



The MEmo



Waterloo Wellington Myalgic Encephalomyelitis Association

April 2021

OMF Virtual Open House

May 1, 2021 @ 2pm ET

sponsored by Open Medicine Foundation (OMF)



Ronald W. Davis, PhD, will be one of the presenters, discussing the exciting research projects underway at the ME/CFS Collaborative Research Center at Stanford University.

[Click here to register.](#)

Dr. Moreau Webinar

May 1, 2021 @ 2 pm ET

During his talk, Dr. Moreau will review and discuss recent advances made by his research team regarding the molecular mechanisms underlying Myalgic Encephalomyelitis (ME) and the discovery of common elements with COVID-19 long-haulers presenting ME-like symptoms.

[Click here to register.](#)

**MAY 12
is global M.E.
Awareness Day**

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DISCLAIMER:

The MEMo is intended to provide helpful information for people with ME/CFIDS. Authors who explain treatment(s) they may be using are expressing their own ideas and/or opinions.

The Waterloo Wellington Myalgic Encephalomyelitis Association does not give medical advice or endorse specific medical products or treatments expressed in *The MEMo*, and assumes no responsibility for **any** treatment written about in *The MEMo* which may be undertaken by its readers.

Sufferers of M.E. or any other illness should consult a physician for treatment.

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Metabolism & Biology

Since March of 2020 I've been listening to a lot of podcasts, because, outside of working (which I'm very thankful for) there isn't much else I'm allowed to do. The following podcasts (and books they reference) discuss nutrition, metabolism & biology and the actions people can take on their own to improve their health. M.E. is a complicated multi-system condition with a lot of symptoms and anything that can be done to decrease pain, increase energy or improve sleep, even just a little bit is a huge step in the right direction.

For decades, I've tried to stay up to date on nutritional and fitness information, but I must admit that I have learned at least one major thing in each of the following podcasts and I hope you do to.

Metabolic flexibility is the body's ability to utilize glucose (sugar) and ketones (fat) equally for cellular energy production. [However, only 12% of the US population is actually metabolically flexible.](#) Being able to use fat (both body fat & dietary fat) for fuel is crucial to maintaining good health. Metabolic flexibility is also referred to as being "fat adapted". Note that it is the mitochondria that are solely responsible for creating energy and if they only use one fuel and not the other, they are not healthy.

Dr. Robert Lustig makes it perfectly clear in his [presentation](#) that **there are more people of "normal weight" with metabolic dysfunction** than there are of people who are overweight. This has to do with the underlying problem of Non-Alcoholic Fatty Liver Disease (NAFLD), not necessarily the excess weight we see. He goes on to explain that NAFLD can be reversed in under 2 weeks.

Sometimes the discussions get a bit sciency, but just give them a minute or two and they come back to a normal discussion ☺

Ken Nightingale

"Chronic: The Hidden Cause of the Autoimmune Pandemic and How to Get Healthy Again"

With Dr. Steven Phillips & Dana Parish

[Click here to listen.](#)

[Click here to view the book.](#)

Chronic explores the science behind what makes autoimmune, psychiatric, and chronic conditions difficult to diagnose and treat, debunks widely held beliefs by doctors and patients alike, and provides solutions that empower sufferers to reclaim their lives.

Well-published in the medical literature, Dr. Phillips has treated over 20,000 patients with complex, chronic illness from nearly 20 countries. Dr. Phillips experienced firsthand the nightmare of an undiagnosed, serious infection after nearly dying from his own "mystery illness," and having to save his own life when 25 doctors could not. Dana Parish developed Lyme-induced heart failure as a result of being improperly diagnosed by some of the "top" doctors in the country.

Key Takeaways:

- Is autoimmunity a symptom of an underlying pathogen or a condition of its own?
- Why does modern medicine attempt to use steroids and biologics, and what are the potential consequences?
- Why are infections more likely to lead to autoimmunity today?
- Is detoxification important in a healing strategy?
- Are vector-borne microbes the core issue or simply one component of autoimmune conditions?
- How often are people infected with these organisms but not picked up with existing labs?
- Do parasites play a role in chronic, complex illness?

“Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease & How to Fight It”

With Dr. Ben Bikman

[Click here to listen.](#)

[Click here to view the book.](#)

We're talking about insulin resistance, something that affects half of all adults in the USA. Dr. Bikman's research focuses on the role of elevated insulin in regulating obesity and diabetes, including the relevance of ketones in mitochondrial function. "Insulin resistance itself will start to affect the degree to which the mitochondria work," he says.

Every cell has insulin receptors, and insulin tells the cell what to do with energy: when to grow, shrink, build or break.

Due to elevated insulin, elevated stress hormones (cortisol and epinephrine) and inflammation, our bodies can become insulin resistant. Most of the population is insulin resistant and are hyper-insulinemic. This means they have metabolic inflexibility and get stuck in sugar-burning mode and never shift to burning fat.

"We struggle with diseases that were once considered rare. Cancer, heart disease, Alzheimer's disease, and diabetes affect millions each year; many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all of these diseases and disorders have something in common."

“Intuitive Fasting: The Flexible Four-Week Intermittent Fasting Plan to Recharge Your Metabolism and Renew Your Health”

With Dr. Will Cole

[Click here to listen.](#)

[Click here to view the book.](#)

"The idea of fasting by eating only one or two meals a day sounds like an extreme and overly restrictive dieting tactic. But the truth is, our daily eating schedule - three meals a day, plus snacks - does not necessarily reflect our bodies' natural cycles. In fact, eating three meals every day can cause metabolic inflexibility, which can lead to inflammation, fatigue, and chronic health problems. For millions of years, our bodies have actually functioned best with periodic times of fasting."

In our discussion, we talk about the key differences between Functional and Conventional Medicine, the effects of stress on metabolic health and the interplay between lifestyle and wellness, autoimmunity and autoimmune diseases.

Additionally, we discuss some listener's questions regarding the relationship between stress and exercise, how to assess thyroid health, elimination diets, the benefits of A2 dairy for those with lactose issues, as well as EOE and Burning Mouth Syndrome.

With his fresh new approach to fasting, Dr. Cole gives you the ability to take control of your hunger and make intermittent fasting intuitive. You'll get in touch with your instinctive eating patterns and become healthier and more mindful about how and when you eat. *Intuitive Fasting* will show you how to find metabolic flexibility.

“BioDiet: The Scientifically Proven, Ketogenic Way to Lose Weight and Improve Health”

With Dr. David G. Harper

[Click here to listen to Part 1a.](#)

[Click here to listen to Part 1b.](#)

[Click here to listen to Part 2.](#)

[Click here to listen to Part 3.](#)

[Click here to view the book.](#)

For the past forty years, we have been slowly eating ourselves to death - and doing so based on government guidelines about what constitutes a healthy diet. This grand low-fat, high-carbohydrate dietary experiment has led to epidemic increases in obesity and other chronic conditions, including diabetes, cardiovascular disease, cancer, and Alzheimer's.

It's time to hit the reset button. In BioDiet, Health educator and researcher Dr. David G. Harper offers a new, scientifically validated approach: a low-carbohydrate, high-fat, ketogenic plan that works with the body's natural processes to improve health and reverse decades of damage caused by our collective carbohydrate addiction. BioDiet isn't a "diet" in the usual sense: it's not a quick fix designed to help shed ten pounds before beach season. Drawing on his professional experience and the latest research in nutritional science, BioDiet is a lifestyle that will leave you healthier and happier. No hype or gimmicks: it's what the science says.

We take a deep dive into acute and chronic inflammation and explore the role of inflammation in chronic diseases including cancer, cardiovascular disease, diabetes, Alzheimer's disease.

“The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles”

With Dr. Terry Wahls

[Click here to listen.](#)

[Click here to view the book.](#)

Dr. Terry Wahls is an MD and a clinical professor at the University of Iowa. She specializes in clinical research testing the impact of diet and lifestyle on Multiple Sclerosis (MS) symptoms. She has a remarkable story about recovering from secondary-progressive MS (she was wheelchair-bound) by changing the food she eats.

Mikhaila and Dr. Wahls discuss how to heal autoimmune disorders, the impact of a western diet on our neurology and gut biome, the Wahls Protocol diet, steps to healing a leaky gut, other digestive tract damage, and more.

Dr. Wahls began studying the latest research on autoimmune disease and brain biology, and decided to get her vitamins, minerals, antioxidants, and essential fatty acids from the food she ate rather than pills and supplements. Dr. Wahls adopted the nutrient-rich paleo diet, gradually refining and integrating it into a regimen of neuromuscular stimulation. First, she walked slowly, then steadily, and then she biked eighteen miles in a single day. In November 2011, Dr. Wahls shared her remarkable recovery in a TEDx talk that immediately went viral. Now, in *The Wahls Protocol*, she shares the details of the protocol that allowed her to reverse many of her symptoms, get back to her life, and embark on a new mission: to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions.

“Saving Dad: A new hope for treating mental illness”

With Matt Janes

[Click here to listen.](#)

[Click here to view the book.](#)

Matt Janes is an autonomic neuroscientist, nutritionist, as well as a functional medicine and mental health practitioner. He is also a keynote speaker, author, and works to help people resolve mental illness and chronic disease using diet.

Tony & Matt discuss the work of Dr. Weston Price, the autonomic nervous system and how balance in this system relates to good mental health, the problem with diet-absolutism, and the role of Functional Medicine in the work that Matt does.

“The Pegan Diet: 21 Practical Principles for Reclaiming Your Health in a Nutritionally Confusing World”

With Dr. Mark Hyman

[Click here to listen.](#)

[Click here to view the book.](#)

Mark Hyman comes on the podcast to talk about his new book *The Pegan Diet*. Mikhaila and Mark are able to cover the basic principles of the Pegan diet and additionally:

- foods all people should avoid
- dairy for adults
- rebuilding gut health
- chronic stress
- viral immunity
- the theory of the bored immune system
- long term infections
- autoimmune disorders
- and much more.

“Two Meals a Day: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, and Break Free from Diet Frustration Forever”

With Mark Sisson

[Click here to listen.](#)

[Click here to view the book.](#)

The long-awaited release of the diet book to end all diet books is here! Two Meals A Day transcends the confusion and controversy about healthy eating and obsessing over strict food choices and meal patterns required with many niche strategies. Instead, you'll broaden the focus to a simple and sustainable strategy that works for everyone. Emerging science reveals that when you eat is just as important as what you eat for fat loss, disease protection, and longevity.

In this discussion, you'll get a great sense of the content of each chapter in the book, starting with a detailed explanation of how to achieve metabolic flexibility - the ability to gracefully burn a variety of fuel sources as needed, with the emphasis on stored body fat as your preferred fuel choice. You'll understand that our body works most efficiently in a fasted state, with autophagy, immune function, cognitive function, and inflammation control all optimized. You'll also learn why simply ditching the Big Three toxic modern foods (refined sugars, grains, and industrial seed oils) will get you most of the way toward your potential. You'll learn how to make the best choices in the ancestral food categories, and form an empowering mindset by rejecting self-limiting beliefs and behavior patterns and operating from a stance of gratitude, mindfulness, and self-confidence.

“The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet”

With Nina Teicholz

[Click here to listen.](#)

[Click here to view the book.](#)

“The observations line up; there are no paradoxes to explain. And if we can combine the lessons of both science and history, it seems that we may be able to make enlightened decisions about how to start down the path toward curing ourselves of chronic disease”

Nina Teicholz is an investigative science journalist and author. Her international bestseller, *The Big Fat Surprise* has upended the conventional wisdom on dietary fat - especially saturated fat - and challenged the very core of our nutrition policy.

Nina talks about how women and children in particular have been impacted by the US national dietary guidelines.

“Lipid Therapy”

With Dr. Kelly McCann

[Click here to listen.](#)

[Click here to view the transcript.](#)

My guest for this episode is Dr. Kelly McCann, MD, MPH & TM. She lectures internationally on mould, Lyme disease and environmental toxins. Key Takeaways:

- What symptoms or conditions might benefit from lipid therapy?
- When might lipid therapy be appropriate in the overall timeline of a chronic illness protocol?
- Which fats are the most health-supporting?
- Are fish oils helpful or harmful?
- Can there be an imbalance with too much Omega-3 and too little Omega-6?

“Is intermittent fasting the best way to heal your gut?”

With Dr. Will Cole

[Click here to listen.](#)

[Click here to view the book.](#)

Dr. Will Cole, leading functional-medicine expert, consults people around the world via webcam and locally in Pittsburgh. He specializes in clinically investigating underlying factors of chronic disease and customizing health programs for thyroid issues, autoimmune conditions, hormonal dysfunctions, digestive disorders, and brain problems.

Time stamps:

0:16:05 - Fasting is a byproduct of metabolic flexibility

0:17:55 - Fasting is built into who we are genetically

0:22:15 - Islamic fasting leads to an increased abundance of Akkermansia muciniphila and bacteroides fragilis group: a preliminary study on intermittent fasting

0:24:20 - Most people think they need to put more into their gut in order to heal

0:31:15 - Features of a successful therapeutic fast of 382 days' duration

0:32:00 – Betahydroxybutyrate (a ketone) is a signaling molecule that helps lower inflammation

0:47:34 - Effects of Intermittent Fasting on Health, Aging, and Disease

0:50:35 - DNA repair with intermittent fasting

0:55:50 - Probability of an Obese Person Attaining Normal Body Weight: Cohort Study Using Electronic Health Records

1:04:10 - What are some things we should look out for when we begin our intermittent fasting journey?

“Four individuals that have had insane transformations on a carnivore diet”

With Mikhaila Peterson

[Click here to listen.](#)

Show Notes:

[2:45] **Brett Lloyd**

[5:30] Brett's depression and medication before carnivore. The process of coming off medication after the diet was working

[26:00] **Rebekah Farmer**

[33:00] Why did Rebekah start the carnivore diet?

[36:00] The process of getting off of medication once the carnivore diet started working.

[47:30] Information on Rebekah's counseling for others on diet and nutrition and a certified life and health coach

[52:42] **Kelly Hogan**

[1:03:00] Examining Kelly's pregnancy eating carnivore and long term health effects (11+ years) of consistently eating only meat

[1:11:00] The steps in transitioning from a full diet to eating only meat and fat

[1:19:44] **Emily Penton**. Emily goes into her mental and health concerns that lead to a radical diet change

[1:22:00] What convinced Emily to give carnivore a try?

[1:25:10] The process of getting off medications

[1:27:00] Emily's physical transformation after carnivore

[1:28:40] Emily's current version of carnivore compared to what Mikhaila has done in different stages. Getting enough fat is very important when eating only meat

“The 4-Phase Histamine Reset Plan: Getting to the Root of Migraines, Eczema, Vertigo, Allergies and More”

With Dr. Becky Campbell

[Click here to listen.](#)

[Click here to view the book.](#)

In this episode you're going to learn a lot about histamine. Turns out histamine is a major neurotransmitter that affects your awareness, food cravings, tiredness and inflammation.

Histamine is a very important part of the immune system and plays a role in inflammation in the body. We also need histamine in order to digest food, move our bowels, boost exercise performance, increase attention, and get blood as well as nutrients and oxygen delivered to different parts of the body. But things can go off track.

Histamine intolerance is not a sensitivity to histamine, but an indication that too much of it has built up in the body, or that there is an inability to break it down properly.

So, how could high histamine affect you?

“Migraines, passing out,” Dr. Campbell says. “Eating and having a really fast heart rate for no reason, having anxiety out of the blue for no reason. Any type of dermatitis, or hives, or flushing, random diarrhea, going from sitting to standing and getting dizzy. It's all over the place.”

Fatigue immediately after eating also can be an indicator. “My biggest symptom of histamine intolerance is fatigue,” Dr. Campbell says. “I would eat something that was supposedly healthy for me, like fermented food, and literally felt like I took a sleeping pill.”

“Bottle of Lies: Ranbaxy and the Dark Side of Indian Pharma”

With Katherine Eban

[Click here to listen.](#)

[Click here to view the book.](#)

In 2004, Dinesh Thakur, a senior employee of Ranbaxy, then India’s largest pharma company, discovered a terrible secret. Ranbaxy had been fabricating the test results of their drugs, endangering millions of patients. Thakur resigned and became a whistleblower to the US Food and Drug Administration, one of the regulators Ranbaxy had been lying to, and ultimately brought the multibillion-dollar behemoth to its knees. This is the sensational account of the high-stakes chase to bring Ranbaxy to book and the fall from grace of one of corporate India’s biggest success stories. But the rot in Indian pharma isn’t confined to Ranbaxy alone. In this book, investigative journalist Katherine Eban relies on over 20,000 FDA documents and interviews with over 240 people to show how fraud and trickery are deeply entrenched in much of the industry in India, and raises troubling questions about some of its biggest names – Wockhardt, Dr Reddy’s, Glenmark and RPG Life Sciences. Filled with shocking and eye-opening details, this book lays bare the ugly truth of Indian pharma. It will make you view every pill you take with foreboding and suspicion.

Katherine Eban’s previous book ***Dangerous Doses: How Counterfeiters Are Contaminating America’s Drug Supply*** exposes America’s secret ring of drug counterfeiters.

“Fork in the Road: A Hopeful Guide to Food Freedom”

With David Avram Wolfe MS, RD, LDN

[Click here to listen.](#)

[Click here to view the book.](#)

Dr Jen Unwin is a Clinical Psychologist. And a lifelong carbohydrate addict. Fork in the Road guides you in a clear way through identifying if you have carbohydrate addiction, finding the motivation to change your life, understanding how to build the right daily eating plan, the strategies for long-term success, and where to go for more information and support. In this beautifully illustrated book, Jen teams up with top clinicians in the field and with creative low-carbers who share what they have learned about freeing yourself from the emotional and physical dangers of overeating sugars, flours and processed foods. Make today your ‘Fork in the Road’ to health and food freedom.

In our discussion with David, we discuss the nature and signs of food addiction, the shame that comes from being addicted and feeling powerless, how addiction tends to ‘transfer’ from one substance to another when a person is making an effort to recover, treating the addictive tendency itself versus treating addiction to a particular substance, the relationship between stress, anxiety, and falling off the wagon, and the importance of community and family support in recovery.

Additionally, we discuss the brain’s amazing ability to rationalize any self-destructive decision, the power of hope and feeling free, the idea of hunger versus desire, and how LowCarb works wonders for recovering from food addiction.

On a personal note

By Ken Nightingale

On March 1, 2019, my father started implementing the advice of eating low carb, fasting 18 hours per day, eating healthy oils, eliminating seed oils, eliminating grains and eliminating sugar.

On that date, my father had been a Type 2 Diabetic for 39 years. Prior to then, he dutifully followed the food guidelines and over time he got heavier, took more medication and injected more insulin. He also got more and more symptoms such as brain fog, fatigue and neuropathic pain.

Between March 1, 2019 & Nov. 1, 2019 he had lost 100 lbs, stopped taking all medication and also stopped taking insulin daily (although he did take a few units of insulin on occasion). His neuropathic pain is gone. He sleeps better and is obviously happier. This all happened within 8 months.

Today, aged 86, he is of "normal" weight, continues to take a few units of insulin once a week (or once every 2 weeks). However, he is still off all other medications. And his kidney function has improved significantly (something his doctor said could not happen) per the eGFR blood test.

He continues to eat Low Carb, Keto and Carnivore with positive results.

Type 2 Diabetes is still considered to be a chronic progressive disease by all the Diabetes Associations and all but a few doctors. My dad just proved them wrong.

The Diet Doctor website is a terrific resource for meal plans, recipes and advice:

<https://www.dietdoctor.com/>

"Eminence vs. Evidence in Nutrition"

With Dr. Paul Mason

[Click here to listen.](#)

Dr. Paul Mason joins the HVMN podcast to unpack his learnings and observations from his clinical practice vs. the medical textbooks.

Some topics discussed:

- Minnesota Coronary Experiment
- Statins for diabetes
- Vegan diets to be deleterious
- 2004 study about saturated fat would increase LDL Oxidation
- Spiking of blood sugar and how that drives oxidative stress
- America's dietary guidelines and modern food system

"The Fatburn Fix: Boost Energy, End Hunger, and Lose Weight by Using Body Fat for Fuel"

With Dr. Cate Shanahan

[Click here to listen.](#)

[Click here to view the book.](#)

The ability to use body fat for energy is essential to health - but Dr. Cate Shanahan observed that many of her patients could not burn their body fat between meals, trapping them in a downward spiral of hunger, fatigue and weight gain.

[The Hateful Eight](#) (that should never be eaten):

- Canola oil
- Corn oil
- Cottonseed oil
- Soy oil
- Sunflower oil
- Safflower oil
- Grapeseed oil
- Ricebran oil