

Integrative Solutions For ME/CFS Treatment Seminar

Clinical nutritionist, Blake Graham, B.Sc (Honours) will be giving a presentation on effective treatments for ME/CFS. The talk will cover a wide range of treatment considerations as listed below.

<u>ME/CFS treatment protocol</u>	<u>Laboratory testing options</u>
BASICS / LIFESTYLE	
i. Pacing	i. Home electromagnetic field (EMF) measurements.
ii. Sleep optimisation	ii. Home mould testing.
iii. Nutrient rich/unrefined/anti-inflammatory diet	iii. Blood carbon monoxide.
iv. Environmental remediation	
v. Address stress/emotional issues	
vi. Gentle movement as tolerated	
NUTRIENT OPTIMIZATION	
i. Nutrient supplementation	i. 24 hour urine iodine loading test.
	ii. Vitamin D.
	iii. Iron studies.
GASTROINTESTINAL HEALTH	
ii. Treatment of pathogenic intestinal parasites, bacteria & yeast	i. Microbial ecology profile stool test (parasitology, yeast, bacteria).
iii. Increase levels of healthy flora.	ii. Helicobacter pylori breath test.
iv. Remove food allergens/intolerances.	iii. Elimination/provocation testing for food allergies/intolerances.
v. Treat malabsorption.	iv. IgG food intolerance testing.
TOXICOLOGY	
i. Improve detoxication pathways	i. DMSA/glycine provoked urine heavy metals.
iii. Heavy metal and chemical detoxification	ii. MELISA metal sensitivity test.
	iii. Functional liver detoxification profile.
IMMUNE / INFECTIONS	
i. Treat chronic viral/bacterial infections	
ii. Treat focal infections (e.g. sinus/dental)	
iii. Improve immune function	

When: Saturday the 16th of May, 2009
Enrolment from 3:40 PM for a 4:00 PM start

Where: Mary MacKillop Centre
16 York St, South Perth, Western Australia

Cost: \$20 per person

RSVP: Please reserve places by leaving a message at (08) 9487 7409
or emailing info@nutritional-healing.com.au

Clinical nutritionist Blake Graham is a passionate specialist in the fields of science-based nutritional and environmental medicine. He has Bachelor of Science with Honours degree in Nutrition from Curtin University.

Blake has a special interest in illnesses such as Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), Irritable Bowel Syndrome (IBS), Autism/ADHD and mental health issues such as Anxiety and Depression.

