets three times daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules three times daily.

PPMP from Blackmores. **Dose:** 2 tablets with breakfast and lunch.

CalMag from Natures Own. **Dose:** 2 tablets with evening meal and before sleep.

Fifth Visit: 3 Nov (year one)

His father just got diagnosed with metastasis to previously discovered cancer. The patient said he felt very sad. Picked up a 7 day flu but now about 80% recovered. Remaining symptoms include lots of mucus especially in the morning, pulsating pain in head while coughing. Feels cranky again. Pains in feet are better. Cramps are partly back.

Treatment: Lifestyle adjustments. Brisk walking daily. Cold and hot showers. Enrol to gym for at least three weekly sessions. Lower number of hours spent at work (his car workshop). Do not seek stress.

550ml liquid herbs:	100ml Lobelia inflata 1:2
	100ml Viburnum opulus 1:2
	100ml Apium graveolens 1:2
	100ml Tanacetum parthenium 1:5

100ml Valeriana officinalis 1:1

49ml Cola vera 1:1

1ml Capsicum spp 1:3

Dose: 10ml three times daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 15 daily.

CalMag from Natures Own. **Dose:** 6 tablets before sleep gradually reducing to 2 tablets before sleep.

Slippery Elm powder. **Dose:** 2 teaspoons three times daily.

Psyllium husks powder. **Dose:** 4 teaspoons three times daily.

PPMP from Blackmores. **Dose:** 2 tablets with breakfast and 2 tablets with lunch.

CST from Orthoplex. **Dose:** 3 tablets four times daily.

Sixth Visit: 1 Dec (year one)

Thinks about his father dying of metastatic cancer. Energy has declined. (I question if this is due to combination of recent flu and worrying about father's condition). Needs extra boost.

Treatment:

550ml liquid herbs:

180ml Ephedra sinica 1:4

100ml Valeriana officinalis 1:1

100ml Tanacetum parthenium 1:5

75ml Viburnum opulus 1:1

55ml Silybum marianum 1:1

40ml Gentiana lutea 1:1

Dose: 10 ml three times daily.

Aminoacid mix: L-Leucine, L-Valine, L-Glutamine (100g each). **Dose:** 3 teaspoons three times daily.

Protein powder “Chief” from Musashi. **Dose:** 3 table spoons three times daily after meals.

Metazinc from Metagenics. **Dose:** 2 tablets twice daily.

Aromatherapy massage on weekly basis until better.

Follow up lifestyle adjustments as instructed before.

Slippery Elm powder. **Dose:** 2 teaspoons three times daily.

Psyllium husks powder. **Dose:** 4 teaspoons three times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 3 tablets three times daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules three times daily.

CalMag from Natures Own. **Dose:** 4 tablets before sleep.

Seventh Visit: 23 Dec (year one)

Energy is good in spite of the fact that a leading workman has been off sick last three weeks. Being short of staff stresses him. Has not followed my instructions regarding gym, walking, and hot and cold showers. He has been reducing working hours by 20-25% and not putting himself in stressful situations as much as practicable.

The patient said that the body pains start coming back due to stress. Finds he is more irritable and depressed. Says that he needs a goal. There is another car racing venture in the next two months.

Treatment:

550ml liquid herbs:	200ml Hypericum perforatum 1:2
	200ml Ephedra sinica 1:4
	150ml Cola vera 1:1

Dose: 15 ml three times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 4 tablets three times daily.

Slippery Elm powder. **Dose:** 2 teaspoons three times daily.

Psyllium husks powder. **Dose:** 4 teaspoons three times daily.

CalMag from Natures Own. **Dose:** 4 tablets before sleep. He used to take 6 and less and found that 4 is the minimum number of tablets that gives him a restful sleep.

PPMP from Blackmores. **Dose:** 3 tablets three times daily.

“Celery 2000” from Bio-organics. **Dose:** 2 capsules three times daily.

Silymarin from Mediherb. **Dose:** 5 tablets twice daily.

Aminoacid mix: 300g of “NI” from Musashi + 300g Creatine monohydrate + 200g

L-Arginine. **Dose:** 3 teaspoons three times daily.

Zinc Drink from Metagenics. **Dose:** 1 teaspoon on water before sleep.

“Chief” protein powder from Musashi. **Dose:** 3 tablespoons three times daily.

Lymphodran from Orthoplex. **Dose:** 5 tablets four times daily.

Shark cartilage powder. **Dose:** 1 tablespoon twice daily.

Follow up lifestyle alterations.

Aromatherapy massage once a week.

Eighth Visit: 23 Jan (year two)

Skeletal-muscular pains are much better. Lower extremities oedema (possibly due to overdosing on Lymphodran). The patient feels much better. Much less irritable. He is not experiencing headaches. He has followed up on lifestyle alterations (but not 100%).

Treatment:

2 x 550ml liquid herbs: 250ml Ephedra sinica 1:4

100ml Cola vera 1:1

100ml Hypericum perforatum 1:1

100ml Valeriana officinalis 1:1

Dose: 15ml three times daily.

Shark cartilage powder. **Dose:** 1 tablespoon three times daily.

Aminoacids: Repeat of previous aminoacids and doses.

Bromelain 300mg from Natural Nutrition. **Dose:** 4 tablets three times daily.

Slippery Elm, Psyllum Husks, CalMag, PPMP, Chief and lifestyle adjustments as per last visit.

Ninth Visit: 20 Feb (year two)

Everything is fine except when the patient is short of staff. If that happens he finds his energy goes, headaches are back, irritability is back and he is aching all over body. He was warned that he needs to employ a manager or find some other solution that gives him more time off, otherwise nothing is going to work. The more energy is provided via the treatment, the more he uses it. He advised he has not followed recommended lifestyle changes.

Treatment: Repeat of last visit's treatment with exception of new agent pine bark and different doses and types of herbs.

3 x 550ml liquid herbs: 100ml Withania somnifera 1:2

100ml Hypericum perforatum 1:1

100ml Bacopa monniera 1:1

100ml Rosmarinus officinalis 1:1

100ml Apium graveolens 1:1

50ml Anemone pulsatilla 1:2

Dose: 20ml three times daily.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 5 tablets three times daily.

Tenth Visit: 11 Mar (year two)

The patient has been drinking more beer lately and has had an upset stomach and pains in his feet are bad. Energy and irritability are under control. Appealed again about lifestyle changes: I advised him, no change - no cure. Any time feels reasonable, seems to forget how bad it was before. Aching all over the body has gone, as are his headaches. His feet are cold. Zinc test shows 75% OK.

Treatment:

550ml liquid herbs:	100ml Bacopa monniera 1:1
	100ml Silybum marianum 1:1
	100ml Medicago sativa 1:2
	100ml Flipendula ulmaria 1:2
	75ml Matricaria recutita 1:2
	45ml Hydrastis canadensis 1:3
	25ml Gentiana lutea 1:1
	5ml Capsicum spp. 1:10

Dose: 10ml twice daily.

Aminoacids. Previous mix. **Dose:** Start to cut down and take 2 to 9 teaspoons daily depending on energy levels.

CalMag from Natures Own. **Dose:** 2 tablets three times daily plus four tablets before sleep.

PPMP from Blackmores. **Dose:** 2 tablets three times daily.

Slippery Elm and Psyllium husks. **Dose:** 1 teaspoon of each daily.

Eleventh Visit: 11 Apr (year two)

Patient feels really well in all aspects. Still does not follow lifestyle alterations in spite of warnings that things may deteriorate at short notice.

Treatment: 550ml liquid herbs. Repeat the same herbal mix but a further reduced dose 10ml in the morning only.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 5 tablets three times daily.

CalMag from Natures Own. **Dose:** 2 tablets three times daily plus 2 to 4 before sleep.

PPMP from Blackmores. **Dose:** 2 tablets three times daily.

Twelfth Visit: 1 Jul (year two)

Patient's father died 2 weeks ago and one of his employees threatens to sue him over a coincidental accident. The same employee took sick leave leaving him short staffed. Some symptoms are back and he feels his mind will not settle when he goes to bed and he wakes up with the feeling that he never went to bed. He experiences headaches every day, and cannot stop worrying. He is depressed. Did not do any exercises or anything else last four weeks. He is anxious whenever he is watching TV and has a tight chest. The patient said that he does not look forward to doing anything.

Treatment:

550ml liquid herbs:	150ml Hypericum perforatum 1:2
	100ml Turnera diffusa 1:2
	100ml Scutellaria lateriflora 1:1
	100ml Verbena officinalis 1:1
	100ml Stachys betonica 1:2

Dose: 15ml three times daily.

Aminoacid mix: 100g L-Phenylalanine plus 300g Creatine Monohydrate. **Dose:** 3 teaspoons with breakfast and lunch; 1 teaspoon with evening meal.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 5 tablets twice daily.

Thirteenth Visit: 14 Jul (year two)

Feels much better. Has a pain in the right elbow. No tight chest.

Improvements: 80% body pains; 80% sleep; 30% depression; 80% headaches.

Treatment:

Prime Maritime Pine Bark 10mg from Kaire. **Dose:** 5 tablets twice daily.

550ml liquid herbs:

- 125ml Turnera diffusa 1:2
- 125ml Leonurus cardiaca 1:2
- 100ml Viburnum opulus 1:2
- 100ml Hypericum perforatum 1:2
- 50ml Glycyrrhiza glabra 1:1
- 50ml Piscidia erythrina 1:2

Dose: 15ml three times daily.

Fourteenth Visit: 28 Jul (year two)

Reduced appetite.

Treatment:

HEME from Orthoplex. **Dose:** 1 tablet daily.

Liquid herbs and pine bark as per last visit.

Fifteenth Visit: 7 Aug (year two)

Sleeps good. Energy is good. He is still not exercising as requested.

Treatment: Repeat pine bark and liquid herbs. The same doses.

Repeat of all other nutrients and doses.

Sixteenth Visit: 28 Aug (year two)

No appetite and weight is falling. Lately started to walk (but not every day). Has bad cramps in fingers (worse with wine and rich food). Iridology indicates possible anaemia.

Treatment:

HEME from Orthoplex. **Dose:** 1 tablet daily.

The same liquid herbs but 10ml in the morning only.

Prime Maritime Pine Bark 20mg. **Dose:** 5 tablets three times daily.

Alternate PPMP from Blackmores and CalMag from Natures Own (every second day) to administer the following: 2 tablets four times daily.

Seventeenth Visit: 29 Sep (year two)

Patient feels good, but when he gets home becomes tense; the tension starts from the arms. The patient said he goes to sleep and wakes up after four hours thinking about business.

Treatment:

2 x 550ml liquid herbs:	100ml Rosmarinus officinalis 1:1
	100ml Hypericum perforatum 1:1
	100ml Bacopa monniera 1:1
	100ml Scutellaria lateriflora 1:1
	100ml Avena sativa 1:1
	50ml Gentiana lutea 1:2

Dose: 15ml three times daily.

HEME from Orthoplex. **Dose:** 1 tablet daily.

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 7 tablets in the morning only.

Liquid herb Valeriana officinalis. **Dose:** 15ml before sleep.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules three times daily.

CalMag from Natures Own. **Dose:** 2 tablets three times a day and 4 before sleep.

Fibroplex from Metagenics. **Dose:** 2 teaspoons twice daily.

Eighteenth Visit: 10 Oct (year two)

The patient felt giddy 3 days out of last 10 days. He is less tense, sleep is perfect, and he has gained weight (is now 73kgs).

Treatment:

2 x 550ml liquid herbs: Repeat

Prime Maritime Pine Bark 20mg from Kaire. **Dose:** 7 tablets in the morning.

PPMP from Blackmores. **Dose:** 2 tablets in the morning.

CalMag from Natural Nutrition. **Dose:** 5 tablets before sleep.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules three times daily.

Nineteenth Visit: 7 Nov (year two)

Patiens had had a realy hectic week. He feels good and is sleeping well.

Treatment: Liquid herbs. Repeat of formula but at the lower does of 10ml three times daily.

PPMP form Blackmores. **Dose:** 2 tablets in the morning.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 15 daily, as before.

Slippery elm and Psyllium husks. **Dose:** 2 teaspoons of each in the morning.

Aminoacid mix: 100g L-Tyrosine and 100g L-Phenylalanine. **Dose:** 2 teaspoons three times daily.

Vitamin B5 500mg from Natures Own. **Dose:** 2 tablets with breakfast and lunch.

C-Ultrascorb II powder from Metagenics. **Dose:** 1 teaspoon three times daily.

Super Prime Maritime Pine Bark 60mg. **Dose:** 1 tablet in the morning.

Twenty Second Visit: 13 Jan (year three)

The patient was doing very well until one of his workers got sick and consequently he finds that the stress is back. He did not follow any of the instructions regarding lifestyle improvements. He has experienced sore joints and muscles, nausea, and headaches.

Treatment: Repeat of prescription for twenty first visit.

Twenty Third Visit: 29 Jan (year three)

The patient is experiencing pressure at work. When he goes home he sleeps well however wakes up depressed in anticipation of pressure at work. Weekends are fine. Pains generally are better by 50%. He has had only two days with headaches. Sleep is OK with 6 tablets of CalMag from Natures Own.

Treatment: Repeat of previous prescription.

Twenty Fourth Visit: 19 Feb (year three)

Was feeling very good but ran out of aminoacids and became depressed.

Treatment: Repeat of previous prescription.

Twenty Fifth Visit: 1 Apr (year three)

Patient was exercising and feels good. He found he got few cramps after drinking red wine. He was encouraged to keep exercising and save money on supplements.

Treatment: Repeat. Next visit in three months.

Twenty Sixth Visit: 7 Jul (year three)

The patient ran out of all supplements. He did not exercise. He said that he feels bad.

Presenting symptoms: Headaches twice daily; tense upper body (last two weeks); feels upset; depression in the morning after poor night's sleep; trouble relaxing; feels cold all the time.

Treatment: He was advised that no remedies are going to be prescribed until he rectifies his lifestyle as per all my previous instructions. Sent for blood tests to check cholesterol and triglycerides that were elevated two years ago.

Twenty Seventh Visit: 14 Jul (year three)

The patient had hot and cold showers 4 or 5 times out of seven days as was requested. Walked only twice in 7 days. Again staff problems. One employee left which gave him more work pressure. His depression is much worse and he is angry with everything. Is dragging himself out of bed and says he hates work. Test results shows cholesterol and triglycerides and are within normal range now.

Treatment: No treatment until 100% patient adherence to lifestyle change. He is aware that before he came to visit the author he visited dozens of specialists and no one could do a thing to even improve one of his health symptoms.

Twenty Eighth Visit: 27 Jul (year three)

Compliance with my directives by 80%

The patient has been having short term memory problems. Depression is better and his cramps are not as bad. He had not had many headaches in the last few days. Depression on waking up is 50% better and he does not feel the cold. Energy not too bad.

Treatment:

Increase compliance of my directives to 100%.

Twenty Ninth Visit: 5 Aug (year three)

Compliance to exercise, diet etc. is about 50%. Depression is on and off. Headaches are bad and worse after certain food. Says he feels like a zombie during the day time. He says, that he desperately needs a boost and then he will now comply with lifestyle adjustments 100%.

Treatment:

550ml liquid herbs:	200ml Hypericum perforatum 1:1
	150ml Bacopa monniera 1:1
	100ml Scutellaria lateriflora 1:1
	50ml Schisandra chinensis 1:2
	25ml Panax ginseng 1:2
	25ml Eleutherococcus senticosus 1:2

Dose: 10ml in the morning.

Super Prime Maritime Pine Bark 60mg from Kaire. **Dose:** 1 daily.

Kelamin from Orthoplex. **Dose:** 2 tablets in the morning.

Co-enzyme Q10 12mg Advance Nutrition. **Dose:** 5 capsules in the morning.

Walk/run once daily to sweat.

Cold/hot showers directed towards vertebra 6 minutes once daily.

Thirtieth Visit: 1 Sep (year three)

Patient feels fantastic. Bounces from bed in the morning and has followed my directives 95%. Forgets the supplements sometimes and he still feels all right as long as he exercises and takes cold/hot showers daily.

Thirtieth First Visit: 1 Oct (year three)

Does forget supplements most of the time except pine bark, and the author encourages him to miss them as much as possible. The fact of having the supplements in the cupboard (just in case) does the trick. Follows exercise and other directives 99% and looks forward to them. Has got used to them.

Thirty Second Visit: 11 Nov (year three)

Feels best ever. Does the exercises and cold/hot showers daily. Swims in the pool daily. Absence of an employee from work does not bring the world to an end any more. No more visits scheduled.

CASE SEVENTEEN: Male, Age: 41

First Visit: 3 Jan (year one)

Main complaints: The patient finds that he has no energy, or ability to concentrate, short term memory problems, constant exhaustion, poor muscular strength, blurred vision, episodes of sinusitis, and shaky hands.

The patient said that he felt like he presently does almost 14 years ago. Then he visited doctors, naturopaths and homoeopaths to no avail. He also spoke of his hot and cold flushes and shortness of breath. The patient added that everything is aggravated in storm, rain and humid conditions.

Other problems: Patient symptoms are dull headaches, re-occurring sore throats, aching joints (mainly shoulders, lower backs and legs), heart palpitations, tender stomach, depression, excessive sweating (especially under the arms), anal itching, diarrhoea, dizziness, flatulence, throat mucus, and feeling bloated.

The patient said that he had difficulty in controlling his bladder at times. He also reacts to most food. He also spoke of seeing black spots in front of his eyes.

Treatment: Blood tests including full blood count and antibodies to EBV, CMV, BFV, RRV. Direct investigation of stomach lining for possibly incompetent villi impairing absorption.

Second Visit: 2 Feb (year one)

Patient diagnosed with a Coeliac Disease. Diet counselling advised with a gluten free diet. Gave him a sample of 15ml liquid herbs. Patient came up with stomach cramps. Blood tests came normal but IgG's noted to EBV, CMV, and RRV. Patient runs a carpentry business and he was made aware that there will be no recovery unless he

employs a manager to run the business and he would just supervise activities. He was advised going out and doing quotes was acceptable.

Treatment:

550ml liquid herbs:	148ml Bacopa monniera 1:2
	100ml Filipendula ulmaria 1:2
	100ml Glycyrrhiza glabra 1:1
	50ml Hydrastis canadensis 1:3
	50ml Matricaria recutita 1:2
	50ml Salvia officinalis 1:1
	50ml Hypericum perforatum 1:1
	1ml Capsicum spp 1:1
	1ml Zingiber officinale 1:2

Dose: 5ml three times daily.

Slippery Elm and Psyllium husks powders **Dose:** 1 teaspoon each six times daily.

Bromelain 300mg from Natural Nutrition. **Dose:** 1 tablet six times daily.

PPMP from Blackmores. **Dose:** 1 tablet six times daily.

Third Visit: 4 Mar (year one)

The patient has appointed a business manager and has scaled down his working hours.

No Improvements: Energy; constant exhaustion; poor muscle strength; seeing black spots in front of eyes; difficulty in controlling bladder; sore throat; anal itching; concentration; short term memory problems.

Improvements: 25% blurred vision; 25% sinusitis; 50% shaking hands; 50% breathing difficulty; 10% cold and hot sweats; 25% dull headaches; 25% aching joints;

50% tender stomach; 25% depression; 10% anxieties; 25% excessive sweating; 25% throat mucus; 75% diarrhoea; 50% dizziness; 25% heart palpitations.

Symptoms ceased: Being bloated; flatulence; burping.

Treatment: Repeat.

Fourth Visit: 10 Apr (year one)

No Improvements: Seeing black spots in front of eyes; difficulty controlling bladder.

Improvements: 25% energy; 10% poor muscle strength; 25% sore throat; 15% anal itching; 25% concentration; 25% short term memory problems; 50% depression; 25% anxieties; 75% throat mucus; 50% aching joints and muscles.

Symptoms ceased: Blurred vision; sinusitis; shaky hands; breathing difficulty; cold and hot flushes; excessive sweating; dizziness; heart palpitations; sore stomach.

Treatment: Repeat.

Fifth Visit: 19 May (year one)

Patient feels much better generally although his physical and mental strength has not improved much. It was explained that the need for his stomach to heal was a priority. As soon as that would happen, action towards energising would take place.

Improvements: 10% seeing black spots in front of eyes; 10% difficult in controlling bladder; 30% energy; 25% poor muscle strength; 30% concentration; 30% short term memory problems; 60% depression; 60% anxieties; 70% sore throat; 50% anal itching; 75% sore joints and muscles.

Symptoms ceased: Throat mucus.

Treatment: Additionally to gluten free, yeast free diet. Continue for two years and then challenge.

550ml liquid herbs:

- 100ml Hypericum perforatum 1:2
- 100ml Withania somnifera 1:2
- 100ml Bacopa monniera 1:2
- 50ml Hydrastis canadensis 1:3
- 50ml Glycyrrhiza grabra 1:1
- 50ml Gingko biloba 1:2
- 50ml Artemisia absinthium 1:1
- 48ml Astragalus membranaceus 1:1
- 1ml Capsicum spp. 1:3
- 1ml Zingiber officinale 1:2

Dose: 10ml three times daily.

Slippery Elm powder and Psyllium husks powder. **Dose:** 1 teaspoon of each four times daily.

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 5 capsules three times daily.

Aminoacids: L-Phenylalanine, L-Tyrosine, L-Valine, L-Arginine (100g each).

Dose: 1 teaspoon three times daily.

Walk to sweat 1 hour daily.

EPO from Mediherb. **Dose:** 3 capsules twice daily.

Sixth Visit: 10 Jun (year one)

Patient follows up all the instructions. Feels very much better.

Improvements: 75% black spots in front of eyes; 20% difficulty in controlling bladder; 80% energy; 80% muscle strength; 80% concentration; 80% short term memory; 99% sore joints and muscles.

Symptoms ceased: Depression; anxieties; sore throat; anal itching.

Treatment: Repeat plus Crataeva tea by decoction once daily plus Super Prime Maritime Pine Bark 60mg one tablet daily for the next 2 years.

Seventh Visit: 1 Jul (year one)

Feels fine in all aspects. Bladder is fine.

Treatment: Repeat.

Eighth Visit: 24 Jul (year one)

Feels on top of the world.

Treatment: Stick to the diet. Exercise daily. Do not increase working hours for the next half year.

Super Prime Maritime Pine Bark 60mg. **Dose:** 1 tablet daily.

CASE EIGHTEEN: Female, Age: 30.

First Visit: 18 Oct

Main complaints: The patient was diagnosed with CFS eight years ago and has had two bouts of active (IgM positive) EBV episodes in the past. The patient's blood test now only shows IgG to CMV and EBV. The patient said that she had been fighting chronic tiredness over a number of years. She also had the Hepatitis A virus previously.

Other patient symptoms are upset stomach (always has; has been medically diagnosed with Irritable Bowel Syndrome), extremely low energy level, headaches (worse past two weeks), sinus problems (from a number of years), and suffering from allergies. The reaction to gluten was said to be the most severe. She also experiences a bad itch all over her body and is particularly bad on her face. The patient said that her body is very sensitive and reacts to stress.

Other problems: The patient symptoms are alternating diarrhoea and constipation, bloated states, problems in falling asleep, insomnia, hot flushes, night sweats, dry mouth, dizzy spells (becomes worse if she does not eat meat), and stiff and painful joints (mainly in the knees and lower back).

The patient, in her PMS cycle, experiences sore, swollen breasts, craving for sugar, anxieties, ovulating cramps, and clots with period. The woman is very overweight (122kg) and has very dry skin on her face. She suffers tight chest pains linked with tension. Her glands are up and down. She says she finds it difficult to concentrate and also that her throat hurts. She wants to have more children but cannot get pregnant.

Treatment: Start walking half an hour daily.

200ml liquid herbs: 50ml Hypericum perforatum 1:1

50ml Valeriana officinalis 1:1

50ml Scutellaria lateriflora 1:1

25ml Silybum marianum 1:1

25ml Schisandra chinensis 1:2

Dose: 10ml three times daily

Slippery Elm powder. **Dose:** 1 teaspoon three times daily.

Psyllium Husks powder. **Dose:** 2 teaspoons three times daily

Co-enzyme Q10 12mg Advance Nutrition. **Dose:** 3 capsules three times daily.

Second Visit: 27 Oct (year one)

The patient is starting to feel better and her bowel movements improved a lot. She had a viral infection and experienced a sore throat, was more tired, extreme headaches, sore ears and sore sinuses.

Treatment:

200ml liquid herbs:

40ml Eupatorium perfoliatum 1:2

40ml Baptisia tinctoria 1:2

40ml Marrubium vulgare 1:2

40ml Trigonella foenum-graecum 1:2

5ml Phytolacca decandra 1:5

5ml Picrorrhiza kurroa 1:2

5ml Larrea mexicana 1:2

5ml Hydrastis canadensis 1:3

Dose: 5ml every hour (8-12 rounds daily)

Co-enzyme Q10 12mg from Advance Nutrition. **Dose:** 3 capsules three times daily.

Slippery Elm powder. **Dose:** 1 teaspoon three times daily.

Psyllium husks powder. **Dose:** 4 teaspoons three times daily.

PCIP from Blackmores. **Dose:** Suck 1 tablet every hour (8-12 a day).

Third Visit: 31 Oct (year one)

Feels better.

No Improvements: Not sleeping well (has a lot on her mind); concentration; wakes up tired; stiff and painful joints (especially neck and back); headaches; head is fuzzy; shocking blocked sinuses (seasonal pollen makes it worse); cramps with menses and heavy clots.

Improvements:

25% post nasal drip; 75% indigestion; 50% sore throat; 25% sore ears; 75% coughing; 25% energy.

Symptoms ceased:

Depression; anxieties; craving sugar; tight chest.

Treatment:

2 x 550ml liquid herbs:	100ml Silybum marianum 1:1
	100ml Echinacea augustifolia 1:2
	100ml Astragalus membranaceus 1:1
	100ml Hypericum perforatum 1:1
	100ml Eleutherococcus senticosus 1:2
	25ml Phytolacca decandra 1:5
	25ml Picrorrhiza kurroa 1:2

Dose: 15ml three times daily.

Aminoacids "K'UN" from Musashi. **Dose:** 3 teaspoons three times daily.

Fourth Visit: 27 Nov (year one)

Feels incredibly better in all aspects and is not tired at all. Would like to loose some weight but cannot afford treatments any more. Will come back when she can afford it.

CASE NINETEEN: Female, Age: 44

First Visit: 20 Oct (year one)

Main complaints: The patient has a very low energy level and was previously diagnosed with CFS. She was advised at that stage nothing could be done. She had a bad mycoplasma infection some months ago. She also has chronic candidiasis and a hiatus hernia. The patient finds she wakes up too early in the morning and takes calcium and magnesium to fall asleep. Bloating is worse in the afternoon.

Other symptoms are sinus headaches, stomach problems, hot flushes, and allergies to many foods. She was diagnosed with a TB infection a few years ago. Confirmed IgG's to EBV and CMV.

Other problems: The patient finds it difficult to sustain concentration. She also experiences shaky body sensations, soft finger nails and has mouth ulcers.

Treatment:

550ml liquid herbs:	100ml Bacopa monniera 1:2
	100ml Leonurus cardiaca 1:1
	100ml Discorea villosa 1:2
	100ml Rosmarinus officinalis 1:1
	100ml Hypericum perforatum 1:1
	50ml Glycyrrhiza glabra 1:1

Dose: 10ml three times daily

Slippery Elm powder. **Dose:** 1 teaspoon three times daily.

Second Visit: 10 Nov (year one)

Patient's energy is up. Symptoms of anaemia and patient is to have a blood test for Iron levels.

7. CASES WITH HUMAN PAPILLOMA VIRUS

CASE TWENTY: Female, Age: 49

First Visit: 25 Sep

Main complaints: Patient's energy is zero since she was medically diagnosed with CFS. She worried about her vaginal problems. Patient had a history of candida and hormonal problems. The client was physically and emotionally abused at the age of six. She said that there is resentment towards her mother who teamed up with another male soon after her father's death. She neither accepted nor handled her father's death. The patient was a regular social alcohol drinker most of the past 20 years. She has stopped drinking the past 3 weeks; she advised that she had attended some spiritual healing to address her drinking. Suffered from HPV for a few years.

The patient has had an itchy and sore vagina for the past 16 years. The last time she had sex was a year ago which has not impressed her husband. The patient spoke of symptoms of a lump in the groin, aching legs (worse at the end of the day), cold hands and feet, depression, and emotional and panic states.

Other problems: The patient is a poor sleeper and says she has one sleepless night per week. She said that even when she can go to sleep, she wakes up at midnight and can't fall asleep again. The patient craves sugar.

Symptoms she experiences are hot flushes, night sweats, dry mouth, light headed and dizzy states, impatience and irritability, biting finger nails, and poor bladder control. She has a 10-14 day PMS and experiences anxiety, depression, water retention and sugar craving. When the patient has Vitamin E supplements, the breasts are not sore.

Treatment:

550ml liquid herbs:

100ml Avena sativa 1:2

100ml Hypericum perforatum 1:2

100ml Bacopa monniera 1:2

100ml Rosmarinus officinalis 1:2

100ml Verbena officinalis 1:2

30ml Andrographis paniculata 1:2

20ml Picorrhiza kurroa 1:2

Dose: 10ml three times daily.

Crataeva herbal tea by decoction.

Lactobacillus acidophilus powder. **Dose:** 1 teaspoon mouth and 1 teaspoon into vagina twice daily.

Vitamin E 500 IU water soluble from Eagle. **Dose:** 1 capsule three times daily.

Second Visit: 14 Oct

No Improvements: Energy; aching legs; poor sleep; biting fingernails.

Improvements: 25% size of lump in groin; soreness in vagina (stopped 7 days after commencing liquid herbs regime and actually had sex for half an hour, lubrication was better than ever before); vaginal itch (has subsided enormously), soreness came back after intercourse); 25% cold feet and hands; 25% sore back; 25% hot flushes (Feels calmer and not as irritable); 50% depression. 25% anxieties.

Symptoms ceased: Nil.

Treatment:

550ml liquid herbs: 125ml Hypericum perforatum 1:2

125ml Scutellaria lateriflora 1:2

100ml Rosmarinus officinalis 1:2

50ml Berberis vulgaris 1:2

50ml Helonias luteum 1:2

50ml Vitex agnus castus 1:2

50ml Ephedra sinica 1:2

30ml Phytolacca decandra 1:5

10ml Zingiber officinale 1:2

10ml Capsicum spp. 1:10

Dose: 10ml three times daily.

Lactobacillus powder into vagina 1 time a day.

Vitamin E 500 IU water soluble from Eagle. **Dose:** 1 capsule twice daily.

Yeast free diet.

Third Visit: 13 Nov (year one)

Patient feels much better. She just revealed that she had breast implants for 16 years and suffered from Vitiligo 10 years (white skin de-pigmented areas are more in numbers and they increase). Author declined treatment of vitiligo on the basis of no experience with this type of treatment of an autoimmune disorder.

No Improvements: Sleep is bad and patient wakes up a lot.

Improvements: 75% irritability; 75% aching legs; 60% cold feet; 75% craving sweets; 75% sinus and sinus headaches; 75% poor bladder control. PMS are 75% better.

Symptoms ceased: Sore vagina (with or without sex); cold hands; depression; digestion (is perfect on the yeast free diet); stiff and painful joints.

Treatment:

550ml liquid herbs: 100ml Rosmarinus officinalis 1:2

100ml Scutellaria lateriflora 1:2

100ml Hypericum perforatum 1:2

50ml Vitex agnus castus 1:2

50ml Helonias luteum 1:2

50ml Hydrastis canadensis 1:3

50ml Panax ginseng 1:2

30ml Phytolacca decandra 1:5

10ml Capsicum spp. 1:10

10ml Zingiber officinale 1:2

Dose: 10ml three times daily.

Aminoacids mix: 100g L-Tyrosine, 100g L-Phenylalanine and 100g L-Lysine. **Dose:** 2 teaspoons three times daily.

Liquid herb Valeriana officinalis 1:2. **Dose:** 10ml before sleep.

CalMag from Natures Own. **Dose:** 6 tablets before sleep.

Fourth Visit: 5 Dec (year one)

Sleep and energy are very good. No soreness with sex. Bladder has improved a lot, but still not perfect. Husband is happy.

Treatment: Repeat of aminoacid mix. **Dose:** 1 teaspoon in the morning.

CalMag from Natures Own. **Dose:** 2 tablets before sleep.

Gym 3 times weekly. Remaining 4 days in a week walk to sweat.

Fifth Visit: 18 Mar (year two)

Patient feels good. Vaginal soreness comes back when not on the yeast free diet, otherwise it is not bothering her. Can enjoy sex and the husband is happy. Keeps up walking and gym.

CASE TWENTY ONE: Female, Age: 26

First Visit: 8 Jun

Main complaints: The patient's energy is terrible and she said that after work she struggled to keep herself awake driving home. She experiences depression and anxiety attacks and difficulty in concentrating. She has vaginal candidiasis with HPV and has felt like that since infection with HPV (confirmed by laboratory tests). No antibodies to other suspect viruses were found in these tests.

Other problems: The patient's symptoms are restless sleep (wakes up throughout the night), eyesight deterioration (past year), no memory, heart burn, stomach constantly bloated, flatulence, lack of appetite, and sudden dizzy spells. The patient averages one bowel motion per three days. Her PMS cycle is for 1 week and symptoms include angry and emotional states, craving of sugar and swollen breasts. The flow is 4-5 days, one day stop, then another day flow. The patient experiences cramp on the first day of her period. She feels cold most of the time and also coughs up green phlegm.

Treatment:

200ml liquid herbs:	40ml Ephedra sinica 1:2
	40ml Cola vera 1:1
	40ml Filipendula ulmaria 1:2
	40ml Medicago sativa 1:2
	20ml Scutellaria lateriflora 1:2
	20ml Ginkgo biloba 1:2

Dose: 10ml twice daily.

Aminoacids "Glycoamines" form Orthoplex. **Dose:** 1 teaspoon twice daily.

Second Visit: 17 Jun

No Improvements: Concentration; Forgetfulness/memory; Green phlegm; even more cramps on the first day of menses; feet still freezing; vaginal thrush with itchiness and discharge; painful intercourse (feels as if the skin was peeled off until the next day).

Improvements: Feels better, lively and more awake (especially in the morning) 25% energy; 25% anxieties and panic attacks; 75% sleep; 75% flatulence and bloating; 25% poor appetite.

Symptoms ceased:

One bowel movement daily (no constipation); indigestion; Dizzy spells; heartburn.

Treatment: Yeast free diet

550ml liquid herbs:	100ml Hydrastis canadensis 1:3
	100ml Centella asiatica 1:2
	100ml Gingko biloba 1:2
	100ml Rosmarinus officinalis 1:2
	100ml Matricaria recutita 1:2
	40ml Cola vera 1:2
	8ml Zingiber officinale 1:2
	2ml Capsicum spp. 1:3

Dose: 10ml twice daily.

Aminoacids "K'UN" from Musashi. **Dose:** 2 teaspoons twice daily.

Aminoacid L-Lysine. **Dose:** 1 teaspoon twice daily.

Third Visit: 18 Jul (year one)

No Improvements: Still freezing feet; the patient is waking up 4 times a night.

Improvements: 75% cramps on the first day of menses; 60% energy; 80% concentration; 80% memory; PMS is 75% better; 50% vaginal thrush with itch and discharge; 10% eyesight.

Symptoms ceased: Heartburn; lack of appetite; stomach bloating with gas; sudden dizzy spells; four day period flow without stops and starts; cramps on the first day; green phlegm.

Treatment:

2 x 550ml liquid herbs: 200ml *Vaccinium myrtillus* 1:1
 100ml *Rosmarinus officinalis* 1:2
 100ml *Echinacea augustifolia* 1:2
 100ml *Hydrastis canadensis* 1:2
 30ml *Piper methysticum* 1:2
 17ml *Zingiber officinale* 1:2
 3ml *Capsicum spp.* 1:3

Dose: 15ml twice daily.

Aminoacids "NI" from Masachi. **Dose:** 2 teaspoons in the morning only.

Aminoacids L-Lysine. **Dose:** 1 teaspoon three times daily.

CalMag from Natures Own. **Dose:** 6 tablets before sleep.

Fourth Visit: 2 Sep (year one)

Feels much better.

Improvements: 75% freezing feet; 75% sleep problems; 99% eyesight; 99% energy; 99% vaginal thrush, discharge, irritation, itch.

Symptoms ceased: Concentration, memory.

Treatment: Repeat.

Fifth Visit: 16 Oct (year one)

Patient feels great. She has had enough of medicines but will continue the yeast free diet as it makes her body function better.

V STATISTICS ON ENERGY IMPROVEMENTS AFTER TWO TREATMENTS

**PATIENTS' PERCEPTION OF IMPROVEMENT IN ENERGY AFTER THE
FIRST AND THE SECOND ROUND OF TREATMENT IN 21 CASE STUDIES.**

(Typical duration of one treatment was 21 days).

Case One - Virus Not Identified

After the first treatment 25% better.

After the second treatment 70% better.

Case Two - Virus Not Identified

After the first treatment - 0% better

After the second treatment - 75% better

Case Three - Virus Not Identified

After the first treatment - 65% better

After the second treatment - 75% better

Case Four - EBV

After the first treatment - 75% better

After the second treatment - 85% better

Case Five - EBV

After the first treatment - 25% better

After the second treatment - Energy decreased due to an infection with cough. Author assumes energy being 10% better all up since the first visit.

Case Six - EBV

After the first treatment - 40% better

After the second treatment - 45% better

Case Seven - CMV

After the first treatment - 35% better

After the second treatment - 45% better

Case Eight - CMV

After the first treatment - 25% better

After the second treatment - Patient feels “much better” (author assumes 75% better).

Case Nine - CMV

After the first treatment - 75% better

After the second treatment - 99% better

Case Ten - RRV

After the first treatment - 25% better

After the second treatment - 100% better

Case Eleven - RRV

After the first treatment - 30% better

After the second treatment - Patient feels “much better” (author assumes 75% better).

Case Twelve - RRV

After the first treatment - 75% better

After the second treatment - 100% better

Case Thirteen - BFV

After the first treatment - 75% better

After the second treatment - 75% better (overall no further improvements due to “the party with wrong food”).

Case Fourteen - BFV

After the first treatment - 25% better

After the second treatment - patient’s comment “much better” (author assumes 75% better).

Case Fifteen - BFV

After the first treatment - 25% better

After the second treatment - 90% better

Case Sixteen - Multi-Viral Exposure (EBV, CMV, BFV)

After the first treatment - Only about 15% better

After the second treatment - 55% better

Case Seventeen - Multi-Viral Exposure (EBV, CMV, RRV)

After the first treatment - 0% better

After the second treatment - 25% better

Case Eighteen - Multi-Viral Exposure (EBV, CMV, Hepatitis A Virus)

After the first treatment - 0% better (patient caught a viral infection after commencing the first treatment)

After the second treatment - 25% better

Case Nineteen - Multi-Viral Exposure (EBV, CMV)

After the first treatment - 25% better (patient described it as “energy is up”)

After the second treatment - 50% better

Case Twenty - HPV

After the first treatment - 25% better (patient described it as “energy is up”)

After the second treatment - 50% better

Case Twenty One - HPV

After the first treatment - 25% better

After the second treatment - 60% better

**SUMMARY OF FINDINGS IN ENERGY IMPROVEMENT AFTER THE
FIRST TWO TREATMENTS IN 21 CASE STUDIES**

Single Virus Exposure (17 cases)

After the first treatment - 39% better

After the second treatment - 65.5% better.

Multiviral Exposure (4 cases)

After the first treatment - 10% better

After the second treatment - 45% better.

21 Cases Average

After the first treatment - 33.8% better

After the second treatment - 61% better.

VI DISCUSSION

Post Viral Chronic Fatigue Syndrome (CFS) is known as a rapid onset of debilitating fatigue with no clear answers as to why and how it is happening.⁽¹⁴⁴⁾ Not everyone carrying IgG's antibodies to the viruses discussed in this study develop CFS. Only some people exposed to these viruses develop CFS. Other people shake off the infection without experiencing the post viral myriad of symptoms. There is traditionally very little that can be done for those who develop CFS. Allopathic medicine does not appear to offer any solutions. Several types of alternative therapies may be of help to a certain degree. With severe cases of CFS, the scenario is even less promising.

Clinical cases presented in this dissertation indicate that a combination of therapeutic doses of herbs, amino acids, coenzyme Q10 and other supporting nutrients as required, can reduce fatigue and associated symptoms reasonably fast. As the case studies indicate, fatigue in CFS patients with one virus involved improves by about 40% in 3 weeks and by about 65% in 6 weeks. Fatigue with several viruses implicated improves by 10% in 3 weeks and 45% in 6 weeks. Depending on compliance and ability to implement lifestyle improvements, these patients appear to recover mostly within 3 to 6 months. In a minority of cases, it can take 3 years or more to achieve a total cessation of symptoms.

The recovery may come so quickly that some sufferers, including those with years of debilitating fatigue, terminate the treatments mistaking the fast results for a total cure. After years of misery, studying scientific fiction about CFS cures, trying different

approaches with no permanent results, they suddenly feel like a bird that managed to free itself from a cage. It should not be difficult to understand that after a few years of no results, 50% better in one month may seem like much more.

Many new supplements and formulas appear on the market every month. Some appear to be questionable in quality. Other formulas contain the right ingredient but not in the appropriate therapeutic doses. This is the author's observation based on extensive questioning of the new patients who are dissatisfied with other doctors and other medications. This observation is also based on being part of the natural medicine industry for 9 years. The natural medication manufacturers are often obliged to print the recommended daily allowance (RDA) doses on the packaging of the natural supplements.

Some doctors who follow up the latest news know that RDA is an old fashioned myth. For example most people know that 60mg of vitamin C (RDA) is inadequate and one needs at least ten times that amount to achieve any results. Some doctors not trained in naturopathic therapeutics have made mistakes of extrapolating experience with prescribing drugs to food supplements and although they should be commended for trying the natural medicines, their lack of appropriate naturopathic training may diminish results and sadly, a trust in natural therapeutics.

A naturopath treats a person not the disease. Every person is different and therefore the amount of a nutrient required may differ from one person to another. Those people who are very unwell may need much more of the nutrient to experience a reasonable difference.

The results in this dissertation indicate that 50% reduction in fatigue within 30 days is a realistic expectation when natural supplements including amino acids, herbs and coenzyme Q10 are used. An analysis of the 21 cases of CFS highlights that herbs alone, or herbs with few minor supporting agents, can achieve predictable results in patients.

Independent research indicates that amino acids on their own can also achieve near complete symptom resolution in 75% of subjects, moderate improvements in 15% of subjects and little or no relief in 10% of subjects.⁽¹⁴⁴⁾ On the spot improvements following an amino acid regime, even after 15 years of CFS debility⁽¹⁴⁾ indicate, that it is possible, that the fatigue may represent an impairment of production of mitochondrial adenosine triphosphate (ATP), the key cellular energy source. Mental/emotional symptoms of poor attention, memory loss, lack of concentration and depression may also be reflective of insufficient central nervous system ATP availability and/or impaired neurotransmitter production. Blood lactate levels are elevated in CFS patients,⁽¹⁴⁸⁾ indicating sub-optimal aerobic ATP production. Several essential amino acids supply precursors to the tricarboxylic acid (TCA) cycle for ATP production as well as precursors for neurotransmitters.⁽¹⁴⁴⁾ Oral administration of specific amino acids can significantly affect these processes.⁽¹⁴⁵⁾

The difficulty with treatments in CFS suggests a potential multi-factoral aetiology.⁽¹⁵⁰⁾ Viral disruptive activities in the body may facilitate metabolic blocks that prevent optimal ATP production in cells.⁽¹⁴⁴⁾ CFS patients exhibit elevated blood lactate levels which could reflect such a deficit.⁽¹⁴⁸⁾ Organic acid profiles on CFS patients in post-

exercise conditions reveal significant abnormalities in levels of the citric cycle intermediates indicating derangements in the critical ATP production cycle.^(144, 149)

Red blood cell magnesium was also found to be deficient⁽¹³⁴⁾ and supplementation of magnesium improved the symptoms of CFS patients.^(133, 134, 151) Magnesium is an essential element in ATP utilisation. The considerable energy requirements of the brain would make this organ particularly susceptible to a deficit in ATP production and utilisation. Amino acids directly impact on the TCA cycle and are likely to enhance ATP production.⁽¹⁴⁴⁾

Adenosine monophosphate (AMP) has been used successfully to treat viral infections perhaps by stimulating increased ATP production.⁽¹⁵²⁾ Correction of ATP production may be a factor in recovery from a post viral fatigue.

The two most commonly deficient amino acids seen in CFS subjects are phenylalanine and tryptophan. These serve as precursors to catecholamines and serotonin, neurotransmitters that are intimately involved in depressive disorders.⁽¹⁴⁴⁾ Depression is common in CFS patients. Significant improvements were seen in fibromyalgia patients (a disease similar to CFS) with administration of 5-hydroxytryptophan.⁽¹⁵³⁾ Electrophysiological evidence can differentiate CFS type patients from patients with clinical depression, suggesting an additional metabolic impairment in CFS patients.⁽¹⁵⁴⁾

Nervine tonics and central nerve system stimulating herbs were used to break the pattern of depression, moodswings, foggy and dizzy spells and an inability to sustain

concentration. Examples of these are Bacopa,^(11, 12) Hypericum,^(30, 31) Cola,⁽³²⁾ Rosmarinus⁽²⁰⁾ and Ephedra.⁽¹⁴⁾

Sedative herbs were introduced in anxieties/panic attacks and in insomnia. Examples of these are Valeriana,^(17, 18, 19) Kava^(74, 75, 76, 77) or Piscidia.⁽³²⁾ The curative action of these herbs on emotional and mental symptoms indicates, and confirms again, the physiological and chemical imbalance in the central nerve system (and third metabolic imbalance or impairment).

An inability to cope with stress in patients with Post Viral CFS is a characteristic symptomatic presentation. Several steriodal herbs (adaptogens) were used including Panax,^(89, 101) Eleutherococcus,^(13, 14, 16) Withania,⁽³⁷⁾ Schizandra,⁽¹⁰⁶⁾ Glycyrrhiza,^(41, 42) Bacopa,⁽¹⁰⁾ Andrographis⁽⁴⁷⁾ and Panax notoginseng⁽¹⁰²⁾.

Following such herbal treatments, the patients' endurance and ability to control stress improved, suggesting a fourth possible metabolic impairment - a derangement of production of steriods by the adrenal cortex.

Finally, Post Viral CFS patients suffered with recurrent infections indicating an inability of their immune defences to fight minor viral or bacterial exposures. Such infections would have been taken care of by a normally performing immune system. Immune stimulants such as Astragalus^(16, 47, 97, 99) or Baptisia,⁽³²⁾ immunomodulators such as Picrorrhiza,⁽³⁶⁾ lymphatics such as Phytolacca⁽³²⁾ or Calendula,⁽¹⁹⁾ and antimicrobials such as Hydrastis or Allium were used to break a pattern and cure an

inability to overcome infections. All infections cleared up. Immune incompetence is the fifth major metabolic impairment resulting from viral impact on the body.

A combination of administration of both herbs and aminoacids tend to produce fast results, sometimes within days, rather than weeks or months. Many other supported nutrients were used to address other patient complaints and to enhance results achieved by herbs and amino acids.

Coenzyme Q10, another primary nutrient in fighting CFS, is an important cellular oxygenator⁽³⁾ and it improves the well-being of CFS sufferers in many ways.^(125, 132, 135, 136). The main function of this nutrient is being part of the ATP production. This is the basic energy molecule of cells. It is the fuel for mitochondrial action,⁽¹³¹⁾ although it cannot match either amino acids or certain herbs in terms of speed of its action. It is a valuable third addition contributing to the elimination of CFS. Unfortunately most brands of coenzyme Q10 appear to have limited effectiveness due to the fact that the nutrient is rather unstable when exposed to oxygen and air. (The Japanese source used by the author has been found to be more bio-active than other brands and sources).

A determination of deficient metabolic factors and their reintroduction into the system to correct potential metabolic blocks by massive radical action may represent a new, effective approach to treatment of CFS patients. Such a new approach will address the defects being an inability to generate optimal amounts of cellular energy, adrenal and brain chemicals and immune modulating factors.

An anomaly in this dissertation are two CFS cases involving Human Papilloma Virus (HPV). It is a sexually transmitted disease (STD). HPV is normally not included in medical literature as a CFS causative virus. It is the author's opinion that some HPV cases present very similar symptomatology patterns to the viruses causing CFS. Cases 20 and 21 of this dissertation are therefore seen as novel cases in the disease of CFS. New facts and new viruses are being constantly discovered.

Professor Ian Fraser is the head of the research team of HPV in Brisbane, Australia. Professor Fraser's opinion is that while the symptoms of this STD are physically uncomfortable, many patients seem to suffer far worse emotionally. Frequent complaints include being "depressed, disfigured, dirty, like a leper, ruined for ever, faced with a lifetime of misery, made less feminine or attractive."⁽¹⁵⁶⁾

Lack of resolution of emotional trauma may eventually lead to chronic fatigue. The author's CFS approach was exercised in HPV cases and improvements were achieved in similar fashion to the other viral cases of CFS in this dissertation.

According to Professor Fraser, it is important to realise that, as in all viral infections, the whole body is important. An important part of therapy includes improving total general health with appropriate diet, rest, and exercise. Smoking, alcohol consumption and recreational drug use increase recurrence of HPV lesions.⁽¹⁵⁶⁾

VII CONCLUSIONS

1. The combination of liquid herbs, amino acids and coenzyme Q10 is a viable therapy in Post Viral Chronic Fatigue Syndrome. The therapy can break a pattern of the disease in less than one month.
2. Based on the relevant case studies in this dissertation, it is apparent that in CFS with one implicated virus, energy improves on average 40% after one treatment and by about 65% after two treatments. (One treatment takes on average 3 weeks.)
3. In CFS, with several implicated viruses, energy seems to improve slower, on average 10% after one treatment and 45% after two treatments.
4. Most patients who comply with all instructions record a total, or near total, cessation of CFS symptoms within 3 to 6 months.
5. Comprehensive dietary and lifestyle improvements need to be implemented to achieve a cure. Lack of a patient's cooperation with these requirements may postpone cessation of the CFS symptoms to beyond 3 years.
6. Lack of instant success with herbal and nutritional treatments of Post Viral CFS by other practitioners could be attributed to use of sub-therapeutic doses of the herbs and nutrients involved or using supplements of questionable quality.

7. Long time maintenance may be appropriate for patients who recovered from severe types of Post Viral CFS especially those with BFV, CMV and multiviral exposure.
8. Although HPV is normally labelled as an STD rather than a classic CFS inducer, the author found that the pattern of patient complaints resembles that of EBV, CMV, BFV or RRV. As in case of all viruses in question, some patients in spite of carrying antibodies, do not develop a Post Viral CFS.
9. BFV and RRV seem to cause more aches and pains than other viruses.
10. Virus induced metabolic and physiological changes in the body of CFS victims appear to cause 5 major areas of derangement or metabolic blocks:
 - a. impaired ATP production in cells causing lack of physical and mental energy.
 - b. disturbance in brain neurotransmitters and possible block of flow or production of precursors to catecholamines and serotonin, causing depression.
 - c. other imbalances in nerve chemistry facilitating anxieties, mood swings, emotional problems and insomnia.
 - d. fluctuation in hormonal metabolism that is evident mainly in underactivity of the adrenal output and in female hormonal imbalances.
 - e. the consequences of failings in the proper functioning of the immune system may be twofold, frequent colds and flues (under activity of the

immune system), and/or allergies, hypersensitiities, and autoimmune type responses (over activity of the immune system).

11. Physical therapy such as Chiropractic, Bowen Therapy and other corrective therapies may be necessary to achieve a balance in the area of thoracic, cervical and lumbar spine as well as in pelvic girdle in order to enhance healing.

VIII DISCLAIMER

The author makes no claim that any material, information, remedy or formula contained in this dissertation is appropriate, authorised or efficacious for use in any case or situation.

Further the author disclaims any or all responsibilities for liability for loss or negative outcome in any way for any person using any information or remedies provided in the dissertation whether as a result of an error, inaccuracy, omission, opinion, untimeliness or unauthenticity of any content.

Anyone intending to use the information provided in the dissertation, whether a professional, para-professional, or any other person, should seek appropriate, competent medical advice from an appropriately accredited medical or naturopathic doctor.

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