



# Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 9

Autumn 2005

## Notes on Western Lifestyle & Cancer

Of the 10 million new cases of cancer each year:

- 3 million are due to tobacco/pollution
- 3 million are due to diet/poor nutrition
- 1.5 million are due to infection
- 2.5 million to other causes<sup>1</sup>



Breakspear Hospital's Dr Jean Monro has had some of her observations regarding cancer published in recent medical journals.

The following is an extract from an article commenting on Dr Monro's observations entitled, "Treatment of cancer with mushroom products", Arch Environ Health 2003;58:533-7.

Conventional [cancer] treatments include surgery, chemotherapy, and radiotherapy.

The author proposes that immunotherapy also be considered. Among other environmental influences, dietary deficiencies and carcinogenic viral infections must be investigated and treated wherever possible. It

has been suggested that mushrooms, in particular, have a structure that is immunomodulatory [which is an agent that specifically or non-specifically augments or diminishes immune response] because it resembles the proteoglycan structure in the human extracellular matrix, and both are metabolically active. Inasmuch as mitochondria have a bacterial origin, proteoglycans may have a mushroom origin. The author describes a study showing that natural killer cells can

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## Breakspear offers at-home HPV testing kits

Though cervical cancer can often be prevented, approximately 1500 women die from it in the UK every year.

Women can now test at home for the human papilloma virus (HPV), which is the virus that causes the abnormal cells which can lead to cervical cancer.



Unlike most cancers, most cervical cancer can be prevented if detected and treated early enough.

Unlike most cancers, most cervical cancer can be prevented if detected and treated early enough. Almost all cervical cancers are caused by a sexually transmitted virus called HPV. It can now be detected using a simple, at-home testing kit available through Breakspear Hospital.

The HPV Testing Kit 1 indicates the presence or absence of the virus that causes cervical cell abnormalities, which can be a precursor of the development of cervical cancer. *The at-home kit is not intended to replace regular cervical health screenings.*

Most NHS cervical screenings are only looking

for the cell abnormalities which are caused by HPV that could indicate cancer.

The at-home HPV Testing Kit 1 uses a tampon-like swab that a woman inserts when she is not menstruating. The swab stays in for 2 hours and then is removed and placed in a culture tube. The package is then posted as soon as possible and the results are returned within 14 days. The results will include a

doctor's letter that details whether or not the sample tested positive for HPV. A positive HPV result indicates the presence of the virus that can cause cervical cell abnormalities. A positive result does not indicate the presence of cancer.

The home kit provides early detection of HPV. There are many different types of HPV and the different types are identified by the DNA they contain. Low-risk strains of HPV usually do not cause any problems but may sometimes cause genital warts or minor cell changes on the cervix that go

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**BREAKING NEWS: School tuberculosis vaccination programmes to be discontinued**

See *On the Market* page 2 for more information about the changing patterns of TB in Britain

## On the Market: Mercury-free Tuberculosis Vaccinations

After more than 50 years, the schools' tuberculosis (TB) vaccination programme is to be discontinued.

Reports from the Department of Health inform us that the pattern of TB in Britain has completely changed since post-war years when the disease was mostly seen in young adults.

Today it is babies up to one year old who are most likely to develop TB with the added risk of contracting TB meningitis.

Eighteen areas across Britain have high rates of TB. Thirteen of these areas are in London and have higher than 40 cases per 100,000 population. Babies born in these areas will be offered the BCG vaccination in the first month of life, as will babies whose

parents or grandparents come from countries where rates exceed 40 cases per 100,000. These new recommendations aim to reflect the shift of TB infection in this country.



**Today it is babies up to one year old who are most likely to develop TB with the added risk of contracting TB meningitis.**

Many European countries have either dropped or never offered school TB immunisation programmes.

From September 2005,

Breakspear Hospital will be able to offer mercury-free BCG to babies under one year of age. In the spring of 2006, we shall endeavour to provide the vaccine for children over one year of age.

Contact Breakspear's Immunisation Department at 01442 867 280.

### Breakspear Medical Bulletin

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**Breakspear Medical Bulletin** is a private publication that we hope to produce twice yearly. It is for the promotion of environmental medicine awareness and Breakspear Medical Group Ltd. This bulletin 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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## Did you know...?

### We need to feed them better!

Unless you've been living out of the country, you'll know that in March 2005 celebrity chef, Jamie Oliver, became a hero to parents across the UK as the momentum of his Feed Me Better (FMB) campaign persuaded the government to pledge to make school dinners healthier.

Looking back in our files, we find that in the mid 1980s, Breakspear's Dr Jean Monro gave lectures at schools in St Albans, Hertfordshire, to inform children about the benefits of making wise food choices.



### Yuppie flu might be in the genes

*The Times Online* headlines on 12 July 2005 read, "Yuppie flu may not be all in the mind - it might be in the genes". The article states that a team at Imperial College, London, "have discovered the first firm evidence that the illness - also known as chronic fatigue syndrome (CFS) - leads to clear biological changes in the blood."

Breakspear Hospital has always had a policy of identifying causes and then offering treatment. We look for infectious agents such as Epstein-Barr virus, Parvovirus B19 and bacterial, rickettsial and parasitic organisms.

The treatments we offer are anti-viral treatments, high-dose gamma globulin to treat Parvovirus, and complex treatments for rickettsial and bacterial disease. We use hyperthermia treatment to simulate the pyrexia of illness and also offer nutrition support. Where people have developed intolerances to foods, these are also recognised and treated.

### MMR boosters recommended for students

[Netdoctor.co.uk](http://Netdoctor.co.uk) states, "A major drive [for students to have the MMR] will be launched to prevent the mumps epidemic from spreading across university campuses."

The Guardian reports that approximately 90,000 new students will be advised to have the measles, mumps and rubella (MMR) vaccine before starting their university courses this autumn."

Breakspear Hospital offers separate vaccinations for measles, rubella and mumps for children over 13 months and anyone wishing to have individual booster shots. Visit [www.breakspearmedical.com](http://www.breakspearmedical.com) for more information.

## New Thoughts on Alpha Lipoic Acid in Diabetes & Multiple Sclerosis

Two recent medical papers have shown that diabetic neuropathy can be improved with a substance called Alpha lipoic acid.

Alpha lipoic acid is a potent antioxidant and at Breakspear we have been giving intravenous infusions of this to alleviate patients' pain and discomfort in the feet, with significant benefit.

Two other papers show that Lipoic acid has been beneficial in the treatment of multiple sclerosis, and again we have been using this as a therapy for this condition.

For more information regarding the connections, please refer to the original documents which are

as follows:

Ziegler D, et al. Treatment of symptomatic diabetic polyneuropathy with the antioxidant alpha-lipoic acid: a meta-analysis. *Diabet Med* 2004;21:114-21.

Ametov AS, et al. The sensory symptoms of diabetic polyneuropathy are improved with  $\alpha$ -lipoic acid: the SYDNEY trial. *Diabetes Care* 2003;26:770-6.

Yadav V, et al. Lipoic acid in multiple sclerosis: a pilot study. *Mult Scler* 2005;11:159-65.

Marraci GH, et al. Alpha lipoic acid inhibits human T-cell migration: implications for multiple sclerosis. *J Neurosci Res* 2004;78:362-70.

## Ask Dr Monro

**My mother has suffered from asthma for years and is now getting painful arthritis. What can she do to reduce the symptoms?**

Often people think that diseases must be connected, if they occur in the same individual. For example if someone has asthma it is often assumed that he may be prone to eczema as well.

It is not always considered a sequel that someone with asthma should develop arthritis. However, it is not so unlikely because often arthritic symptoms can result from immune reactions at joints. There is often an underlying cause of food allergy, which can be both the provocant (trigger) of asthma and joint problems. In addition, it has been shown that there can be an infectious component that underlies both.

For instance it is known that people with late-onset asthma can have an infectious agent as a provocant. An example of an infectious agent is *Blastocystis hominis*, which has been known to be an organism, although it is a parasite found in the gut, that can also be a provocant of asthma.

Equally, we have found that many people who have joint problems may harbour stealth organisms, which are small, difficult-to-detect organisms in the body.

The reason for joint problems is that cartilages do not contain blood vessels and get their supply of nourishment from the synovial fluid, which is the fluid between the joints. The cartilages rubbing against each other squeeze the fluid in and out (acting like a squeegee mop). If a blood supply were to be provided to a cartilage, then with the least impact one might have blood in the joint, which is called haemarthrosis. (This condition commonly occurs in people with haemophilia.) As there is poor blood supply to the cartilages they can actually harbour infectious agents, which are stealth organisms. These are small, shape-changing organisms that can hide in the body and can lead to chronic joint problems.

At Breakspear, we have done research which shows that amongst these stealth organisms are *Chlamydia* and *Mycoplasma*, the latter being an organism halfway between a virus and a bacterium, but without a cell wall. Cell wall deficient organisms can be responsible for both asthma and arthritis.

I think it would be wise, therefore, to ascertain if, in such a person as your mother, there are either food allergies or



infectious agents as a basis for both her problems. At Breakspear, we specialise in treating various allergies and sensitivities using provocation/neutralisation. Please visit [www.breakspearmedical.com](http://www.breakspearmedical.com) for more information.

*The following question has been extracted from a Letter to the Editor, regarding the article "Notes on Assessing Lifestyle and Cardiac Risk" in Issue 8 of the Breakspear Medical Bulletin.*

**There has been much in the press about the benefits of taking aspirin...to reduce the risk of heart attacks and strokes.... Would [you care to]... comment on the use of aspirin as opposed to, or together with, the dietary supplements listed in the article?**

Many people might think that aspirin is universally acceptable and it is used as an agent to thin blood, in effect. However, it is not so innocuous as one might think, because salicylates can be sensitizers.

Salicylate forms an integral part of the medication known as aspirin (acetylsalicylic acid). We know that there are many people who are sensitive to salicylates in foods and it will provoke urticaria (a condition where people get a nettle rash type of symptom due to their sensitivities).

Such people are also often sensitive to azo dyes and benzoates, which are used as preservatives in food, eg, benzoates are present in many soft drinks as a preservative, but it is the link with salicylate sensitivity that is provocative in these people.

It is known that healthy, elderly people can be harmed from taking low doses of aspirin to prevent heart disease. In Australia, research into routine low doses of aspirin in 20,000 people older than 70, with no cardiovascular disease, has shown that the benefits from low-dose aspirin to prevent cardiovascular incidents, such as heart attack and stroke, are offset by increased incidences of serious bleeding.<sup>1</sup> More than 700 heart attacks may have been prevented and more than 1,000 people have experienced excess gastrointestinal bleeding.

It is, therefore, important not to think that just because something is available it can be used with impunity. Aspirin sensitivity precludes its universal use.

1. *British Medical Journal* 2005;330:1306-8.

## At-home HPV testing kits

(Continued from page 1)

away on their own. High-risk strains of this virus are named 16, 18, 31, 33 and 45 and may gradually develop into cervical cancer if not treated.

If a woman has tested positive to HPV Testing Kit 1, it is recommended that she take an additional test called HPV Testing Kit 2. The two tests have been separated so that if HPV Testing Kit 1 results are negative, she will be spared the expense of further investigations. For accurate analysis of positive results, both Kits 1 and 2 must be completed.

The HPV Testing Kit 2 measures the HPV, DNA and mRNA present. These test results will show whether the levels of



HPV are at high-risk levels for development of cervical cancer. If the second test results are positive, it is recommended that the woman make an appointment to have a full cervical screening and begin a treatment programme as soon as possible, which will help clear the existing HPV.

Cervical cancer is not limited to any particular age group. Women of all ages who have been sexually active at any time in their life should be regularly tested for HPV. Even women who are no longer sexually active should continue to be screened for cervical cancer. National Statistics show that the highest number of cases occurs in the 15-39 age group but cases also occur in the 80-99 age range.

To receive more information on the importance of cervical screens and an order form for an at-home testing kit, please contact Breakspear Pathology 01442 867 286.

# Dr Monroe spoke at the 23rd annual American Environmental Health Foundation Meeting in Dallas, USA

The 23rd annual American Environmental Health Foundation Meeting was held in Dallas, Texas, 9-12 June 2005 . The AEHF was founded in 1975 by William J Rea MD of the Environmental Health Center-Dallas.

Dr Jean Monroe presented her lecture “*Man’s Sense of Awareness*”, which explained the relationship of particles and frequencies as perceived in man by neural pathways and described the interaction between sensitivities and allergies and why provocation/neutralisation therapy works for both.



...many people who had tests for autoimmunity to neural tissues were shown to have had this induced by heavy metals.

Immune Function Testing, Immunotoxicology, Neurotoxicity and Autoimmunity Induced by Heavy Metals and Other Toxic Chemicals, and Gastrointestinal Evaluation.

Dr Monroe also presented Dr Aristo Vojdani’s paper “*Neuroimmune Abnormalities in Patients Exposed to a Combination of Mercury and Chemicals Used in Fumigation*”.

Dr Vojdani’s areas of specialty include immune function disorders, chemically-induced autoimmune diseases, cell destruction mechanisms and immunoassay technology development. He lives in California and is Chief Executive Officer of Immunosciences Lab, Inc and a past Associate Professor at Charles Drew School of Medicine and Science.

Immunosciences Lab is a licensed clinical laboratory that offers a collection of tests and panels scientifically designed

to detect immunological injuries due to environmental factors.

Breakspear Hospital has been using this American laboratory for many years for analysis of chemicals and viruses in patients. The laboratory’s services include Comprehensive Immune System Evaluation, Lymphocyte

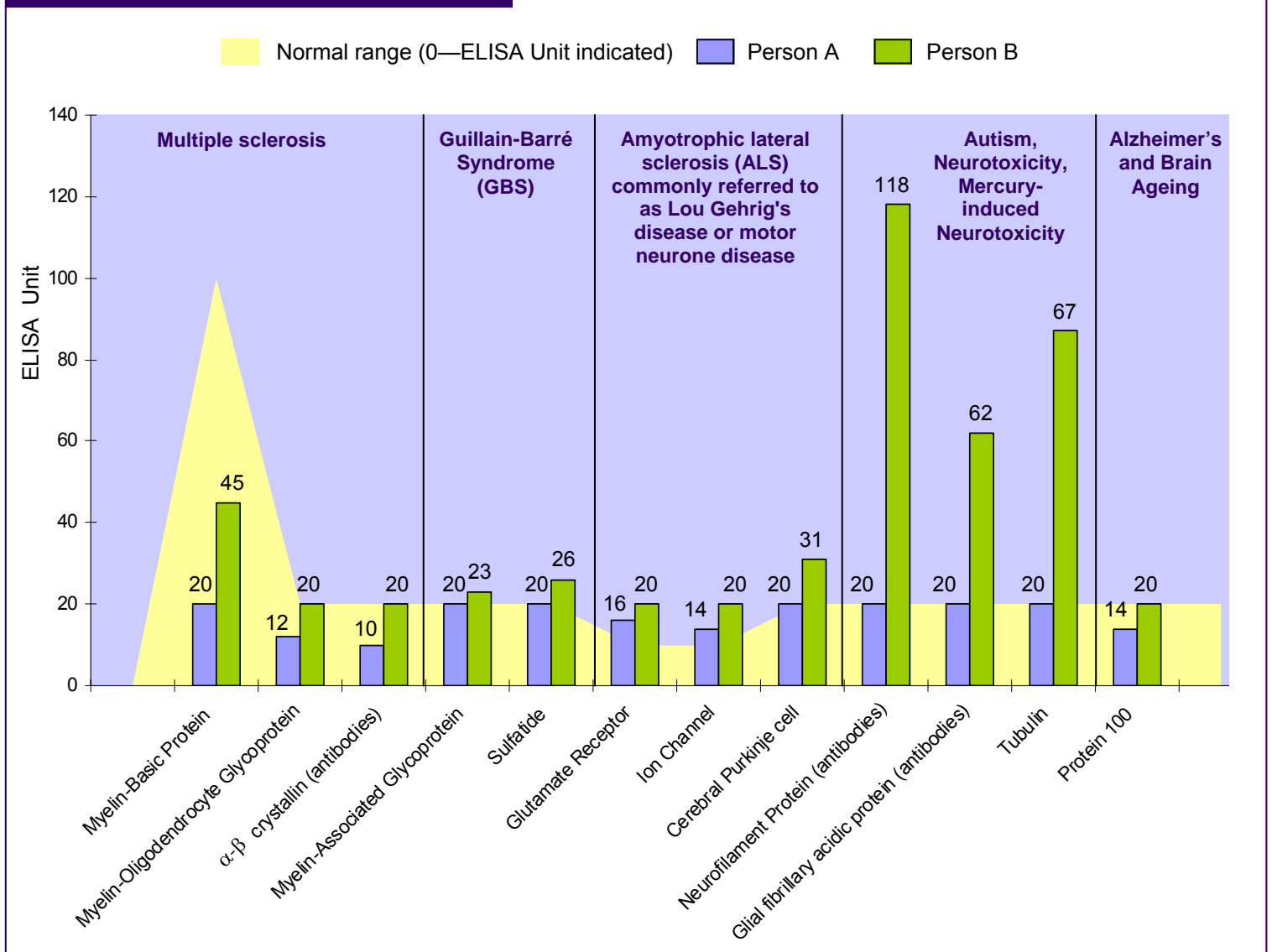
Dr Monroe described Dr Vojdani’s findings that many people who had tests for autoimmunity to neural tissues were shown to have had this induced by heavy metals.

The chart below illustrates the laboratory test results of two patients with metal toxicity. The graph shows what a normal range would be in yellow and shows which conditions are linked to high levels of the listed components.

For more information on Dr Vojdani or Immunosciences Lab Inc, visit [www.immuno-sci-lab.com](http://www.immuno-sci-lab.com).

For more information on the AEHF, visit [www.aehf.com](http://www.aehf.com).

## Two patients’ heavy metal test results



## Notes on Western Lifestyle & Cancer

(Continued from page 1)

double in number after 8 weeks' treatment with *Coriolus versicolor*. Also described is an epidemiological survey of cancer deaths among *Flammulina velutipes* farmers in Japan, which found that the mushroom farmers had lower rates of cancer deaths than controls who were not involved in mushroom farming.

One in three people in the West is likely to contract cancer, and there is a long lead-in time for cancer development. We must assume that the causes of cancer can be the same agents as those to which the rest of the population is exposed, but are less susceptible. Hence, in every person presenting with a disease, or in prevention of disease, one must consider pollution, nutrition and infection.

### Pollution

The principal pollutants are tobacco and alcohol excess, mercury and heavy metals, mould toxins, industrial and other chemicals.



To address the harm done by tobacco, we can help people to stop smoking.

To help those with an alcohol addiction, at Breakspear we have a rehabilitation programme for anybody who has

cravings. (For more information, please request a copy of our "Rehabilitation Programme" brochure.)

We can measure mercury and heavy metals and by completing a chelation programme, it is possible to clear these pollutants from the body.

Mould toxins and chemical pollutants can also be measured and we offer depuration (cleansing and purification) programmes to clear them as well.

### Nutrition

At Breakspear we evaluate nutritional status through checking blood, stool and urine tests and adjust the body's resources using dietary guidelines, nutritional supplements and infusions. For those who have food sensitivities, we provide neutralising vaccines.

### Infection

Infections can be either an old disease whose incidence abruptly changes because it reaches previously unaffected geographic areas, or a new disease caused by a previously unknown agent.

Infectious agents invade us all the time. We tolerate many infectious organisms which are present at all surfaces of the body with local means of control.

But many new diseases are not under control.

To fight against infection, everyone must protect themselves and their family by using immunisations whenever possible. (At Breakspear, we provide mercury-free vaccines for influenza and all standard infections.)

To manage these new stealth pathogen infections, we must:

- promote intracellular destruction of the organism by disabling the organism's metabolism
- halt the organism's ability to spread by inducing the "suicide" of infected cells

## Examples of new diseases

### Human Immunodeficiency Virus (HIV)/ Acquired Immunodeficiency Syndrome (AIDS)

HIV is a new disease which emerged in the latter part of the 20<sup>th</sup> Century. HIV prevalence is 38 million people [range 35-42 million] living with HIV as at the end of 2003. It is caused by a retrovirus, which penetrated our species probably less than 60 years ago. It is now compromising the social fabric and future of many developing countries and millions of people die from it every year. There is an immunodeficiency virus very close to human HIV-1 strains, which has been isolated in the chimpanzee subspecies (*Pan troglodytes*) living in Central Western Africa. It is probable that the first human infection occurred in people hunting and eating them. Another identified immunodeficiency virus infecting sooty mangabey monkeys (*Cercocebus atys*) is very similar to HIV-2, and was transmitted to humans in the same way. It is likely that AIDS is transferred to humans from animals, due to the incorrect handling of the wilderness.

### Bacterium *E. coli* 0157.H7

The bacterium *E. coli* 0157.H7 was responsible in the 1990s for 250 lethal cases of haemorrhagic colitis every year in the USA, due to the contamination of meat, particularly minced meat (used to prepare hamburgers) by the animals' intestinal contents. There were 7,286 laboratory confirmed cases of *E. coli* 0157 infection in England and Wales in the 1990s. This disease is a further by-product of the business-orientated methods of manipulating food in the industrialised world. This can be a useful reminder to us that food borne infections are not simply a problem of old methods of meat preparation.

### West Nile virus

In 2002/03 more than 12,000 citizens in the USA were bitten by common mosquitoes while sitting in their gardens, or walking in the city, and were infected by the West Nile virus. This flavivirus is related to the Japanese encephalitis virus and this may cause severe encephalitis, which can be fatal.

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- interfere with the organism's ability to invade the host cell
- inhibit the organism's growth within infected cells by preventing its ability to feed from the host cell
- damage the organism's cell walls

Through the work at Breakspear, we have identified 20 antiviral, antibiotic and anti-rickettsial treatments to suit the individual and we use both herbal and medical pharmaceutical treatments, including novel ones, such as derivatives of *Artemisia*, which is an aromatic or bitter-tasting plant of a genus that includes wormwood.

Those patients who have infectious agents which are present in red blood cells respond to anti-malarial therapy. Extracts from *artemesia* dissociate iron and oxygen in these cells and the oxygen kills the organism. Then we give courses of intravenous or oral antibiotics protecting the liver and gut with specific nutrients simultaneously. These regimes have proved very effective for those patients who have these persistent infections.

1. Sikora K. The future of cancer care. Pharmacia Lecture at The Royal Society, London, April 2001.

## Notes on the imperfect Blood Brain Barrier

The Blood Brain Barrier (BBB) is semi-permeable and while it protects the brain from "foreign" substances in the blood that may injure the brain, it also protects the brain from hormones and neurotransmitters in the rest of the body. The BBB helps maintain a constant environment for the brain.

However, the BBB is an imperfect barrier. All the nutrients that are needed for normal metabolic function in the brain must be able to get into the brain, including glucose, which is needed for every metabolic activity, and all the nutrients which activate the energy cycles in the brain, including the B vitamins.

We also need proteins to get into the brain to make neurotransmitters. This includes tryptophan, which is an amino acid and is carried into the brain with glucose. Utilisation of



glutathione is known to occur in the brain. This is a tripeptide, consisting of glutamate, cysteine and glycine.

Proteins may enter the brain when the barrier is damaged by agents such as organophosphates and heavy metals; this is why some of these can cause neurological damage. Once the pollutant has breached the barrier, then larger groups of chemicals can penetrate and may compound toxicity in children with autism, who frequently are found to have high levels of toxic metals.

Mercury can allow peptides from imperfect breakdown of proteins in foods to get into the brain. The nerves are curious (inquisitive). They are able to absorb substances into the brain through the nerves, which is called neurophilic reaction. In the same way as heavy metals enter the brain via nerves, so do viruses. It is known that many viruses are neurophilic (transferred through nerves).

## Examples of new diseases

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### Severe Acute Respiratory Syndrome (SARS)

Another emergent disease was the SARS virus. This viral respiratory illness caused by a coronavirus swept through some parts of China and Asia and extended to North America. It closed borders of countries and was very difficult to contain. According to the World Health Organisation (WHO), 8098 people became sick during 2003 and 774 died. It begins with a high fever and may include a headache, general feeling of discomfort and body aches. Some people experience respiratory symptoms and/or diarrhoea.

### Avian Flu

A further current epidemic that is pending is the Avian flu. 'Bird flu' is said to have a 75% likelihood of being lethal. It was reported on the 12 March 2005 that there was bird-to-human transmission, thence human-to-human (patient-to-nurse) transmission, as in Vietnam where on the 15 March 2005, 10 deaths were reported. On the 18 May 2005 on the BBC Radio 4 PM programme it was confirmed that human-to-human transmission has occurred in Vietnam. The real concern in Hong Kong, China and Thailand has resulted in programmes of slaughter of chickens and most recently of the immunisations of birds in Thailand.



This is also in a report by the UK Department of Health's Chief Medical Officer to all doctors warning us of an impending flu.

At Breakspear, we offer a protective treatment for people at risk of influenza (it stops the replication of the virus) and this protective treatment is available as an insurance, in case the epidemic occurs in the UK.

### Joint Disease

A group of doctors at Baylor Medical and Dental Center in Texas have published a paper<sup>1</sup> concerning the association between temporomandibular joint infection and the presence of organisms such as Chlamydia and Mycoplasma in patients with chronic joint inflammation affecting the temporomandibular and other joints. These present with a clinical syndrome of rheumatoid arthritis.

Antibodies have been found to be raised in patients with temporomandibular joint dysfunction.

At Breakspear Hospital we screen for Chlamydia and Mycoplasma and other stealth organism infections. We have also done a research study on a large number of Chlamydia and Mycoplasma species and found these to be very prevalent and also a cause of joint disease. Known associations additionally occur with cardiovascular symptoms, coronary atherosclerosis and multiple sclerosis.<sup>2-4</sup>

### Lyme Disease & Ehrlichiosis

Lyme disease (Lyme borreliosis) is a tick-borne infection caused by the bacterium *Borrelia burgdorferi*. Ticks are blood-suckers, which feed on a host daily, and can infect man as well as wild and domestic animals. A person may not be aware of having had a tick bite and so initial diagnosis may be difficult. There may also be a time lapse between infection and the development of complications such as neurological or arthritic-type problems. Symptoms include a rash, fever, enlargement of the lymph glands, aches and pains and fatigue. Neurological problems have also been found, including facial palsy with weakness or paralysis of muscles in parts of the face, meningitis, a burning sensation of the skin, numbness, and weakness or pain. Lyme disease can trigger arthritis, which may be prolonged or recurrent.

Human Ehrlichiosis is caused by rickettsial-type organisms, which are transmitted in part by the same ticks that carry Lyme disease. There are two forms of Human Ehrlichiosis: granulocytic and monocytic. Clinical symptoms include high fever, malaise, headache, myalgia, sweats and nausea. Patients diagnosed with Ehrlichiosis should also be tested for Lyme disease, since both diseases may be transmitted by the same tick, and co-infections are known to occur.

1. Henry CH, Hughes CV, Gérard HC, Hudson AP, Wolford LM. Reactive arthritis: preliminary microbiologic analysis of the human temporomandibular joint. *J Oral Maxillofac Surg* 2000;58:1137-42.
2. Kalayoglu MV, et al. Chlamydia pneumoniae as an emerging risk factor in cardiovascular disease. *JAMA* 2002;288:2734-31.
3. Davidson M, et al. Confirmed previous infection with Chlamydia pneumoniae (TWAR) and its presence in early coronary atherosclerosis. *Circulation* 1998;98:628-33.
4. American Neurological Association. MS link to Chlamydia bacterium confirmed. 17 October 2000. [www.mult-sclerosis.org](http://www.mult-sclerosis.org).

## 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 such as toothpaste, shampoos and conditioners, as well as recommended products such as Epsom salts and peroxide are all available at very competitive prices.

### 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 a standard charge for postage and packaging of £4.50.*

*Please allow up to 4 weeks for delivery.*

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

## This issue's feature:

# Scientific Nutrition by Kirkman

Breakspear Pharmacy now offers top quality, hypoallergenic and specially formulated nutritional supplements by Kirkman.

This manufacturing and distributing company was founded in 1949 by Ken and Helen Humphrey. The couple oversaw the growth of the company from a small fluoride and vitamin sales company into a leading manufacturer of special supplements. Today their son owns the dietary supplements business, which operates in a new 24,000 square foot facility in Lake Oswego, Oregon, USA.

The Kirkman line of supplements is made without artificial flavourings and sweeteners and most are available in a hypoallergenic form as well as being casein and gluten-free. They have a team of researchers, doctors and scientists who develop their products. Their mission and purpose "is to offer the purest, most up to date, highest quality dietary supplements available and in the dosage forms which will be easy to administer to children, adults, and people with special needs and special requirements."

Ask your Breakspear doctor about Kirkman supplements and whether they might be right for you. Or visit [www.kirkmangroup.com](http://www.kirkmangroup.com) to learn about the products they offer.

...made without artificial flavourings and sweeteners and most are available in a hypoallergenic form as well as being casein and gluten-free.



## Available at Breakspear's Immunisation Department:

Mercury-free flu shots for the 2005-2006 influenza season are now being offered. Book your immunisation appointment today by telephoning 01442 867 280.



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#### How To Find Us

##### By Road

*From M25—(clockwise) Exit Junction 20, take A41 to Hemel Hempstead. Exit and follow signs for Town Centre. At large (Plough) roundabout, take Exit A414 (M1). Take second left turning (Wood Lane).*

Or

*From M25—(anti-clockwise) Exit Junction 21 and take M1 Northbound, then exit Junction 8, Hemel Hempstead. Follow the dual carriageway towards Town Centre, across 4 roundabouts. Then at the fifth roundabout, U-turn back up the dual carriageway and take second turning left (Wood Lane). M1—Junction 8 Hemel Hempstead, as above.*

##### By Rail

There are regular trains from London Euston on the Northampton Line to Hemel Hempstead (approximately 25 minutes from London). There is a taxi rank at the station (approximately 2 miles).

## Bulletin Board

One of Breakspear's first floor receptionists, Emma Fay Watson, married Kevin Roberts on the 3 June 2005 at The Bury Registry Office, Hemel Hempstead. Their son Jamie was in attendance.

The wedding was followed by a sit-down meal at The Blu Restaurant in Hemel Hempstead and the reception took place at The Green Acres, Bennetts End.

Emma and Kevin jetted off for their honeymoon in Egypt.



### Take another look at [www.breakspearmedical.com](http://www.breakspearmedical.com)!

A new feature of Breakspear Medical Group's website is to post newspaper articles pertaining to health issues that may affect Breakspear patients.

Visit [www.breakspearmedical.com](http://www.breakspearmedical.com), select "News & Papers" from the top menu bar, and have a look at the daily news section!

Breakspear Hospital's Medical Director, Dr Jean Monro, has been included in *Tatler's* 2005 150 best private doctors listing.



### Allergy Magazine Wants to Hear From Allergy Sufferers

*Allergy* magazine wants to hear from allergy sufferers. If you would like to tell your allergy story, they would like to share your experience with their readers. Send your email to [editor@allergymagazine.com](mailto:editor@allergymagazine.com). Information about subscribing to the magazine is available at [www.allergymagazine.com](http://www.allergymagazine.com)

## NEWFLASH: Study found licensed medication may help autistic children

A small informal study in the USA has found that low dose transdermal naltrexone may help improve mood, cognition, language and relationships in autistic children.

Naltrexone is an opioid antagonist which blocks the effects of morphine-like compounds in the body and is a UK-licensed medication. It is used orally for treatment of opioid addiction, usually in a dose of up to 50 mg per day

The American study suggests that in a very low dose which is gradually built up to only 3 mg per day and is given as a cream applied to the skin at night, the medication may be helpful in autism, possibly by acting as a cytokine (immune system chemical messenger) through opioid receptors on the cells of the immune system.

Please speak to one of Breakspear's doctors to discuss this potential treatment further.

## Support Breakspear Hospital Trust Purchase 2006 calendars

Phone, write or drop by Breakspear Hospital Reception to order your Breakspear Hospital Trust 2006 calendars. All proceeds go directly to the charity.

For more information about the Trust, please visit [www.breakspearhospitaltrust.org.uk](http://www.breakspearhospitaltrust.org.uk)

Breakspear Hospital  
Trust



**Next issue:** Mr Ian Jordan FBDO CL, a world expert on visual processing problems such as dyslexia, tinnitus, hearing and balance, is available for consultation at Breakspear Hospital