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### The February, Nightingale News Bulletin

There are 3 important topics in this bulletin:

- 1: Information regarding our just published book, **Understanding Myalgic Encephalomyelitis**.
- 2: A republishing of a frightening message on Corona Virus 19 from Holland concerning a most learned M.E. friend and my own advice re Corona Virus infection, disease and immunization.
- 3: News of a new free chapter on Understanding M.E. which is now completed, and we will be sending to you, **free of charge**, in the next few weeks.

### Regarding: Understanding Myalgic Encephalomyelitis

**1a:** Sales of **Nightingalepress.ca** new book are steady and encouraging. We hope to have this book available on Amazon in the next few weeks, if not sooner. Unfortunately, due to Amazon's pricing system our book will be more expensive on Amazon. There is little or nothing we can do about this. However,

Amazon gives the advantage of world-wide publicity and distribution. The book **will always be available on Nightingalepress.ca** at the regular price. We have received excellent reviews on this book from leading physicians and M.E. knowledgeable patients.

**1b. NEW FREE CHAPTER on how your doctor can TEST for M.E.** In the next few weeks we will be sending you a new free chapter to add to this book, at no charge. It is essential for individuals with M.E. or many of the CFS diseases. It is a paper to give to both read and to give your physicians on how to identify the severity of M.E. brain injuries. M.E. is **a common, chronic post-enterovirus brain encephalitis**. It is not CFS but many CFS patients are ill due to a toxic chemical or other post-infectious brain injury. The degree of disability can be easily quantified as mentioned in our book. This chapter is free since many physicians have no idea how to investigate either M.E. or CFS brain injury, its location in the brain and its severity. This free chapter explains how your physician can easily test for M.E.

### Corona Virus, COVID-19

The following communication has just appeared in the MEGC web site and I believe it is important for you to read this. Since Rob's story has now been published by the Netherlands M.E. Association, I believe it should be shared. There are two notices:

The first notice come from the M.E.G.C. news bulletin. I am repeating it for two reasons. Many do not read this excellent bulletin. Also, this frightening story documents point by point what can happen to any M.E. or any patient who falls ill with Corona Virus infections. It is essential that all of us take very good care over the next few months. The Covid-19 immunizations is out in most western countries. Please obtain this immunization as soon as it is available. You don't want the following to ever occur to you, your friends or members of your family.

### Rob and Covid-19: M.E.G.C. Bulletin

"Earlier this week Rob Wijbenga was hospitalized and is in intensive care. We have now received permission from those around him to post this update:

Rob fell ill a few weeks ago. What initially seemed like a severe flu, unfortunately turned out to be COVID-19. When it appeared, he had been through the worst, his illness suddenly escalated with terrible pain in his legs.

He was hospitalized and medicated the same evening. The pain was caused by clots in his blood vessels. This is a common problem with COVID-19.

Difficult days followed. He was kept asleep and ventilated. His legs recovered well and eventually all other values in his body were good again. He was taken off ventilation. **Now new problems have arisen.** Rob is now suffering typical Corona lung issues. At the moment there is no update on what the prognosis is. He is fully ventilated again and kept asleep for the time being.

When Rob gets through this, the rehabilitation process will be very lengthy. As you can understand, we

are very affected and sad.

**Nightingale Advice:** Be extra vigilant. As soon as it is available, obtain your immunizations as soon as they become available in your area. Do not be afraid of immunizations, be afraid of Corona Virus 19.

#1: Wearing a mask is important but it is not enough.

#2: Keep a good meter, a yard away from anyone.

#3: Keep a small bottle of disinfectant in your pocket and use it after you have been in a grocery or other store.

#4: Until you are immunized, stay away from restaurants, or crowds and public transport.

#5: You have stayed well for a year now and you only have a few days, weeks or months until the immunization is available in your area. Be patient.

#6 Stay safe, alive and well.

**Item 3: A New Free Chapter on Diagnosing M.E. and also many chronic CFS injuries. This free chapter will be sent to you shortly.**

Most physicians, primary care physicians and even neurologists do not know how to investigate either M.E. or those patients with CFS who have suffered serious brain injury. Several patients have asked me to write a paper to explain to their physicians how to investigate the cause, location and severity of their encephalopathy. Also, many CFS patients have been injured by other viruses and chemical toxins. This free chapter will be sent out to you on our next bulletin in the next few weeks.

**You can order our book: Understanding M.E. by clicking: [nightingalepress.ca](http://nightingalepress.ca)**

If you cannot afford this book, ask your local library to purchase a copy.

My best wishes and keep safe

*Byron M. Hyde M.D.*

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