



Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 12

Autumn 2006

Notes on *The Omega Rx Zone* by Dr Barry Sears

Recently while attending an American anti-ageing conference, our Medical Director, Dr Jean Monro, met Dr Barry Sears—the author of the best-selling book entitled “The Omega Rx Zone”. The following article is Dr Monro’s summary of Dr Sears’ most important “zone” diet discovery so far.



treatment of cardiovascular disease.

In 1982 the Nobel Prize in Medicine was awarded for the discovery of the role that certain hormones, known as

eicosanoids, play in the development of cardiovascular disease, diabetes, autoimmune diseases and cancer.

Since eicosanoids are derived from dietary fat, Dr Sears

(Continued on page 8)

Dr Barry Sears has dedicated his research efforts over the past 25 years to the study of lipids and has been involved in the areas of intravenous drug delivery systems and hormonal regulation for the

Allergy magazine awards for the *Best Allergy Clinic/Alternative Therapy Centre*

On 16 June 2006, *Allergy* magazine (in association with *The Allergy Show*) announced the winners of their first ever *Allergy* magazine awards. The idea behind the awards was to give their readers a chance to reward those who are making a real difference to improving the lives of people with allergies and food intolerance.

Breakspear Medical Group was runner up in the category of *Best Allergy Clinic/Alternative Therapy Centre*.

The Allergy magazine 2006

awards programme stated that Breakspear has a “fantastic track record of providing quality service”.



The July/August 2006 magazine complimented Breakspear on “its wealth of experience

and success in treating people with allergies and environmental illnesses”.

Breakspear Medical Group’s Managing Director, Alister Monro, stated, “We are very proud of our clinic. It’s our pleasure to help so many people overcome allergies and environmental illness.”

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Breakspear Medical Group Ltd

Hertfordshire House
Wood Lane
Hemel Hempstead
Hertfordshire
HP2 4FD
United Kingdom
Main switchboard:
+44 (0)1442 261 333
Email:
info@breakspearmedical.com
www.breakspearmedical.com

Next edition of the Bulletin: introduction to the new Neurological Science Department at Breakspear Hospital

On the market: pharmaceutical-grade, omega-3 rich fish oil

Some of you may recall when children had to swallow a spoonful a day of cod liver oil as a vitamin supplement.

Today the word "oil" has become synonymous with "fat" and fat has been given a bad name in modern western diets. The truth

is that some fat is truly essential to the human body and is a dominant feature in our brains.



The categories of fat are:

Saturated—solid at room temperature

Monounsaturated—liquid at room temperature

Polyunsaturated—liquid in a refrigerator

organochlorine compounds of our polluted world. Studies have found high levels of toxins such as polychlorinated biphenyl (aka PCB, an

industrial chemical) and dichlorodiphenyl trichloroethane (aka DDT, a banned pesticide) are contained in fish and other sea life destined for food markets.

Unfortunately these types of toxins bioaccumulate. That means that they concentrate in the fat of organisms and their concentration increases as one moves up the food chain. They cause a toxic effect at low concentrations.

Many different brands of fish oils are readily available in liquid or capsule form. However, many health food shop fish oils still contain the metals and toxins found in the fish.

The best supplements of fish oil have been refined and the lower grades of fish oil have been removed. Pharmaceutical-grade fish oils are very low in contaminants, the fishy taste and gastric side effects.

Breakspear Pharmacy offers Pure Encapsulations EPA/DHA essentials which is a molecularly distilled, micro-filtered fish oil that has been tested for contaminants including heavy metals, dioxins and furans, PCBs, peroxides and anisidine.

Talk to your Breakspear doctor about your recommended intake of fish oils and how they might benefit you!

Breakspear Medical Bulletin

Breakspear Medical Group Ltd
Hertfordshire House
Wood Lane
Hemel Hempstead
Hertfordshire
HP2 4FD
United Kingdom

Editor:

Carolyn Northcote Monro

Contributing writers:

Dr Jean Monro

Dr Christabelle Yeoh

Ron White

Breakspear Medical Bulletin is a private publication that we aim to produce quarterly. It is for the promotion of environmental medicine awareness and Breakspear Medical Group Ltd. This newsletter is not intended as advice on specific cases but as a forum of information researched and stored at Breakspear. We urge readers to discuss the articles in this bulletin with their health-care practitioners. Unauthorised reproduction of this newsletter, or quotation except for comment or review, is illegal and punishable by law.

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There are many different types of fats and they can be categorised by their fluidity.

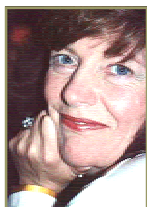
Fish oil falls into the category of polyunsaturated fats. This type of fat can be divided further into omega-3 (found in fish oil) and omega-6 fats (found in high concentration in vegetable oils).

The key ingredient in fish oil that is beneficial to everyone is the long-chain omega-3 fatty acid.

But not all fish oils are equal in

Ask Dr Monroe

I started experiencing a pain in or over my thigh bone. I then started to feel tired frequently and decided to see my GP about it. He referred me to a specialist who said, "You have Paget's disease. Look it up on the internet." I want to do everything I can to slow down the process, including starting a special nutritional supplement programme. Can you suggest anything?



This is a disease in which certain areas of bone are broken down by the body in an abnormal way. They may be repaired by the body's natural repair mechanisms, but the

structure of the bone is not always successfully recreated. It may also affect some joints, particularly the hip and knee joints, and this results in deformities of the legs.

I would suggest considering all agents which can alter bone strength or metabolism, as follows:

- Magnetic fields
- Calcium, Magnesium, Vitamin D, Boron, Vitamin K and K₂
- Hormonal status: parathyroid, thyroid, oestrogen, corticosteroids
- Factors concerning the absorption of nutrients and therefore gut function



Recently there has been renewed interest in the benefits of taking cod liver oil for relief of arthritic pain. There was a small study conducted at Cardiff University in Wales where people with severe osteoarthritis took cod liver oil capsules for 12 weeks and showed dramatic reductions in enzymes that cause cartilage damage and joint pain.

Celebrating the 5th anniversary of the Breakspear Medical Bulletin

This autumn 2006 edition of the Breakspear Medical Bulletin is a special edition to mark 5 years of production.

There have been some change over the years in the content, style and authors of the Bulletin but this edition has one of the biggest changes yet!

Due to new postal rates, we decided to opt for the more compact version. You'll get the same amount of information as with our double-size Bulletin but you'll notice that we've had to reduce the font size and change the layout a little to squeeze it all in to A5 size.

We hope you'll enjoy our new layout and look forward to hearing your comments, opinions and suggestions for articles including "Ask Dr Monroe", the Breakspear Medical Group website and anything you'd like to appear on our Bulletin Board in a forthcoming Bulletin!



The first edition had articles on: Epstein-Barr Virus, the Hospital's move to Hertfordshire House and an article on Breakspear's first patient.



All editions of the Breakspear Medical Bulletin are available free on the website at:

www.breakspearmedical.com/files/publications.html

Results of controlled trial on effects of probiotics on atopic dermatitis

Atopic dermatitis (AD) is a long-term skin disease. The word "atopic" refers to a tendency to develop allergy conditions and "dermatitis" means swelling of the skin.

Probiotics are naturally occurring beneficial bacteria found in the human gut. You have probably seen the advertisements that describe probiotics as "the nice, friendly bacteria in our digestive systems".

In recent years, supplementation with probiotics has been explored as a therapeutic option for AD. The rationale for this is based on the effects of bacteria on cellular immune responses. It has been speculated that exposure to these microbial agents in early life could play a role in maturation of type 1 T helper cell immune responses and could inhibit the development of allergic type 2 T helper cell responses and allergic (IgE) antibody production.

Basically, by supplementing with probiotics, it is believed that allergic responses may be reduced by providing bacterial balance in the gut, which then may result in the effects of extreme immune responses, such as AD, being reduced or possibly eliminated.

An original article was published on www.archdischild.com about a well-designed and well-carried out trial in Australia on the effects of probiotics in young children with atopic dermatitis.*

The participants were 56 children, aged from 6 to 18 months with moderate or severe AD as per the Hanafin and Rajika criteria for AD and had a modified SCORAD score ≥ 25 . These children were screened to make sure that they had not had prior exposure to supplemental probiotics, did not have any other major medical problems and were not on a course of antibiotics. (Antibiotics may kill a significant amount of good bacteria in the gut.)

There were no significant differences between

the probiotic and placebo groups in any of the baseline characteristics. However, it was noted that clinical food allergy was common. 29% of

the children had a reported immediate-type allergic reaction to food. The total IgE was elevated in 77% of the children

and RAST testing for specific IgE was positive to food mix in 71%.

The conclusion of the study states that this is the first study to show a benefit of probiotics in under 2 year olds with moderately severe AD.

The positive effects were still apparent 2 months after the supplementation ceased.

The discussion section of the study states:

The potential mechanisms of action of probiotics are not well understood, but are

believed to be mediated by immunological effects initiated in the gastrointestinal mucosa.... Animals raised in germ free conditions show profound immune dysregulation, suggesting that gut micro-organisms are essential for normal immune development and oral tolerance. As such, there has been growing speculation that normal human immune development may have been affected by alterations in colonic flora and progressively cleaner environments.

Theoretically, if the effects of probiotics on AD are associated with effects on the developing immune responses, it is possible that they could modify or prevent allergic responses to aero-allergens and persistent airways disease.

If you suffer from AD, talk to your Breakspear doctor about the best probiotics available which may help relieve the symptoms.

*S Weston, et al. *Effects of probiotics on atopic dermatitis: a randomised controlled trial.* Arch Dis Child. 2005;90:892-897.

You have probably seen the advertisements that describe probiotics as "the nice, friendly bacteria in our digestive systems".



The most common symptoms of atopic dermatitis are:

- Dry and itchy skin
- Rashes on the face, inside the elbows, behind the knees, and on the hands and feet

New thoughts on your heart and cholesterol levels

Doctors are increasingly using cholesterol as one of the major factors in determining a person's cardiac risk. In fact, UK doctors are put under pressure to reduce our entire nation's cholesterol. It is important to consider your cholesterol, but there is more to it than simply taking a statin, which is now one of the most widely prescribed drugs.

Cholesterol is made in the liver and it is required to make all the steroid hormones that we need to survive. These include pregnenolone, which serves as a precursor to other hormones, progesterone which is involved in the female menstrual cycle and pregnancy, testosterone

which is the principal male sex hormone and an anabolic steroid, and aldosterone, which regulates sodium and potassium balance in the blood and therefore the blood pressure. Our bodies need cholesterol; it is not right to think that all cholesterol is harmful. Most cholesterol in the body is made by the liver, and not from dietary sources, as is commonly thought.

What is most important to consider is the fate of cholesterol and not the absolute levels of it. Cholesterol needs to be 'esterified' by different fatty acids in order for it to continue its production of the various essential hormones. This process of fatty acids changing the cholesterol's composition determines if it goes on to cause a problem or not. If these cholesterol esters comprise "bad fats" such as trans fatty acids or hydrogenated fats (found in processed foods), the cholesterol molecule causes a problem by being obstructive and this contributes to coronary atherosclerosis. This condition is the result of cholesterol building up in the inner lining of the arteries (plaque formation). Therefore, it is the reaction products called 'cholesterol esters' which are important to consider when evaluating a person's cholesterol in relation to their cardiac risk rather than just cholesterol levels.

Most doctors use a measure of cholesterol present in the blood as an indicator of cardiac

risk. The most common measure of cholesterol present in the blood can range from 3.6 to 7.8 mmol/litre. A level above 6 mmol/litre is regarded as high, and is a risk factor for arterial disease. Government advice recommends a target cholesterol level of under 5. However, according to NHS Direct, on average, men in England have a level of 5.5, and women a level of 5.6.

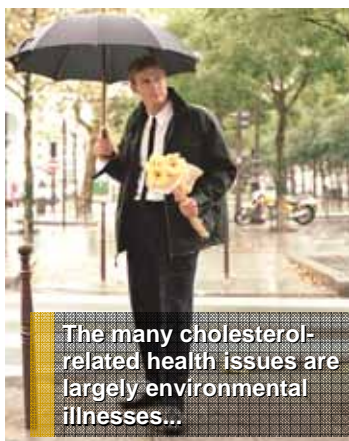
At Breakspear Hospital, instead of just measuring cholesterol, we use a blood test that allows us to examine cholesterol and define more specifically what is happening with the fatty acids. The total cholesterol and the presence of bad fatty acids can be successfully managed with

nutritional supplementation and diet intervention.

The most widely prescribed standard treatment for high cholesterol is a class of drugs called statins. These drugs lower the level of cholesterol in the blood by reducing the production of cholesterol by the liver. They block the enzyme in the liver that is responsible for making cholesterol. These drugs are associated with muscle aches and pains and also inhibit co enzyme Q10, which is crucial for mitochondrial ATP (energy) synthesis and functions as an antioxidant in cell membranes and lipoproteins. Fortunately statins are not the only solution for elevated cholesterol.

The many cholesterol-related health issues are largely environmental illnesses and should not be dealt with solely by pharmaceutical means. There is evidence that rectifying certain nutrient deficiencies, such as omega-3 and omega-6 essential fatty acids, vitamin B5, B6, B12 and folic acid, can reduce cholesterol. Frequently, treatments for elevated cholesterol will also address hypertension. Together, hypertension and dyslipidaemia (poor balance of good/bad fat levels in the blood) are the biggest threat to cardiovascular health.

If you wish to pursue various preventive measures and potentially lower your risk of resultant cardiac problems without the use of statins, make an appointment to see a Breakspear doctor.



New thoughts on HPV vaccinations, HPV screenings and using nutrition to fight infection

Cervical cancer kills more than 1,500 women a year in Britain. Human papilloma virus (HPV) is the virus that may cause cell abnormalities that could lead to the development of cervical cancer.

As reported on the Breakspear website in 2005, talks have been underway between the Department of Health, the Health Protection Agency and the National Institute for Biological Standards and Control regarding introduction of the first vaccine against cervical cancer. These vaccines are expected to dramatically reduce the cervical cancer death rate.

Within the next year, the launch of HPV vaccines is expected to raise significant general awareness of HPV. According to the Daily Telegraph 7 October 2005 trial results showed that the vaccine, Gardasil, given in three doses over six months, was 100% successful.

It is excellent news to hear that a vaccine against HPV is soon going to be available, but what about women (and men) who do not know if they already have HPV and are not vaccinated?

It is currently not standard in the NHS cervical health screens to run the HPV test. Unless the patient is told that the test was completed, the test was not performed.

Detecting HPV is important because HPV is the virus that may cause cell abnormalities. Clearing the HPV virus could prevent development of cervical cancer.

Once a person has been screened for HPV infection and the HPV genotype, doctors can determine "at risk" or "low risk" HPV status.

If the patients have a healthy immune system, most HPV infections can be controlled or eliminated. For this reason, the importance of nutritional consultation should be part of all doctors' practice for all HPV patients.

For patients diagnosed with LSIL infection or CIN-1, where the present practice of "wait and see" is standard (because of the low risk),

nutritional support may represent a new tool for all doctors.

Breakspear Hospital and Mycology Research Laboratories have focused on the use immunonutrition (the practice of boosting immune system performance using nutrition) and have been using both



Breakspear Hospital offers complete cervical screens

We offer a smear test for abnormal cells, gonorrhoea and Chlamydia, together with a check for the virus responsible for cancer of the cervix (HPV). Most NHS smears are only looking for abnormal cells, which are often the result of HPV.

abnormal cells, which are often the result of HPV.

This comprehensive cervical screen is available at the price of £135* and the results will be available to you in less than 3 weeks.

We offer guidance, support and treatment programmes to help clear any existing irregularities and can help prevent infections occurring in the future.

*Breakspear Medical Group reserves the right to change prices without notice.

Coriolus versicolor (mushroom) supplements and folic acid to assist the body's immune system to clear the HPV virus.

In September 2006, Dr Jean Monro lectured to registered medical practitioners and nutritionists at the Royal College of Physicians, London, on the importance of HPV screening to determine HPV genotype and oncogenic risk in women and men.

The lecture series also addressed evaluation of Coriolus versicolor supplementation in LSIL HPV patients and many questions such as "Does successful gynaecological consultation with female HPV patients entail a consultation with their male partner?" and "How to convince the sexual partner to accept HPV screening?"

Save the environment and help Breakspear Hospital Trust

In an effort to be more environmentally friendly by cutting down on our use of printing inks and paper, and possibly reducing some of the carbon emissions of postal trucks, we are asking people to sign up to receive their Breakspear Medical Bulletin by email!

You will receive email notification and a URL link which will take you directly to the latest Breakspear Medical Bulletin *before* it is mailed out by the printers. That means you will be one of the first people to see the new Bulletin possibly days before it is snail mailed to everyone else!

If you sign up for email receipt of the Breakspear Bulletin before 1 December 2006, Breakspear Medical Group will donate £2 to Breakspear Hospital Trust. The money raised by the Trust is used to help patients who are unable to afford treatment for allergy and environmental illnesses and also helps fund medical research projects. *(See page 10 for Breakspear Hospital Trust Chairman's message.)*

All you have to do is send your full name, current mailing address, and email address to info@breakspearmedical.com with the subject heading: "Save the environment and donate to Breakspear Hospital Trust."

Reflections on amalgams from the editor

While working on Issue 11 of the Breakspear Medical Bulletin, I was so gob-smacked reading the facts about amalgam fillings and how chelation therapy works that I decided to take the plunge and have all my mercury fillings removed. I also met Dr Monroe and started a suitable oral chelation programme.

During my initial consultation with the dentist, in addition to counting the fillings and inlays to be replaced, he found some marks which he thought might be "mercury tattoos". These marks are usually on the gum, where mercury from amalgams accumulates in the skin, causing black pigmentation. I had two on my gums and one on my inner cheek.

On my third visit, the dentist removed the tattooed tissue in a brief surgical procedure. Because we were all curious, I kept the tissue and gave it to Breakspear Pathology to have it analysed for elemental deposits. The results came back from the independent laboratory and

actually raised more than a few eyebrows. Along with measurable amounts of mercury in the sample, there was also aluminium, tin and copper. (These metals can all be components of amalgam fillings.)

By removing the source of toxic metal in my body and detoxifying with chelation therapy, I feel I have done all I can to reduce the risk...



Because my sample was a non-standard sample, there was no existing marker to measure my results against. Basically

this investigation just shows that I did have measurable mercury and other metal deposits in my skin, next to my old fillings.

Prior to reading Dr Nyerges' article, I had heard about the dangers of amalgams and in my adult life only had "white fillings" but admittedly that was primarily for cosmetic reasons. I am ever so glad that the article gave me the kick I needed to get all the amalgams removed. By removing the source of toxic metal in my body and detoxifying with chelation therapy, I feel I have done all I can to reduce the risk of developing heavy metal-related illnesses. And that gives me some peace of mind.

Notes on The Omega Rx Zone

(Continued from page 1)

reasoned that one could apply drug-delivery principles to nutrition in order to control these exceptionally powerful hormonal responses with precision; in essence, by treating food as if it were a drug.

The Omega Rx Zone may well be Dr Sears' most important book, as it explores the foundation of chronic diseases and how high-dose fish oil can dramatically reverse them.

The first hormones developed by living organisms were known as eicosanoids. These use fats in cell membranes as their building blocks. They require long-chain, polyunsaturated fats. Fluid fats contain more double bonds. These are formed when the carbon chains are linked, so the carbon-to-carbon bonds are made and hydrogen is removed from the chain.

The more double bonds a fat has, the more fluid and unsaturated it is. Omega-3 fats and omega-6 fats are two subdivisions, depending upon the position of the double bond in the fat. Long-chain omega-3 fats, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are critically important. DHA is the key fat for the brain, and EPA is the key fat for health. Fish oil is rich in both of these.

There are both "good" and "bad" eicosanoids, which are required in a balance for optimal health. In many chronic diseases there is an excessive production of bad eicosanoids and such an excess will result in silent inflammation. This is a condition that occurs when the body's immune response goes awry and may go undetected for years. It can lead to heart attack, stroke, hypertension, arthritis, cancer, chronic infection, depression and Alzheimer's disease and it can kill.

All bad eicosanoids are derived from the long-chain omega-6 fatty acid called arachidonic acid (AA) and the production of good eicosanoids requires the presence of EPA found in fish oil. In effect, silent inflammation is an excess of arachidonic acid, which is pro-inflammatory



compared with EPA, which is anti-inflammatory.

Most chronic diseases stem from an imbalance of eicosanoids, not a deficiency.

There are, however, problems associated with the long-term use of anti-inflammatory drugs. Examples are immune suppression, osteoporosis, heart attack and even death. Therefore it is not advisable for these to be used as a method to prevent disease. To manage the macronutrients in foods and to have a hormonal

To manage the macronutrients in foods and to have a hormonal response is the best way of protecting against silent inflammation.

response is the best way of protecting against silent inflammation.

Insulin affects eicosanoids. An excessive production of insulin (hyper-

insulinaemia) is an immediate cause of cardiovascular and other diseases. In the normal individual, insulin is released from the pancreas into the blood stream in response to absorption of glucose from the intestine. As the blood level of glucose rises, insulin is released to control the level by increasing its uptake into cells. As the blood level of glucose falls, so do the levels of insulin. In diabetes of late adult onset, glucose levels rise high enough to 'spill' into the urine from the bloodstream. As a result of the raised insulin level, blood tests also show that bad cholesterol (very low density lipoprotein; VLDL) and fat (triglyceride) increase and good cholesterol (high density lipoprotein; HDL) decreases. This further increases the risk of heart disease and the raised fat levels cause further insulin resistance.

Elevated insulin therefore affects the synthesis of cholesterol. An enzyme called delta 5-desaturase transforms omega-6 fatty acids in the diet into AA and the bad eicosanoids.

Good eicosanoids decrease the production of insulin in the pancreas, whereas bad eicosanoids increase the production of insulin. Therefore to control both insulin and eicosanoids one has to control carbohydrate intake.

Excessive carbohydrate intake increases the production of insulin. It is useful to think of insulin as being a storage hormone, glucagon as a mobilisation hormone and the eicosanoids as master hormones. Glucagon is a hormone (like insulin) produced by the pancreas, which

opposes the action of insulin.

The first line of defence against silent inflammation is to stop the inflammatory fat associated with a typical high carbohydrate diet. The high carbohydrate diet is similar to the food pyramid recommended by many dieticians. This will result in the production of a large amount of insulin, which will induce a drop in blood sugar. Hunger ensues and a requirement for satiation will encourage more ingestion of carbohydrates and the cycle of response is perpetuated. With a low carbohydrate diet, however, there is a production of glucagon in the body to compensate, and cortisol increases. The ideal diet, therefore, is one that will lose

Dr Sears' basic Omega Rx Zone rules

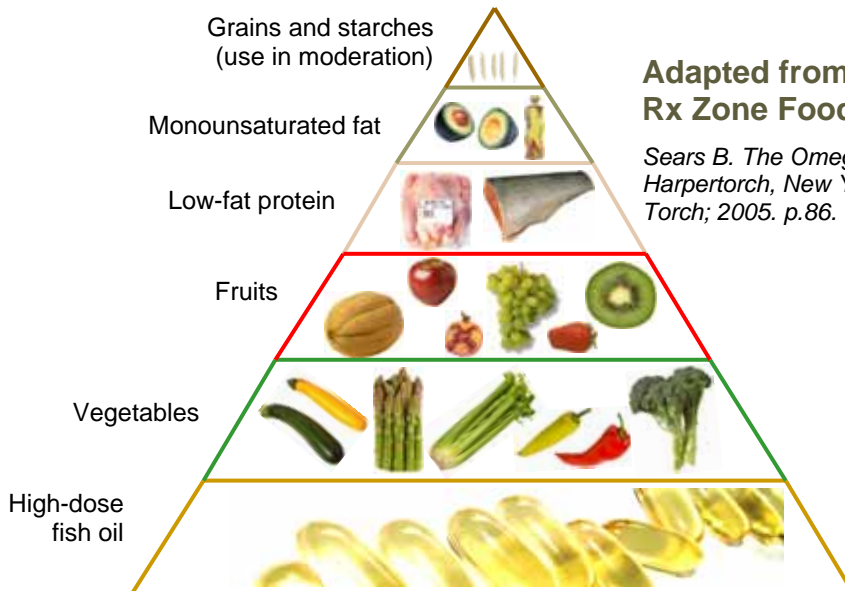
- Always eat an Omega Rx Zone meal within 1 hour of waking.
- Every time you eat, go for a balance of protein, carbohydrates and fat.
- Try to eat 5 times per day in the form of 3 meals and 2 snacks (afternoon and late evening).
- Never let more than 5 hours go by without eating a meal or snack.
- Eat more fruits and vegetables.
- Always supplement your diet with high-dose fish oil.

inflammatory fat and initiates an insulin balance.

Dr Sears' concept of a food platter is one third low fat protein that should be the size and depth of a palm. The other two thirds of the plate should be fruits and vegetables. A dash of a monounsaturated fat, such as olive oil or rapeseed oil, would be helpful. The amount of grains used in these diets is very low. Associated with this should be high-

dose fish oil. Fish oils are superior to statins in reducing cholesterol.

This dietary regime would also address polycystic ovarian syndrome and problems of fertility.



Adapted from the Omega Rx Zone Food Pyramid

Sears B. *The Omega RX Zone*, Harpertorch, New York: Harper Torch; 2005. p.86. ISBN 0060741864

If you wish to measure your own balance of fats, eicosapentaenoic acid (EPA) and arachidonic acid (AA), this can be undertaken at the Breakspear Hospital. We can work out from the ratio what your degree of silent inflammation may be and address your diet to compensate.



Breakspear Hospital Trust Chairman's message

By Ron White

Breakspear Hospital Trust (*Registered Charity No. 1100205*) is now well into its third year and I suppose as with most organisations of our kind, there is both good and bad news.

The good news is that after a slow start to fundraising we had a spectacular second year! We are very thankful for some very generous donors who pushed us over the threshold we wanted to achieve before starting to spend money. We are extremely grateful to all those who have supported us and continue to do so.

We have made the immediate treatment of needy patients a priority but we have also conducted a small research project into the relationship between what are known as "stealth bugs" (stealth pathogens) and arthritis. This research project was funded by a specific donor and produced dramatic, although not entirely unexpected, results. In the small number of sufferers screened, each was found to be affected by a stealth bug, leading to the conclusion that a link between the bugs and arthritis exists. This conclusion, whilst it does not challenge today's mainstream medical ideas, does confirm new thinking about the role these organisms play in our state of health. We would like to extend this investigation by involving a much bigger sample and analysing and presenting the findings at an appropriate forum. We need to raise more money to do this.

We were on the verge of commencing another research project with the University of Manchester which was designed to demonstrate how provocation/neutralisation works as a successful allergy treatment. This technique is used for most Breakspear allergy patients and by providing a scientific study we would expect to widen the acceptance of this type of treatment. Unfortunately the project has had to be put on what seems like indefinite hold because of internal issues at the university. We are disappointed because the



...we have been able to assist in the financing of treatment at Breakspear of over thirty people who would not have been able to afford treatment on their own.

anticipated results would be ground-breaking and we have funding lined up for the project. We are of course doing what we can to get this scheme going or to seek an alternative path.

Continuing the good news, we have been able to assist in the financing of treatment at Breakspear of over thirty people who would not have been able to afford treatment on their own. We initially took a view that we would prefer to 'help a few patients a lot' rather than

'a lot of patients a little'. We believe that our financial assistance has been very worthwhile and rewarding; some of the patients

have provided testimonials and given many thanks. We have been at pains to point out that the heroes in all this are the donors, not the trustees or anyone else at Breakspear, and we have of course formally thanked each donor on the patients' behalf.

The bad news is that we need a lot more money. We have to turn away people whom we would like to help but cannot as there are others in an even more desperate plight.

To anyone reading this article who has applied to the Trust, we really do regret the extent to which we delve into personal circumstances but if money were no object we wouldn't have to.

We recently commissioned a short study by a consultant specialising in the workings of charities and are busy following up on her recommendations, but as always much more can and needs to be done.

I ask each one of you to think of any ways in which you may be able to help. If you are involved in any charitable activity, such as running marathons, holding jumble sales or whatever, please remember our Trust and that a very small donation can help someone. We owe it to sick people to be in a position to help them.

Available at our Pharmacy

Breakspear Pharmacy offers a collection of everyday products that we've selected as wise choices for sensitive people. Household cleaners, personal hygiene items, as well as recommended products such as Epsom salts and peroxide, are all available at competitive prices. Visit our Pharmacy section at www.breakspearmedical.com for more information or talk to our Pharmacy staff.

To order:

Call us: + 44 (0) 1442 266 244.

Call our Pharmacy Department between 9:00 am and 4:30 pm, Monday to Friday. Outside those times, you may leave your telephone number and we will call you back.

Send a fax: + 44 (0) 1442 266 388.

Please write a note, stating which products you would like to purchase, including your credit card details and daytime phone number in case any details have not printed clearly.

Write a letter: Breakspear Pharmacy, Hertfordshire House, Wood Lane, Hemel Hempstead, Hertfordshire HP2 4FD United Kingdom

Please write a note, including your credit card details or enclosing a cheque. Please make cheques payable to "Breakspear Hospital" and print your name, address, telephone number and cheque card number on the reverse of the cheque.

Or come and visit us at Breakspear Hospital!

All prices are inclusive of VAT, where applicable.

There will be an additional charge for postage and packaging.

Please allow up to 4 weeks for delivery.

Breakspear Hospital reserves the right to alter prices without notice.

This issue's feature:

Introducing Green People organics

Breakspear Pharmacy now offers this exciting range of organic shampoo, conditioner, toothpaste and sunscreen.

Organic base

<i>No Scent Shampoo</i>	£ 7.49
<i>No Scent Conditioner</i>	£ 7.49
<i>No Scent Liquid Soap</i>	£ 6.99
<i>No Scent Sun Lotion (SPF 22)</i>	£ 15.99

Dental Care

<i>Fennel Toothpaste</i>	£ 2.99
<i>Mint Toothpaste</i>	£ 2.99

Buy 3 Green People products in the same order and get a limited time introductory offer 10% discount when you mention this promotion!
(Offer valid until 1 December 2006.)



Did you know...?

According to *The Times* on-line article, 8 August 2006, "Millions of people who suffer from chronic allergies to pets, dust and spores are up to three times more likely to develop Parkinson's disease later in life, research suggests."

The *Daily Mail* headline on 9 August 2006 read "Breathing pesticides 'can trigger MS and Parkinson's disease'".

Parkinson's disease is a progressive, neurological condition which, according to NHS figures, affects about 120,000 people in the UK.

Breakspear Hospital now offers comprehensive examinations of the autonomic nervous system in our new Neurological Science Department. The examination provides full profiling of the autonomic functions and assessment of autonomic involvement in peripheral neuropathies.

Symptoms of Parkinson's disease include:

- Tremor - usually begins in one hand or arm
- Muscular rigidity or stiffness - may cause sufferers to have problems with getting out of a chair, or rolling over in bed
- Bradykinesia - a slowness of movement, either being difficult to start or taking longer to perform



Breakspear Medical Group is pleased to have been involved with the creation of a series of health information DVDs released by Visionhealth.

To order (use order code "BREAKSPEAR" when placing your order):

Call Visionhealth's freephone number: 0800 078 7080 (24-hour telephone service)

Order on-line: www.creationfilms.co.uk/shop

Or have a look at the Visionhealth website: www.visionhealth.co.uk

Bulletin Board



Breakspear's team for Cancer Research Race for Life held 21 May 2006 in Gadebridge Park, Hemel Hempstead. Left to right: Carly Day, Una Clarke, Kirsty Day, Parita Fredericks, Julie Matthews and Raj Duhra. (Missing: Emma Watson, who was busy taking the picture.) The team raised £201 for the cause. Well done!

Friends of Breakspear Hospital Trust tie the knot

Trevor Green married Yael Lazarovich on 24 August 2006 in an outdoor ceremony at The Grove, Chandlers Cross, Hertfordshire. After the sundown ceremony, fireworks lit the sky before guests were ushered inside for a memorable evening of live music, dinner and dance.

Brothers Trevor and Nigel Green own and run the Entertainment Group, the company which sponsored the 2003 movie premiere of *About Schmidt* as a fundraising event for Breakspear Hospital Trust. Nigel also recently married in a small ceremony earlier in the summer.