

Chronic fatigue often misdiagnosed Lyme: is Samento an answer?

An informal study conducted by the American Lyme Disease Alliance (ALDA), found that most patients diagnosed with Chronic Fatigue Syndrome (CFS) were actually suffering from Lyme disease.

Out of a group of CFS 31 patients, 28 were found to be ill as a result of Lyme. One patient was determined to have an unrelated illness (brain aneurysm). Only two patients in the study (6.3%) were suffering from CFS.

All 31 patients had previously been tested for Lyme with negative results. After repeat testing during the study, a minority did test positive; however, because of known inaccuracy of the Elisa and Western Blot tests, the study was based on response to antibiotics.

In those who responded to antibiotic treatment, almost 10% were cured or experienced a remission. More than 15% were able to return to school or work. The

others who did not still were able to perform more tasks and felt better overall. All felt they would continue to improve as long as the treatment was extended, though many had doubts as to whether they would ever be cured.

About 150 people diagnosed with CFS were asked to participate in this study. Many declined. The most common reason given by those who declined was that they trusted in the ability of their doctors to make a correct diagnosis.

Katrina Tang, MD, HMD, founder and Director of Research at the Sierra Integrative Medicine Clinic in Reno, Nevada, states that Lyme disease eludes many doctors because of its ability to mimic many other diseases.

Dr Paul Fink, past president of the American Psychiatric Association, has acknowledged that Lyme disease can contribute to every psychiatric disorder in the Diagnostic Symptoms Manual IV (DSM-IV). Lyme borreliosis causes, mimics, is manifested as, is misdiagnosed as or is a contributing factor to perhaps as many as 300 conditions. These have been identified in a list compiled by a search of published scientific literature, and available on the Net. The list includes some of the most devastating conditions. The California Lyme Disease Association (CALDA) comments: "Lyme disease is called the "Great Imitator". Cases of Lyme disease, it says, "have been misdiagnosed as multiple sclerosis (MS), chronic fatigue immune deficiency (CFIDS), amyotrophic lateral sclerosis (ALS), lupus, Alzheimer's disease, Parkinson's disease, and other neurodegenerative syndromes".

New test

Dr Jo Anne Whitaker, MD, a Lyme disease sufferer since childhood, has developed a new test that reliably identifies the presence of the *Borrelia burgdorferi* spirochete. Using her test, she reports that a high proportion of patients with Parkinson's Disease (PD) has tested positive for Bb.

Similarly, Dr Luis Romero, MD, PhD, president of Humanitas Research Institute, has reported three patients that had been diagnosed with Parkinson's Disease years ago to be 99% reversed using Pentacyclic Alkaloid Chemotype *Uncaria tomentosa*,

aka TOA-Free Cat's Claw, which is marketed as Samento in the UK by Rio Trading Company.

Romero is one of the authors of an 8-month pilot study pilot study in which 28 patients suffering from advanced chronic Lyme borreliosis were successfully treated with Samento. All the patients tested positive using the Western Blot blood test for *Borrelia burgdorferi*. The control group was treated with antibiotics, and at the end of the study, from 14 patients in the group, 3 improved slightly, 3 got worse and the rest remained with no change in their clinical condition. In the experimental group treated with Samento, 85% tested negative for *Borrelia burgdorferi*, and all the patients experienced improvement. (Unpublished report, "Study Shows Pentacyclic Alkaloid Chemotype *Uncaria tomentosa* to be Effective In Treating Chronic Lyme Disease (Lyme Borreliosis)" by Cowden, Moayad, Vandergriff, Romero and Ivanova.).

Several reports on *Uncaria tomentosa* have focused on the oxindole alkaloids found in the plant. Recent studies show that tetracyclic oxindole alkaloids (TOAs) significantly inhibit or even cancel out the advantages of the pentacyclic oxindole alkaloids (POAs). It has also been reported that Cat's Claw plants can contain up to 80% TOAs, and even 1% TOAs can inhibit the POAs by 30%. Samento is guaranteed 100% free of tetracyclic oxindole alkaloids, (TOAs). It is a standardised herb containing a minimum of 0.5% pentacyclic oxindole alkaloids (POAs).

• "Samento: the answer for CFS sufferers?" was the title of an international conference held in Brighton last month. Presentations will be available online; the website already contains links to a complete "science library" on Samento. See www.samento.com.ec/samcon For information on using Samento, recommended dosages and dealing with patients experiencing die-off (Herxheimer) reactions, see www.samento-faq.eu.kz

• Sources
Howenstine J, New Ideas About The Cause, Spread and Therapy of Lyme Disease. Townsend Letter for Doctors and Patients, July 2004.
CALDA: www.lymedisease.org
Dr Jo Anne Whitaker is director of research at Bowen Research and Training Institute in Florida. www.bowen.org
Centers for Disease Control Lyme disease "home page": www.cdc.gov/ncidod/dvbid/lyme/
NutraNews, provided by Rio Health.

Lyme is in the air

No, the spirochete bacterium responsible for triggering Lyme borreliosis hasn't gone airborne, but the ticks that carry it certainly have.

Physicians who thought their patients couldn't possibly be victims of Lyme disease unless they had been in woodlands with populations of deer - and in the UK that meant the forests of Scotland and the New Forest in the south of England - are now having to think again. *Borrelia burgdorferi* is being found in patients who have never been near a forest, and can't remember having been bitten by a tick and getting the "bull's eye" rash once the characteristic of Lyme. Research has found the ticks in seabirds, European Blackbirds and American robins. Microbiologist Dr Lida Mattman, the expert on stealth pathogens, is said to have recovered *Bb* spirochetes from mosquitos, fleas, mites, blood, semen and urine, opening the possibility that Lyme disease might be spread by human to human contact. After publishing her opinion that it was becoming impossible to find people who would test negative to act as controls, her laboratory was closed by the Michigan state attorney.

Mushrooms and barley boost immunity, fight fatigue

Beta-glucans are a class of immune stimulating polysaccharides that appear as soluble fibre in certain foods such as oats, barley and yeast. More recently, they have found in and extracted from mushrooms such as Lentinan, Grifola, Coriolus and Shiitake.

Scientists have established that Lentinan beta-glucans in particular stimulates cells such as macrophages, monocytes, neutrophils, NK (natural killer) cells and LAK (lymphokine-activated killer) cells. Stimulation of these cells by lentinan may release a number of different cytokines, including TNF (tumour necrosis factor)-alpha, IL (interleukin)-1, IL-2 and IL-6; lentinan may also stimulate the production of nitric oxide (NO) in macrophages. These effects may result in antimicrobial and tumouricidal activities (1,2).

In addition to mushrooms, a new "activated" barley has recently been launched in a variety of forms from powder to whole flakes; its manufacturing process increases Beta-glucan content by 77%-94% according to tests by AnalyCen in Sweden (3).

Another mushroom, Cordyceps, has helped elderly patients with fatigue. In clinical studies in China, patients reported significant improvements in their level of fatigue, ability to tolerate cold temperatures, memory and cognitive capacity and sex drive. The efficacy rate for cordyceps in alleviating fatigue in elderly subjects was 80-90%. (4)

Supplementwatch.com reports that a study presented at the American College of Sports Medicine meeting in 1999 showed that a cordyceps-based supplement significantly increases maximal oxygen uptake and anaerobic threshold, which may lead to improved exercise capacity and resistance to fatigue. (5)

1. Myco-Polysaccharides. www.pdrhealth.com (Sept 2004).
2. Activated Barley: www.essentialfood.co.uk
3. Zhu JS et al. The scientific rediscovery of an ancient Chinese herbal medicine: Cordyceps sinensis: part I. J Alt Compt Med. 1998 Fall;4(3):289-303. part II. Winter;4(4):429-57.
4. www.supplementwatch.com (Sept 2004).
5. Mushroom products and research news available from www.mycologyresearch.com; Mycology Research Laboratories Ltd, fax: 01482-667-859, email: info@mycologyresearch.com,

Creatine helps energy production in CFS patients

A Temple University researcher seeking physiological evidence of chronic fatigue syndrome has found a link between creatine and metabolic energy.

While previous studies have evaluated the link between creatine and mitochondria in animals and human muscle samples, this was the first lab to run the tests on patients.

"We found that creatine affects mitochondria - the parts of the cells that produce energy for all biological functioning - in normal human subjects. Now that we have established this baseline evidence, we are looking at the link between creatine and energy production in CFS patients," said lead author Dr Sinclair Smith, ScD, assistant professor of occupational therapy.

Creatine, thought to build muscle and improve performance, is a popular over-the-counter supplement used by athletes. Smith and his colleagues wondered if creatine could also be used to help relieve the extreme physical and mental fatigue that strikes CFS sufferers. "Many physicians still don't believe that CFS exists, making it important to investigate possible physiologic differences and to determine if we can impact metabolic function in CFS patients," explained Smith.

"In addition to improving muscle metabolic function, recent studies show that creatine supplementation may improve nervous system function as well. Given that cognitive fatigue is a frequent symptom of CFS, we thought that creatine may enhance both muscle and neural metabolic status in people with CFS," said Smith.

The researchers analysed the effect of naturally -produced and supplemental creatine on the rate of muscle metabolism using non-invasive magnetic resonance imaging (MRI) techniques during exercise and rest.

- Smith SA et al. "Use of phosphocreatine kinetics to determine the influence of creatine on muscle mitochondrial respiration: an in vivo 31P-MRS study of oral creatine ingestion." J Appl Physiol 2004, 96(6): 2288-92.

Know your Oregano facts

Retailers and their staff are invited to meet Dr Cass Ingram, the world's leading expert on wild Oregano, on Stand 144 at The Natural Trade Show Harrogate, and learn about the many uses of this ancient herb and the benefits it can have in helping your business. Tigon has the finest natural wild edible herb and spice oils (juniper, cinnamon, sage, cumin etc.) which have benefited mankind down through the ages, guaranteed free of chemicals and produced under a sustainable and ecological programme. A full support package and numerous books providing knowledge are available. Contact Tigon on 0116 235 5020.



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Let there be light

Seasonal Affective Disorder (S.A.D.)

can affect people of any age. Symptoms can include: feelings of lethargy, sadness, anxiety not wanting to socialise and cravings for carbohydrates. Research shows that light therapy is the best non-drug treatment.

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