

# Case Histories

## Case History – Anxiety & Unreality Resolved with NT

<b>Gender, Age, Occupation, Nationality, height and weight.</b>	<p>Mrs. F.M. is a 46 yr old UK National mother of 2 teenage children aged 17 and 16, with a job as a teacher. She is 5ft 6 tall and weighs 10 stone 4.</p>
<b>Presenting complaint – list and duration</b>	<p>Mrs. F.M. had been suffering from anxiety and sensations of unreality for 20 years.</p> <p>She had been a high achieving student and worked in a high powered financial job after university. She had never taken drugs of any kind up until the time she fell ill. She married in her early twenties and had children quite young. However, before the children, she reported she suffered from a bout of flu and had never been the same since.</p> <p>Very soon after the 'flu', which lasted for 2 months, she suffered from anxiety and sensations of 'spaciness and unreality' – her descriptions. She felt detached from the real world, lost her ability to concentrate and had panic attacks. She had to give up her high status job in order to regain her health but progressively worsened. She struggled to function at times, with insomnia, memory loss and felt that the past 20 years had been a blur. She described feeling depersonalised, depressed, suffered from painful joints and feelings of unsteadiness. She said that having her two children also felt a little unreal and it was a struggle every single day.</p> <p>On the outside, she looked completely normal but the one physical sign she experienced was first thing in the morning; she had a very stiff and painful neck and swollen right wrist and elbow. After about 40-50 minutes of being up and about, however, it always disappeared. She told me that her feelings of anxiety and so on were definitely worse when she had the inflammation present, and it reduced when it disappeared.</p> <p>She had tried many interventions, including; psychiatry, psychologists, anti-depressant and –anxiety drugs, meditation, dietary change, many different supplements, self-medication, NLP and hypnosis.</p> <p>Whenever she tried something new she generally had a benefit for 5 days (possibly a placebo effect) but then they vanished and she returned to her usual state of detached spaciness and anxiety.</p>
<b>Any Investigations</b>	<p>She had undertaken many, many different tests including blood tests via the doctors, vitamin, mineral, food intolerance tests and saliva cortisol testing and stool testing, and thyroid testing too. She had read avidly on the subject and had nearly driven herself and her long-suffering husband and children crazy with the search for what was wrong with her. Fundamentally, she believed that there was a metabolic reason for the way she felt as opposed to it being</p>

entirely in her head.

For this reason, she acknowledged the physical signs as they reminded her it could not be entirely in her own head. She experienced this physical pain on average about 3 to 4 times a week.

The 5 days or so of benefits occurred with taking supplements, drugs, avoiding foods to which she was intolerant and so on.

## Strategy

Given that she had tried so many interventions in the past it was not easy to establish what changes she should make.

Her diet was better than average, but she did drink 5 pints of milk a week. She had in the past avoided all dairy products and it had made no difference at all. Otherwise, there were no obvious candidates for change.

I decided to focus on the swollen wrist and elbow and neck, and hypothesised that the flu (viral load) she had experienced 20 years ago initiated some sort of 'auto-immune' inflammatory process which had continued unabated, in the same way that Chronic Fatigue Syndrome is a self-perpetuating vicious cycle.

Based on this hypothesis, I opted to choose anti-inflammatory supplements and those recommended by Marty Pall PhD.

## Diet & Supplements: name and dose

I made no recommendations for change in her diet – she really had instigated many, many different trials and avoidances and there was nothing other than the milk that I suspected that would have been pro-inflammatory.

What I did recommend was a potent dose of anti-inflammatory supplements together with 3 of the CFS specific supplements.

### Supplement Programme designed to counter inflammation & correct the NO / ONOO Cycle

Product	Dosage
<i>Natural Anti-Inflammatory</i>	
<b>Kapparest (BR)</b>	3 at each meal
<i>Antioxidant for CFS</i>	
<b>Co Q Gamma E (AR)</b>	1 at breakfast & dinner
<i>Antioxidant for CFS</i>	
<b>NAC Enhanced Antiox (AR)</b>	1 mid morning, 1 mid afternoon
<i>Antioxidant for CFS</i>	
<b>Fibroboost (AR)</b>	2 before breakfast & lunch

**Kapparest** – a mix of 9 plant extracts designed to inhibit NFkB and other pro-inflammatory cytokines.

**Co Q Gamma E** – a mix of the fat soluble antioxidants with a good level of gamma tocopherol and delta tocotrienols.

**NAC Enhanced Antiox** – NAC with TMG, ALA and RNA.

**Fibroboost** – extract of E. Cava a seaweed derived extract with a long time related antioxidant benefit, which has also undergone extensive investigation.

F.M. had not been aware of the NO / ONOO theory of CFS / FM and had therefore not tried this particular approach. In my experience with those with CFS / FM, Dr Pall's suggestions had virtually always resulted in clinical progress and with the correct combination had always resulted in improvements for the patients over time, not just for the first five days.

This programme also included the potent anti-inflammatory combination Kapparest, which has helped some patients wean themselves off steroids (with their Dr's permission).

## Duration

F.M. followed the supplements for 4 weeks and then reported back to me. We agreed that she would remain sceptical in order to downplay any possibility of placebo, and also because we had no certainty that this was going to be effective, not knowing the cause of her loss of health.

She made diary notes every other day or so to chart what happened to her.

We met again after the first 4 weeks to review what had happened, and then again after 9 weeks, with a telephone conversation after 7 weeks.

## Outcome

F.M. told me that she had experienced much less of the physical pain - noticeable within 14 days. She even had days of clear-headedness for the first time in years and had wept as a consequence, and this too was within the first two weeks.

Her anxiety had markedly improved by the fourth week. Her energy improved, Her sleep improved. Her sense of reality was also improved but this dropped away and then resumed and was not consistent.

By the fourth week, her family had confirmed to her that this time she truly had made improvements and they were sustained.

She now wanted to know more about the NO / ONOO cycle, but at the same time she could not quite believe that this was happening to her – that she might possibly recover and be well again.

I recommended she continue with the same programme except for one change and that was to change the NAC Enhanced Antiox with FlaviNOx (AR), which is another of Dr Pall's antioxidants. I find that rotating the products can often

result in further improvements. The dose of this was 2 with each meal.

- AR – FlaviNOx – 2 with each meal

When we met after 9 weeks, she had reached a plateau in her health but this was an estimated 60% better overall than when she had met me at first, and was considerably improved on anything she had tried over the past 20 years.

Within this improvement, she told me that her swollen wrist and elbow and neck were 80% better, her sense of unreality was about 70% better, but her overall energy was 50% better, and her sleep was about 50-55% better.

There may well be a need to support her cortisol levels too (they tested low), as well as her thyroid which can both be involved in perpetuating the NO / ONOO cycle. We are now in the process of supporting these aspects of her health in the form of these supplements.

- Dr W – Adrenal Rebuilder – 2 with breakfast & 2 with lunch
- BR – GTA Forte II – 2 with breakfast, 1 with lunch

## Comments

We are not sure if we have found the palliative answer for F.M.'s 20 year health problems, but it does look possible.

Yet again, the use of Dr Pall's theory and application of remedies he has taught practitioners to use to address the oxidative vicious cycle of the NO / ONOO pathways has produced very positive results. We have yet to learn if further improvements can be made with the adrenal and thyroid support.

We also have no firm idea whether these supplements will need to be taken in the long term in order to maintain these benefits, but this is also possible.

The theory that an infection all those years ago initiated the vicious cycle (NO / ONOO) that led to increased cytokine production and in turn disrupted cognitive function would appear plausible at this time. The longer her improvements persist, the more confident we can be of this.

The attendance of post graduate seminars, in this case a Nutri-Link event, has proven its worth. Dr Pall is the only scientist to have identified a key mechanism underlying CFS / FM, and a number of other conditions, and been able to prove what can correct it. Please view 5 articles on our website about the [NO / ONOO cycle](#).

This information has thus far been and promises to be life-changing for my patient F.M. and extremely satisfying for myself.

## Practitioner

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