



### The UK's Number 1 Nutritional Therapist and Integral Practitioner treating CFS/ME, Burnout and related conditions is now launching a *completely FREE radio show* for patients suffering from CFS/ME, Burnout and stress related conditions

Shows will cover:

- Interviews with other expert practitioners specializing in treating the illness
- All aspects will be covered—psychology, nutrition and biochemistry, physics and the energy body, physical body work as well as deeper spiritual aspects
- Interviews with recovered and recovering patients
- Shows for general optimum health which many CFS/ME patients will benefit from

Up-coming scheduled shows and guests for 2010-11 are below. To qualify for the free show, you simply need to sign up to the **completely FREE newsletter** on the homepage of [www.CFSMEEExpert.com](http://www.CFSMEEExpert.com) where you will be informed on when the first show is available and how to get access.



#### **Niki Gratrix—Introduction to CFS/ME the Integral Approach to Recovery**

Niki will be opening the new radio show with an overview and introduction to the “Integral Approach” to CFS/ME and related illnesses—the approach which led the Optimum Health Clinic she co-founded 5 and a half years ago to win the Outstanding Practice award in 2009 by the Complementary and Alternative Medicine Magazine.

Having completed over 7000 consultations and chats with patients Niki will go deeper into the common pitfalls to recovery which so many patients fall into, as well as covering aspects of why the medical profession is currently failing to treat many chronic complex chronic illnesses like Chronic Fatigue and ME. After these talks by Niki, patients have reported feeling motivated and inspired to keep on their path to recovery due to greater understanding and perspective.

Niki will also do shows later on in this series covering more detail on the nutritional and biochemical aspects of the illness. To read Niki's Bio go to the About Us section of [www.CFSMEEExpert.com](http://www.CFSMEEExpert.com)



#### **Ashok Gupta—The Amygdala Retraining Programme**

Ashok is a leading psychology practitioner specialising in treating CFS/ME and related conditions having treated 1000s of patients using his Amygdala Retraining Programme. Ashok is the **ONLY** practitioner to have had his theory on CFS/ME published in a medical journal as well as a pilot clinical study published proving the efficacy of his programme. In this interview we will discuss this programme and how it helps patients and how it compares to other approaches which use psychological techniques including the Lighting Process, 90 Day Programme and Reverse/Mickel Therapy. To read more about Ashok and his programme go to the Products section of [www.CFSMEEExpert.com](http://www.CFSMEEExpert.com)

## **Dr Andrew Isaac - Discusses XMRV, Energy Medicine, Dr Patricia Kane's work and Enzyme Potentiated Desensitization (EPD) injection treatment**

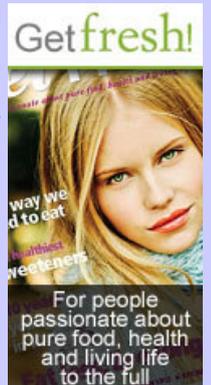


Andrew fell ill with CFS/ME just before starting his medical school training at the University of Cardiff. Although qualified as a medical doctor, Andrew is not currently practicing, but for the last ten years he has built up a wealth of knowledge and experience with different treatments out there for patients, all from the perspective of a medically qualified mind—therefore he has a lot to offer fellow sufferers. In this discussion Andrew will share his perspective on the XMRV virus and its relevance for patients at this time, energy medicine (a passion of his) and the role importance of treating the Energy Body. We'll discuss the different methods and types of treatment that exist, and finally we'll discuss other treatments Andrew has undergone including the work of Dr Kane and EPD injections.

## **Sarah Best—Editor of Get Fresh! Magazine discusses Nutrition and Living Foods**



Get Fresh! Magazine, is a publication dedicated to nutrition and health, specifically focusing on the power of raw and living foods to transform or maintain optimum health. Sarah is becoming renowned for her keen ability to discern the truth about food and health through her style of an investigative journalist. In this interview, we will discuss how patients can optimize their diets to get the best out of raw and living food for energy and recovery from CFS/ME and related conditions. The discussion will help patients to become truly informed about what foods are truly healthful, natural and life-giving. We will also discuss the vegan/vegetarian option for health. See the Products Section of [www.CFSMEEExpert.com](http://www.CFSMEEExpert.com) for more info on Get Fresh!



## **Thea Anderson—Psychology Practitioner Treating CFS/ME**



Thea Anderson has co-run 22 of the 90 Day Programme workshops from the Optimum Health Clinic as well as treated many CFS/ME patients. Having recovered from CFS/ME herself, Thea is a phenomenal practitioner with experience in all aspects and types of psychological and spiritual work for recovery from CFS/ME and related illnesses. In this interview we discuss her unique take on the illness and areas she is currently focusing on where no other courses or practitioners seem to cover. We'll discuss why there is a "gap" in the treatment available for patients at the moment and how patients benefit from Thea's approach and insights.

See [www.TheaAnderson.com](http://www.TheaAnderson.com) for more information.

## **Roy Riggs Leading UK EMF Consultant**



Roy Riggs BSc. Is an Electromagnetic F Consultant & Master Dowser with the International Institute of Building Biology & Ecology. As a Geo-biologist, he is a researcher, architect, engineer, and doctor, all in one. Roy is a worker in the global effort to solve the problems that come from modern ways of building and settlement planning—ways that disregard nature and human culture. In this interview, we discuss and explain the importance of EMFs—electromagnetic fields—how they affect your health and their role in certain major illnesses today. We'll also discuss how you can have your own home checked and how to protect yourself.

[www.RoyRiggs.co.uk](http://www.RoyRiggs.co.uk)

### **Gail Sumner—The Perrin Treat and Bodywork for CFS/ME**



Gail is the Perrin Technique™ Licensed practitioner for Bolton, a registered acupuncturist, craniosacral therapist, massage therapist, sports massage therapist and reflex therapist. In addition Gail has trained in other 'hands on' therapies as well as counselling and has developed her knowledge in diet, nutrition and body – mind work; from which she offers an integrated approach to health and recovery. Gail is the type of practitioner patients “rave” about. Having recovered herself from CFS/ME she now specializes in treating CFS/ME patients and those with related conditions. In this interview we discuss the role and usefulness of the Perrin work, body work in general for CFS/ME, as well as the direct link between the body, emotions and mind. See [www.backtohealthphysio.com](http://www.backtohealthphysio.com)

### **Lee Harris—A Gifted Spiritual Teacher and Intuitive**



Lee is a healer who since 2004, has worked professionally as a channeler, healer, psychic and emotional intuitive. His understanding of human dynamics and emotions, coupled with his knowledge of the world of energy, makes him a gentle yet powerful catalyst of change and growth. Lee works regularly with individuals, groups around the world, he writes and has many insightful and healing audio and video recordings. Many CFS/ME patients are emotionally and energetically sensitive, and often the path of CFS/ME is a spiritual awaking process in itself. Lee offers indepth wisdom and guidance for people opening up to this challenging path. We'll discuss perhaps his flagship programme called “The Freedom Exercises” and the relevance of this for CFS/ME patients.

See [www.LeeHarrisEnergy.com](http://www.LeeHarrisEnergy.com)