

ALLERGY PROMOTION



32%

of 13 to 14-year-old children experience the symptoms of asthma

9%

have eczema

40%

have allergic rhinitis

Source: Allergy: The Unmet Need, a report by The Royal College of Physicians, June 2003.

# GAIN CONTROL OF YOUR HEALTH

If you have allergies or sensitivities, you'll know how difficult they can be to live with and how hard it is to ease the symptoms

**B**reakspears Hospital can help you gain control of your health with its neutralisation treatment, which helps to alleviate the symptoms of allergies, food intolerance and sensitivity.

After a successful course of treatment, most patients go on to enjoy the foods that intolerance once made them give up. Plus, many patients go on to lead allergy-free lives.

Breakspears' neutralisation treatment is entirely safe and uses intradermal skin tests and regular low-dose desensitisation treatment to target the

cause of your allergy or sensitivity. Fully qualified, experienced doctors and nurses ensure you are given the best quality treatment and care.

## We care for you

Breakspears Hospital has been specialising in allergy and environmental medicine for over 25 years and is globally recognised as a leader in this field of modern medicine.

The hospital takes a holistic approach to treatment and avoids drug therapy programmes where possible. Fully trained medical staff at Breakspears will carefully examine your diet, living and working environment and previous life experiences in order to provide recommendations that will help to offer a better life.

Breakspears also provides individual dietary and nutritional advice and can introduce you to its

**Fact!**  
12 million people in the UK (one-fifth of the population) are now likely to be seeking treatment for allergy

By treating allergies and sensitivities using Breakspears Hospital's neutralising technique, patients' incidence of asthma, eczema, rheumatoid arthritis and allergic rhinitis can be reduced or even eliminated



**Fact!**  
Potentially life-threatening but previously rare allergies, such as peanut allergy which now affects one in 70 children, are on the up

allergy/sensitivity desensitisation programme. "We strive to help our patients build stronger immune systems, which will help them gain control of their allergies and sensitivities," said Dr Jean Monro, Medical Director, Breakspears Hospital.

## How we can help you

Breakspears Hospital has successfully treated people with the following conditions...

**● ASTHMA** is an abnormal spasm of the airways, often triggered by environmental agents, such as smog or pollution. Attacks vary in severity from person to person, your only symptom may be a prolonged cough, whereas severe attacks may be life threatening. It's important to identify culprits such as inhalents, foods or chemicals that can trigger asthma attacks. Breakspears Hospital offers skin testing for a wide variety of substances (including foods and other common allergens, such as dust mites, pet dander, yeast/fungi, pollens and chemicals) and a neutralising treatment plan to reduce your chance of having an attack.

**● ECZEMA** affects around one in 12 adults and one in five children in the UK. (Williams HC. Dermatology: Health Care Needs Assessment, second series 1997, Raddcliffe Medical Press). Common symptoms include a red, itchy rash and flaking skin. It's logical to address the problem by trying to remove the cause, or by altering your body's response to triggers by using a desensitisation programme. Identifying the cause of a flare up and eliminating or neutralising the reaction will often yield good results without drugs and will help to alleviate itching, broken skin.

**● ACNE** most people - about 9 out of 10 teenagers - have experienced acne at some time in their life. Breakspears Hospital has been successfully treating acne without prescription drugs by using comprehensive skin testing together with neutralising allergy vaccines, often in conjunction with an elimination diet. By using preservative-free, allergy vaccines and following advice on how to identify and eliminate the trigger substances, most acne patients notice substantial improvements.

**● IRRITABLE BOWEL SYNDROME (IBS)** is a common gut disorder, which, according to the NHS, affects one in five people in the UK at some stage in their lives. Some people with IBS find that food can trigger symptoms, or make symptoms worse. The most common foods that trigger IBS symptoms, if you're sensitive or intolerant to them, are wheat, dairy products, coffee (and other caffeine-rich drinks), potatoes, corn, and onions. Using a desensitisation programme helps many IBS patients to reduce their symptoms.

**● ARTHRITIS** affects up to 3% of the population - predominantly women. It's a chronic condition that can often be due to food allergies. Breakspears' allergy neutralising treatment can significantly alleviate arthritic symptoms. □



For more information on Breakspears Hospital's allergy and sensitivity neutralisation programme, call 01442 261 333 and speak with Reception or visit [www.breakspearsmedical.com](http://www.breakspearsmedical.com)

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