## CPD EVENT RECORD ECOLOGICAL MEDICINE

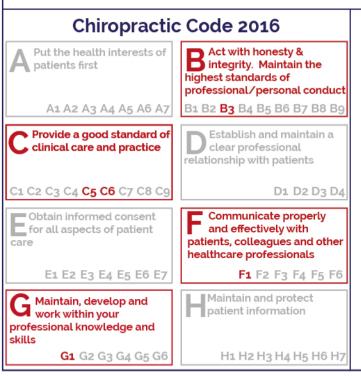
Recording: Learning by Oneself

with Dr Sarah Myhill

## **Summary**

This discussion dealt at length with ME/Chronic Fatigue Syndrome, exploring the flaws in standard conventional treatment and looking into approaches more likely to be successful. The merits of a paleo/keto diet were also explained, with reference to evidence showing the effect on overall health as well as diabetes and dementia.

The challenge in communicating these benefits to patients was raised, and the need to keep within the scope of available evidence emphasised.







## **Evaluation, Reflection and Impact on Practice**

## Confirmation

I confirm that this is an accurate reflection of my learning during this event.

igned:	
191100.	