

Explaining "Unexplained Illnesses":



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Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Posttraumatic Stress Disorder, Gulf War Syndrome and Others - by Martin Pall, Ph.D.

Description

In this ground-breaking book, Dr. Martin Pall, Ph.D., illuminates the biochemistry that allows short-term stressors to lead to intractable chronic illnesses. These stressors include viral and bacterial infections, physical trauma, severe psychological stress, and exposure to chemicals. Despite their diversity, these stressors can all produce the same biochemical response in the body: *excessive levels of nitric oxide and its oxidant product peroxynitrite*. When their levels are elevated, these can then initiate a biochemical vicious cycle, called the NO/ONOO⁻ cycle (pronounced no, oh no!), which creates ongoing oxidative stress and can become the basis for a number of chronic illnesses.

Dr. Pall explains why the symptoms of these illnesses vary so widely, even though they share a common biochemical cycle. Symptoms are produced by many elements of the NO/ONOO⁻ cycle, including nitric oxide, superoxide, peroxynitrite, NF-kappa B activity, inflammatory cytokines, NMDA activity, and vanilloid receptor activity. The NO/ONOO⁻ cycle acts at the cellular level, and these elements have short half-

lives, so they remain close to their site of origin and have a local mechanism. Because the impact of this cycle is local and adjacent tissues are unaffected, these localized impacts create individualized symptoms that can vary greatly from person to person.

In addition, Professor Pall's elegant theory of the NO/ONOO⁻ cycle explains each of the following:

1. The etiology of four multisystem diseases and their chronic nature.
2. How cases of each can be initiated by twelve quite distinct stressors.
3. The diverse biochemical and physiological properties of the chronic phase of these diseases.
4. How different agents, including unique combinations of antioxidant nutrients, may beneficially down-regulate the NO/ONOO⁻ cycle.
5. The shared symptoms of these diseases that were previously unexplained.

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6. The specific symptoms for each disease, due to the influence of the NO/ONOO⁻ cycle on specific tissues.
7. The high comorbidity of these diseases with each other, and with other specific conditions.
8. Puzzling feature of MCS, only one of which was adequately explained previously.
9. The properties of animal models of CFS, MCS and PTSD, providing evidence of a NO/ONOO⁻ cycle etiology.
10. The stunning qualitative and quantitative variation in symptoms from one individual to another.

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