

# Breakspear Medical Bulletin

Breakspear Hospital, Issue 20

Spring 2009

## Notes on the chronic pain syndrome, fibromyalgia

Dr Terence Daymond

*A doctor shows a middle-aged woman into his consultation room and she asks "Doctor, why does it hurt all over?" She feels depressed, is not sleeping well, feels worse in the morning than the evening and has a great deal of difficulty getting about. After examination, the doctor still has not found anything wrong, which is depressing for both of them.*



due to arthritis.

Fibromyalgia is defined as constant, widespread pain occurring in all 4 parts of the body

and lasting for more than 3 months. It is associated with points on the body which are tender to pressure. It is defined as affecting 11 out of 18 pressure points. The amount of pressure being applied is enough to make the thumbnail go white.

Fibromyalgia is the name given to chronic pain syndrome. It affects approximately 2% of the population: 3.4% women and 0.5% men. It affects people from the ages of 30 to 60 years of age and then in the elderly may subside.

Concomitant problems include sleep disturbance with non-refreshing sleep, marked fatigue aggravated by exertion with slow recovery times, irritable bowel syndrome, irritable bladder problems, submandibular jaw problems, generalised pain, stiffness, dryness of the eyes, headaches which may be quite severe with pain in the neck radiating to the shoulders, cognitive disturbances so that

Anyone may be affected by fibromyalgia, although it is frequently associated disability or depression. It can occur following an accident such as a whiplash injury or following development of generalised pain

*(Continued on page 6)*

## Breakspear staff attend autism conference

The Treating Autism 2nd International Biomedical Conference & Exhibition was held in Bournemouth on 13-14 March 2009 hosted by Treating Autism (registered charity 1113628).



parents, carers and professionals, with expert speakers from across the globe, including Dr Magdalena Cubala-Kucharska, and

exhibitors selling autism-related goods and services.

Breakspear Hospital's Dr Jean Monro, Medical Director, and Alister Monro, Managing Director, attended.

The conference gave parents and practitioners the opportunity to hear about the latest research and recommended treatments and to share experiences.

The conference was held for

## Inside:

New and improved methylcobalamin 2

Ask Dr Terence Daymond 3

Your thoughts on your home environment 4

Notes on your home environment 4

New thoughts on biofilm and Lyme disease 5

Reducing the risk of age-related macular degeneration 5

New thoughts on the benefits of whole-body hyperthermia 7

What's in your ground spices? 7

Notes on oxygen and fatigue syndrome 8

DVLA advice for drivers with excessive sleepiness and OSA 9

Did you know...? 10

Notes on preventing rickets 12

Bulletin board 12



**Breakspear**

**Medical Group Ltd**

Hertfordshire House

Wood Lane

Hemel Hempstead

Hertfordshire HP2 4FD

United Kingdom

Tel: + 44 (0) 1442 261 333

Fax: + 44 (0) 1442 266 388

See insert for an update on Breakspear Hospital Trust's work.

[www.breakspearmedical.com](http://www.breakspearmedical.com)



## New and improved methylcobalamin

Breakspear Hospital is now offering patients a new form of methylcobalamin that is manufactured by a British licensed pharmaceutical manufacturer that concentrates on the production of specialist medicines.

For some time, Dr Christabelle Yeoh and Dr Jean Monro have been looking at methylation in Breakspear Hospital patients and have concluded that the methyl component in B12 injections plays a key role in the injections' function.

Over the last year, a scientific team at the pharmaceutical manufacturer have undertaken multiple analyses of methylcobalamin specifically for Breakspear Hospital. The team discovered that methylcobalamin rapidly converts to another form if it is not protected in a specifically controlled environment.

With this in mind, the team developed new protocols for the manufacture of a more stable, unpreserved methylcobalamin vitamin B12 injection, which achieves a much higher proportion of methyl compound in the final product than previously available injections.

There are two strengths of these



methylcobalamin injections manufactured for Breakspear Hospital. They are: 5mg in 1ml and 40mg in 2mls. Methyl B12 is frequently used for the treatment of chronic fatigue, fibromyalgia, Lyme disease, a range of neurological diseases, chemical sensitivity and allergies and neurodevelopmental disorders, including autism.

The methyl component of B12 contributes to all the methylation processes in the body. Methylation is the controlled transfer of methyl groups between amino acids, proteins, sugars, enzymes and DNA in every cell and tissue in the body. It is needed for a vast range of biochemical reactions in our cells, including DNA expression, energy production, tissue healing, neurological function, detoxification pathways and immunity.

Methyl groups can be obtained from foods and other supplements (such as methylfolate and dimethyl glycine) but at Breakspear Hospital we regularly use methyl B12, as B12 is itself a cofactor in this important process of attaching methyl groups onto intermediate compounds in biochemical processes.

Furthermore, B12 has effects on reducing pain and inflammation by reacting with, thus 'mopping up', nitric oxide (NO) and peroxynitrite (ONOO). NO/ONOO are mediators of inflammation which causes increasing pain, sensitivity states and abnormal excitation, and also results in energy (ATP) depletion. When given as a subcutaneous injection, methyl B12 is helpful in reducing pain and sensitivity and in increasing energy.

Methylcobalamin is very safe and can be given in very large doses when necessary. Oral B12 and oral methylcobalamin can be bought as nutritional supplements from some health food stores and numerous nutraceutical companies. However, the injectable methylcobalamin manufactured for Breakspear Hospital is compounded and made as a licensed medicine. It is, therefore, prescribed by your doctor and treatment progress should be monitored.

For more information about this product and whether you might benefit from it, ask your Breakspear doctor during your next consultation.

### 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 Terence Daymond  
Dr Jean Monro  
Dr Christabelle Yeoh

**Breakspear Medical Bulletin** is a private publication that we aim to produce quarterly. It is for the promotion of environmental medicine awareness, Breakspear Hospital 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 Hospital. 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.



## Ask Dr Terence Daymond



I remember my parents giving me cod liver oil every day when I was a child. Would it be a good thing for my grandchildren to have?

Cod liver oil is good for you. After the Second World War children were given cod liver oil by their parents and they had an allotted one-third of a pint of milk at school. Cod liver oil and milk help to develop healthy bones.

High quality cod liver oils contain a cocktail of ingredients, which offer the following benefits :

**Bone health.** We know that vitamin D and calcium are essential for strong healthy bones throughout life. Cod liver oil plus milk are necessary to prevent rickets in children. However, we all need vitamin D and calcium throughout life. As we get older, calcium and vitamin D are necessary to prevent osteoporosis. Studies have shown that giving calcium and vitamin D supplements to elderly people helps to prevent fractures and particularly fracture of the hip. Fractures of the hip are a worldwide problem and are of great importance both to health and to economies.

**Strong muscles.** Vitamin D is also essential for healthy muscles, as it allows muscle contractions to work. It is required to help form strong muscles, which are required to stabilise the legs and prevent osteoarthritis.

**Reduced inflammation.** Vitamin D reduces inflammation, which helps people who suffer from arthritis, systemic lupus erythematosus and neurological conditions. There is also less risk of developing these conditions if people take vitamin D on a regular basis. It is well known that these conditions are more prevalent in the more northern countries and the reason for this is the relative lack of vitamin D from sunlight. Cod liver oil is important in helping to prevent these conditions.

**Increased immunity.** Vitamin A helps to regulate the immune system and to fight

off infections. It promotes a healthy surface to the linings of the eye and the respiratory, urinary and intestinal tracts. Vitamin A also helps the skin and mucous membranes function as a barrier to bacteria and viruses. As well, vitamin A is essential for night vision; it is found in carrots, hence the advice "Eat your carrots to see in the dark".

Current thoughts are that the most important benefit of essential fatty acids seems to be the prevention of intravenous and arterial clots, and cardiac and vascular

diseases. This discovery came about from observation that Inuit peoples had less risk of heart attack than people of other races and it is believed these health problems were prevented by their diet of fish, which contains essential fatty acids.

Cod liver oil contains omega 3, which is the main group of essential fatty acids necessary to prevent arterial clotting and atherosclerosis and therefore cod liver oil will reduce the risk of heart disease and strokes.

Cod liver oil would also appear to be of benefit in helping to prevent cancer. There seems to be a relationship between increased vitamin D status and prevention of colorectal, prostate and breast cancers.

A recent study in a rheumatology journal showed that taking cod liver oil was more advantageous than taking pain killers for pain from osteoarthritis of the joints.

People who suffer from depression and take cod liver oil find that it gives them relief of symptoms such as anxiety, sadness and sleeping problems.

Perhaps everyone should all take 1 gram a day or at least 2 teaspoonfuls!



*Breakspear Pharmacy offers 2 types of cod liver oil which are:*

- 1) *Arctic Cod Liver Oil, by Nordic Naturals*
- 2) *Norwegian Cod Liver Oil, by Pure Encapsulations.*

*They both contain the essential fatty acid omega 3, vitamin A and vitamin D, although there is slightly more vitamin D in the Pure Encapsulations form. If you are interested in these high quality supplements, contact Breakspear Pharmacy.*



## Your thoughts on your home environment

The following figures are the results of our 5th on-line survey:

**50%** of respondents use scented/standard cleaning products in their home

**43%** have a built-in water filtration system

**57%** have 4 or more houseplants

**86%** have Wi-Fi in their home and all **86%** feel that Wi-Fi is fine, in limited use and/or limited areas, or great to use.

**63%** of the respondents who do not have allergy symptoms at night have dust mite impervious bedding covers

**67%** of respondents who have night-time allergy symptoms do not have dust mite impervious bedding covers

Visit [www.breakspearmedical.com/survey](http://www.breakspearmedical.com/survey) to have your thoughts on the effects of aircraft on health count in the next survey!

## Notes on your home environment

When environmental illness such as allergy, chemical sensitivity or pesticide exposure has been diagnosed, certain alterations in lifestyle become advisable, to reduce unnecessary exposure to chemicals such as those in smoke, exhaust fumes and solvents, and inhaled particles such as dust and pollen.



It is usually necessary to reduce repeated exposure to particular foods using a rotation diet, where members of the same food family are eaten only once every 4 days. This rotation allows the body to recover from reactions to foods before being re-exposed to the triggering item.

All patients with environmental illness have nutritional deficiencies. Common deficiencies include low levels of vitamins, minerals, amino acids and essential fatty acids (EFAs). These deficiencies may be the result of increased requirements, increased losses, or poor absorption of nutrients.

In order to rectify the deficiencies, a varied diet with dietary supplements is encouraged. Organic food is highly recommended because the residues of chemicals in treated foods may provoke symptoms in those with environmental illness. Where possible, eat only freshly prepared food which helps to avoid additives and 'hidden' ingredients that are common in prepared foods and ready meals. Nutritional supplements should be good quality hypoallergenic preparations.

Just as 'clean' food is desirable, so is clean water and the use of glass-bottled mineral water

or mains water that has been filtered is recommended. It is best to filter all water as it enters the home, and a variety of water filtration systems are available.

Polluted air is to be avoided and air filters are available which can remove particles and chemicals from indoor air. Air filtration is especially useful in the bedroom where approximately one third of one's time is spent.

In the home, it is advisable to reduce chemical exposure as much as possible. The newer the substance/item, the more chemical it will be likely to emit. In general, if something has a smell, it is emitting a chemical. However, keep in mind that the absence of a detectable smell does not mean that no chemicals are being released.

Glass, ceramic, untreated cotton or silk and untreated hardwood are often more suitable materials for the environmentally ill. Non-toxic paints, varnishes, cleaning and hygiene products for sensitive people are available. Lifestyle amendment is an important part of the treatment of environmental illness.

Breakspear Hospital recommends the holistic approach to improving your environment, together with our low-dose immunotherapy vaccines and recommended correction of deficiencies. Ensuring these lifestyle changes and addressing any other medical problems form the basis for recovery. The degree of amendment necessary depends on the severity of the illness.

For more tips, ask Reception for a copy of *Breakspear Hospital's guide to improving your home environment*.

## New thoughts on biofilm and Lyme disease

### from Physician's Round Table in North Carolina, USA



From 26 February to 1 March, the 2009 Physician's Round Table, which is a doctors' information and discussion event, was held in Greenville, North Carolina, and attended by Breakspear Hospital's Dr Christabelle Yeoh.

A number of international specialists presented new outlooks on treating conditions such as Lyme disease, chronic fatigue, fibromyalgia and coinfections. Dr Yeoh summarises one of the most interesting discussions of the 4-day event.

## About biofilm

Dr Christabelle Yeoh

One of the most interesting discussions I attended in the 2009 Physician's Round Table was about 'Biofilm'.

Biofilm is a gel-like substance that colonies of bacteria produce and surround themselves with, in order to be protected and maintain a safe environment in which to live and reproduce. This outer slime layer is also known as the exopolysaccharide matrix.

The biofilm develops and matures and then it releases planktonic organisms (separate ones that float or drift together), which can then go off and attach elsewhere.

Colonies of bacteria with biofilm are the source of many human infections, particularly those which often become chronic, such as *Clostridium difficile*, MRSA, *Helicobacter pylori*, *Candida*, *Pseudomonas* (chronic chest infections), chronic prostatitis, chronic sinusitis and, of course, Lyme borreliosis.

The biofilm can upregulate drug resistance

genes and can trigger inflammatory and immune responses from within the exopolysaccharide matrix. Interestingly, the bacteria can sense if their host is stressed, using channels to detect cortisol, adrenaline and noradrenaline, and release powerful factors which help to take advantage of the host. This certainly gives a new perspective as to why behavioural and environmental factors can play such a large role in the management of chronic Lyme disease.

Scientists and pharmaceutical companies are racing to find ways to breakdown biofilm, which would be an extraordinary breakthrough in preventing many human infections. However, one must also look to the natural means of breaking down biofilm and inhibiting the growth factors that the bacteria need to flourish. Currently there are data on the use of a range of plant and animal enzymes which can do this; chelating agents, particularly EDTA, can also do this by crosslinking calcium, magnesium and iron, and have significant biofilm-killing effects. These treatments are currently available for therapeutic use and can be integrated into a treatment protocol for Lyme disease.



## Reducing the risk of age-related macular degeneration

The findings from two studies first reported in the *Archives of Ophthalmology*, and later summarised in MedPage Today, concluded that eating fatty fish and drinking milk may reduce the risk of age-related macular degeneration, which is a condition responsible for profound vision loss.

One study found that higher dietary levels of omega 3 fatty acids, mainly from fatty fish, reduced the risk of age-related macular degeneration.

The other study found that higher serum levels

of vitamin D, mainly from milk, reduced the risk of early disease, relegating protection from fatty fish to advanced disease.

Because of the direct association, the researchers said that it is important to consider the balance and composition of dietary long-chain polyunsaturated fatty acids from the omega 3 and the omega 6 families.

The researchers reported that levels of serum vitamin D were inversely associated with early macular degeneration but not advanced disease.

## Notes on the chronic pain syndrome, fibromyalgia

(Continued from page 1)

people complain of brain fog, difficulty concentrating and memory loss. Other symptoms may include Raynaud's phenomenon with blanching of the fingers on exposure to cold, anxiety and depression.

The exact cause of fibromyalgia is not known. The doctors at Breakspear Hospital have found that the pathway for pain is through small fibres called C-fibres, which are also the fibres that conduct information from all surfaces of the body, whether internal or external, to the base of the brain, which is the controlling centre of the autonomic nervous system.

These C-fibres conduct the information which, in the brain, is perceived as pain. The integration of information in the brainstem allows the body to respond to external information. However, it can be increased when the information is regarded as noxious and destabilises the responses in the autonomic nervous system. This is known as dysautonomia.

With low-dose immunotherapy, dysautonomia can be reversed and controlled. Therefore very often the pain stimuli which are being accentuated can be controlled with low-dose immunotherapy. That is normally thought of as allergy management but, in fact, it is much more overarching than simply dealing with allergies.

Patients do have increased pain following an injury and there may be a precipitating cause, such as a whiplash injury. With the development of fibromyalgia, we know that there is pain potentiation, both from the local site and also from a lack of inhibition by nerves coming down from the brain. There are therefore changes in pain perception within the brain, giving rise to the increased pain a person feels.

There are also disturbances of hormones. This may occur partly due to the disrupted sleep at night, when there is lack of growth hormones but there is also lack of hormones, which can respond to stress, so that the patient cannot respond appropriately to stress and this again exacerbates the problem.

Although changes in sleep pattern can be shown on an electroencephalogram, the significance of these has not been fully studied.

Fibromyalgia is a disabling condition and the disability can be likened to that of people suffering from severe rheumatoid arthritis or multiple sclerosis. It prevents the person from participating in an active life, including a social life, and they may become housebound.

Management needs to be with a multi-disciplinary team approach.

Breakspear Hospital offers:

1. Consultation with a doctor, which includes a thorough examination to exclude other possible causes for pain, an explanation of the condition and a discussion about what treatment programme is necessary.
2. Ongoing support, which is the most important aspect of management, is provided by the clinical team and staff at the Hospital.



### Management can be divided into several stages:

- Pain relief
- Sleep evaluation
- Addressing other symptoms
- Nutritional and herbal supplements
- Ongoing support

Pain relief is of the highest priority in the treatment programme for fibromyalgia. There are a number of drugs which can be a great deal of help. Non-pharmacological treatments are also of benefit; some examples of these are:

1. Iratherm®. Intense infra red sauna body-heating therapy can help to relieve the pain. (See article *New thoughts on the benefits of whole-body hyperthermia*, on page 7.)
2. Advice and treatment from a qualified therapist with regard to massage, musculo-skeletal taping and exercise programmes. It is important to have exercises which help to relieve stress, improve the muscle function and increase the natural hormones within the body.

A sleep evaluation can be carried out to make sure there are no abnormal sleep patterns. If a sufferer is experiencing sleep problems, advice and therapies to help can be provided.

(Continued on page 7)

# Breakspear Hospital Trust

Registered charity: 1100205

2009

## Breakspear Hospital Trust is working for allergy sufferers

On 21 January 2009, Mike Penning MP, Shadow Health Minister, on behalf of Breakspear Hospital Trust, invited guests to a Reception and Media Briefing on the subject of **Allergy - what is being done and what needs to be done** at the House of Commons.

Over 50 invited guests attended the evening's event, including Baroness Masham of Ilton, James McEuen, Managing Director, BioCare Ltd, and Sian James, Features Editor, Mail on Sunday.

The purpose of the reception was to bring attention to the well-publicised House of Lords report on allergy, published in 2007, and the recommendations contained in it. Organised by a national charity specialising in environmental illness including allergy, the event drew attention to methods of safe and effective allergy treatment for thousands of patients including low-dose immunotherapy and enzyme potentiated desensitisation (EPD).

Two of the UK's leading specialists in such treatments, Dr Jean Monro, Medical Director

of Breakspear Hospital, and Dr Damien Downing, EPD Specialist and President of the British Society for Ecological Medicine, gave presentations. Dr Eberhard Schwarz,

### *About Breakspear Hospital Trust*

*Breakspear Hospital Trust was set up by caring supporters of Breakspear Hospital who all have some connection to the Hospital as either patients, or relatives of patients, suffering from food, chemical and other environmental allergies and sensitivities.*

Neurologist and Psychiatrist, Medical Director of Fachkliniken Nordfriesland, Germany, also spoke about using low-dose immunotherapy at his state (publicly) funded facility.

Breakspear Hospital Trust believes that the National Health Service should utilise the wealth of expertise in the private sector in order to give hope to millions of allergy sufferers.

## From the House of Lords Report on Allergy:

"Immunotherapy is a valuable resource in the prophylactic treatment of patients with life-threatening allergies, or whose allergic disease does not respond to other medication."



# What was said at the Trust Media Reception

After a brief introduction by Breakspear Hospital Trust Chairman, Ron White, two doctors spoke about the allergy treatments available in the private sector in the United Kingdom and one German specialist spoke about a state-funded hospital in Germany which uses allergy treatment programmes for patients with multiple chemical sensitivities and environmental illnesses. While it appears that the NHS struggles to find answers to the allergy epidemic, these doctors are successfully treating patients daily.



Dr Jean Monro,  
Medical Director,  
Breakspear Hospital

Dr Jean Monro's talk included the history and present day use of low-dose immunotherapy, which is practised at Breakspear Hospital. She stated, "Low-dose immunotherapy is capable of ameliorating all forms of allergy, including classical inhalant allergies, food intolerances and chemical sensitivities, unlike the form of immunotherapy in limited use in the NHS which is effective only for grass pollens, bee and wasp venoms." Using autonomic test reports, Dr Monro demonstrated the effects of low-dose immunotherapy on cellular function and the autonomic system.



Dr Damien Downing,  
EPD Specialist &  
President of British  
Society for Ecological  
Medicine

Dr Damien Downing explained how classical allergies are growing but food allergies are growing even faster. In the USA, under-18 hospital admissions for food allergies nearly quadrupled in the 7 years from 1999 to 2005.

He explained that individuals with a deletion of the gene for a detoxifying enzyme in the liver react to pollution exposure by developing allergic reactions to pollutants and how enzyme potentiated desensitisation (EPD) was shown to be effective against inhalant allergies.



Dr Eberhard Schwarz,  
Neurologist &  
Psychiatrist, Medical  
Director of Fachkliniken  
Nordfriesland, Germany

Dr Eberhard Schwarz explained that many patients who present at the hospital have been referred for psychiatric and neurological conditions without an understanding of the underlying causes of their illnesses. Dr Schwarz has proven that they have allergies, intolerances and sensitivities which have triggered and perpetuated their illnesses.

Dr Schwarz has used low-dose immunotherapy for 18 years, and (more latterly) EPD, at his state-funded German hospital. His presentation discussed how low-dose immunotherapy is used at the Fachkliniken Nordfriesland facilities for a wide range of conditions and how Germany is handling the rising incidence of allergies.



## How Breakspear Hospital Trust helped me

*Open letter by Sarah Mills, February 2009*



I would like to thank the Trust and everyone who has made a donation to it for enabling me to have treatment at Breakspear Hospital. Your money has really made a difference.

I have had various allergies and intolerances since I was a very young child, and I got ME when I was 14 years old. Since then my health had deteriorated – my allergies worsened, and the ME became more disabling. Before I started treatment I was struggling to maintain my weight despite eating a large quantity, was reacting to virtually everything I ate, and becoming mostly housebound, not to mention sneezing everywhere!

In 2005, I had been appealing for over a year to my local Primary Care Trust to grant me funding for treatment at Breakspear Hospital. For months it looked as if I would not be able to get the treatment without a magic wand, or winning the lottery! But then a mini miracle happened – I found out that Breakspear Trust was awarding me a grant for a year. I am happy to say this came just at the right time. I was starting to lose faith and feared the rest of my life would be a continuous downhill spiral.

Since the treatment started my sensitivity to pollen and perfumes has decreased very considerably, and I am tolerating food a lot better, and maintaining weight as well. I have even been able to increase the range of foods I can eat with the support of the vaccines. My energy levels have also noticeably increased. I've been able to go out more, enjoying days out, and even managing to attend a music/arts festival last year which included camping for 4 nights – something that before I would never have imagined possible. What was even more pleasantly surprising was that just 3 weeks later I managed a trip to Germany. This trip was in conjunction with my Open University studies towards a BA (hons) in Humanities with German and Music, which I started in 2005. Again, these studies are something I would not have been able to do without the treatment at Breakspear Hospital.

I am also pleased to say that through Breakspear Hospital Trust giving me the opportunity to start treatment, and my improvement over the first year, I was awarded NHS funding from the PCT. I am pleased to say that at the time of writing this letter I still have NHS funding for treatment.

Yours forever grateful,

Sarah Mills

*The Trust is funding patients' treatment...but we need more help.*

## Message from Breakspear Hospital Trust Chairman, Ron White

It's over a year now since our last appeal for support for our charity in the Bulletin. We had a very encouraging response and I hope we thanked each of you who contributed at the time, and thank you again for all the help.

Most of the money raised has been either spent on or earmarked for patients unable to afford treatment for their allergies. We have unfortunately had to decline some requests for help because we have to prioritise and only the more extreme cases receive grants. At present, this is restricted to those unable to work at all due to illness and



updates on their specialisations. We believe we could play a part in fostering this training in the field of allergy, as at present knowledge of the subject and training in its diagnosis and treatment are woefully inadequate.

The 2007 House of Lords report on allergy pointed out some of the shortcomings in NHS allergy services and made some sensible recommendations; not surprisingly, yet disappointingly, we've seen little progress since then; we see it as part of our job to keep up the pressure by continuing to draw public attention to the issue via the media and lobbying. We have access, both at Breakspear Hospital and elsewhere, to some of the top medical specialists in allergy and environmental illness and we see a need to use this expertise and to fund some small pilot studies concerning the efficacy of treatments, which could lead to larger scale work by other medical research establishments.

Without treatment, many of those with severe allergies, and related environmental illnesses, face a bleak future because they are unable to attend school or work due to their illness.

generally precludes those with a working partner or, in the case of minors, a working parent. We'd like to have less stringent qualification requirements but that is contingent upon raising more money. Helping patients remains a top priority!

We would also like to expand our activities to encompass the other objectives specified in our constitution. These objectives are:

- education
- provision of information
- promoting research

Education is becoming ever more important as all doctors are now required to have regular training

Our eventual objective would be for full and effective treatments for allergy to be made available within the NHS to everyone who needs them. Realistically this is not likely to happen anytime soon, however with application we believe a little momentum could be added.

We are making a difference, but this can continue only with the help of donors. So if you are able to help us, we, and more particularly those we help, will be most grateful.

***100% of donations goes towards the Trust's objectives, no one connected with the Trust receives any payment for associated work, and all administration is provided to the Trust at no cost.***

Your donation today could fund treatment for someone who really needs help.

**Thank you for anything you are able to give.**

# Breakspear Hospital Trust

A National Charity

Registered Charity No. 1100205



**Donate today and help fund  
treatment for someone  
who really needs it.**

[www.breakspearhospitaltrust.org.uk](http://www.breakspearhospitaltrust.org.uk)

If you would like to support Breakspear Hospital Trust, please complete the following and return in the postage paid envelope provided:

Name

Address

Town

County

Post Code

Country

Telephone

Email

#### Gift Aid Declaration

- I am a UK taxpayer and would like Breakspear Hospital Trust to accept this as a Gift Aid donation.
- I am not a UK tax payer therefore tax cannot be reclaimed on my donation.

#### Method of Payment

Cash

Credit card

Cheque

*Please note: we do not accept American Express.*

Debit Card

#### Card Details:

*Complete this section only if you wish to pay by credit or debit card.*

Card Number

Valid from date

Expiry date

Security number

Issue number

*(last 3 digits on the reverse of the card)*

Signature

Please make cheques payable to:

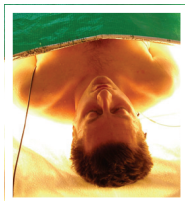
**Breakspear Hospital Trust**

## New thoughts on the benefits of whole-body hyperthermia



### There are numerous publications on the use of hyperthermia to improve medical conditions that involve poor blood flow.

The far infra red sauna is well known for its use in detoxification. Sweating and the mobilisation of toxins in the fat and the circulation bring about detoxification. The major factor which underlies the effects of hyperthermia treatment is the positive effect on blood flow. Poor blood flow is a huge underlying pathophysiological process present in many chronic medical diseases, including allergy, depression and fatigue.



A wide range of problems can be helped using hyperthermia including:

- allergy
- heart failure
- depression
- chronic fatigue
- fibromyalgia
- wound healing

There are studies showing improved function of the lining of blood vessels and their ability to dilate, increases in blood flow, reduction in hypertension and improvements in exercise tolerance using hyperthermia. It has been shown that some of the improvements are due to increasing nitric oxide, which is crucial in regulating blood flow.

Research also shows that there is a degree of heart failure in chronic fatigue states. This has been demonstrated at Breakspear Hospital,

using autonomic function tests performed by neurophysiologist Dr Peter Julu. It is described as inotropic fatigue, which is where the heart muscle gets tired and has increasing difficulty coping with the required exertion. Often patients with chronic fatigue have difficulty exerting themselves.

Sometimes standing still for several minutes is challenging, as the heart then needs to pump harder to overcome gravity in order to get blood flowing around the whole body.

There are many studies that show how hyperthermia benefits

patients with heart failure by improving their exercise tolerance.

Using whole body hyperthermia allows infra red frequencies to penetrate the body all over whilst the patient is lying down, which is the most effective way to increase blood flow. Increasing blood flow brings about all associated benefits, as well as allowing detoxification to occur.

For more information, ask for a copy of Breakspear Hospital's information booklet on Whole-body Hyperthermia Treatment.

### Notes on the chronic pain syndrome, fibromyalgia

*(Continued from page 6)*

People with fibromyalgia often also suffer from irritable bowel syndrome (IBS). This is commonly caused by food sensitivities and testing for these and provision of low-dose immunotherapy will allow the correction of specific food sensitivities, which will help to relieve pain and provide support.

Breakspear Pharmacy offers a wide range of herbal remedies which can also help. Popular herbs are ginkgo biloba, which can improve circulation, and valerian, which can help with sleep and calm the nervous system.

When ongoing support is given, the patient certainly improves and can cope better. When pain has been relieved and sleep restored, an improved quality of life is obtained.



### What's in your ground spices?

Recently a wheat-sensitive staff member purchased a package of Daria Unsalted, which is a snack food originating from India, in a local shop. The only ingredients listed were:

roasted gram and turmeric. Upon further inspection, the purchaser noticed an allergy advice warning on the reverse, "not suitable for persons with nut, sesame, soya or wheat allergies".

On the Coeliac Society of Ireland's website, the forum on 'Wheat flour in ground spices' has posted, "Don't forget that a lot of spices originate in developing countries, where a big financial gain can come from 'stretching' expensive spices with cheap flour [which] can make a lot of money for the person doing the mix." Apparently coriander powder is mixed commonly with sawdust. If you're sensitive, be careful when purchasing your ground spices!

## Notes on oxygen and fatigue syndrome

**Dr Jean Monro**

All of our production of energy depends on the fuel provided to the cells; the primary fuels are food and oxygen. If a person with fatigue is adequately providing good food to the body, then the oxygen provision has to be considered as it is also an important factor in energy provisions.

Generally, patients with fatigue states do not look 'blue', which is the most straightforward way to determine if someone is not getting enough oxygen. Because fatigued people's lips are pink, it is often assumed that the oxygenation of their tissues is adequate. However, this may not be the case, and at Breakspear Hospital we have ways of measuring whether enough oxygenation is occurring and whether or not the capillaries are congested, which may be a significant factor of the fatigued state.

The most important form of energy that the body requires for most everyday activities is attained from the body's aerobic energy production. The word aerobic means "with oxygen". In aerobic energy production, oxygen is used in part of the metabolic process (the Krebs cycle) which is involved in the chemical conversion of carbohydrates, fats and proteins into carbon dioxide and water, which generates a form of usable energy for the body.

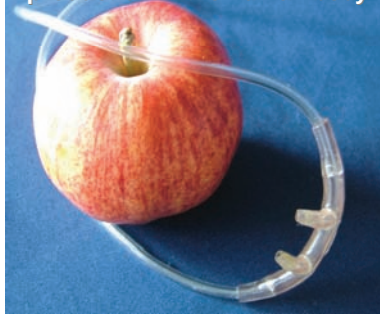
There is another form of energy production called anaerobic, which literally means "without air". In anaerobic energy production, carbohydrates are broken down to release energy without the need for oxygen. This form of energy is just sufficient for short bursts and is insufficient to sustain normal bodily functions.

It has been found that many patients with fatigue are primarily producing anaerobic energy and, due to lack of oxygen in their bodies, are not able to produce aerobic energy, which is the most sought-after energy for the body.

Many patients who suffer from fatigue also have poor mitochondrial function. The mitochondria

are little packets (ATP) of energy-releasing areas in the cells, which are also an important element of the Krebs cycle.

**Food and oxygen are very important factors for energy production in the human body.**



Abnormal levels of blood gases, including both oxygen and carbon dioxide levels, can cause the brainstem to react adversely. As the brainstem is the hub of the autonomic nervous system, which is the control centre for the body, this can cause severe and diverse symptoms.

People with low oxygen and abnormal circulation of

gases may experience:

- abnormal heart rate
- digestive disorders
- troubled breathing
- unexplained perspiration
- affected sexual arousal

Each of these symptoms is regulated by the autonomic nervous system.

Breakspear Hospital's Specialist Autonomic Neurophysiologist, Dr Peter Julu, conducts tests which have shown that many of patients with fatigue syndromes have low levels of diffusible tissue oxygen and abnormal circulation of gases.

Dr Julu can measure the tissue utilisation of oxygen and the tissue availability of oxygen as well as the ratio of oxygen and carbon dioxide.

Transcutaneous gases are measured by two different methods and combined together into one sensor. The sensor has two membranes: the one is sensitive to carbon dioxide only and the other membrane is sensitive to oxygen only. A small plastic cup is applied to the skin next to the liver, where the skin is warm. The cup is filled with a special fluid that dissolves both oxygen and carbon dioxide. The sensor with the two membranes is then screwed tightly into the cup. Oxygen and carbon dioxide escape through the skin and dissolve into the special

## DVLA advice for drivers with excessive sleepiness and OSA

The DVLA (Driver and Vehicle Licensing Agency), which is the executive agency of the Department of Transport, offers advice for sleepy drivers in a leaflet entitled, "Think! Tiredness can kill".

According to the leaflet, up to 1 in 5 accidents on motorways and other monotonous types of roads may be caused by drivers falling asleep at the wheel.

Falling asleep at the wheel is not an excuse in law.

Typically, in sleep-related crashes, the signs of emergency braking are absent and there is a failure to respond to clearly visible road/traffic conditions.

The leaflet contains many facts about various medical sleep-related conditions, including obstructive sleep apnoea (OSA). It states that estimates suggest at least 4 in every 1000 men have OSA. Once diagnosis of OSA has been confirmed and the symptoms controlled, car-licensing, as well as lorry and bus licensing, are



normally permitted providing the driver is being treated with continuous positive airway pressure (CPAP), which makes possible a good night's sleep, reducing daytime sleepiness and improving concentration.

If you hold a current driving licence of any type and suspect or know you have OSA, Parkinson's disease, multiple sclerosis, narcolepsy or motor neurone disease, you need to inform the DVLA. A questionnaire will be sent to obtain specific details about your condition and an investigation will be completed about your driving licence as quickly as possible.

*If you suspect you have one of these conditions, Breakspear Hospital's Consultant Autonomic Neurophysiologist, Dr Peter Julu, specialises in performing neurological tests to diagnose various sleep disorders. For more information about driving licences, visit the DVLA website: [www.direct.gov.uk/motoring](http://www.direct.gov.uk/motoring).*

fluid. The dissolved gases are then detected by the sensor.

Carbon dioxide is detected by the change in the pH (hydrogen ion concentration). Meanwhile oxygen is detected by its magnetic property which increases with its concentration. In that way, both oxygen and carbon dioxide concentrations can be measured simultaneously in real-time and these concentrations mirror the concentration in the capillaries. This concentration is similar to mixed arterial and venous blood.

These panels of information explain an enormous amount about whether or not a person can use the oxygen supply, or has it available for their tissue energy. If they have not, then there are means by which these aspects can be rectified.

In order to stabilise the autonomic nervous system centres, treatment with low-dose immunotherapy is required. The state of poor aerobic metabolism in the tissues results in

fatigue and pain, and the blood vessels (capillaries) can "bud" to produce extra-capillary to increase circulation in order to ensure that oxygen is taken to the tissues. The result of budding is that the ratio of essential oxidant and carbon dioxide agents is not as it should be, which may indicate an anoxic (extremely low oxygen) environment. This finding has been emphasised recently by Dr Martin Pall of Washington State University. We can measure vascular endothelial growth factor (VEGF) and the carrier protein which takes oxygen into the tissues from the vessels (2,3-BPG).

It is very important that people suffering from fatigue undergo a variety of tests to indicate to the specialist doctor each patient's specific needs and for a personalised treatment programme to be developed.

For more specific information about the energy production methods, request a copy of Dr Jean Monro's article, *Fatigue Syndrome and Aerobic or Anaerobic Metabolism*.

## Did you know...?

### Cold sore virus linked to Alzheimer's disease

[www.sciencedaily.com](http://www.sciencedaily.com) reported in December 2008 that research has revealed "The virus behind cold sores is a major cause of the insoluble protein plaques found in the brains of Alzheimer's disease sufferers". The researchers believe the herpes simplex virus is a significant factor in the development of the debilitating disease and could be treated by antiviral agents such as aciclovir, which is already used to treat cold sores and other diseases caused by the herpes virus.

### Lyme disease sufferer refused NHS treatment

On February 22 2009, the headlines of the Sunday Sun read "Mum's fury at docs' Lyme disease denial".

According to the article, "Ellie Marshall slammed NHS medics, claiming they refused to treat her for a rare, life-threatening illness". The article went on to state that the mother-of-two claims NHS doctors are denying she has the killer infection and have instead prescribed her antidepressants.

It was only when Mrs Marshall saw a discussion on Lyme disease on the ITV show This Morning that she realised her symptoms matched up.

At the beginning of last year, she was diagnosed with Lyme disease by Dr Terence Daymond, who ran a conclusive blood test and prescribed a course of antibiotics.



### Drivers in China stay awake with hot peppers

According to an article in The Times, 12 March 2009, the Beijing Police are supplying drivers with free chilli peppers at a number of highway service stations in the belief that the fiery chillies will help them stay alert on some of the deadliest roads in the world.

### US study shows autism increase not due to better case counting



A study by researchers at the UC Davis MIND Institute has found that the 7- to 8-fold increase in the number of children born in California with autism since 1990 cannot be explained by changes in how the condition is either diagnosed or counted.

Published in the January 2009 issue of the journal *Epidemiology*, results from the study also suggest that research should shift from genetics to the host of chemicals and infectious microbes in the environment that are probably at the root of changes in the neurodevelopment of California's children. In the future, the research team will focus on the possible effects of metals, pesticides and infectious agents on neurodevelopment.

### First time ME listed as cause of death

Several years ago, ITV's Meridian Tonight featured the story of how Sophia Mirza, a 32-year old UK woman, who suffered from myalgic encephalomyelitis (ME), was ordered to be removed from her home by force and put in a mental asylum to "treat her". Days after returning home, she died.

**"There are 250,000 patients currently living with ME" - Meridian Tonight**

The Meridian Tonight story is now available for viewing on: [www.youtube.com/watch?v=0Y\\_T5yIWUv4](http://www.youtube.com/watch?v=0Y_T5yIWUv4)

According to the news story, a post-mortem was performed, where it was found that 75% of the sensory cells on her spinal cord showed significant abnormality not related to any known psychiatric condition, and for the first time ever ME was confirmed as the cause of death.

At the time of the report, there was no government money allocated for ME research and all research so far had been funded by charitable organisations.

## 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](http://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.*



### 30% off all in-stock Kirkman products

While stock lasts, Breakspear Pharmacy is offering 30% off all Kirkman products.

Kirkman is one of the leading manufacturers of nutritional supplements for individuals with food allergies, special dietary requirements and environmental sensitivities.

## Pharmacy on-line shop going live soon!

To pre-register and receive notification of the go-live date, drop a line to [cmontro@breakspearmedical.com](mailto:cmontro@breakspearmedical.com) with your full name, billing/delivery address, email address and contact telephone number.



## Notes on preventing rickets

Recently dramatic pictures of children suffering from rickets have been shown on television. They suffer from stunted growth, bowing of the legs and marked difficulty in walking.

Rickets is characterised by deformed bones caused by poor bone mineralisation. It is generally caused by vitamin D deficiency.

Vitamin D is made in the skin on exposure to ultra-violet light from the sun. It is required for the adequate absorption of calcium from the gut and pushes the calcium into the bones to make them strong.

Vitamin D also helps muscles work properly. Notable early features of rickets include bowing of the legs, weakness of the muscles ("floppy" muscles), delayed development of teeth with weak tooth enamel, deformities of the chest and also deformities of the skull.

Adults can also have vitamin D deficiency, giving rise to soft bones. This condition is called

osteomalacia. Studies show that during the winter months, when there is low ultra-violet light exposure, particularly the further north one lives, the occurrence of osteomalacia increases. It has also been shown that people with dark skin from South Asian or Afro-Caribbean origins are unable to absorb vitamin D as efficiently and are therefore more at risk.

The Royal College of Paediatricians estimates that 5% of young people are not getting sufficient vitamin D.

It is important that everyone, particularly children, the elderly and chronically ill, have adequate sun exposure, as lack of it gives rise to a vitamin D deficiency. It is also important that adequate calcium and vitamin D are consumed. Cod liver oil is a good source of vitamin D (see *Ask Dr Terence Daymond* on page 3) as well as fortified milk and other dairy products. A good diet and adequate sun exposure will reduce the risk of developing rickets, osteomalacia or osteoporosis.

## Bulletin board



### £533.13 raised on Red Nose Day

To support Red Nose Day, many of Breakspear Hospital's staff and patients joined in the spirit and participated in various money-raising events at the Hospital.

Courageous patient Kevin Stewart watched his all-time least favourite movie, *Mamma Mia*, with his mother all day long, dressed in a wig and silver leggings in the Testing Ward.

Most of the staff dressed in some sort of sportswear. Chef John Dilger wore his full Manchester United kit, while other people wore their favourite football teams' shirts and nurses wore red noses and/or antennae on their heads.



## Changes at Breakspear Hospital that may affect you:

### *Lunches to be billed separately Missed appointment billing*

As from Wednesday 1 April 2009, lunches will be charged separately on a daily basis and therefore will no longer be included in the treatment charges. The price will remain at £12.50.

A list of foods offered from our kitchen is available. If other items are requested, which will incur an extra charge, please give our Kitchen Staff at least one week's notice by contacting them on 01442 261 333 extension 318.

At Breakspear Hospital, it is understood that problems can arise which prevent patients from keeping their appointment.

If, for any reason, a patient is unable to keep an appointment, the Hospital requests notification at least 24 hours in advance, in order that another patient (on the waiting list) can be offered the appointment and that staff time is used efficiently.

In common with other practices, Breakspear Hospital reserves the right to charge a fee for a missed appointment, unless adequate notice is given.