

# Online self help program helps patients clear symptoms of chronic fatigue and fibromyalgia

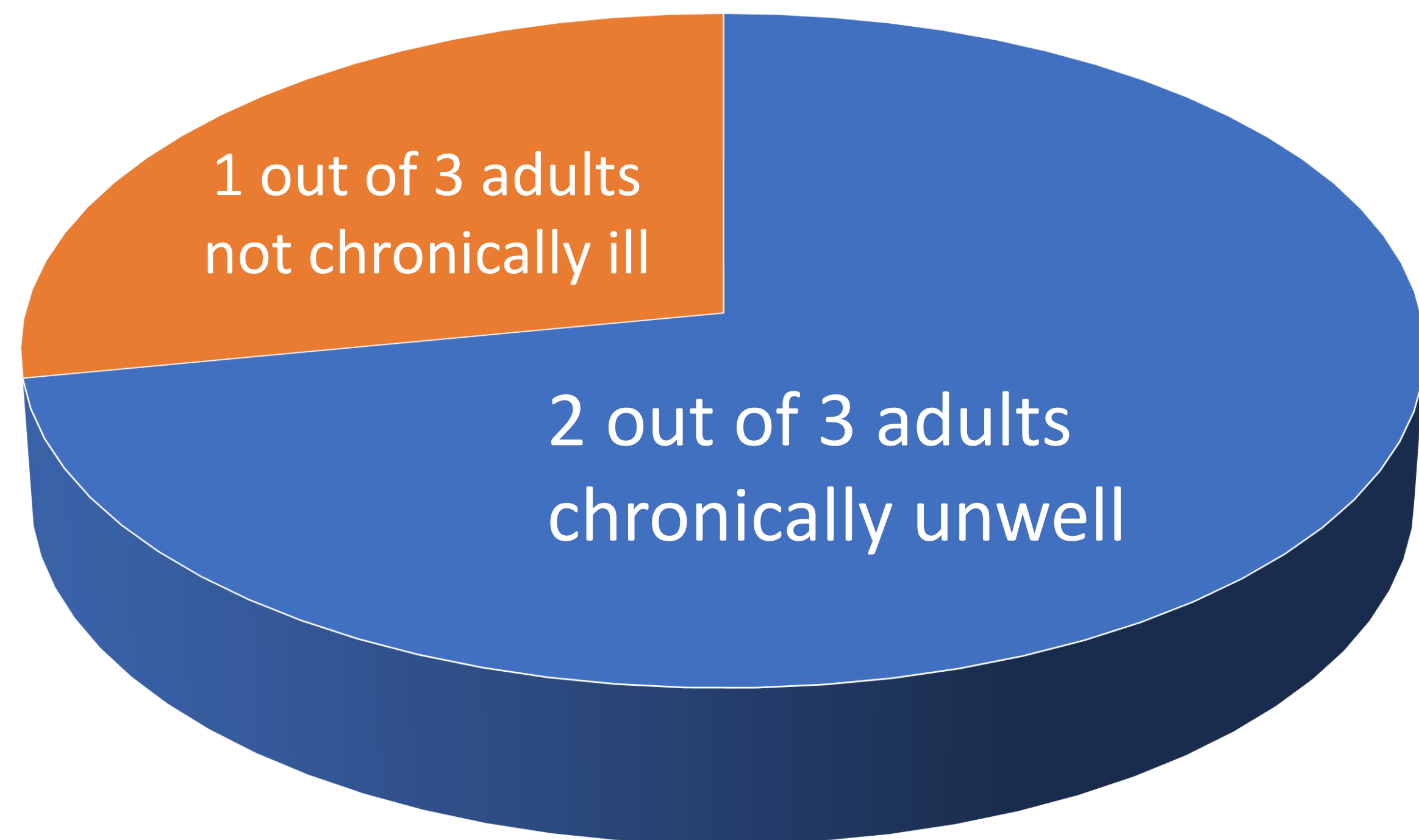


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transformational solutions for optimal wellbeing

# WHY? WHO?



***‘Two out of three adults are diagnosed with a chronic health condition’.***

Ministry of Health Survey, New Zealand 2006

Patients with chronic fatigue syndrome (CFS), ME (myalgic encephalomyelitis), fibromyalgia, post viral fatigue and associated conditions are often **too sick to travel for treatment and have limited financial resources.**

Offering online, remote, 24/7 accessible root cause and self-help education allows patients to take **positive, constructive action to reducing their symptoms** so they can *get their life back*.

Teaching patients the true nature of dis-ease along with self-help resolutions is **the ultimate form of healthcare** - and healthcare of the future - here now.





# WHAT? WHEN? HOW?



An online self-help home study program was **developed June - August 2015**. The program teaches how unresolved stress and trauma build up to chronic symptoms of 'dis-ease', and how homeostasis can be restored by clearing stress and toxic emotions. The program was **launched in October 2015** to 28 patients and ran **until June 2016**.

Lessons and exercises (video / audio files and pdf handouts) were delivered via a sophisticated private online membership portal accessible 24/7 from most digital devices and was **designed to be completed in 3 months** with lessons repeated for optimal learning.

*"I'm really enjoying the program. I'm so glad I took the plunge. Its thorough, well thought out, you've communicated it well and it's easy to follow. You're a real inspiration" Sue, UK*





# CLIENT CASE STUDY



*"I just couldn't go to sleep without you knowing how grateful I am for all the wisdom and knowledge you've shared. I don't know how I will put everything into words".*

Phyl, 88 years young, Australia

An 88 year old patient enrolled in the program January 2016.

Symptoms of depression and fatigue rated 8-9/10 in December 2015 and 0-2/10 in June 2016.

She had one private consultation, all other progress was made by following and implementing the lessons in the program by herself.

Before the program in her words *"I could hardly reach for a glass of water on my bedside table"*. After six months in the program she returned to a normal and very active life.





# RESULT, CONCLUSION



***“Virtual health puts patients at the centre of their healthcare, empowering them to manage their own health”***

Dr Damien Tomic,  
Cloud in Health Symposium  
Auckland 2016

28 people enrolled in the program between October 2015 to June 2016. A June 2016 survey showed an average symptom reduction from 7-10/10 to 0-5/10.

All patients rated the technology *‘very easy to use’* and the online content and delivery format *‘very effective’*.

Online self-help health education gives patients the ability to take greater control and responsibility for their own health and wellbeing, and has the potential to save the taxpayer / government significant time, energy, money and resources.



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