



What People Say About the Breakspear Approach to Environmental Medicine...

"The treatment of environmental illness is about listening and hearing, looking and seeing, and treating the patient as a whole person.... It is a relatively new concept of medicine. I prefer to think of it as being at the spearhead rather than on the fringes. Without it I would not be doing all that I do today."



**The Countess of Mar
House of Lords**



"Until I was 3 years old I was always sick. It's not a good feeling being sick. One Christmas I could not laugh or play or even open my presents! I just sat there ill. After that Mum took me to hospital to get some help [and] now that I don't have allergic reactions, I can eat all kinds of foods Now I can learn karate, go swimming, go to Beavers and even have fun!"

**Matt
Age 7**

"It was as though clouds had parted; for the first time in 6 years a doctor was telling me that she understood why I was feeling so ill."



**Lady Clare Kerr
Trustee of Breakspear
Hospital Trust**

*Please give to help us improve
everyone's environment*

Breakspear Hospital Trust

A New National Charity
Registered Charity No. 1100205

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Why support Breakspear Hospital Trust?

In the knowledge that intensive allergy testing and treatment is not generally available to everyone, due partly to the associated costs, patrons and supporters of Breakspear Hospital formed *Breakspear Hospital Trust*.

"About 1 in 3 people in the UK now have an allergy-related problem. For some, this may be little more than a mild source of irritation—but for others, it can be a dangerous life-threatening experience. "

— BBC

The Trust's main objectives:

- To carry out research into environmentally induced ailments
- To help benefit less fortunate sufferers from diseases caused by environmental factors
- To provide scientific evidence leading to the creation of a healthier environment for all of us

We must think of our health, our children's, and those who can't help themselves

As the increasingly common afflictions such as asthma, hay fever, eczema and migraine attest, there is a growing need to address all aspects of environmental illness.



*Dr Jean Monro
Medical Director
Breakspear Hospital*

From the foods we grow and the fertilizers and pesticides we use, to the air we breathe and water we drink, our environment has an effect on all of us.

From our homes filled with preservative treated wood and chemically treated flame retardant materials, to flourishing dangerous moulds in our walls, we cannot hide from our changing and damaging world.



The rising incidence of severe reactions to medications is challenging conventional treatments.

There are ways to treat environmental illness and we need to research and reshape for our future.

If you would like to support Breakspear Hospital Trust, please complete the following:

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- I am a UK taxpayer and would like Breakspear Hospital Trust to accept this as a Gift Aid donation.
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Breakspear Hospital Trust