



The MEmo



Waterloo Wellington Myalgic Encephalomyelitis Association

June 15, 2021

Have you been floxed?

In late 2016, Dr. Ghalili experienced a severe and common adverse reaction to a widely prescribed antibiotic called Cipro. On his second day of antibiotic treatment, he found himself grasping for life in excruciating pain. This was only the beginning of an onslaught of symptoms that changed his life forever. Dr. Ghalili soon suffered from complete muscle wasting, burning neuropathy, seizures, brain fog, vertigo, blurry vision, and tendon tears in his legs. His life became confined to a wheelchair, crippled and unable to walk.

Cipro belongs to a class of antibiotics called fluoroquinolones and include the following:

- ciprofloxacin (Cipro),
- gemifloxacin (Factive),
- levofloxacin (Levaquin),
- delafloxacin, (Baxdela),
- moxifloxacin (Avelox), and
- ofloxacin (Floxin).

According to a Safety Announcement issued by the FDA, July 26, 2016:

<https://www.fda.gov/media/99425/download>

"These medicines are associated with disabling and potentially permanent side effects of the tendons, muscles, joints, nerves, and central nervous system that can occur together in the same patient."

"The adverse reactions can occur within hours to weeks after starting treatment with a fluoroquinolone medicine."

There is hope as Dr. Mark Ghalili and Jason Sousa explain in this podcast (with full transcript):

<https://www.betterhealthguy.com/episode146>

The guests specifically refer to CFS, ME, FM, Lyme and autoimmune conditions during the podcast.

... continued on page 2 ...

MAY 12
is global M.E.
Awareness Day

follow
#MillionsMissing
on social media

Follow us on:



Donations to WWMEA
can be sent by using interac
to wwmea3@yahoo.ca

The MEmo is published
by the:

**Waterloo Wellington Myalgic
Encephalomyelitis Association,**

a Federally Registered Charitable Organization,
and is distributed free of charge to its members.

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.

Waterloo Wellington Myalgic
Encephalomyelitis Association
P.O. Box 20075
Pioneer Park Postal Station,
Kitchener, Ontario N2P 2B4

To Contact Us:

Email: wwmea3@yahoo.ca
Web site: <http://www.wwmea.ca/>

Membership: \$25.00 Per year.

Subscriptions- Do you have a friend or family member who you would like to be educated about M.E.? Send them a gift subscription to the MEmo. This will help keep them up-to-date with the current information and educate more people about M.E.. The cost of \$15.00 per year covers the average cost of mailing for one year.

Please send name and address along with cheque or money order made payable to:
Waterloo Wellington M.E. Assoc.

Board of Directors:

Ellen Ibele,
Cheryl Johnson,
Ken Nightingale,
John Vanderheide,
Julie van der Laan

Editors: Ken Nightingale, Ellen Ibele

Photocopying: Our thanks to:
BluMetric Environmental Inc.

... continued from page 1 ...

Also stated in the FDA Safety Announcement:

- Serious Adverse reactions of the musculoskeletal system and peripheral nervous system include:
 - Tendinitis/Tendon rupture
 - Muscle pain
 - Muscle weakness
 - Joint pain
 - Joint swelling
 - Peripheral Neuropathy
- Serious Central nervous system effects include:
 - Psychosis
 - Anxiety
 - Insomnia
 - Depression
 - Hallucinations
 - Suicidal thoughts
 - Confusion
- Other adverse reactions include:
 - Exacerbation of myasthenia gravis
 - Prolongation of the QT interval
 - Hypersensitivity reactions/anaphylaxis
 - Photosensitivity/phototoxicity
 - Blood glucose disturbances
 - Clostridium difficile-associated diarrhea

Jason Sousa is a patient advocate and editor of www.FloxieHope.com. His own health took a sharp decline six months after using a fluoroquinolone antibiotic in 2013. Today, Jason works tirelessly to help others that have been "floxed" to improve the quality of their lives and put an end to their suffering by sharing knowledge and stories of hope.

Please Note - The contents of the MEmo are ©2021 by the Waterloo Wellington Myalgic Encephalomyelitis Association or the submitting author(s). Articles may be reproduced by other not-for-profit publications as long as copyright notices are included and items are clearly attributed to the author(s).

“Floxed - I am a collateral damage from fluoroquinolone Antibiotics”

Book by Melanie Ludwinski

<https://www.amazon.ca/Floxed-collateral-damage-fluoroquinolone-Antibiotics-ebook/dp/B01NBKL9YT/>

My husband's name is Gerald and he is a collateral damage victim of fluoroquinolone antibiotics, in short, he is floxed! Until a few weeks ago, we had neither heard of the term 'floxed' nor did we know what it means, as in to be affected by severe side effects after taking the aforementioned antibiotics and to therefore become very ill. An almost unbelievable total of 39 side effects affected Gerald or are still affecting him and based on his experiences and subsequent research into his condition, this book is intended to offer both: guidance and for similarly affected people, their relatives and friends. And as a word of caution: please take these antibiotics only after very careful consideration. A note like 'please tell your Doctor or Pharmacist if you suffer from any listed side effects...' is always be included in any medication packages. Unfortunately, though, such references are apparently not taken seriously by the medical profession, nor does any advice or assistance from this side seem to exist as there is no treatment option available. Gerald, therefore, has no other option than to help himself and to share whatever information we have gleaned in this regard with others who may hopefully also benefit thereby. I'm simply going to describe Gerald's experiences he went through and explain his different methods (nutritional supplements, medication, and alternatives) he has tried, in order to become human once again. However, Gerald is not a doctor, so this book cannot and must not replace a doctor's consultation, nor should it replace a professional medical diagnosis!

“Floxie Hope: A Journey Through Fluoroquinolone Antibiotic Toxicity”

Book by Lisa Bloomquist

<https://www.amazon.ca/Floxie-Hope-Fluoroquinolone-Antibiotic-Toxicity-ebook/dp/B00VGS34A8/>

Floxie Hope: A Journey Through Fluoroquinolone Antibiotic Toxicity describes Lisa Bloomquist's journey through ciprofloxacin induced fluoroquinolone toxicity.

The devastation that fluoroquinolones can cause is described in Floxie Hope. Fluoroquinolone antibiotics, including:

- Cipro/ciprofloxacin,
- Levaquin/levofloxacin,
- Avelox/moxifloxacin,
- Floxin/ofloxacin,
- and a few others,

can cause multiple musculoskeletal and nervous system problems. Fluoroquinolone toxicity is a multi-symptom, chronic illness that devastates its victims.

The body has amazing healing abilities though, and recovery is possible. In addition to going through stories of pain caused by fluoroquinolone antibiotics, Floxie Hope goes through Lisa Bloomquist's journey of recovery.

Floxie Hope is a book of hope and healing, with lessons and tips gained in the three years that Lisa Bloomquist struggled with fluoroquinolone toxicity.

“Diagnostic Criteria: Side-effects of Fluoroquinolones”

Book by Stefan Pieper

<https://www.amazon.ca/Fluoroquinolone-Associated-Disability-FQAD-Pathogenesis-Fluoroquinolones/dp/3030741729/>

In this book, Stefan Pieper supports doctors and therapists in easily diagnosing Fluoroquinolone-Associated Disability (FQAD) and in better and more adequately dealing with FQAD patients.

Fluoroquinolones, as one of the most common and effective groups of antibiotics, are known to have a distinct spectrum of side effects. These adverse effects are rare in percentage terms, but frequent in absolute numbers due to the enormous quantities of prescriptions. Because they are usually quite severe and wide-ranging, they tend to run like a syndrome and have been classified by the FDA as a separate condition, the FQAD, because of their frequency, severity and risk of disability.

This book presents for the first time a comprehensive description and classification of the clinical picture and a proposal for a clinical diagnostic tool based on diagnostic criteria.

“Perilous Pills: Protecting Yourself from Fluoroquinolone Injury”

Book by Marilyn Beardsley Heise

<https://www.amazon.ca/Perilous-Pills-Protecting-Yourself-Fluoroquinolone/dp/1733390502/>

Do you know that you can be harmed by some commonly-prescribed antibiotics? The author found it was true when she developed severe tendonitis after taking an antibiotic called Levaquin, prescribed by her doctor for a minor sinus infection. She found it was one of a class of drugs called fluoroquinolones and that they had caused injuries and psychological damage to hundreds of thousands of patients. As a journalist, she decided to investigate. What she found were heartbreaking tales from victims who had suffered adverse effects such as rapid heartbeat, neuropathy, pain, inability to walk, nightmares, anxiety, chronic fatigue, retinal damage, aortic aneurysm, and the most common: torn Achilles tendons. The author was driven to find out why these drugs are prescribed so frequently when they can cause such damage. She uncovered a messy story of profit over safety at Big Pharma, unreliable regulation at the FDA, hospitals that gave fluoroquinolones as preventatives instead of only for bacterial infections for which they were intended, pharmacies that took shortcuts around safety warnings, and industry-influenced doctors who over-prescribed these powerful medications which can cause disability or psychological impairment for life. Here is the largely untold story about fluoroquinolones and the unnecessary harm that they have caused. It has become the author's passion to increase awareness of the risks associated with taking these drugs and to generate change in a medical community that has perpetuated this decades-long travesty.

“What You Must Know About the Hidden Dangers of Antibiotics: How the Side Effects of Six Popular Antibiotics Can Destroy Your Health”

Book by Dr. Jay S. Cohen

[https://www.amazon.ca/What-About-
Hidden-Dangers-
Antibiotics/dp/0757004695/](https://www.amazon.ca/What-About-Hidden-Dangers-Antibiotics/dp/0757004695/)

While the news about taking too many antibiotics is now common knowledge, there is another underlying danger that the public is not aware of. As beneficial as this class of drugs are, there is a widely prescribed family of antibiotics that is highly destructive. Called fluoroquinolones, they are better known under the names Cipro and Levaquin (as well as four others). ***What You Must Know About the Hidden Dangers of Antibiotics***, has two main goals.

The first is to expose the truly destructive capability of these drugs to cause serious, sometimes long term and permanent injuries. The capacity of these drugs for such damage has been attested to by the government's own watchdog agency, the FDA. Hundreds of patients, many of whom are quoted in this book, have confirmed their long-lasting injuries to the book's author, Dr. Jay Cohen, while many hundreds more have been ignored or dismissed by their own physicians. As this book will show, being brushed off and dismissed as simple side effects essentially allows these manufactures to hide these problems from public view.

The second goal of this book is to provide other safer and effective remedies, solutions, and considerations that may help end the suffering experienced by patients suffering from these dangerous side effects that can affect many human systems

including the musculoskeletal, nervous, psychiatric, gastrointestinal, and others. To do this we explain how these dangerous antibiotics work, and particularly how they injure. By understanding the underlying problems, the alternatives offered in this book can help people potentially reduce their pain reduction, clear up persistent antibiotic-based health issues, and just as important, give them hope.

Because so many doctors do not carefully read the FDA's dire warnings about the risks these specific antibiotics pose, there is likely little patients will know why they are having such serious reactions. With ***What You Must Know About the Hidden Dangers of Antibiotics***, they may have the answer they are looking for.

“Ciprofloxacin: Medicine That Almost Took My Life”

Book by Perry D. Snyder

[https://www.amazon.ca/Ciprofloxacin-
Medicine-That-Almost-
Took/dp/1500320455/](https://www.amazon.ca/Ciprofloxacin-Medicine-That-Almost-Took/dp/1500320455/)

This is a book based on what I suffered as a result of being prescribed Ciprofloxacin for a simple gallbladder infection. This antibiotic is a dangerous poison along with others in it's class. Not only does it cause nerve pain and tendons to rupture, it can also cause chemical hepatitis. The latter is what I got. I also ended up having a severe case of pancreatitis that I wasn't supposed to have lived through.

Dr. Pran Yoganathan on Gut Health & Chronic Disease

Podcast:

<https://www.peak-human.com/post/dr-pran-yoganathan-on-gut-health-chronic-disease-human-gut-evolution-and-plant-vs-animal-food>

Dr. Pran Yoganathan is a Gastroenterologist and Gastrointestinal endoscopist based in Sydney. He aims to empower his patients to embark on a journey of self-healing using the philosophy of “let food be thy medicine”.

Dr. Pran has a special interest in conditions such as Gastro-oesophageal Reflux (GORD or GERD), Irritable Bowel Syndrome (IBS) and abdominal bloating. He takes a very thorough approach to resolve these issues using dietary manipulation in conjunction with an accredited highly qualified dietician rather than resorting to long-term medications.

We talk about many of the main chronic diseases we face today on the worldwide scale and how gut health and your diet contribute to these. Anyone with a stomach and/or who eats food should find interest in this episode. Hopefully both. We talk about animal vs. plant based diets, meat and cancer, how the human gut evolved, the necessity (or lack thereof) of fiber, protein amount, meal timing, GERD and heartburn, gout, and much more.

“The Inflammation Spectrum: Find Your Food Triggers and Reset Your System”

Book by Dr. Will Cole

<https://www.amazon.ca/Inflammation-Spectrum-Triggers-Reset-System/dp/0735220085/>

Podcast:

<https://drwillcole.com/podcast/microbiome-masterclass-healthy-guts-histamine-intolerance-candida-sibo-fodmaps-food-sensitivities>

In this exciting episode, leading functional medicine expert Dr. Will Cole discusses all things gut health. The importance of a healthy gut microbiome cannot be overstated and many lifestyle behaviors, toxic exposures, and dietary choices can compromise gut health, and that can lead to many downstream health issues such as autoimmune conditions, anxiety, depression, skin health, fatigue, thyroid and other hormone problems and more.

The trillions of microbes in your gut are the manufacturers and managers of how you look, feel, and think.

Researchers are discovering just how much it regulates just about every system of your body and in this episode Dr. Will Cole goes over everything you need to know about microbiome health to help guide you on your gut health journey!

The age-old Hippocratic saying goes, “All disease begins in the gut,” so let’s dive in and discuss the vastness of the microbiome to unlock your best health yet.

“The Harmful Effects of Glyphosate - and How to Reduce Them”

by Chris Kresser, M.S.

Podcast (with full transcript):

<https://chriskresser.com/the-harmful-effects-of-glyphosate-and-how-to-reduce-them/>

Glyphosate is the world’s most widely used herbicide and one of the most dangerous toxins that we’re exposed to. About 300 million pounds of glyphosate and [glyphosate-based herbicides] (GBHs) are used in the [United States] annually, with about 90 percent of that on farm fields, and the remaining 10 percent spread between non-agricultural uses like lawns, gardens, golf courses, parks, and, yes, even playgrounds.

This episode of Revolution Health Radio is a special Q&A all about glyphosate research. We’ll cover the most recent scientific studies; the harmful effects glyphosate has on human health, from cancer to immune dysfunction, endocrine disruption, oxidative stress, and reproductive harms; and lastly, how to reduce your exposure to glyphosate and mitigate some of the impacts.

In this episode, we discuss:

- Background on glyphosate
- Why there is controversy over glyphosate’s toxicity
- The research behind glyphosate causing cancer
- Five additional harms of glyphosate
- How to reduce your exposure to glyphosate

Leaky Gut, Endotoxemia, Inflammation and Microbiome Reconditioning with Kiran Krishnan

Podcast:

https://www.youtube.com/watch?v=AFI_8TsElkq

When things fall out of order, get to the source. That’s the place to start, says microbiologist Kiran Krishnan as he explains about the microbiome as a whole and its critical role in the overall conditioning of the body. He shares how a leaky gut can enforce damage to the microbiome, the toxins that can cause the damage, and how you can recondition and repair from within. Find out the foods you can add to your diet as the best probiotics that are great for microbiome support.

“Guarding and protecting the body is an understated function of the microbiome. It guards what enters our body and how our immune system responds to everything it is exposed to.” - Kiran Krishnan

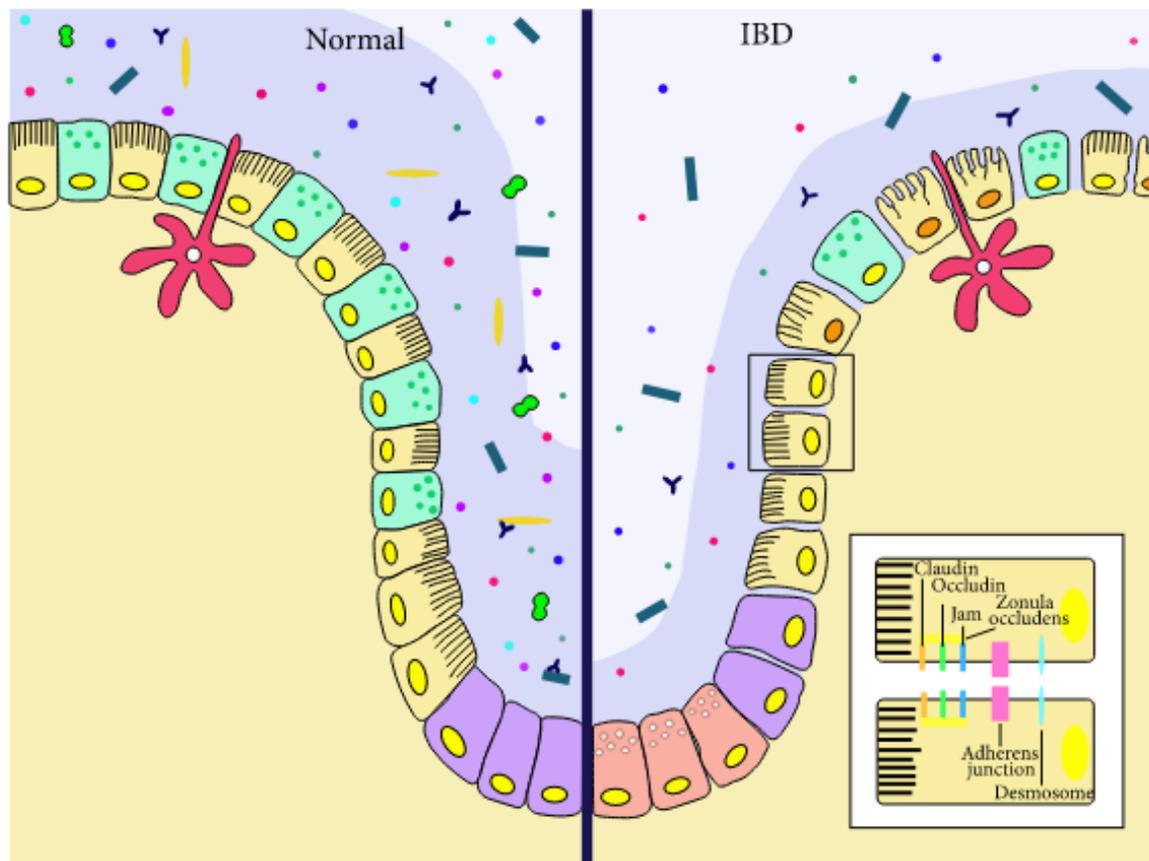
In This Episode:

- Your digestive tract’s role as the perfect gatekeeper to determine what gets inside our bodies and what you want it to keep out.
- How good a healthy gut looks and feels versus a dysfunctional microbiome that can lead to aggravating inflammation and a leaky gut.
- Stop endotoxemia BEFORE it begins, by learning where these toxins come from and why it’s critical to remove them BEFORE they leak into your blood
- The key compound that feeds bacteria, potentially generating the root cause of many chronic illnesses when the gut becomes leaky, and
- How to build bacterial diversity

Therapy of Leaky Gut

Figure 1

Components of the mucosal barrier in healthy gut (left) and inflammatory bowel disease (IBD) (right). For explanations see text. The basic structure of tight junctions and other junctional complexes are shown in the bottom-right box. JAM: junctional adhesion molecules.



- Mucus
- Stem cell
- Paneth cell
- Enterocyte
- Goblet cell
- ✿ Dendritic cell
- / Bacteria
- Defensins
- Y Secretory IgA
- ☞ Apoptotic enterocyte