

Syndrome Solutions Information Pack

ME/CFS/fibromyalgia is like a puzzle, identifying all the broken pieces is challenging. With ME/CFS all the pieces must be solved and fit together, to acquire optimum health. Conventional medicine has its place but is not very successful with chronic conditions.

**Why is it that GPs and conventional doctors cannot help?**

* They do not have the time, money or resources to individually do comprehensive testing, as a result they just treat the symptoms not the potential underlying dysfunctions
* Minimum research is done into syndromes in the NHS due to limited time and resources.
* The potential reasons for the symptoms are often not looked into.
* The traditional NHS treatment e.g. Graded Exercise Therapy (GET) is doomed to fail, due to oversimplification of the condition. This is because with ME/CFS/Fibro there are often multiple contributing factors causing the fatigue, and what is happening in the body as a whole is generally overlooked or misunderstood.

Section 1: Our Approach at Syndrome Solutions

We use a natural, scientific, holistic (whole body) and functional medical approach, with the net effect of creating a systemic healing state. We are different from these so-called miracle cures, that are often an oversimplification of ME/CFS/Fibro, and will likely result in relapse. Our approach was developed through integration of the most successful advice protocols, discovered through personal experience. It includes practices of well-known experts in the field. This condition is very individualised and nearly always involves multiple systems being impaired/dysregulated meaning they are often not functioning optimally.

**Why come to Syndrome Solutions? How are we different?**

* We are a small practice enabling a personalised targeted approach, which is needed with this condition.
* We provide 1-1 support with all our patients and a personalised advice plan from a Registered Associate Nutritionist (ANutr)
* The founder has suffered with ME/CFS, IBS, Chronic Anxiety other related conditions; recovering almost too full health using the approach used at Syndrome Solutions.
* I totally understand what you are going through having been through it myself. See my story at www.syndromesolutions.com
* At the practice we use a scientific approach that includes private laboratory testing, in addition we have an educational background in biochemistry and biological science.
* I have acquired a broad spectrum of knowledge of which advice protocols and therapies have higher success and which are often less successful.

Section 2: Optimizing these 10 key systems to solve the puzzle and achieve prime health



**Gut Function & Microbiome:** this is one of the most critical to achieve optimum health, as it’s the heart of nutrient absorption, 70% of the immune system and known as the second brain due to its role in mental health. Optimum repair and whole-body restoration can only take place with better gut health.



**Immune System:** immune overload/autoimmunity causes systematic inflammation and a depleted immune system. We focus on dampening down this response by removers any stresses, optimizing immune function.



**Cell Energy Production:** There is often an energy deficit in ME/CFS. Energy batteries of the cell called “Mitochondria” are often compromised. Imagine it like a battery not enough energy is going in vs the amount being expelled. Resulting in low energy. Our practises aim to support the cell’s energy stores, increase production to restore better energy levels.



**Endocrine system:** Adrenal insufficiency and thyroid problems can cause low energy, mood, and many other symptoms. Adrenal Fatigue is particularly common in ME/CFS, due to stress on the body and mind. Our practices help optimize adrenal function.



**Detoxification system:** the build-up of toxins from other impaired systems can create toxic overload causing low energy, inflammation, brain fog and IBS. We support improvement of detoxification systems to aid in whole body health support.



**Sleep:** restful sleep is key essential for healing. Many patients find this a challenge, making it hard for the body to get into a healing state. Our practices help achieve better sleep quality.



**Nutrition/Diet:** Clean, unprocessed whole foods are a key factor to optimum health. Consuming anti-inflammatory foods will help bring down systemic inflammation common in ME/CFS. It will aid healing, refuelling of cells, and improve gut health. Supplementation is often critical in aiding in this part of health in these chronic health conditions.



**The Lymphatic System:** toxins can get stuck on the lymphatic system. Practices like chiropractor, Osteopathy and acupuncture can assist in clearing them, and improving skeletal and nervous system structural integrity.



**Psychology:** understandably depression and anxiety go hand in hand with ME/CFS, impacting physical health too. Anxiety leads to a “Physical Emergency Response” or “Fight or Flight” response, potentially putting more stress on the body and the adrenal system.



**The Nervous System:** based on the theory of “Neuroplasticity” and Stephen Porges “Polyvagal Theory”, we aim to help regulate nervous system dysregulation. A lot of ME/CFS patients’ nervous system dysregulated and often overstimulated. Our practices help to calm this reaction down aiding healing. Also Brain training to aid in neuroplasticity.

Our approach aims optimize function in these key systems and thus aim to achieve better overall health and potentially improvement in your condition/conditions.

Section 3: Laboratory Testing Services

We offer a range of Private Functional, laboratory, non-invasive tests analysing a range of key bodily systems (see section 2). Testing to optimise health in these systems. Below is a list of some of our key tests:

* **Comprehensive stool tests UK**
* **Small intestinal Bacterial Overgrowth (SIBO) Hydrogen Breath Tests UK**
* **Chronic Fatigue Energy Systems & Adrenal Stress Profile UK**
* **Organic Acids Profile Test UK (OAT)**

In Association with Genova Diagnostics Europe. [www.gdx.net/uk](http://www.gdx.net/uk)

Section 4: Psychology and nervous systems dysregulation

Often an overlooked, and less known about, is the theory of nervous system dysregulation as a factor in ME/CFS/Fibro/IBS and other associated chronic conditions. This theory is based on the autonomic nervous system not working optimally, as it believed it has become dysregulated due to many factors. Many experts in the field have come up with techniques that have helped many patients improve this system. Some factors to the autonomic nervous system becoming dysregulated are trauma, mental and physical stress on the body. This dysregulation happens on an unconscious and subconscious level. Therefore the phrase often said to ME/CFS/Fibro/IBS patients is “it is all in your head”. This is an incorrect oversimplified phrase often said to ME/CFS/Fibro/IBS patients. This phrase is stated by those who do not understand and have limited knowledge of the condition. The dysfunction is in the autonomic nervous system and thus the name “autonomic” means its automatic, not in your conscious control. Most physical and psychological stress happens in the subconscious mind, which a person has very little control or influence over, thus making correction a challenge unless the correct practices are applied. The autonomic nervous system is like measuring scales it must be balanced between the Parasympathetic (“Rest & Digest”) and the Sympathetic (“Fight or Flight”) nervous system. In ME/CFS/IBS/fibro/Anxiety, and there often tends to be sympathetic dominance and can lead to a multitude of problems.

**Why does this contribute to ME/CFS/Fibro/IBS?**

It can leads to over stimulation of the sympathetic nervous system (see Stephan Porges “Polyvagal Theory). This uses adrenaline, and thus runs out of energy quickly, as it’s designed for fast short periods to escape from danger. As a result, you can develop “adrenal fatigue”. Its theorised that nearly all ME/CFS/fibro patients will have some levels of adrenal fatigue often making you feel “Wired but Tired”. Furthermore, under sympathetic dominance other key systems do not work as effectively.

**Our approach and advice protocols**

Classic treatments often recommended include CBT and Counselling. These techniques can help, but often may not solve the problems, as they do not go deep enough into the subconscious mind.

Our advice and approach developed through combining techniques used by many experts in this field. Many of the techniques work to aid in calming the nervous system, which often has unconsciously been wired, through the theory of neuroplasticity, to default to the “Fight or Flight response”. The body often doesn’t heal as well unless it’s in a healing state which is our goal. Our aim also is to prevent relapse by addressing the anxiety loop. We offer a variety of personalised therapies and wellbeing practices. Our Anxiety/depression theory package uses well practiced and often successful techniques.

**Behavioural changes & Personality types**

An association between certain personality types and the likelihood of developing ME/CFS/Fibro, IBS & Anxiety has been noticed. Trying to identify and improve potential detrimental behaviours can be key to aid optimal health. Listed below are the common personality types most that are often theorised to be associated with ME/CFS/fibro, IBS, Anxiety & Depression:

**The high achiever:** These individuals are perfectionists. They run perfection patterns on everything they do. They are hard on themselves, and nothing is good enough. They often see others as a bit useless if they don’t meet their high standards. This means they often do not give themselves time to enjoy present life and find it hard to be satisfied with what they have achieved.

**The Doer:** These individuals never stop. Every task must be completed as fast as possible and usually to a perfect standard .They give themselves far too much to do all the time and have too higher expectations of themselves and others. This means they often do not give themselves time to just enjoy present life.

**The helper:** These individuals do not think of themselves and spend their time helping others and pleasing others. They put others needs before their own.

**The overthinker/The worrier:** These individuals naturally worry about life. They often do not feel safe and lack confidence. They over analyse everything. They often struggle with depression and anxiety, as they do not live in the present moment enough.

**History of trauma type:** These individuals have often suffered a major traumatic event or several microtraumas. Individuals often have chronic anxiety or depression.

All the above personality types are often very energy draining and stressful, thus can negatively add to ME/CFS/IBS/Fibro/Anxiety/Depression and other associated conditions. They often further stimulate the “fight or flight” side of the nervous system.

Section 5: Brain Training/neuroplasticity

Another factor in many of these conditions is based on the theory that the brain has become wired into perceiving everything as a threat through the theory of Neuroplasticity. How you react to symptoms can further teach the brain to go down certain unhelpful and detrimental neuro pathways. Research has shown through neuroplasticity the brain has the ability to adapt to change and learn new skills, gather new information, and recover from injury. This means you can retrain your brain to learn new skills and change the way it perceives things.

Section 6: Other related conditions

There are many other syndromes and functional conditions that often go hand in hand with ME/CFS/Fibro. These include IBS, Anxiety disorders, depression, overactive bladder, interstitial cystitis, acid reflux, functional dyspepsia, inflammatory conditions, autoimmune disorders, Long Covid and many more.

At syndrome solutions our holistic approach means that any associated conditions can fix/improve

Section 7: Other services

We specialise in ME/CFS, IBS & Anxiety. However, we also provide similar treatment and advice, and referrals for a range of conditions including:

* Overactive bladder, Cystitis, and Interstitial cystitis
* Anxiety disorders and Depression
* Autoimmune disorders
* Sleep problems
* Pain disorders
* Inflammatory conditions
* Long Covid
* Nutritional and supplement advice from a qualified Associate Nutritionist (Anutr) for many other conditions. Link to AfN nutritionist register <https://www.associationfornutrition.org/>

Section 8: Next steps

* You have the option to book a free 15-minute discovery call to find out more about how we can help you.
* Fill in our initial consultation form and disclaimer then return it too contact@syndromesolutions.com
* You will be contacted regarding your consultation
* A Personalised advice plan will be created
* Then your journey to improvement can begin

