



Dr Sarah Myhill qualified from the Middlesex Hospital Medical School, London, since when she has worked continuously in NHS general and private practice. She has a special interest in treating chronic fatigue syndrome (CFS) and has seen over 8,000 CFS patients. She has also given evidence to two government working parties and is regularly interviewed for TV and radio. Dr Myhill co-authored three original papers investigating mitochondrial dysfunction as a central pathophysiological lesion in ME/CFS and is the author of five highly acclaimed books. She served for a number of years on the committee of the British Society for Ecological Medicine and is one of their accredited practitioners.



Gilian Crowther MA (Oxon), Dip NT/ND, FBANT, CNHC reg., is a naturopath and registered nutritional therapist with a London clinic. She gained qualifications in complementary therapy in Germany, studying the mitochondria in particular, before further training in the UK. She works with Dr Geoffrey Leader and Lucille Leader at The Parkinson's Disease Integrated Nutrition Clinic. Gilian is Director of Research for the Academy of Nutritional Medicine ([www.aonm.org](http://www.aonm.org)) as well as a core member of the BSEM (British Society for Ecological Medicine).



Mark Adams MSC is a dedicated Clinical Biochemist with over 35 years' experience in Laboratory Medicine. He has worked in the NHS and the Independent sector as a Clinical Biochemist and has held several Senior Managerial positions within Hospital Pathology. He resigned from his last position as Head of Pathology at The Hospital of St John & St Elizabeth in 2015 to take some time to write a book and refurbish a house in France. He joined Biolab as Laboratory Director in the summer of 2019.



Rachel Nicoll PhD trained as a nutritionist but is now a medical researcher and lecturer. She has had contracts in Umea University Sweden, Helsinki University, Finland but is now devoting most of her time to writing and lecturing in the UK. She organised and presented at Biolab's Mitochondria Day, has lectured on environmental medicine at various schools of nutrition, at events run by supplement companies and at other conferences and has also presented on nutritional and immunological aspects of COVID-19. She served 5 years on the committee of the British Society for Ecological Medicine (BSEM), where she organised and presented at a number of events.



Dr Shideh Pouria MB BS BSc MRCP (UK) PhD CMT has been practicing medicine for over 30 years. She worked as Consultant in General Medicine and Nephrologist in the NHS until retraining with the British Society for Ecological Medicine (BSEM) in ecological medicine. Since 2008 she has worked independently, treating complex, chronic illness. She holds a PhD in mucosal immunology. She is the vice-president of the BSEM, held a visiting research Fellowship at Kings College London and has served on the scientific advisory board for the Allergy Research Foundation. She is a regular lecturer at local, international and BSEM training meetings. She is the author of a number of peer reviewed papers and has written chapters in books on nutritional and ecological medicine.



Dr Yassine Bendiabdallah (MPharm, PhD, IP) is a Functional Medicine Specialist and an expert in Bio-identical Hormone therapy. His previous academic degree as an anticancer research scientist at Cancer Research UK at University College London has earned him various distinctions and publications in peer-reviewed academic journals. His special clinical interests include personalised nutrition, aesthetics medical treatments, travel vaccinations, health technology and the endocrine system. Yassine co-founded Zen Healthcare, a health and wellness centre with a site in Knightsbridge and another one in Baker Street and is currently the managing director.



Dr Siegfried (Sigi) Trefzer MSc MD DMSmed obtained his MD at the Free University Berlin in 1987 following an MSc in Geophysics with a thesis on the behaviour of VLF frequencies in solids. His postgraduate thesis on EEG-Fourier analysis of Cognitive Functions of the Brain overlapped both areas of study. He studied and trained at various European medical schools and London hospitals and worked for many years in UK Primary Care as a GP, in A&E and the Out-of-hours services and as a part-time Associate Specialist in Rheumatology and Musculo-skeletal medicine at UCLH London Hospital for Integrated Medicine, then the main referral hub for patients with severe forms of CFS/ME. He established his own independent Integrative Medicine practice in East Sussex from 2005, supporting patients with acute and chronic conditions who are in search of additional diagnosis and an integrative treatment approach.