

Solve ME/CFS Initiative

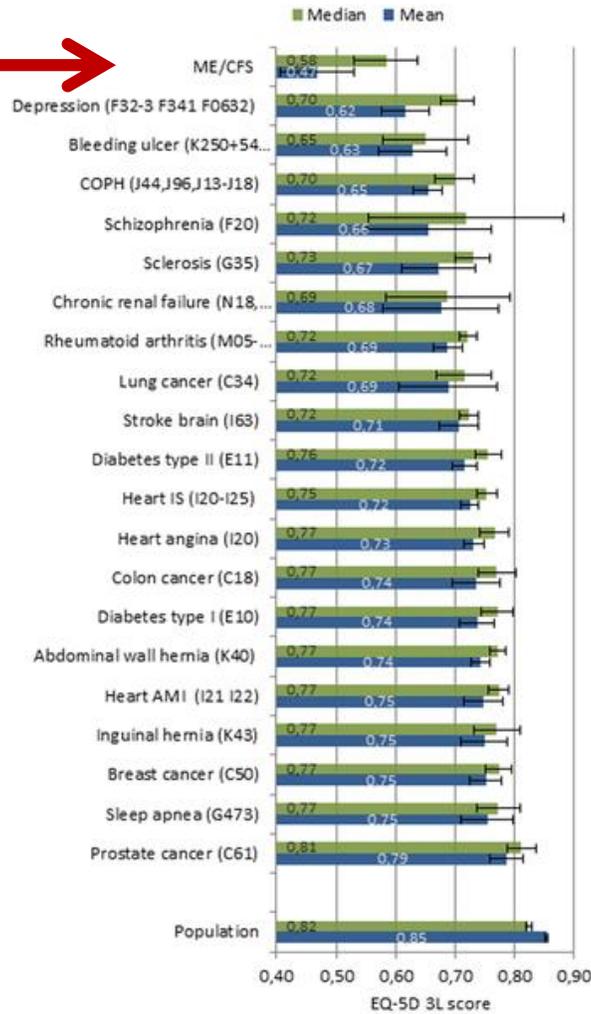
THE NO SPIN ZONE





No Spin Zone

You look normal!



Quality of Life for Patients with ME/CFS ranks the lowest when compared to other devastating diseases

Falk Hvidberg M, Brinth LS, Olesen AV, Petersen KD, Ehlers L (2015) The Health-Related Quality of Life for Patients with Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS). PLoS ONE 10(7): e0132421. doi:10.1371/journal.pone.0132421
<http://journals.plos.org/plosone/article?id=info:doi/10.1371/journal.pone.0132421>

EQ-5D scores



No Spin Zone

This is caused by Depression or Anxiety

The opposite

Depression/Anxiety

- 1- HYPER-cortisolism
- 2- Enlarged adrenal glands
- 2- Reduced serotonin
- 3- Anhedonia, guilt, lack of motivation
- 4- Exercise improves states in depression



ME/CFS

- 1- HYPO-cortisolim
- 2- Reduced in size and function
- 2- Abnormal increase in serotonin!
- 3- The opposite lack of energy not interest
- 4- Exercise (if possible) causes PEM/crash

Depression/Anxiety are the most common emotional responses to medical illnesses



Your blood test came back normal!

Differences in Blood using high tech analysis (2016/2015)

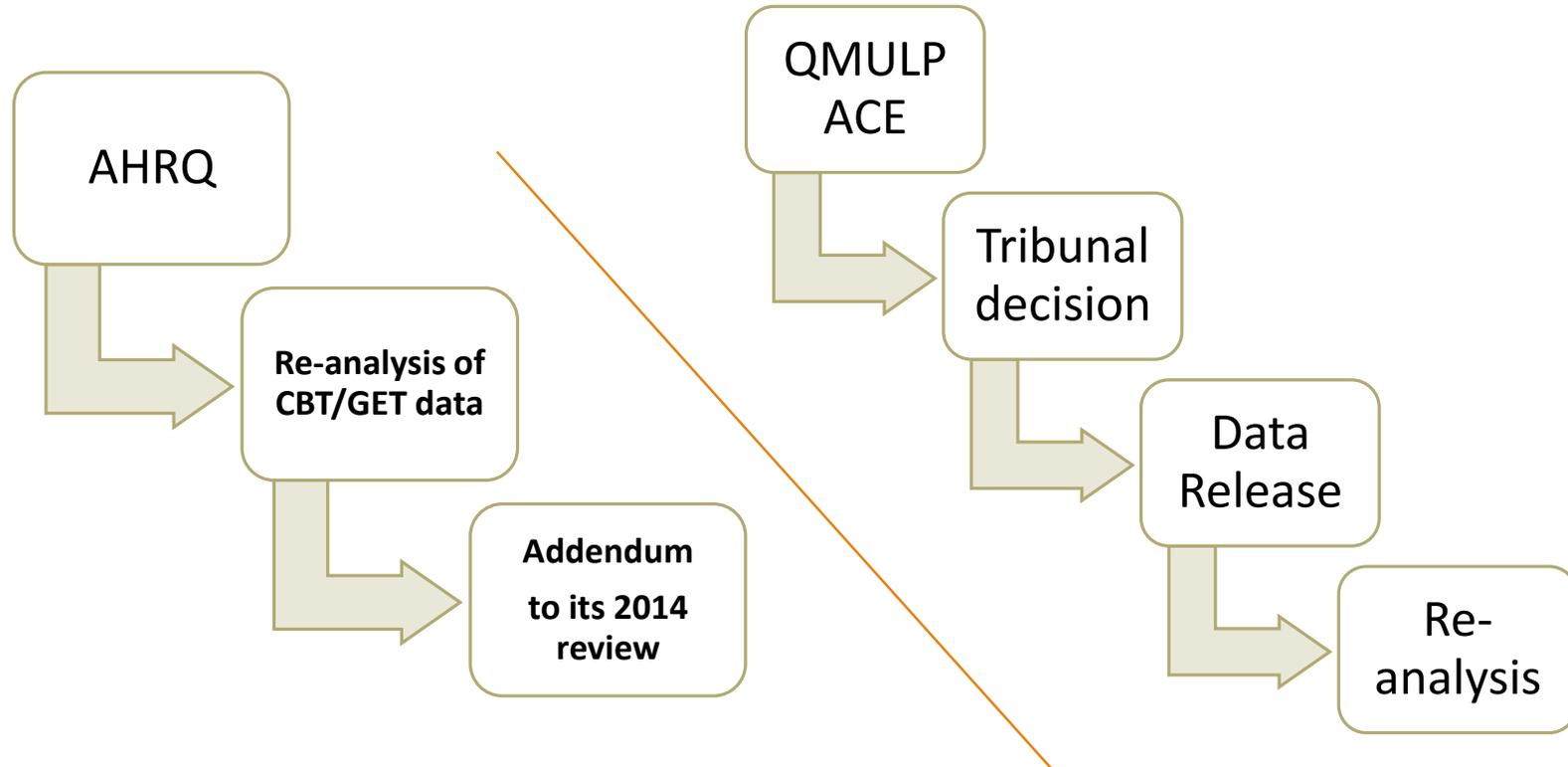
- 1- **Nuclear Magnetic Resonance:** metabolic signature (*2015 Metabolomics, Armstrong et al*)
 - 2- **Mass Spectrometry:** metabolic signatures (*2015 PNAS, Naviaux et al*)
 - 2- **Immune-profiling:** distinct signatures (*2015 Science Adv., Hornig et al*)
 - 3- **High-tech sequencing:** Abnormal pathogenic features (*2016 Microbiome, Giotteaux et al*)
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What you measured in my blood came back normal



No Spin Zone

CBT and GET help!?!?



US government agencies lowering the “credit rating” of CBT and GET in ME/CFS