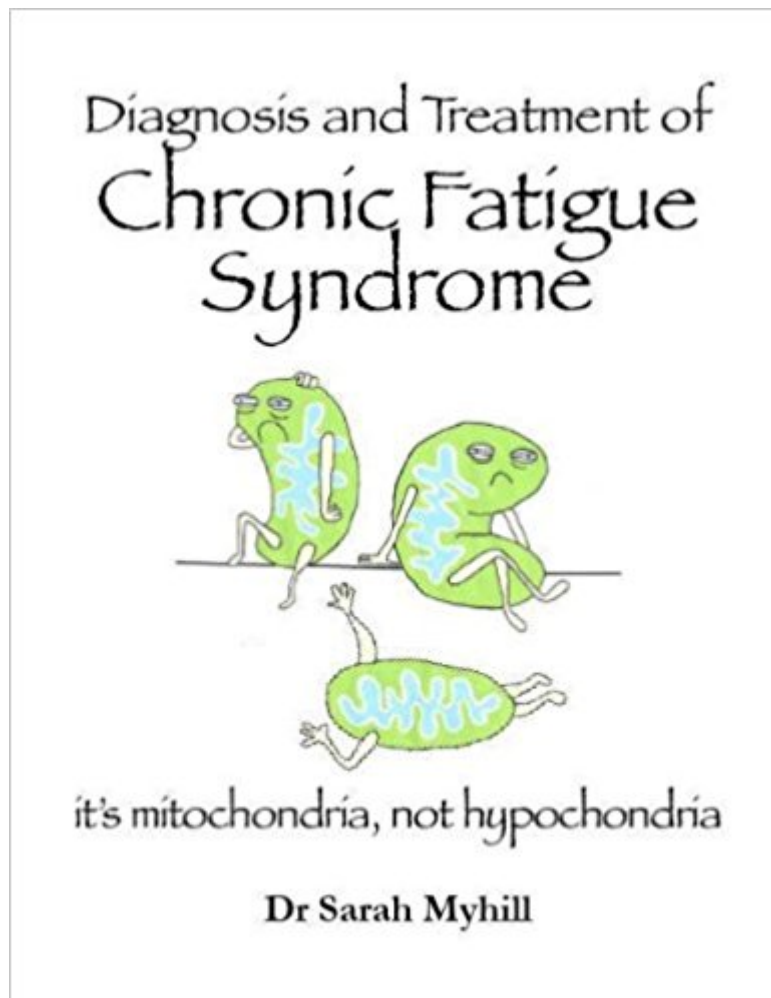




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Diagnosing And Treating Chronic Fatigue Syndrome: Its Mitochondria, Not Hypochondria



Synopsis

We have around 3000 mitochondria in each and every cell in our bodies. They are the powerhouses of our cells, essential for the production and management of energy at cell level. Dr Sarah Myhill, together with Dr John McLaren Howard of Acumen Laboratories and Dr Norman Booth of Mansfield College Oxford, has spent many years studying the relationship between their malfunction and the commonest problem seen by GPs in the UK - fatigue. Their research findings have been published in three scientific papers in the International Journal of Clinical and Experimental Medicine, in 2009, 2012 and 2013. These studies showed that poor functioning of the mitochondria is the central problem in CFS. Patients with the worst mitochondrial function had the worst fatigue and vice versa. This is solid scientific evidence that CFS is a problem with mitochondria and has allowed the objective measurement of fatigue for the first time. With the publication of the third study, which showed that mitochondrial function tests and symptoms improved in patients who took measures to address their mitochondrial problems, Dr Myhill was ready to write this book. Here she explains the importance of healthy mitochondria, how we can measure their functioning and what we can do to keep them healthy, or restore them to health if problems arise. CFS is all in our cells, not in our minds!

Contents

The clinical picture: symptoms; useful medical tests; tests not worth doing * Mitochondria and chronic fatigue syndrome * Treatment for mitochondrial metabolic dyslexia * Solid foundations for recovery and good health * Other important factors to look after * Toxic and viral causes of CFS * Practical details - where to start

Hammersmith Press is an independent publishing house producing books for the general public and health professionals that promote better health and well-being through a greater understanding of the human body and mind, with a particular emphasis on the importance of nutrition and diet. Some of the areas we publish in include:

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Book Information

Paperback: 120 pages

Publisher: Hammersmith Health Books (February 15, 2014)

Language: English

ISBN-10: 1781610347

ISBN-13: 978-1781610343

Product Dimensions: 5.4 x 0.9 x 8.5 inches

Shipping Weight: 9.9 ounces

Average Customer Review: 4.7 out of 5 stars 26 customer reviews

Best Sellers Rank: #704,031 in Books (See Top 100 in Books) #147 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #3012 in [Books > Health, Fitness & Dieting > Women's Health](#)

Customer Reviews

Dr Sarah Myhill qualified in medicine (with Honours) from Middlesex Hospital Medical School in 1981 and has since focused tirelessly on identifying and treating the underlying causes of health problems, especially the 'diseases of civilisation' with which we are beset in the West. She has worked in NHS and private practice and for 17 years was the Hon Secretary of the British Society for Ecological Medicine (renamed from the British Society for Allergy, Environmental and Nutritional Medicine), a medical society interested in looking at causes of disease and treating through diet, vitamins and minerals and through avoiding toxic stress. She helps to run and lectures at the Society's training courses and also lectures regularly on organophosphate poisoning, the problems of silicone, and chronic fatigue syndrome. She has made many appearances on TV and radio. Visit her website at www.drmyhill.co.uk.

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

It's nice to read something that lets me know what my body is doing because not one of my doctors has been able to do so. I have yet to finish the book but look forward to doing so. I will also do what the book says and see what happens. It gives me more hope than just adding more pills to my diet.

Definitely worth a read - she argues the importance of mitochondria's role in fatigue. Is it the whole picture? I doubt it. But my hunch is that it does play a role. Had some great ideas in here - though based on reading others' reviews of Myhill's practice, I'm not yet convinced the prescription of supplements she often recommended will solve the underlying problems. But still, valuable information.

My wife purchased this book on the recommendation of her alternative health care provider but could not get past the first few pages as it was above her level of comprehension. She states that the book is more suited for those educated with a science background.

The material is brilliant however it repeats itself a bit too much. The structure could be therefore improved. This is one of the few books on Cfs that paints the bigger picture.

Dr. Sarah Myhill is a well-known authority on CFS, who has treated over 5000 patients with it. Her website and book are excellent for those looking for Answers, since most MDs and HMOs are clueless when it comes to chronic fatigue syndrome (CFS/ME), Fibromyalgia (FM) or chronic sleep problems other than Apnea. Most doctors look at it only from the narrow focus of their specialty, and not as a whole-body disease that can show up differently in each person, but all has the same root cause. The book covers a lot, including WHY you get the symptoms, what to do to reverse them, and what to expect as you slowly recover, in easy to understand language. Her treatments are based on the late virologist Dr. Martin Lerner's protocols for mitochondrial dysfunction (due to underlying old semi-dormant viruses and nutritional deficiencies weakening the immune system). This causes low ATP (cellular energy) in most of the cells of the body, including the muscles, brain, and heart. This causes the all-over fatigue. Exercise makes CFS worse, since the body then shuts down the thyroid, too, to preserve itself. It also robs ATP for the heart and brain from the skin and muscles, causing painful Fibromyalgia, which is another common symptom of CFS. Rigor Mortis is also caused by lack of ATP in the muscles, which explains a lot of the FM pain! Lack of ATP in the brain affects the energy-hungry hypothalamus, which controls sleep; So deep restful sleep is impossible, no matter how many hours one sleeps or Ambien they take. Lack of ATP in the heart can weaken the heart muscle, shown by low blood pressure & dizziness when standing up; EKG and blood flow is normal, but ejection rates are low. Most tests MD's do come out 'normal', since they are not looking for the right things, such as the cause of mitochondrial malfunction or low levels of several common viruses (such as Epstein-Barr) causing low-grade inflammation, but no noticeably active infection (such as Mono). The protocols to restore the Krebs Cycle, thus ATP cellular energy function, and to build up the immune system are also followed by Dr. Montoya's team at the top-rated Stanford Hospital in Palo Alto, Calif., U.S., which gives Dr. Myhill (in far-off Wales, UK) good credibility. The book can help you get your life back; especially if your [idiot] doctors and friends have been telling you the Fatigue is 'all in your head', or 'you are just depressed

after your _____' (divorce, illness, surgery, or other stressor), or 'you are just lazy', when you know something is physically wrong, but not exactly what. There is an "ATP Profile" blood test for CFS by (tiny) Acumen Labs in the UK, but it is not yet licensed in the U.S.A. Improvement is usually seen in 1-3 months of taking the recommended OTC supplements, and perhaps an anti-viral such as generic Valtrex. Curing CFS is impossible, since there will always be viruses around, but people can get back to 95% after a year or so. This book gives CFS/ME/FM sufferers answers, direction, and hope, which is hard to find in the current medical system.

I wish I had this book when I was first trying to figure out what was wrong. Great information, excellent research, very clear. It even has a treatment protocol.

Always good to read from the fatigue expert. It would be very helpful to have more specific recommendations or the practitioners' tool.

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