

Case Histories

Case History – Fibroboost (E. Cava Extract) Rapidly Improves Long-Term CFIDS / FM sufferer

Gender, Age, Occupation, Nationality, height and weight.	<p>Example: Mr. N.W. is a 33 year old Asian man living in the UK. Since 1997, N.W. has been in poor health with a wide array of symptoms matching those of Chronic Fatigue Syndrome, plus anxiety. N.W. has been unable to work for 13 years as a result. He is 5ft 4 tall and weighs 9 stone 6 (162 cm, 60 kg).</p>
Presenting complaint – list and duration	<p>N.W. came to live in England at the age of 15 in 1991. He was fit & well. However, in 1997 N.W. contracted an unknown infection and took antibiotics. He experienced fatigue, muscle stiffness and anxiety. He has never been the same since. In 1999 N.W. began to have allergies & itching, & in 2001 a cough started and his sleep worsened. He also has a need to urinate frequently and has an excess discharge of prostatic fluid. For the past 9 years, N.W. has been seeking relief from his symptoms from a variety of practitioners (chiropractor, homeopath, etc) who provide palliative help.</p>
Any Investigations	<p>N.W. has had a variety of medical tests (all clear) and Functional Lab Tests. In 2006 an ASI showed his cortisol output lacked its proper rhythm, with high levels in the day and low levels morning and night-time. In 2007, imbalanced gut flora was identified. In 2009, Thyroid testing revealed high FT4 & thyroid antibodies, and IgG food intolerance testing revealed some foods to which he reacted. He received sound treatment for these imbalances but this did not result in any real or lasting improvements. A common pattern was that he benefited at first from almost every new programme of supplements or change in diet, but the benefits never lasted.</p> <p>Although there is no formal test for it, N.W.'s symptoms overlapped with Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FM). N.W. had visited a practitioner at least twice a month, on average for the past decade, so it has been a relatively expensive process for N.W. not to say frustrating.</p>
Strategy	<p>Since N.W. had already taken supplements for years to address his digestive, endocrine and nervous systems and still had not experienced tangible, sustained benefits, there needed to be a different focus. The onset of his poor health was triggered by an infection, followed by antibiotics. This is consistent with the typical onset of CFS / FM. In order to address what may be the underlying cellular imbalance, supplements designed to treat peroxynitrite and nitric oxide imbalances as described by Dr Marty Pall were recommended. N.W. took these 2 supplements in addition to his existing supplements.</p>
Diet & Supplements: name and dose	<p>N.W. had, like many patients who have been unwell for some time, already identified the most suitable diet for himself with the help of other practitioners' advice and the food intolerance testing. The diet on which N.W. felt least unwell was one that consisted of eating regularly and consisted mostly of oats, chicken, fish, brown rice, lentils, raw vegetables and salad. He ate no wheat, rye, dairy products, sugar, alcohol, nor caffeine.</p> <p>In addition to the Silver Cream for his skin, liquid ionic zinc, cranberry extract, herbs</p>

<p>Duration</p>	<p>for the kidneys, and iodine, the two additional supplements recommended were:</p> <p>Allergy Research – Fibroboost (E. Cava extract) – 2 caps 20 minutes before each meal (400 mg per caps)</p> <p>Allergy Research – NAC Enhanced Antioxidant Formula – 1 at breakfast & dinner (this contains NAC, TMG, Lipoic Acid & RNA).</p> <p>N.W. was due to follow the recommendations for 4 weeks and then report back. However, due to Christmas the follow up appointment was 6 weeks later.</p>
<p>Outcome</p>	<p>After three days of taking the new supplements, specifically geared to address the “NO-ONOO Cycle”, N.W. felt improvements. He had made no changes to his diet and his life had been the same in every other regard. His cough & sore throat improved by 50-60% in 2-3 days, his itching skin by 80-90% within a week, his energy by 60%, and it was consistent. His sleep was slightly better. He had 60-70% less prostate / bladder irritation and his prostatic fluid was 80% less. The anxiety, which had been one of the most troubling of all of symptoms, was 50% better within 2 weeks. The one major symptom that had not been impacted was his muscle aches & pains & cramps.</p> <p>The benefits occurred very rapidly, and instead of being transient, as other improvements had been over the years, these persisted every day for the 6 week period between appointments. N.W. was understandably very pleased, and reported never having had such a wide array of improvements in such a short period of time whilst doing so little different.</p> <p>His existing programme is focusing more on the aches and pains using NattoKinase to help with blood flow and I am looking forward to learning of his progress.</p>
<p>Comments</p>	<p>N.W.’s CFS / FM condition plus other curious symptoms have been significantly impacted by the E. Cava extract and NAC Enhanced Antioxidant Formula. E. Cava has had \$30 million spent on its research and has been shown to reduce the symptoms of CFS / FM, amongst other benefits. We have yet to see whether NattoKinase can alleviate the aches and pains.</p> <p>It was because N.W. had seen so many other experienced practitioners who had made very sound recommendations to him, that a different tack was needed. Dr. Pall’s CFS / FM model appeared to fit N.W.’s profile.</p> <p>This is not the first time that E. Cava has brought notable benefits to patients with CFS / FM and for many it offers a lifeline. It is very interesting how diverse symptoms such as prostatic fluid discharge and itching, along with the more straightforward fatigue and sleep pattern, improved, and highlights the potential impact in the body of an imbalance in the NO-ONOO Cycle.</p> <p>N.B. Dr. Marty Pall is visiting the UK again on Friday, April 16th, 2010, at the RSM, – it is well worth taking the time out to attend this CPD seminar and learn from this Professor of Biomedical Sciences. Click here for more info.</p>
<p>Practitioner</p>	<p>Antony Haynes, BA(Hons), Dip ION, mBANT, NTCC is a Nutritional Therapist working in W1, London.</p>