

**Cynthia Lankenau, DVM, RH (AHG), CVA, GDVCHM, ACVCHM (IVAS),
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Cynthia Lankenau, DVM graduated from Cornell's Veterinary College in 1981 and joined a 99% dairy practice in upstate NY with a total love of working with small dairy farms. In the attempt to expand her practice knowledge, she joined the Peace Corps and worked in Malawi, Africa in 1984-1985, returning to the US to join a mixed animal practice in western NY. With the decline of family farms in NY, and seeing an incredible increase in chronic diseases, Dr. Lankenau started down the path of alternative medicine; starting with acupuncture training in 1991 (IVAS), started herbal training in western herbs in 1993, Chinese herbs in 1995; chiropractic (AVCA) and homeopathic (AVH) training in 1995. She has completed Chi's MS (TCVM); CIVT's Western Graduate Herbal program, and Chinese herbal degree; is a registered herbalist (RH) through the American Herbal Guild, completed David Winston's professional herbal training, and additional Chinese Herbal training with Dr. Evan Rabinowitz. She attends as many Jeffrey Yuen seminars as possible. She is a past president of the VBMA, Secretary/Treasurer of the ACVBM, founder of the NY CAVMA, and on the board of WATCVM. Since 1993, she has practiced in a solo 100% alternative modality mixed animal practice.

***Gu* Syndrome: A Valid Ancient Syndrome**

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Gu Syndrome is an ancient medical concept which is a valid clinical approach for chronic super-infections by funguses, parasites, viruses, and other microbes that are often hard to detect. *Gu* is the ancient Chinese symbol for extreme pathological yin--the dark side of life, the worst nightmare of any human being. It represents darkness, rottenness, slithering vermin, poisonous snakes, betrayal, black magic, backstabbing murder, and in medical terms, progressive organ decay accompanied by torturous pain and insanity, the definition of our chronic diseases. Many of today's diseases that are difficult to treat and hard to resolve are examples of *Gu* syndrome, including all chronic hard to resolve and resistant worm infestations, tapeworms, roundworm, hookworm, whipworm, and other degenerative infection, filariasis, liver flukes, trichinosis, systemic candidiasis, brucellosis, all types of chronic and debilitating nervous inflammation, Lyme disease, and other borrelia infection, tick fever, babesiosis, ehrlichiosis, Rocky Mountain Spotted Fever, rickettsia, bartonella, tick-borne encephalitis, other forms of chronic encephalitis, and meningitis, malaria, anaplasmosis, West Nile Fever Virus, Feline and Equine herpes, FIP, and cases of Equine Head shaking and chronic upper respiratory diseases.

Most Chinese scholars generally dismissed *Gu* syndrome as an 'ancient, feudalist and superstitious' belief in demons and exorcist practices that have little or no value in modern clinical practice. However, when looking deeply at these ancient texts, a very modern problem was described: Super-infections, that is, these demons are systemic funguses, parasites, viruses, spirochetes, other hidden pathogens, the toxins they produce and the biofilm they generate.

The herbal treatment includes the use of many aromatic food grade botanicals to 'drive out the demons' and eliminate the *Gu* in the biofilm and extracellular matrix. This paper will explore the use of these formulas in the treatment of many of today's chronic diseases.

Objectives:

1. To validate the use and study of ancient Chinese medical philosophies as to their importance in today's chronic diseases
2. To use the therapeutic principles described in the *Gu* syndrome in the treatment of chronic super-infections caused by viruses, bacteria, protozoa, spirochetes, and other parasites.