

Craig Robinson – Author and Experienced Patient – Testimonials

"It is very rare to find a practitioner who is kind, sensitive, knowledgeable and totally empathetic because he or she understands first-hand what you are living through. Craig is a beacon of light in the dark world of M.E. I made more progress with Craig in 6 months than I had in the previous 5 years. I feel extremely fortunate and grateful to have his knowledge and expertise guiding me forward."

Ema

"Craig has been an excellent mentor to me for well over a year. Despite having read all of Sarah Myhill's books, there was quite a lot I didn't understand (I am so not scientific). Over the past year with Craig, I have learnt a great deal about how our bodies work, and Craig has re-assured me, listened to me, helped me in decision making, written very full notes after each session with good links for products, more information etc. and answered my questions fully. He has so much experience and knowledge on all aspects of this illness, he makes this journey much more "do-able!"

Liz

"I would like to recommend Craig Robinson for a great many reasons. I have had ME for over 30 years and during that time I've experienced a lot of different practitioners none of whom came close to doing what they said they could because they had no idea what they were dealing with - this is why finding Craig has been a brilliant piece of luck. To start with Craig is like an amazing library/resource that contains all the information on ME that has been printed. If he doesn't already know something he knows where to find it. To add to that his own personal experience of ME was extremely severe and the fact that he now leads a fairly full life is testament to his determination to recover and a beacon of hope that we might also recover somewhat. He will support and help you work at the rate that you feel comfortable with. There will never be judgment only empathy because he has already been where you are and knows not only the path that worked for him but the variants of that path that worked for others. If you want to give improving your health the best shot possible this is the person, I recommend. Craig has come a long way from when he first became ill and most of us at that stage would move on and try to forget the horrors of the illness but yet another thing that sets Craig apart is the fact that he has turned around and reached back to help anyone who needs it. He chooses to practice kindness and generosity and is an exceptional person to have at your side during this illness. I can't recommend him highly enough."

Ann

"I cannot recommend Craig more highly. He has an understanding, insight, and knowledge of ME that is hard to find elsewhere. With this illness we often must be our own health detectives, trying to piece our symptoms together to try and work out what on earth is happening. It can be overwhelming and lonely. With Craig by your side, it no longer is. You are a team, and that on its own is invaluable. He is so thorough in his research, then puts a plan together, tailored perfectly for you. He also explains everything so clearly. Craig will be there to support you as you implement your health plan. It is like having a weight lifted from you that you aren't fighting alone anymore and there is someone who totally understands you. He goes far beyond what one would expect in everything he does. I cannot praise him more highly and am eternally grateful for his help."

Katie Twinn

"Four very long and painful years into severe ME/CFS, I started working with Craig. As is common, I'd previously met many health care professionals with little comprehension of ME and their suggested treatments were pushing me further into illness. I was now bedbound and needing a wheelchair & I'd become wary of using precious energy on anyone who again wouldn't believe & acknowledge the severity of my symptoms. Craig was different. He's been there. He knows. He remembers. More importantly, he understands the methodology of the Myhill protocol and the challenges of trying to follow it when you're working on minimal energy & funds. His calm, clear, patient manner was exactly what I needed, and I cried with relief at realising I was no longer alone in my fight. I'm so grateful he doesn't mind repeating parts of the protocol until I understand it and will often send me links for me to read and comprehend at my own pace. He reads my test results, untangles my exhausted depleted thought processes and offers simple solutions for the next steps. I particularly appreciate his sense of humour and sharing his honest accounts of similar situations has been very reassuring. There is still a long way to go in my own recovery, but I've already seen some improvement & the path ahead definitely looks clearer and more positive."

Ali

"Simply put, Craig Robinson is a Genial Gentleman Genius and a thoroughly Great Guy who I cannot recommend highly enough for all things concerning M.E. Craig's mind though, perhaps shockingly to fellow M.E sufferers, because he still suffers from the disease himself, appears to work much faster than just 5G alone. How can this be possible though? In life, opportunities are rare to encounter highly intelligent, yet truly kind, humble, and helpful human beings and I have only ever been lucky enough to meet very few of them as the years have swept me by. Craig though is undoubtedly one of these almost miraculous people: He is a genuine computer on legs, an author, an absolute repository of M.E facts and figures and a veritable intellect who appears to possess an unrivalled understanding of this devastatingly disabling illness; along with an in-depth knowledge of Dr Myhill's regimen and protocol to treat it. Indeed, he follows this regimen himself and with remarkable results. For many years I painstakingly sought treatment, cures, fixes and finally had no other choice, but to self-treat, because most doctors simply had no understanding of M.E whatsoever, leaving me totally bedbound for years on end, having done their worst. My D.I.Y M.E treatment though meant that I had some small successes, but many more failures and, in truth, most of the time, and for a very long time, I was doing little more but stabbing in the dark with very little to go on. Conversely though, under the tutelage and guidance of Craig Robinson, at long last I now have hope that there is a possibility of further 'improvement', a word that I neither believed was possible or plausible, such were the rigours of my own M.E. Dr Myhill's protocol makes sense, her books on the subject, 'The Infection Game', 'Diagnosis and Treatment of Chronic Fatigue Syndrome - Mitochondria, Not Hypochondria!' are a must read and who better to guide an M.E sufferer through the protocol itself than her own co-author, Craig Robinson? For me, the decision to choose Craig as my practitioner was an absolute no brainer. With Dr Myhill's workload such that she cannot take anymore new patients I could not think of better candidate than her highly intelligent right-hand man. Craig listens intently, fully understands the intricacies of my condition, and goes far beyond the call of duty to help me along a pathway through the minefield of M.E. During an appointment his knowledge on the subject of M.E and Dr Myhill's approach will become immediately apparent, you can expect that he will follow up that appointment with a full, in-depth written report, help you choose the correct tests and assist you to interpret the results; something I could have never hoped to achieve on my own. The amount of work he puts into all of this is both mind blowing and humbling, truly incredible stuff, as what might have taken me years to accomplish seems to take Craig minutes. I have therefore found his guidance worth every penny. Thus far I have started the PK diet with success and some improvement! I have been guided towards private blood tests and samples and received some astonishing results. The incredible news is though, particularly to an M.E sufferer who was once bedbound for 8 interminable years, is that those results are treatable!!! I guess all I can say is thank you a million Craig Robinson and, to all those reading this, watch this space! God Speed my fellow M.E Sufferers!"

Dave

"Craig is a gentleman-scholar. He is kind, compassionate, empathetic and has a beautiful mind. He explains complex ideas in an easy-to-understand way. Craig has helped me with my ME of 15 years, and I have seen definite improvement during the time we have worked together. The notes that he sends after each consultation are extensive, well referenced, coherent and (again) easy to understand. I have found that this really helps me because knowing that the notes will follow the consultation means that I can concentrate on what we are discussing during the consultation without worrying about whether I will remember it later - effectively Craig sends comprehensive minutes. Craig is a gem."

Annabelle

"I have learnt more from Craig in 3 months about my illness than in the last 10 years from doctors. He has an amazing knowledge base and yet he makes you feel comfortable and like it's ok to ask questions - in fact he encourages it. There is no ego here at all with him, something I have experienced within the NHS system. Regarding ME, he has been there and has the t shirt to prove it! He has intelligence and compassion in equal measure. Already I have seen some improvement in my symptoms. Craig - you're one in a million."

Claudette