

ME SUFFERERS UPDATE

When I wrote recently about Professor Basant Puri's research on the benefits of large doses of VegEPA supplements for ME sufferers, several readers were worried about the high price. But Pam Soar, of Nottingham ME Support Group, tried eight VegEPA capsules daily for three months and is impressed: 'The capsules have enabled me, tentatively, to run my b&b business, which I haven't been able to manage for the past three years,' she says. Recently, Professor Puri led a small pilot study at the Princess Elizabeth Hospital, Guernsey, where ten patients with advanced Alzheimer's were given VegEPA and ten a placebo for six months. The results suggest supplementation can improve brain signalling in less severely affected patients. VegEPA, £11.95 for 60 capsules, tel: 0845 130 0424 (www.vegepa.com). To have a copy of *Chronic Fatigue Syndrome: a Natural Way to Treat ME* by Professor Basant Puri (Hammersmith Press) delivered to your door for £11.95 plus £1.95 p&p (usual price, £14.99), contact the YOU Bookshop on 0870 162 5006; www.you-bookshop.co.uk