



Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 17

Summer 2008

Notes on electrical sensitivity

The human body is highly electrically active. Minute currents can be measured from every cell in the body and individual organs such as the heart and brain are routinely monitored to assess disease. Electrical activity is absolutely fundamental to life.

However, the phenomenon of electrical sensitivity is being increasingly observed and documented as we are exposed to more sources of electromagnetism, in the form of electrical and electronic equipment in our working and home environments.

Electrical sensitivity affects at least 1 in 1,000 of the population.



Almost all electrically sensitive people are also sufferers from food and/or chemical allergies. When people have acquired a high degree of sensitivity to many things, they are very likely to have an abnormal sensitivity to electrical stimuli.

Highly sensitised people may find weather changes and impending thunderstorms troublesome. Fluorescent lighting may make shopping difficult, particularly if inhalants, such as preservatives on fabrics, provide the initial trigger. There may be a variety of problems which arise when the electrically sensitive person is

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Physical therapy at Breakspear Hospital



Carly Day

Since Spring 2008, Sports Rehabilitator Carly Day, who is also one of Breakspear's

Patient Liaison Officers, has been offering consultations and sessions to Breakspear patients.

Carly received her BSc (Hons) in Sports Rehabilitation and Injury Prevention from Middlesex University in 2005.

With her training and experience,

she can work alongside doctors, physiotherapists and osteopaths and specialises in the prevention and rehabilitation of injuries.

She has received training in anatomy, physiology, exercise screening and prescription, biomechanics, remedial and deep tissue massage and other therapeutic techniques, nutrition, psychology and pharmacology.

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On the market: osteopathy to help colicky babies

Dr Mark Westaway

The irritable, colicky baby is the source of much frustration and of sleepless nights for many parents.

From a medical osteopathic and environmental medicine point of view, once any other serious medical conditions have been excluded, many of the symptoms of colic can be explained, and subsequently treated, by understanding what has happened to the baby and mother during the pregnancy and delivery.

One of the basic tenets of osteopathy is 'structure governs function', which essentially means that if organ and bone structures in the body are malaligned (imperfectly positioned), they do not function as well as they could. During childbirth, both the mother and baby must endure enormous forces and sometimes difficult procedures. For the mother, this can result in lower back pain and various gynaecological problems, which in many cases can be successfully treated by a medical osteopath trained in urogenital problems.

For the baby, symptoms such as irritability, difficulty in feeding (either in terms of difficulty



attaching to the breast, or maintaining suckling), back arching, bringing knees to the chest, tongue thrusting, vomiting or excess possetting may be explained, and often successfully treated osteopathically.

A study by Hayden and Mullinger in 2006 concluded that the colicky infants receiving cranial osteopathic manipulation experienced overall a 63% decline in crying and an 11% improvement in sleeping. Treated infants also required less parental attention than the untreated group. This preliminary study concludes that cranial osteopathic treatment can benefit infants with colic.

Even though the osteopathic treatment of babies with colic is on its own very successful, quite often the issue of food intolerance also needs to be addressed. This may be in the form of lactose intolerance or the more generalised intolerance of breast or bottle milk. A very simple method of low-dose immunotherapy can often make a huge difference to the baby's tolerance of breast or bottle milk.

The combination of osteopathic treatment to the mother and baby and low-dose immunotherapy can often be very beneficial allowing parents to experience fully the joy of this vital stage of their baby's life.

Breakspear Medical Bulletin

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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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Physical therapy at Breakspear Hospital

(Continued from page 1)

Carly works with our doctors and offers:

- Injury consultations: 45 minutes—£35
- Massage: first visit (30 minutes)—£25, 60 minutes—£40
- Neuromuscular taping: first visit (30 minutes) — £25, subsequent visits (15 minutes) — £15
- Breathing Consultation: 30 minutes: £30. (*Initial visit should be followed by visits after 2 weeks and then after 8 weeks.*)
- Exercises: 30 minutes—£30, 60 minutes—£40



To make an appointment with Carly Day to discuss your therapy requirements, telephone Breakspear Reception 01442 261 333.



Ask Dr Monroe

I have been hearing what I can only describe as high-pitched whistling or hissing, which often comes and goes. What is this called and how do I get rid of it?

The perception of sound in the head or the ears is called tinnitus. The term is derived from the Latin word *tinnire*, meaning 'to ring'.

Typically, an individual perceives the sound in the absence of outside sounds, and the perception is unrelated to any external source. Sound that only the patient hears is subjective tinnitus, while sound that others can hear as well is called objective tinnitus.

Estimates of the number of people with tinnitus range from 10-15% of the population.

Investigations should include:

- a thorough examination of head, neck, ears and jaw
- a hearing test

- other examinations suggested by clinical findings

A frequent cause of tinnitus is the ear canal being clogged with wax, which can be remedied by cleaning with a syringe.

Many modern prescription and over-the-counter drugs can be a major source of tinnitus, creating or exacerbating the condition. For example, 3000 mg of aspirin may produce tinnitus in one person but the same amount may not affect another person.

At Breakspear Hospital, we offer investigation and treatment for the nutritional factors that are related, such as deficiencies in iron and zinc, food sensitivities and impaired carbohydrate metabolism. We often recommend dietary supplements, such as ginkgo biloba, coenzyme Q10, fish oils, garlic, pantothenic acid (vitamin B5), green tea and melatonin. Five per cent of tinnitus sufferers also have sleep disturbances, which can be investigated and treated at Breakspear Hospital.

Notes on electrical sensitivity

(Continued from page 1)

The symptoms and clinical observations of electrical sensitivity include the following:

- Drowsiness
- Malaise and headache
- Mood swings
- Tearfulness and eye pain
- Poor concentration
- Vertigo and tinnitus
- Numbness and tingling
- Nausea, flatulence
- Convulsions
- Noise sensitivity
- Alteration in appetite
- Visual disturbance
- Restlessness
- Changes in respiration
- Heart rate changes
- Pupil dilatation
- Perspiration
- Muscular weakness
- Loss of visual acuity
- Speech difficulties
- Loss of consciousness
- Convulsions

near electrical equipment, power lines, televisions, computers, remote controls, audio and video recorders, telephones, car electronics, pagers, airports, aircraft, marine radar and radio transmitters, refrigerators, irons, washing machines, electric watches, clocks, VDUs or other electronics.

Electric fields of the order of millivolts per metre can cause reactions. This degree of exposure is typical of the electric field that occurs 1 metre away from a television.

In many cases of electrical sensitivity, sufferers may be incompatible with the contemporary environment until restored to health.

Trials have shown that repeated exposure to a given frequency, while someone is reacting severely to a different allergic trigger, can sensitise people so that their specific sensitivity pattern of response can be triggered on encountering that frequency later.

Exposure to pesticides or herbicides seems to enhance electrical sensitivities, and ionising radiation exposure appears to have an additional effect.

It is possible to treat electrical sensitivity by treating the food and chemical allergy/sensitivity, minimising electromagnetic exposures and overexposure to noxious chemicals and restoring nutritional status, especially of cell membranes. In many cases, chelation of heavy metals may help. As the food and chemical sensitivities come under control and the body detoxifies itself, the electrical sensitivities usually go as well.



Notes on the global disappearance of bees

While lecturing at the European Masters in Aesthetic & Anti-Aging Medicine in Paris, Dr Jean Monro presented "Adverse Effects of Pesticides on Male and Female Fertility". The following is a summary of part of her presentation.

Xenobiotics (chemicals found in an organism which are not normally produced or expected to be present in it) are being shown to be having an affect on hormonal reproductive function of many species.

The research shows that not only fish, birds and reptiles can be affected, but also mammals.

There are documented abnormalities in:

- fish in India
- frogs throughout the USA
- alligators in Florida
- chickens in Puerto Rico
- polar bears in Norway

In the UK, and around the world, the strange disappearance of the bee population is of great concern.

Einstein speculated that, "If the bee disappeared off the surface of the globe then Man would have only four years of life left. No more bees, no more pollination, no more plants, no more animals, no more life."

The name given to this catastrophic disappearance of bees is colony collapse disorder (CCD); no dead bees are found in the abandoned hives but honey and pollen remain.

The economic contribution that bees make to agriculture and horticulture in this country has been estimated at £1 billion, yet the looming threat to the bee population has been all but ignored.



A 3-year study, which was the world's largest-ever field trial of GM crops, done for the British government in 2003, involved 4,000 visits to fields and the counting of 1.5 million insects and birds. The study found that powerful chemicals used in conjunction with GM crops were highly harmful to bees, butterflies and birds. Fields of biotech canola and sugar beet had dramatically fewer bees than conventional farms.

"If the bee disappeared off the surface of the globe then Man would have only four years of life left."

- Albert Einstein

One group of the world's pesticides of choice is the neonicotinoids, the newest major class of insecticides, which have

outstanding potency and systemic action for crop protection against piercing-sucking pests.

Worldwide annual sales of neonicotinoids are over £500 million, accounting for 11% -15% of the total insecticide market. They are readily absorbed by plants and act quickly, at low doses, on piercing-sucking insect pests. They are used primarily as plant systemics; when applied to seeds, soil or foliage, they move to the growing tip.

Several neonicotinoids are harmful to honeybees, either by direct contact or ingestion, but potential problems can be minimised or avoided by treating seeds and not spraying flowering crops.

Along with developing theories that pesticides are to blame for CCD, there are a number of other causes of CCD which have been suggested, including the introduction of the varroa mite from Asia and practising monoculture, which is the practice of planting crops with the same patterns of growth resulting from genetic similarity.

At this time there is still no consensus of opinion, and no definitive causes have emerged.

What are the most highly sprayed crops?

A non-organic fruit and vegetable ranking was developed by analysts at the not-for-profit Environmental Working Group (EWG) based on the results of nearly 43,000 tests for pesticides on produce collected by the US Department of Agriculture and the US Food and Drug Administration between 2000 and 2005.

Visit www.foodnews.org for more information on the ranking criteria.



Breakspear Hospital's new Autistic Spectrum Disorder Team

In order to provide complete, targeted care for autistic spectrum disorder (ASD) patients, Breakspear has formed a dedicated ASD Team.

Each member has a special area of interest and unique set of skills to help the many different needs of all ASD patients.

The Hospital has been extremely fortunate to have been able to recruit 2 new experienced specialist doctors to our clinical team and they have arranged their future schedules to provide a comprehensive and full-time biomedical service.



Ron Leon, Nutritional Consultant, will be coordinating the clinical administration for the ASD team and will be in daily contact with all the team's members. He will be the primary email contact for the whole ASD team and will be able to respond to, or pass on, email queries promptly. All emails should be sent to: asd@breakspearmedical.com

A consultation with one of the doctors will be necessary for Prescription Only Medicines. If your consultation is with Ron Leon, it will normally be possible to make an appointment for a brief medical consultation on the day of your visit.

Please telephone Reception on 01442 261 333 and select Option 3 to make appointments.

Members of our ASD Team:

Ron Leon, Nutritional Consultant, has 10 years training in nutrition. In early 2008 he was shadowing the now-retired Dr Christopher Heard and has attended a DAN! conference. His DAN! registration is being processed.

Dr Magdalena Cubala-Kucharska is a Polish-trained doctor with special interests in natural and biological medicine. She works at Breakspear Hospital 1 week per month and continues her busy DAN! practice in Poland the rest of the time.

Dr Mark Westaway is an Australian-trained doctor who has extensive experience in environmental medicine at the Paracelsus Clinic in Switzerland and previously at the Dove Clinic in the UK. His DAN! registration is being processed.

Dr Christabelle Yeoh has been working with us for over 2 years and is experienced in nutritional, environmental, toxicological and metabolic medicine. Dr Yeoh attended a DAN! conference earlier this year and her DAN! registration is being processed.

Dr Peter Julu, Specialist Autonomic Neurophysiologist and Consultant Physician/Senior Clinical Lecturer, is the world authority on autonomic abnormalities in children, particularly neurodevelopmental disorders. He also works at the Royal London Hospital, is Senior Lecturer at Queen Mary's University Hospital, London and is a consultant in Sweden and Denmark.

Dr Jean Monro has worked in environmental medicine for the past 28 years and the biomedical management of children with behavioural disorders has always been part of her practice.

The 10 most pesticide-laden produce items named by EWG

- | | |
|-----------------------|----------------------|
| 1. Peaches | 6. Strawberries |
| 2. Apples | 7. Cherries |
| 3. Sweet Bell Peppers | 8. Lettuce |
| 4. Celery | 9. Grapes - Imported |
| 5. Nectarines | 10. Pears |



Notes on gout

Dr Terence Daymond

Gout—a disease in which defective metabolism of uric acid causes arthritis, especially in the smaller bones of the feet.

Gout, sometimes called “the king of diseases, the disease of kings”, has been with us since Greek-Roman times. Notable epidemics occurred in Roman times when spas like Bath were built, and in Regency times, when gout was associated with increased weight, port, meat and typical pictures of people with elevated bandaged foot.



Gout may affect any joint, but typically the great toe joint with severe and acute onset of stabbing pain, exquisite tenderness, heat and swelling.

Today we face another time of increased incidence associated with weight, alcohol and age.

Gout may affect any joint, but typically the great toe joint with severe and acute onset of stabbing pain, exquisite tenderness, heat and swelling. The pain is so intense that simple vibration exacerbates it. Untreated attacks may last 7 to 10 days before subsiding.

Gout is associated with high levels of uric acid (sodium monourate) in the blood and deposited in the tissues. Typically there are 4 phases:

- initial increase of uric acid in the blood
- acute arthritis attacks
- interval between attacks
- development of nodular swellings, or tophi, full of uric acid crystals

The shedding of crystals in the joint leads to an inflammatory arthritis and in the kidneys to renal damage and renal stones.

High levels of uric acid in the blood are associated with attacks of gout, which are usually precipitated by factors such as changes in diet, fasting, trauma, surgery, alcohol consumption, binge drinking, dehydration and infections. The drinking of sugary, fizzy drinks containing fructose has also been identified as a cause. Gout is

more common in men and women past the menopause. The incidence increases with age.

Uric acid accumulates in man, as the necessary enzymes to break it down to soluble allantoin are lacking. Some other animals, such as crocodiles, also have the problem.

Uric acid is derived from the breakdown of

proteins called purines, found in meat and shellfish. One third of them come from external sources, whilst two-thirds come from internal

breakdown of cells. Two-thirds of uric acid is excreted in the urine and one-third in the faeces. High uric acid in the blood is associated with reduced excretion in the majority of cases, although occasionally excessive production occurs. Foods high in protein may exacerbate gout. Similarly gout is increased in people who consume two or more alcoholic drinks per day. Beer creates an increased risk because it contains hops. Spirits may also cause gout, whereas wine poses a relatively lower risk. Reduced excretion occurs with kidney disease, diuretic therapy and low-dose aspirin.

The large toe is the commonest site to be affected, but other joints, particularly in the knees and hands, may also be involved. Elderly people commonly get gout in the small joints of the fingers and wrists. Sometimes uric acid crystals are deposited under the skin, causing acute swelling and redness of the skin, similar to cellulitis. Collections of crystals (tophi) can occur giving rise to nodules over the fingers and joints and typically in the visible part of the ear.

Diagnosis can be made from a patient's history and elevated levels of uric acid in the blood. An accurate diagnosis is made by aspirating a joint and looking for crystals under a microscope with polarised light.

The acute attacks have to be differentiated from infection and therefore aspiration is sometimes performed, not only to look for the crystals, but

also to exclude an infective cause.

Management of gout is twofold: 1) treatment of the acute attack to relieve pain and inflammation and 2) reduction of uric acid levels in the blood to prevent further attacks of gout, renal damage and the development of tophi.

The following are used as treatment for gout:

- Colchicine has been used for many years. It is extracted from *Colchicum* (the autumn crocus). A dose is given every 3 hours, but unfortunately diarrhoea is one of the side effects.
- Anti-inflammatory drugs are very effective, but do have side effects, particularly affecting the stomach, and therefore must be given with care and for a short duration. The new coxibs (subclass of nonsteroidal anti-inflammatory drugs) are safer in this regard.
- Corticosteroids given intra-articularly or by mouth are effective at relieving inflammation.

To prevent further attacks, once the acute attack of gout has settled down, investigations should be performed to determine whether there are any



Management of gout is twofold:

1. treatment of the acute attack to relieve pain and inflammation
2. reduction of uric acid levels in the blood to prevent further attacks of gout, renal damage and the development of tophi

concomitant diseases or causes giving rise to the gout. Common problems include obesity, diabetes type II, diet problems, especially increased intake of alcohol, binge drinking and drug therapy such as diuretics.

Long-term management of gout includes:

- lifestyle management
- prescription of urate-lowering drugs

Gout is a severe, painful event which can be treated and prevented with careful attention.

Lifestyle management and prescriptions to prevent gout

Diet to help reduce weight is very important, but alterations in diet to reduce the amount of red meat, shellfish and pulses (which can produce an increase in uric acid) can also help. It is recommended that skimmed milk, yoghurt and vegetables are included. Cherries have also been shown to reduce uric acid. Gradual weight loss, moderate exercise and reduction of alcohol intake are all helpful.

Prescription drugs used in the management of gout are separated into two categories: those preventing the production of uric acid and those helping its excretion.

Allopurinol is the main drug in the prevention of uric acid within the body. It inhibits the enzymes involved in the breakdown of the purines to uric acid. Allopurinol is prescribed once the acute attack has settled down. It is given in incremental doses until the uric acid level is normal. Concomitant colchicine or a non-steroidal anti-inflammatory drug needs to be prescribed in the initial stages.

As the level returns to normal, the uric acid comes out of the tissues and therefore is excreted safely from the body. This eventually leads to a marked reduction in uric acid within the blood and tissues, preventing the development of gout and leading to a long-term cure. Patients who have been on allopurinol for a long time may occasionally be able to stop the drug, but in time the uric acid accumulates again.

Unfortunately some people are allergic to allopurinol, with the development of rashes, and therefore alternative drugs need to be prescribed. These are the drugs which help to excrete the uric acid in the urine. They are not commonly used and sometimes difficult to obtain. Sulphinpyrazone is easy to prescribe, but benzbromarone has to be obtained by special prescription.

Newer drugs are being developed, similar to allopurinol, and also drugs which will help to break down uric acid within the body.

Did you know...?

More trees on street, less asthma for children

A Columbia University study, published in the *Journal of Epidemiology and Community Health* in May 2008, concluded that city blocks boasting plenty of trees are not only more pleasing to the eye, they may be healthier for children's lungs.

Dr Gina S. Lovasi and colleagues found that 4 and 5-year-olds living along New York City's greenest streets were less likely to have asthma than young children living in sparsely planted neighbourhoods.

As the density of trees in a neighbourhood rose, asthma prevalence fell, even after the researchers accounted for the percentage of residents living below the poverty line, a neighbourhood's proximity to pollution sources such as busy lorry routes, and other relevant factors.

Copper deficiency myelopathy (swayback)

Copper deficiency may be the result of gastric surgery, excessive zinc ingestion or malabsorption. There are well known links between copper deficiencies and conditions such as anaemia and neutropenia. Copper supplementation is used to resolve these conditions promptly and completely and may prevent neurological deterioration.

The Mayo Clinic in the USA published a study in October 2006 which examines the neurological manifestations of acquired copper deficiency in humans. The most common manifestation is a myelopathy (the gradual loss of nerve function caused by disorders of the spine) presenting with a spastic gait and significant muscle control loss. The article states, "The clinical features and neuroimaging findings are similar to the subacute combined degeneration seen in patients with vitamin B12 deficiency."



Natural food sources of copper include: Brazil nuts, cashew nuts, walnuts, peanuts, butter beans, lentils, liver, and lean beef.

Pesticide and Parkinson's disease link strong

"...recreational pesticide use in the home and garden was more of a source of exposure than occupational use." - *Lead researcher, Dana Hancock.*



A study published in the *BMC Neurology* journal, which was reported by BBC News in March 2008, presented strong evidence that exposure to pesticides significantly increases the risk of Parkinson's disease.

The American researchers found that people exposed to pesticides had 1.6 times greater risk of developing the disease.

The study involved 319 Parkinson's patients who were quizzed about their pesticide use and the answers were compared to those of over 200 family members and other controls who did not have the disease.

Lead researcher of the study, Dr Dana Hancock, said "What we noticed in our research was that recreational pesticide use in the home and garden was more of a source of exposure than occupational use."

Experts said that it was highly likely pesticides played a key role in the development of the disease, in combination with other factors such as gene defects and various environmental factors.

Pesticide DDT shows up in penguins



One of the best known synthetic pesticides, DDT (dichloro-diphenyl-trichloroethane), which was banned decades ago in much of the world, still shows up in the fatty tissues of penguins in Antarctica. This is probably due to the chemical's accumulation in melting glaciers, according to sea bird expert Heidi Geisz of the Virginia Institute of Marine Science. The findings of Geisz and her colleagues were published in the journal *Environmental Science & Technology*.

Your thoughts on mobile phones

A number of our Bulletin readers and website visitors completed our second on-line survey which provided the following results:

- **75%** own their own mobile and **17%** use one that is provided by the company for which they work, which means **92%** of respondents use mobiles.
- **67%** believe that mobile phones and/or phone masts are health hazards; **25%** are undecided.

*"...studies showing mobiles are 'safe' have been funded by the [mobile phone] industry."
- Anonymous*

New thoughts on mobiles "killing more people than smoking"

A top neurosurgeon, Vini Gautam Khurana PhD, FRACS, recently published a paper which follows 14 months of objective research that involved a critical review of over 100 international sources in recent medical and scientific literature, press reports and Internet content.

Khurana concludes that a cancer link will be "definitively proven" within the next decade and has stated "It is anticipated that this danger has far broader public health ramifications than asbestos and smoking and directly concerns all of us, particularly the younger generation, including very young children."

Some parent groups in Europe are demanding a government ban on marketing of mobiles to children.

In January 2008, the French health minister,

Roselyne Bachelot, issued a warning against excessive mobile phone use by young children. Her alert urges parents to limit use and reduce children's telephone calls to no more than 6 minutes. Her announcement followed a similar warning by the French Health and Radio Frequencies Foundation, a government-backed research group created 2 years ago to study the impact of radio frequency fields on humans.

A case-control study, called CEFALO, is under way in Denmark, Norway, Sweden and Switzerland to explore whether mobile telephone use increases the risk of brain tumours for children (aged 7-19).



Meanwhile, in-flight mobile phone calls have been given the green light by the European Commission (EC).

New thoughts on food additives and hyperactivity

A new study by Donna McCann and colleagues, which was published in the Lancet in 2007, looked at two groups of children (one group made up of 3-year-old children and the other of 8-9 year-old-children) to investigate whether they might have signs of hyperactivity when on a diet containing the usual amounts of food colourings and additives.



From these groups, children with hyperactivity were identified and tested with a mixture of food colours and additives that corresponded to an average daily intake during 1-week crossover challenge periods. The primary outcome

measurements were evaluated by health professionals, parents and teachers.

The study showed statistically significant differences in hyperactivity scores depending on whether the children were on or off food colourings and additives. This was demonstrated by increased hyperactivity scores in both age groups when additives and/or colourings were consumed.

The practical implication of the results is that parents with hyperactive children may be advised to start an elimination trial of artificial colourings and additives to help manage their child's behaviour.

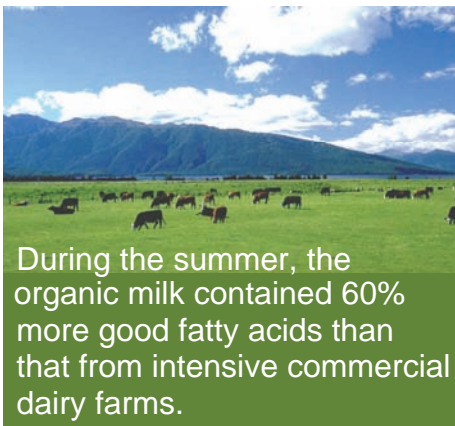
Study concludes organically reared cow's milk is better for you

A study recently published in the Journal of Science of Food and Agriculture, which was a collaboration between scientists at Newcastle and the Danish Institute for Agricultural Science, concluded that milk from organically fed cattle that eat a fresh grass diet contains more good fatty acids than that from intensive commercial dairy farms using similar production methods.

During the summer, the organic milk contained 60% more good fatty acids, such as omega-3 and conjugated linoleic acid (CLA9). These nutrients are used in combating cancer, coronary heart disease and Type II diabetes.

It is possible that the difference is linked to the

amount of clover in the grazing fields; organic farms have more because they do not use fertilisers.



During the summer, the organic milk contained 60% more good fatty acids than that from intensive commercial dairy farms.

Naturally if organic milk has been proven to be more nutritious then it is possible that beef and lamb would be more nutritionally-beneficial if the animals were also reared on grass.

According to an article in The Times in May 2008, Gillian Butler, Senior Research Associate for Newcastle University's

Nafferton Ecological Farming Group, said that she had switched to drinking organic milk 3 years ago after analysing the study's data.

Nutritional term explained

Nutritional supplements are intended to supply nutrients, such as vitamins, minerals, fatty acids or amino acids, that are missing from, or not consumed in sufficient quantity, in a person's diet.

Supplements can contain any number of ingredients in addition to the key ingredients. For example, a supplement may be contained in a vegetable or plant fibre capsule; many softgel products contain bovine gelatine; and sometimes fillers/buffers are used, which may be derived from rice or cornstarch. For this reason, it is particularly important for food-sensitive people to know the ingredients in their supplements.

It is also important that any supplements containing animal-derived ingredients are certified as being free from BSE (bovine spongiform encephalopathy, commonly known as mad-cow disease), and/or TSE (transmissible spongiform encephalopathy). Quality supplement companies will have sourced their ingredients from BSE-free countries and ensured that their raw materials are not derived from animal parts that are affected by these harmful diseases.

If you have concerns or questions regarding your supplements prescribed at Breakspear, speak to our Nutritional Consultant, Ron Leon.

Examples of supplements containing products of animal origin*	
Supplement:	Animal source that may be contained:
Betaine HCl Pepsin	Porcine (pig)
Chondroitin sulfate	Bovine
Colostrum	Bovine
EPA/DHA	Fish
Glucosamine	Shellfish
Vitamin A	Fish liver oil

* Ingredients vary by manufacturer. This is only a general guide.

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 hydrogen 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 which includes your Visa or Mastercard card details. (*We do not accept American Express.*)

Or come and visit us! It would be appreciated if you could give the Pharmacy Department 48 hours' notice of your requirements for a repeat order and check when your order will be ready for collection.

All prices are inclusive of VAT, where applicable.

There will be an additional charge for postage and packaging.

Stock items will be dispatched within 48 hours of the order being processed.

Breakspear Hospital reserves the right to alter prices without notice.

SPECIAL OFFER (while stock lasts)




Nordic Naturals Arctic Cod Liver Oil Capsules – Lemon flavour (90 softgels)

Free from fishy taste, Nordic Naturals offers naturally flavoured oil and soft gelatin capsules through an exclusive and patented flavouring process.

Market price: £18.88

While our stock lasts, you pay only: £16.25 (including VAT)



Separate measles, rubella and mumps vaccinations available for all ages

According to the newspapers, in May 2008 Labour MP, Mary Creagh, proposed that children should not be allowed to attend school if they haven't had all their injections. It also emerged that doctors in the south-east of England were giving children two doses of MMR in a 3-month period (the usual regime is at 13 months and then 3 years later) to prevent the present measles outbreak spreading beyond the capital.

Breakspear Hospital offers separate measles, rubella and/or mumps and both primary and booster mercury-free vaccinations for anyone over the age of 13 months. We also offer blood tests to confirm immunity for healthcare workers, students, parents, child minders or anyone who may be in contact with suspected cases or children, including those who are too young to receive vaccinations.

You do not need a referral. Advance payment is not required.

Simply make an appointment by telephoning our Immunisation Department on 01442 867 280.

Bulletin Board

Breakspear Medical Group hosts Doctor's Data Seminar

On 13 June 2008, Breakspear Medical Group hosted Doctor's Data Inc's Dr David Quig to speak at the Royal College of Obstetricians and Gynaecologists in London to practitioners about the rationale for appropriate laboratory testing to facilitate safe and effective metal detoxification.

The seminar was recorded and will be available to registered practitioners later this summer.

Dr Jean Monro presents international lectures

In May 2008, Dr Jean Monro lectured at the International CFS Conference in London, which was organised and hosted by the UK Charity Invest in ME. Her topics included factors and investigations to consider in fatigue states, and examined various case studies.

Also in May, Dr Monro spoke at the Second International Congress of Environmental Medicine, organised and hosted by the Foundation Alborada in Spain, on the topic of Syndrome X (an insulin sensitivity).

ASD team members attend conferences in the United States

In May 2008, Dr Christabelle Yeoh attended a DAN! (Defeat Autism Now) global seminar and an AutismOne seminar in Chicago. Earlier in the Spring, Ron Leon, Nutritional Consultant, attended a DAN! Conference in New Jersey. DAN! conferences focus on the care, treatment and improvement of children of all ages with autism.



Tell us your thoughts on organic food

More people than ever are eating only organic meats, fruits and vegetables. Is it for environmental reasons? Because they taste better? Or because they believe organic food is more nutritious and better for them?

Go to our on-line survey at www.breakspearmedical.com/survey to tell us your thoughts on the importance of organic food.

