

## Dr Speedy & ME

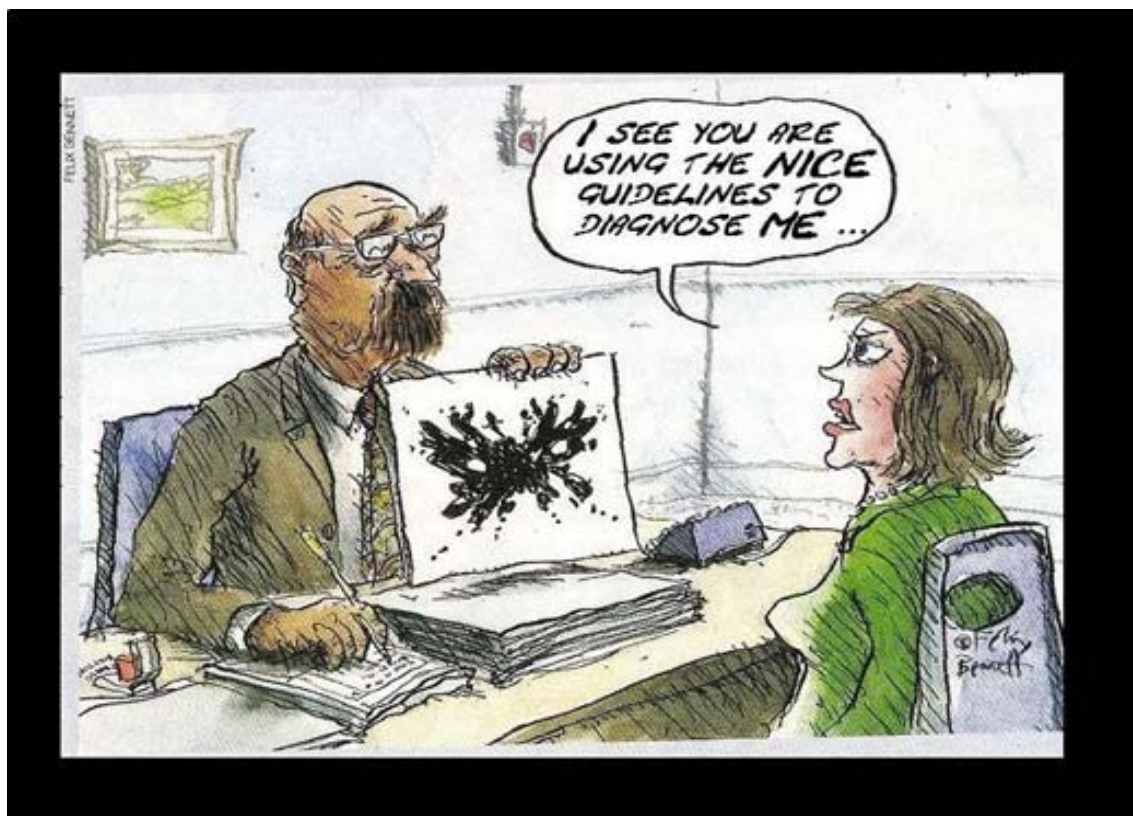
Hello everybody, I am Dr Speedy, a GP but also an ME patient unfortunately. Bedbound that is. So at the moment I'm in private practice so to speak. I've got only one patient, ME, or is it me?

I graduated as a doctor a long time ago, and I am the founder and editor of **The NICEGUIDELINES BLOG**, an internet based ME BLOG that is devoted to critical reading and cheering you or ME up.

**I have the following conflict of interest:** I would like to get better and see that the wasting of public money on CBT (talk therapy for a neurological disease) and other silly therapies for ME stops, and that the money will be used in better ways. My goal has always been to help, and if possible, cure patients. With this disease you will soon find out that many psychiatrists and psychologists are only in it to make money and get their name in the spotlight. And what happens to and with the patients is totally irrelevant.

I stand to benefit both mentally, physically and also financially if this silliness would stop, and I would not only get my health and independence back but I can also go back to work and have a normal life again. Please evaluate the following with this in mind! And remember, there are also (lots of) psychiatrists and psychologists who haven't switched their brain off.

But please remember as well that the **NICE ME Guidelines** are **biased** publications based on the **GOBSART** (Good Old Boys Sitting Around a Table) approach. So, if you arrived here for the same GOBSART approach, I will disappoint you. If you are interested in forming your own opinion about ME then read on!



Now let me tell you a few things about me and ME.

When your brain is not working, one of the many NICE symptoms of ME, also called cognitive dysfunction, even a simple picture can be WAY TOO MUCH information to process.

Unbelievable, especially as becoming a doctor consists of many hours of studying and reading, so if you haven't been there you think this is crazy. But what is actually crazy is that we try to CBT it

back to normal. Instead of trying to find the cause and a CURE. Even worse, we claim that CBT will cure 70% of ME patients yet at the same time those same CBT illusionists entertain us with an article that proclaims that our brain has shrunk thanks to ME. So in other words, part of our brain has **died**, but with CBT they can bring the dead brain cells back to life.

Amazing possibilities stream into my head like curing tetraplegics and Alzheimer's and other horrible neuro problems with just talky talky therapy and then I remember the good old rules of CPR, yes you are right, Resuscitation. The first 3-4 minutes are crucial. A brain can't survive without Oxygen for longer yet we have now found the solution, we just talk them back from the dead. Brain dead, no problem anymore, just a few sessions of CBT and.... Amazing stuff that CBT.

How did all this nonsense start?? Well we have to go back to the future and use some help from the weird professor and his time machine, add in Michael J Fox and off we go, back to Oxford in 1991. If we are lucky we might even walk into Chief Inspector Morse, the most famous man who ever walked the streets of Oxford, and learn a trick or two from him about asking critical questions to get to the bottom of things but be careful, because if you do the same with professor CBT it is called harassment, so please only ask him his name or what time it is.

Since falling ill with this suggestibility my great memories of Morse have been pushed back and been replaced by something else. You see, quite some time ago a doctor called Dr Ramsay, an infectious disease consultant witnessed an outbreak of a mysterious disease amongst the staff of his hospital. About 300 nurses and doctors went down with what he called ME. The hospital had to be closed for months and many had to stop work altogether due to this debilitating illness. Dr Ramsay set out on a journey through time and discovered that there had been quite a few outbreaks of this illness before. He even wrote a book about it, available for five pounds, small, about 70 pages, but way too much for the GOBSART Academy boys to even read it, which is part of the Pervasive Refusal Syndrome (**PRS**) to read clinical evidence, which is very prevalent amongst CBT Psychiatrists and their GOBSART friends, even though it was on A5 paper, that is half of an A4 that is.

Now until I fell ill I would think A4 equals Audi, but now I know that the petrol that is running through my veins has meant that those little fellows of the ME brigade couldn't be met head on by my soldiers, the white blood cells, and they had a free rein. A bit like Professor CBT and his gang in the ME world. The friends of the GOBSART Academy have money and power and the political support to deny the existence of whatever they fancy. You see, if you would contradict a psychiatrist, especially a malingering one, you will be sectioned and end up in GETanomo somewhere in an unknown place near the Thames also called the MAGIC CBT KINGDOM, or the Kingdom of delusional psychiatry.

Let me explain.

Many years ago a few psychiatrists started to get desperate, they had been calling people hysterics and malingerers for decades, and then that disease was taken away from them when some silly doctors discovered that it was actually a severe neurological illness as the patients had been saying for decades.

And yes, we all know that is now called MS.

At the same time more and more medication was coming on the market for depression and so and we became aware that there was a physical basis in many people with depression, so the psycho brigade started to GET desperate. But help was on its way.

It was a dreary trainy afternoon, well you know the day when you turn off the pub as going out for a NICE run is something I would do but the psychiatrists with their exercise phobia wanted to drink their sorrows under the table. One of them was actually getting really tired of listening to patients and shouted a bit too loud I am so tired lately. And that is how the Oxford ME criteria were born.

A few years before that they had changed the name to Chronic Fatigue and they had now started a propagand machinery not seen since that German fellow invented propaganda and used it on a wider shade of ale. The basic concept is simple, first you dump the name and change Alzheimer's

into a bin, as it is silly calling a disease after a doctor really, then you call it Chronic Forgetfulness and all of a sudden it sounds a bit like a runny nose or the flu. You start telling people that we all forget things at times and everybody nods and dozes off. You then go to the supermarket, ask people if they have forgotten one of the items they intended to buy, if they say yes you say they have CFS, or Chronic Forgetfulness Syndrome.

And then you start publishing the same article on a daily base in whatever journal is available, even the journal for pregnant red ants or the ones for line dancing snails will do. Any publicity is good you see. You keep on using the name Yuppie Flu, so more people think hey wait a minute, there is nothing wrong with these fellows. The Alzheimer patients but also their carers, though, start to moan and protest but what do they know?

You become advisors for the government and insurance companies who don't want to pay no matter what. And no, this doesn't just apply to ME, I just saw a 39- year old bloke on TV, tetraplegic after a car accident 10 years ago, he was the passenger, and the insurance company still doesn't want to pay for his care, as they have a report from a doctor saying that this bloke doesn't need help. That he is paralysed from the neck down and can't even lift a cup or a spoon, or go to the toilet on his own, and needs help with eating and so, is not the point.

You can always find a doc with PRS who will deny things.....

Now many years ago someone ran into the back of my car, I was stationary so it was clear who was at fault and the lady had insurance with a company that was state of the art and fabtastic. My car was undriveble, so I immediately got a replacement, so I would be able to do my home visits as a GP etc. Really impressive stuff, or should I say it was how you would expect a company to behave???

Now to come back to me, or is it ME, my brain is slowly returning to duty, I can now use the internet to a degree or two, something that was forgotten by the GOBSART Institute of Ignoring Clinical Evidence. But as Stuart Woods wrote in his book the Two Dollar Bill, this is an investigative technique available to a six year old and I realise that six year olds are not allowed to work at the Institute and in the Magic CBT Kingdom they only throw kids in the pool to drown their disease or is it the patient ....

The laptop with a silent modem, which is great as due to hypersensitivity to noise most everyday noises are too much, has really changed ME world. And I have learned the most amazing things about professor CBT and his fans. They haven't got a clue about ME and they hide that behind the most fabtastic ideas, yes that is spelled right. They don't have one explanation, no they have loads simply because they need cluster bombing as knowing what ME is, i.e. the target is, is a no-no in CBT land. First they came up with hysteria, as MS was now a real disease, so the name was available for something else. Some psycho boys even say that malingering, you know you feign an illness without having any symptoms or problems at all and God knows why you would want that, but anyway, they say that malingering means that we know we will fall ill in the future, so we have decided to start now, well before we have any symptoms....or the illness for that matter.

Even that Harry Potter boy would not be able to predict when someone would fall ill, let alone what sort of disease he would get.

Apparently there are about 25,000 diseases and we manage to get the one that was lying on the shelves for us. And not even her Rowlingness could not come up with this sort of power for her little hero.

But they didn't stop with malingering, even a conference a few years ago for malingering psychiatrists, or was it about malingering, funny thing that brain foggy stuff, could not stop them from saying it was malingering and hysteria and so they decided to rewrite the WHO book and reclassify ME.

No one was sent to jail or so as this falsifying business was just a bit of hysteria from a psycho boy and no judge would touch one in case they would be sectioned themselves.

So then came the exercise phobia stuff, and I finally realised why after becoming National Champion in one of my sports, I didn't turn out to be the next David Beckham or Turbo Cristiano Ronaldo. My malingering genes got in the way many years before that virus with suggestibility found its way into my system.

And so I started to GET ME, as that was such a brilliant suggestion from an internet site that I just couldn't refuse it.

Now some say it was caused by a virus and when I mailed Mr McAfee and Norton they got really scared and were worried that this ME thing might spread uncontrollable as their blockers couldn't block this crossing between a malingering psychiatrist, a virus and a worm.

And then I discovered the chicken and egg phenomenon.

This was invented by docs who wanted to be farmers but didn't want to get their hands dirty and so. The idea is that I was well, went to see my GP, God knows why you would make an appointment to see him if you are well, and then he suggested having a look at ME and he expected me back in a week with full blown ME. It is that simple would the Clarkman say.

And I must say his BBC Top Gear Therapy is a million times more effective than CBT. How do I know? Because I tried almost everything, including CeeBeeTea. I even laughed silently at certain things the psycho lady said, and oops, that was wrong. Because they never get the diagnosis or the therapy wrong. If I would get mad every time someone came back to the surgery saying the cream or antibiotic or whatever hadn't worked I wouldn't be able to function as a GP although I was the one and only GP that never got the therapy or diagnosis wrong, I was that good....

Now I tried different forms of CeeBeeTea, I even drank it 3 times a day but the CeeBeeTea was horrible and even less effective than watching grass grow. When I emptied the tea pot in the garden nothing happened there either apart from that it reminded me strongly of Agent Orange when I looked at the plants.... As my bran flakes are slowly coming back, I have since developed the one and only successful CBT, the Cool Blogging Therapy, available from Google, free of charge that is.

Now I am not saying the CBT Brigade is Google, I never said that, but now you mentioned it .... It is the same with my GLT, Graded Laughter Therapy. A lot better than GET without the horrific sideeffecttttt that you can turn people into cripples or bedbound for life....

I must say LIFE with this suggestibility virus is not my cup of CeeBeeTea. When I have waned to the toilet and back I need more than an hour to recover, do I get up again within that time because nature is calling the pains in my legs go from severe to totally unbelievable, as if someone is pulling my muscles apart and at the same time millions of suicide bombers go off and others are sticking thousands of knives in my legs. But the good thing about the psychiatric cluster bombing is that they have also come up with false illness beliefs, so I know the pain isn't in my legs, I just think it is, which is a tremendous help and so even when they prevent me from sleeping and wake me up when I do manage to finally fall asleep and so...if I was still a child this would have all been my parents fault, or I must say my mother's, as apparently if it was my father's fault, I would have ADHD and not ME, well at least according to a paediatrician who was just as well informed and able to diagnose ME as her CBT friends.

The funny thing is, if I was malingering I would be feigning and I would not have any symptoms at all, if it was false illness beliefs, i.e., I think it is physical but it is not, it is all in the mind, than I would have symptoms, and by definition it can't be there but at the same time it is not there, so there you have the psychiatric tombola and welcome to delusional psychiatry. No one however will object as everybody has by now fallen asleep and is nodding at the right times, as that is what professor CBT wants....

The other great thing about CBT is, it is now advertised for diabetes and heart disease, or so the GOBSART fellows want us to believe. Diabetics don't need insulin anymore, you just talk the Islands of Langerhans back to normal and I must say the more I learn about CeeBeeTea the more fabtastico it becomes.... And I also understand now why it works so well for diabetes, as the psycho brigade used to say that diabetes was caused by repressed sexual frustration, or words to that effect ....

Now when the CBT fanatics talk about false illness beliefs, do they actually talk about themselves and what they know about ME?? It was just a thought that suddenly popped up and my pop up blocker didn't block it, really strange... It is a bit like the secondary gains the CBT people say we are after, you know, getting benefits and so. Sounds really good and everybody thinks yeah that must be it. Until you ask how much these benefits actually are.

Incapacity Benefit is about 80 pounds a week. If you get the low rate it is even less. Now a teacher with a few years experience earns 26,000 pounds a year, so 500 a week. Or a doctor, manager etc might earn 52,000 pounds a year; yes that is 1,000 pounds a week. And I fully agree, my teacher at school taught me as well that 80 was a lot more than 500 or 1,000. So now we not only know they can't diagnose ME or use the internet, we also know they failed their maths.

The other thing is, if there are secondary gains by definition there should be primary ones as well and what on earth are those?? If you have any idea please let me know because after losing my independence, having many horrible symptoms, being bedbound now for a number of years and basically having a prison sentence in solitary confinement, I have absolutely no clue what these could be, but maybe the psycho boys know it all....

Now as I mentioned earlier I am the editor and founder of the NICEGUIDELINES BLOG, an evidence based Blog about ME. And I have done some research the CBT way. You see, I have received many emails from people with ME. So the conclusion must be that if you can email you have ME. It is that simple.

I have also started to proclaim that I am the big expert on cardiac surgery; I mean if a psycho boy can be the expert on a neurological illness, why can't a GP who knows as much about cardiac surgery as the CBT people about ME, not be the world renowned expert on the different forms of cardiac surgery. You see, it is not important anymore if a disease is physical or mental as body and soul are one and looking for a cure or a cause is obsolete and old fashioned in psycho brains that don't use the thinking part of their brain other than for themselves as apparently that was in their Hippocratic oath.

I have proposed that from now on we use CBT for acute appendicitis so the surgeons don't have to GET up in the middle of the night anymore to remove a horribly inflamed appendix. We just ask professor CBT to talk the appendix out of the tummy or bore it to death for that matter. And when you go and see your gynaecologist he will do a smear and at the same time give you a new hip, as that is close to the matter anyway, even if you are a bloke.

If you, by the way, think that only people with ME have a problem with their doctors, you are very wrong indeed. A recent study in the BJGP, the British Journal for GP's, has shown that it takes on average FIVE years with many tests etc, before the average person with Celiac disease goes from a malingerer to a patient with a disease.

FIVE years. Amazing. And that in a time where we CLAIM that we KNOW it All. Even more so if you know that for this bowel disease there is ACTUALLY a diagnostic BLOOD test.

And if you still think that ME is just attention seeking malingering mixed with suggestibility, exercise phobia and anything else the psycho rambler can come up with then just remember that you or your loved ones might get it just like ME. And then you will find out what a delightful business, uhum, this is and how much utter nonsense is coming from the Magic CBT Kingdom of delusional psychiatry and the GOBSART Institute of Ignoring Clinical Evidence. Hopefully you don't end up lying down 24/7 because then you will understand that we like this so much that we don't want to shed our malingering and have a normal life, go to work and get compliments from patients we have helped, go out for a run or enjoy a NICE car and be independent, because who in his right frame of mind would want that???

Now I wanted to finish here, but then the Society of Medicine interfered by organising a conference at the end of April about CFS, or ME, but that name is forbidden by their CBT friends. But to ME it seemed more like the conference of delusional psychiatry or delusionism.

Now as you know ME is a neurological illness as defined by the WHO, and the society is for physicians or so I thought, so let me help you out a bit and run through the list of famous know it alls about ME who will be there. Here's the line-up of speakers:

Professor CBT will be talking about I don't know what CFS and ME are.

Professor CBT the 2nd, on what causes malingering and so in psychiatrists....

Professor CBT the 3rd on why collusion delusionism affects psychiatrists when they talk about neurological disorders at a conference at the Society of Physicians.

Then there is the approach of denying it all, another one will talk about the highlights in the hair of NICE people, recently acquired to enlighten their friends at the College, then there is the psychiatric approach on how to deny illnesses, there is another CBT professor talking about using CBT and GET to GET someone at the conference the next time who actually knows what ME is, maybe Dr Carruthers or so, yes you are right, that doctor from the Canadian Guidelines who is obviously not there this year as he knows too much about ME and that would be counterproductive. And then another doctor will talk about what medication is best ....to cure delusional psychiatrists....

Oh, and what did Dr Enlander, the New York physician, say in his email to the physicians, no he is not one of the speakers, again, he seems to know a thing or two about ME and that means they don't want him at the psychiatric convention hosted by the Society of Physicians. Now he said it would be as logical to have a list of psychiatrists dominate the up and coming conference on breast cancer, heart failure and other physical illnesses as it would be here at an ME conference or words to that effect. But I agree, that is just a minute detail and wasn't in the interest of the GOBSART fellows and their CBT friends who try to dominate the world by telling porkpies about ME. And yes, they tell me they are doctors as well ....

But please keep on believing those porkpies until you or your loved ones GET ME as well, and then suddenly you realise what a whole lot of hot backed steam fried air has been coming from the Magic CBT Kingdom for years and years. The articles from professor CBT are either peer reviewed by his friends, or by himself, or by an editor who has fallen asleep or was at the golf course, even simply making sure that the conclusions in the abstract are supported and not contradicted by the figures in the article itself is too much, let alone getting the diagnosis of ME right, again, a minute detail.... but hey, who would want to risk going to GETanomo...

But it is not really surprising if you think about it as psychiatry is not a real science actually.

It is all about how one person, also called a psychiatrist, perceives what another person tells him. And that varies in time and place.

Just look at homosexuality, some whisper that Freud was one himself, and that is why he was so against it, and until recently that was actually in the psychiatric manual of who should be called crazy and who would be passed as sane...

Now the most amazing thing if you talk about this subject is an American Republican lady called SALLY KERN who was so fond of them that she said that the world would be destroyed, or words to that effect, by homosexuals.

And then she discovered that her own son is a homosexual...

Now the only way forward for ME is a similar sort of thing, i.e. someone close to a CBT delusionist GETting ME as well.

Part of ME hopes that will never happen, as I know what a delightful business this is, but on the other hand if you know how much money from, for example, the MRC is being wasted on CBT and other silliness, and that there is a moratorium on proper ME research to find the cause and a cure then you might think again. And please remember, that "Medical science of today is just a statistical science and not true hard science", as someone wrote in a BMJ rapid response about something else, and without people who want to GET to the bottom of things, the way engineers think, we would never GET anywhere, but I agree, that is the whole point of the delusional way of thinking about ME.

As regards to the docs aka farmers, who like chickens but don't know the difference between a chicken and an egg, I would suggest going to a farm and having a look, it is that simple...

Thanks for listening, have a NICE day and stay away from delusional psychiatrists and CBT fanatics.

I would also like to thank Mr Bennett very much for his great cartoon; I must add though that I have changed the text, so it is about ME. If you would like to see more of his brilliant cartoons, just visit: [www.felixbennett.com](http://www.felixbennett.com)