Creating international and interdisciplinary collaboration for health

AONM Newsletter September 2025

Introduction

This AONM newsletter kicks off with a fascinating article on a new study that has come out linking M.E. closely to specific nuclear genetics. This is contrasted with a study that shows the statistical significance of mitochondrial genes in SARS-CoV-2, highlighted at the 2025 M.E. Conference held earlier this year in Berlin. The event featured tremendous speakers from all over the world. We have a free link to all of the presentations, and they are well worth reviewing. The second half of this year continues with a stunning lineup of events, to many of which AONM has valuable discounts. We would be delighted to see you at some of them.

We look forward to any feedback you may have: please contact us on info@aonm.org.

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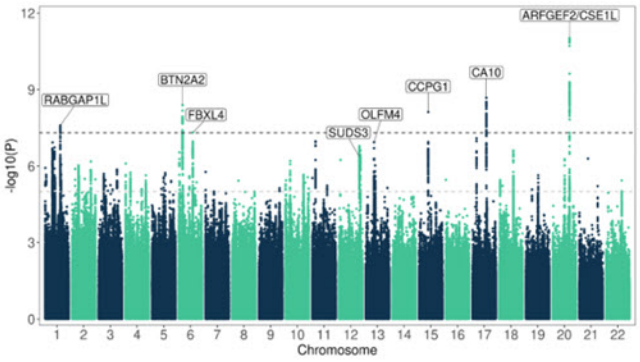
1. Could M.E. be linked to our genetics?

A large genome-wide association study (GWAS) the first results of which have just been published, DecodeME, compared the DNA of over 15,000 people with M.E. with the DNA of around 260,000 people without the condition (i). The results were that M.E. sufferers appear to have eight genetic signals that differ from the controls. All the participants were of European descent – a deliberate choice said to make the results more robust.

At least two of the signals relate to the body's response to infection. One of them, *RABGAP1L*, produces a protein that helps fight off some viruses

and bacteria. *SUDS3* produces a protein that dampens the inflammatory response of the microglia, meaning M.E. sufferers seem to have a weaker microglial inflammatory response, pointing to neurological processes. CA10, another signal detected, is strongly linked to chronic pain: a higher prevalence or expression of this gene was found in individuals with M.E. Interestingly, no genetic links were found in the study to anxiety or depression.

Professor Chris Ponting, the lead scientist on DecodeME, was quoted as saying: "These results are groundbreaking. With DecodeME, we have gone from knowing next to nothing about the causes of ME/CFS, to giving researchers clear targets."



The above chart is from the homepage of the DecodeME website` (https://www.decodeme.org.uk/x-marks-the-spot/): "The analysis revealed eight genetic 'signals' for ME/CFS from the nine million variants studied. You can see these signals as the peaks ('skyscrapers') that stick up above the dotted line in the 'Manhattan plot' below. They show where there are groups of variants that are significantly different in people with ME/CFS compared to healthy people. These peaks, or signals, are each flagged with the name of the gene that could explain them."

See the DecodeME site for further detail: https://www.decodeme.org.uk/x-marks-the-spot/

i. https://www.decodeme.org.uk/initial-dna-results/

2. Or is it our mitochondrial genes that make the difference?

The International M.E./CFS Conference 2025 was held in Berlin this May organised by the M.E./CFS Research Foundation together with the Charité University Hospital. It was introduced by Professor Carmen Scheibenbogen, pioneer of the CellTrend autoantibody tests found so useful by many suffering from this condition. A large number of inspiring talks were held over the two days: even the luminary Professor Yehuda Shoenfeld, co-author of the seminal book "Autoimmunity – From Bench to Bedside", had travelled all the way from Israel to be there.

Fascinating with reference to the previous article on genetics was a presentation by Professor Juergen Steinacker called "Functional and Morphological Changes in Mitochondria in Muscle"(i). He discussed a recent article coauthored by Professor Douglas C. Wallace, the world authority on mitochondrial biology, "Core mitochondrial genes are down-regulated during SARS-CoV-2 infection of rodent and human hosts(ii). Describing it, he stated: "Directly within the infection, mitochondrial genomic inhibition is persistent. So we do not have deconditioning, we have a direct effect on myocyte function, and mitochondrial transcription is inhibited immediately – that means we have a direct molecular effect." The authors found that the SARS-CoV-2 virus blocks the transcription of a subset of mitochondrial OXPHOS genes, activating HIF-1α to induce glycolysis, and activating host immune defences. The article contains stunning plots of statistically significant bioenergetic gene sets extending across all complexes of the electron transport chain.

In view of the complexes that they are down-regulating, it is possible that these mitochondrial genes are having a significant effect in M.E., too? Professor Wallace and his team may well have indications already, and we will try to contact them.

Please visit the link for free viewing of all 24 presentations: https://events.mecfs-research.org/de/events/conference_2025/videos

I.https://events.mecfs-research.org/de/events/conference_2025/videos/juergen-steinacker-changes-mitochondria-muscle

ii. Wallace DC et al. Core mitochondrial genes are down-regulated during SARS-CoV-2 infection of rodent and human hosts. Sci Transl Med. 2023 Aug 9;15(708):eabq1533.

3. Exciting AONM webinars past and future

AONM has had a superb set of webinars over the last few weeks.

Dr. Debby Hamilton, a Paediatrician from Colorado, USA, gave an inspiring Practitioner-only workshop on July 1st, "Detoxification: Preparing the patient & supporting the process", where she explored the clinical strategies behind effective detox support, and also how to prepare patients appropriately for the introduction of protocols and products.

Her 30th July talk called "Combating the Escalating Mental Health Crisis Harming our Adolescents" discussed the complex mix of social, environmental and physical factors that have led to the growing rates of depression, anxiety, and other mood disorders since the Pandemic. This talk also referred to PANS/PANDAS – a focus of her practice. Dr. Hamilton gave a very helpful overview of how herbs, supplements, and targeted nutrients can play a key role in easing symptoms and building stress resilieance: https://aonm.org/view-past-webinars/.
On 5th August Dr. Hamilton gave a practitioner-only talk on "Navigating PANS/PANDAS: Clinical Strategies for Immune & Neuroinflammatory Support" focused more specifically on the infection-triggered neuropsychiatric disorders where she went through evaluation and therapies for PANS and PANDAS. These were largely non-pharmaceutical approaches, making them particularly applicable across a broad spectrum of therapists. These workshops are available under https://aonm.org/nutramedix-resources/ - please apply to AONM to receive the practitioner password (info@aonm.org).

The CEO of Moleculera, Professor Craig Shimasaki, gave a fascinating webinar on July 18th called "Understanding the Connection between Infections, our Immune System and the Brain: Case studies: Autoimmune Brain Panel", which was a follow-up from his talk at the Integrative and Personalised Medicine Congress 2015. Please see https://aonm.org/view-past-webinars/ for the recording.

Another webinar recording to look for was that done on August 27th, when Professor Brigitte Koenig from AONM's mitochondrial laboratory MMD and AONM's Director of Research Gilian Crowther gave a presentation "The Mitochondria and Chronic Health Conditions Part II". They explain the supplementary markers available as mitochondrial tests from AONM, such as mitochondrial mass (number of mitochondria), degree of oxidative damage, the RNA tests PGC1-alpha and Nrf-2, and the lactate-pyruvate index.

4. Our Health Our Future Summit, Turin

The Klinghardt Institute's Annual International Conference is being held in Turin, Italy, on the weekend of Sept. 27th-28th this year. This year's conference is designed to address some of the most urgent health questions emerging in the post-COVID era, bringing together leading experts, practitioners, researchers and patient communities for an exploration of these often complex and interconnected challenges.
The speakers will include Dr. Dietrich Klinghardt of course, talking about Post-Covid medicine and detoxification in an increasingly toxic world. Professor Gerald Pollack will be coming over live from the USA, speaking about the evidence he and his team at Washington University have uncovered for water's long-sought fourth phase. He will particularly be focusing on the close links between wellness and water's fourth (Exclusion Zone) phase. Dr. Judy Mikovits will be speaking on the topic "Systems biology platform for botanical adjuvants in healing neuroimmune disease, cancer and cardiovascular disease," and Dr. Guiseppe Marinaci from the UK will be highlighting dental health as a systemic issue. Please see the link https://lu.ma/OHF2025 for the many other speakers. This conference is being held abroad for the first time, in Turin, Italy, a beautiful city nestled at the foot of the Alps, with a rich cultural heritage and deep roots in both science and healing.
Gilian Crowther from AONM will also be speaking about PANS/PANDAS – both diagnosis and therapies.
AONM has a special discount: DANIELA25.

5. Upcoming Events

AONM

Webinars

Dr. Sarah Myhill

Water: The Single Most Important Molecule for Life – *How it impacts on energy delivery mechanisms and inflammation*

Tuesday 7th October, 7.00 pm

www.aonm.org/MyhillWater

British Society for Ecological Medicine

Finding Coherent Health: The Power of Light and Water

26th Sept. 10.00 am - 5.30 pm BST

Hallam Conference Centre,

Ecological Medicine Approaches to: Toxins and Detoxification

24th October, 9:00 am - 5:00 pm BST

Hallam Conference Centre, London

NMI Summit 2025

The Path to Resilience: Personalised Nutrition and Lifestyle Medicine for Psychiatric Disorders and Mental Health

3rd - 4th October

Millennium Gloucester Hotel

https://www.nmi.health/summit-2025/

AONM discount code for 20% off: nmi25xaonm20

1st Annual Conference on Chronic Infection Pathologies

"SHOW ME THE DATA!"

Jyväskylä, Finland | September 5–7, 2025

On-site & Online

https://www.tezted.com/cip2025

Our Health, Our Future: 2-day International Conference in Turin, Italy

Leading experts, medical professionals and researchers will explore the complex and interconnected challenges that affect the health of us all in the post-COVID era.

https://klinghardtinstitute.com/event/our-health-our-future-international-conference-in-turin-italy/

Please see the Klinghardt Institute for further events:

https://klinghardtinstitute.com/events/

ANP

6th Annual ANP Summit: Detoxification in Clinical Practice

20th - 21st September 2025

College of Naturopathic Medicine, London, UK

https://theanp.co.uk/naturopathic-summit/

AONM will be there with an exhibition stand: please do come and say hello!

British Network for Functional Medicine

BNFM Conference 2025: Frontiers of Functional Medicine

King's Fund, London, 8th November, 9.00-5.00 pm

https://www.eventcreate.com/e/bnfm-conference-2025

Gilian Crowther will be one of the speakers:

The Old and the New: Has the diagnosis and therapy of infections changed post-Covid?

AONM discount code: AONM10 for a 10% discount.