



Massachusetts ME/CFS & FM

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It's Not "All in Your Head"

Judy Tsafir, M.D.

Sunday Conversations

with MassME

January 21, 2024



Featured Speaker



Judy Tsafir, M.D.

Psychiatrist, author, and healer

It's Not all In Your Head

Presented by Judy Tsafir, MD
January 21, 2024



Today's Discussion

TOPICS TO BE COVERED

Misdiagnosis

MAST Cell Activation

The Gupta Program

Low Dose Naltrexone

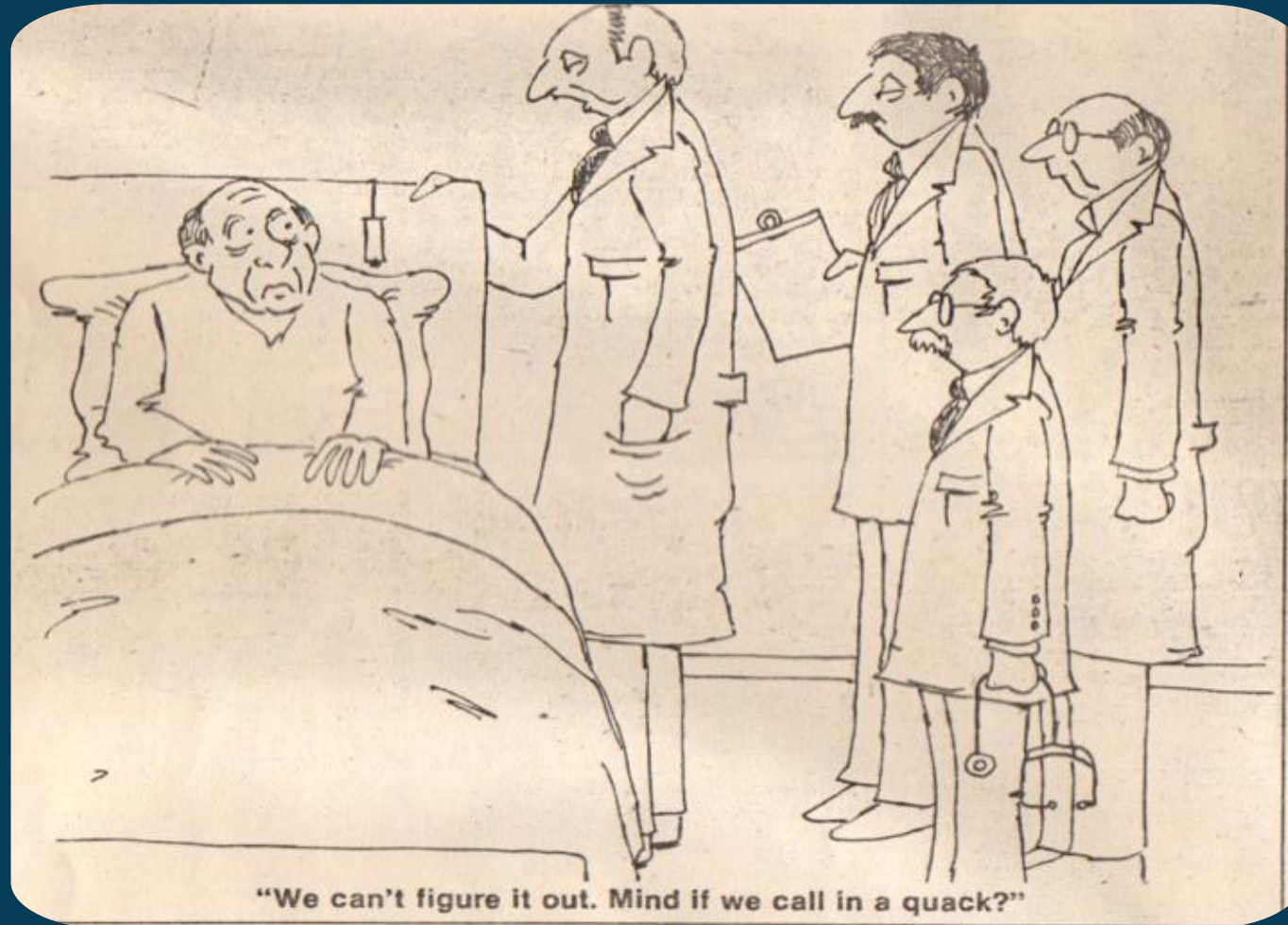
Electromagnetic Radiation (EMF)

KAP

The Blessing Way

Sacred Psychiatry





“As any doctor can tell you, the most crucial step toward healing is having the right diagnosis. If the disease is precisely identified, a good resolution is far more likely. Conversely, a bad diagnosis usually means a bad outcome, no matter how skilled the physician.”

Andrew Weil, MD



Misdiagnosis Can Have Tragic Consequences

Dysautonomia, particularly, is often misdiagnosed as a psychiatric disorder because it can present symptomatically as anxiety, panic, attention deficit disorder, and hypomania.

Psychiatric diagnoses are generally diagnoses of exclusion, meaning that the condition does not qualify if it is a consequence of an underlying medical problem.



Mast Cell Activation Syndrome (MCAS)

Often the common denominator mediating many of these diverse conditions and symptoms is dysfunction and over reactivity of the mast cells.

Mast cells are white blood cells that are part of the immune system and function as a bridge between the immune and the nervous system, acting to coordinate the two.



CHRONIC COMPLEX ILLNESSES

Chronic Complex Illnesses involve the Mind, Body, and Spirit, which is very different than saying that “it is all in your head.”

LIMBIC SYSTEM DYSREGULATION

Most patients with MCAS also have limbic system dysregulation, a malfunction of the deep structures of the brain that is a trauma response.



The Gupta Program

The Gupta Program is a highly researched mind–body–spirit practice that is extremely helpful and effective in calming down the limbic system. It is a self-guided program that can be downloaded from the internet and consists of simple brain retraining exercises and guided meditations

Guptaprogram.com



Low Dose Naltexone

- It is safe, inexpensive, and for some patients, makes a huge difference in pain reduction and systemic inflammation.



Electromagnetic Radiation (EMF)

All of us are sensitive to electromagnetic radiation, and it has a deleterious effect upon our health, but some patients with MCAS are particularly sensitive, and limiting their exposure can make a huge difference in the severity of their symptoms.

MITIGATING DANGER

KEY PRINCIPLES

1. Minimize your use of EMF-generating technology.
2. Maximize the distance between you and those EMF sources when they are in use.



EMF Guidelines

- There is an inverse relationship between the distance a cell phone is from the body and its disruptive impact on electrochemical signaling. Thus, do not keep a cell phone in your pocket unless you put it on airplane mode.
- Don't live near high voltage power lines or transformers.
- Do not talk on the cell phone with it placed against your ear. Put it on speaker mode and lay it on the table during a call.
- Laptops do not belong in your lap.
- If you live in a free-standing house, turn off the router at night. If you live in a condo or apartment building, it unfortunately makes less difference.
- Minimize use of the microwave, but if you must use it, leave the kitchen when it's in use, and take your pets with you.



Ketamine Assisted Psychotherapy (KAP)

The expanded states of consciousness induced by ketamine combined with psychotherapy can amplify holistic healing. Ketamine stimulates neuroplasticity and acts like a sort of Miracle-Gro for the brain, particularly in the 7-10 days following a session.



The Blessing Way

THREE PRACTICES IN COMMON



PRAYER



GRATITUDE



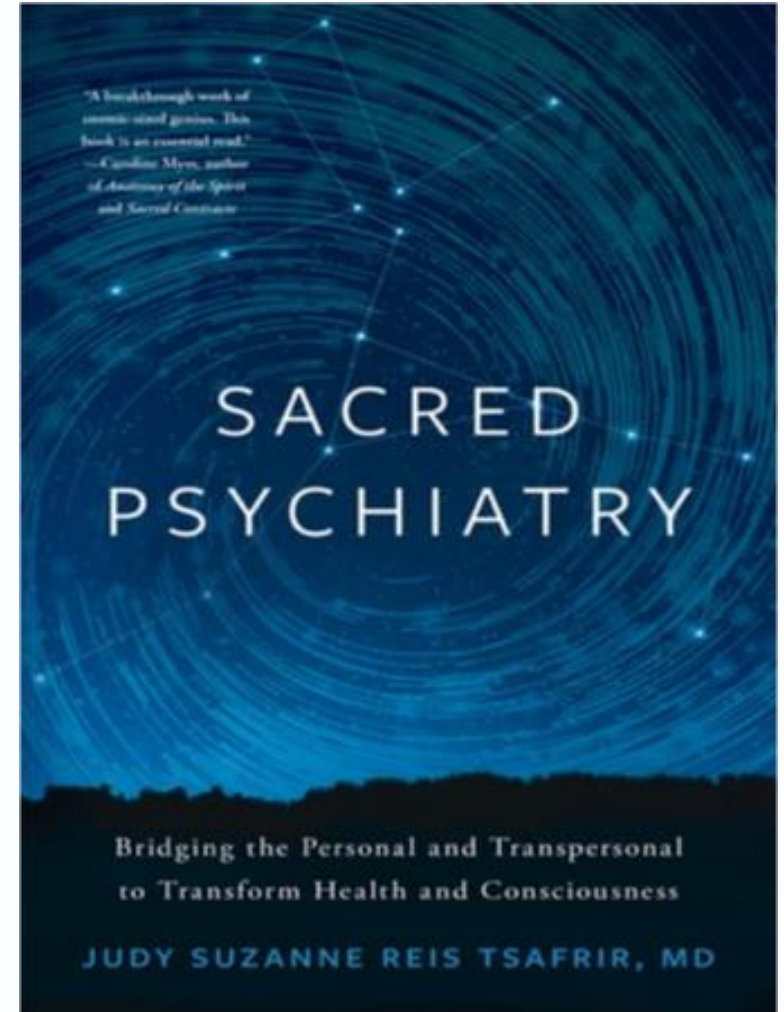
SACRED ACTION



Sacred Psychiatry: Bridging the Personal and Transpersonal to Transform Health and Consciousness



Judy Tsafir, MD | January 21, 2024



Resources

Arrien, Angeles. (1993). *The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary*, Harper One.

Blank, Martin. (2015). *Overpowered: The Dangers of Electromagnetic Radiation (EMF) and What You Can Do About It*, Seven Stories Press.

Nathan, Neil. (2018). *Toxic: Heal Your Body from Mold Toxicity, Lyme Disease, Multiple Chemical Sensitivities, and Chronic Environmental Illness*, Victory Belt Publishing.

Tsafrir, Judy. (2024). *Sacred Psychiatry: Bridging the Personal and Transpersonal to Transform Health and Consciousness*, Greenleaf BookGroup.

Thank You!

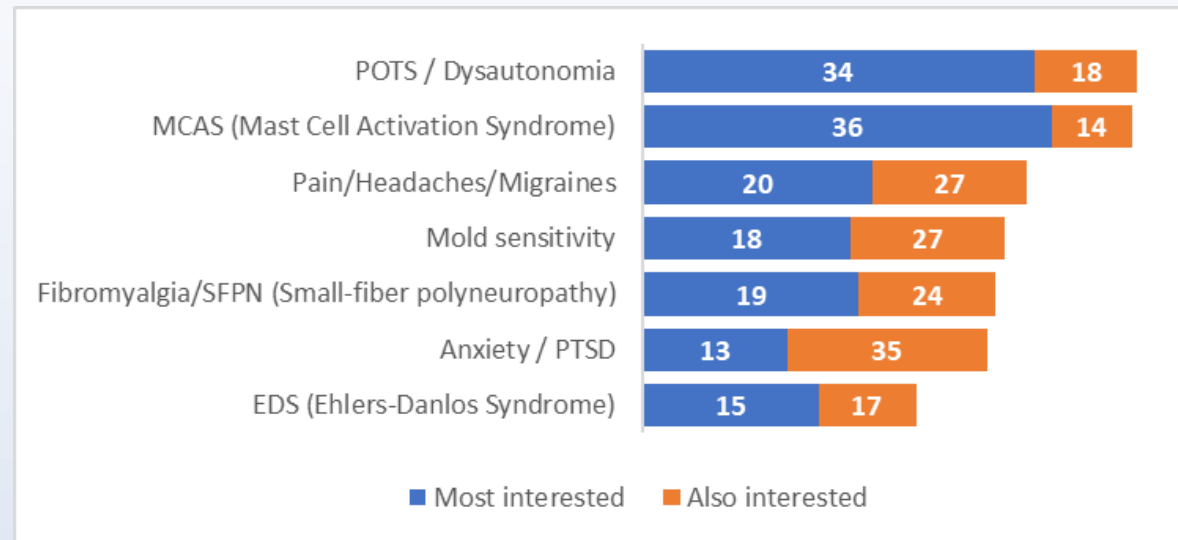
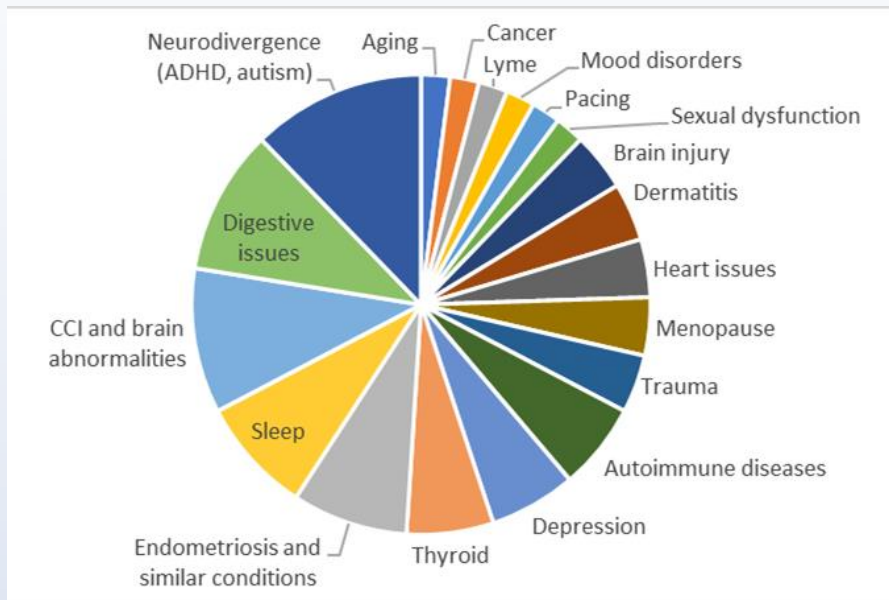




Please join us next month!

Small group conversation on living with ME/CFS and other conditions

Sunday, February 18th, 4pm Eastern



Please join us next month!



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