

Voice Messaging Consultation Service

NB. This service is for educational purposes only and is not to be taken as medical advice. You should always consult your doctor before making any changes to your health regimen. By availing of this service, you acknowledge that you understand this disclaimer.

Over the years, I've been contacted regularly asking for advice in relation to conditions like POTS, Chemical Sensitivity, Fibromyalgia and ME/CFS. I've decided now to offer a formal service for those who would like to seek my advice.

My areas of close interest are:

- Brain retraining methods to improve autonomic dysfunction in ME/CFS – both the theory of why this can work for these kinds of conditions, but also how to practice such exercises (including exercises I have developed myself that are not found in other programs)
- Current German research into the 'big picture' view of ME/CFS as an illness of 'global hypoperfusion' (reduced blood perfusion throughout the body) and all the factors that drive this: autonomic, autoimmune, vascular impairment, as well as the musculoskeletal/mitochondrial aspects. This research is by Wirth and Scheibenbogen.
- Thirst in ME/CFS and POTS (as well as the debacle of so-called 'psychogenic water drinking')
- Autoimmunity in ME/CFS and POTS.
- Low Blood Volume in ME/CFS and POTS.
- Low T3 thyroid problems
- The Buteyko method (a method to increase CO2 and improve oxygenation levels)
- Ancestral ways of eating, particularly as this relates to such illnesses
- HELP apheresis procedures (which I have undergone myself in Germany)
- Microclotting in ME/CFS
- How to build up stamina more safely when you have an illness of exercise intolerance

In general, I also follow the research into these conditions very closely and so feel free to ask any other question too and, hopefully at the least, I can point you in the right direction. I am also always curious to learn of others' experiences with these kinds of illnesses and to learn about your situation and what you have found helpful.

How does the service work?

This is a voice messaging service rather than a typical consultations service (eg. where you meet for an hour on Zoom). I have found that this allows for time to reflect between messages and to prioritise/clarify better the areas that need to be discussed. It is also helpful as it allows us to proceed at a manageable pace – it is not always possible for the chronically ill to turn up to appointments due to illness fluctuations.

The service works in rounds. This is how it works:

- You send to me as much information as you want and as many questions as you want. This could be in the form of an email, test results or a voice message (or all of the above).
- I will then reflect on what you have sent me and will respond with a voice message.
- Then, if you wish, you can continue to send me further information/questions, until you are satisfied that your queries have been answered.

How much does the service cost?

This depends entirely on how much information you send me and how long it takes for me to put together a voice message. So the pricing of each 'round' of messaging will depend on the amount of work involved.

The pricing structure is as follows:

To reflect on an email of up to 300 words: 8.50 Euro (9.50 USD)

To reflect on an email of up to 600 words: 13.50 Euro (15 USD)

To reflect on an email of up to 1,000 words: 20 Euro (22 USD)

(and so on)

If you also send me tests to look at, there will be an additional amount in the region of 5-10 Euro (or a bit more, if you send me a lot of tests).

If you also wish to send me a voice message or to send me this instead, this will be charged at 1 euro per minute.

My voice message in response is charged at one Euro per minute (1.10 USD).

So, for example, let's say you send me:

An email of 500 words (13.50 Euro), a voice message of eight minutes (8 Euro), and I respond with a voice message of 15 minutes (15 Euro), the total for that 'round' would be Euro 36.50 (c 40 USD).

In general, I would aim to respond with voice messages of 10-15 minutes, but they might be up to 25-30 minutes if there is a lot to explore.

If I am unsure of how to answer a question, I will let you know. This would be reflected in the pricing.

Prior to sending you my recorded response, I will let you know the cost of that 'round' and you can send that amount to my PayPal (crussher@icloud.com) and then I will send you the message.

I look forward to hearing from you – you can use the contact form on my website if you are interested in this service.