



Breakspear Hospital



Rehabilitation Programme

This booklet provides an introduction to our approach to alcohol and other addictions. It offers self-analysis questionnaires, describes the associated illnesses, and explains what we can do to reverse the harmful affects on the body by using allergy treatment, nutritional supplements and state-of-the-art detoxification.



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INTRODUCTION

Misuse of alcohol and other substances, from mild over-indulgence to frank addiction, has important health implications. Physical health is only a small part of the equation but poor health, mental and/or physical, affects work, home and leisure behaviour. It is deterioration in work performance or family relationships which often prompts people to seek help and advice.

Alcoholism is a progressive illness. In the UK about 2 in 100 women, and about 7 in 100 men are alcohol dependent. Identifying and admitting to an alcohol problem is often the most difficult step in treatment. It is only problem drinkers themselves who can determine whether or not they are in fact alcoholics and want to turn their lives around.

In this information package, we have included some self-tests, which offer indicators of unsafe consumption of alcohol.

If there is a problem, we want to help. Our programme starts with a consultation with one of our specialist doctors. He or she will perform a physical assessment, take a full medical history and recommend investigations as appropriate. This will include an estimation of liver function and nutritional state. Many patients become nutritionally deficient when alcohol is consumed in excess.

Where appropriate, psychological or psychiatric assessment is undertaken. Stress management

and counselling can be arranged with associated professionals.

For over two decades, Breakspears Hospital has specialised in allergy and environmental medicine and this has made us a world leader in detoxification regimes and allergy/sensitivity desensitisation programmes.

We have a well-established detoxification regime using a combination of vitamin therapy, exercise therapy, saunas and Iratherm® whole-body hyperthermia treatment. We have full medical facilities to minimise withdrawal reactions and we will advise on specific diets for individual patients.

Our specialised unit for allergy and sensitivity using the provocation/neutralisation technique is of particular help in the treatment of addiction. Sensitivity to the addictive substance is often part cause of the addiction. Thus, in many patients, we can minimise and abolish the craving for alcohol using sublingual drop treatment.

A personalised programme will be devised to meet each individual's needs.

We can help with the physical, emotional and spiritual consequences of alcoholism and other addictions in our day hospital facilities. Breakspears Hospital has the facilities to provide services for people of all ages and for the disabled.

Identifying and admitting to an alcohol problem is often the most difficult step in treatment.



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IS HELP NEEDED?

Perhaps the most difficult step in treatment is admitting there is a problem. We have included some self-tests to help you determine if you are in need of help. *Think of this exercise as describing facts, not personal failures.*

How many ‘units’ do you drink?

According to figures compiled by the National Health Service, “Sensible drinking limits are defined as no more than 21 units [spread over] a week for adult males and 14 units [spread over] a week for adult females.”

It is believed that women have a lower tolerance of alcohol than men because they are often smaller and lighter, their bodies contain less water and their metabolisms are different.

According to information obtained from Alcohol Concern, the nation agency on alcohol misuse, the following table contains guidelines as to how many units various common drinks contain.

Units Per Drink		Units
175 ml glass	12% wine	2
1 pint	3 - 3.5% lager	2
275 ml	5.5% alcopop	1.5
25ml (single)	40% spirits	1

Your Experience

On the list below, tick the box beside any addictive drugs you have *ever* taken or are taking now. If you have used any drugs not mentioned, write them in the space provided at the end of the list.*

- Alcohol (beers, wines, spirits)
- Marijuana
- Barbiturates
- Chloral hydrate
- Hypnotics, e.g. sleeping tablets
- Tranquillizers such as diazepines
- Stimulants such as amphetamines
- Cocaine
- Analgesics (painkillers), including opiates and some non-steroidal anti-inflammatory drugs
- Heroin
- Hallucinogens, including LSD, PCP, mescaline
- Inhalants such as glue, paint thinner
- Nicotine (cigarettes, chewing tobacco, cigars, pipes)
- Caffeine, including coffee, tea, colas, chocolate
- Others, please list _____

If you have ticked more than four of the above items, you may need our help.

* Adapted from Larson, JM. *Seven Weeks to Sobriety*. New York, Ballantine Wellspring; 1997, p.68.



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DAILY QUESTIONNAIRE

To help you determine how many units per week you drink, we have included this daily questionnaire to help you monitor alcohol consumption.

Start date (dd/mm/yy): _____

End date (dd/mm/yy): _____

Day	How many units of which type of alcohol?	Where/when/who with?	Total units:
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



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ASSOCIATED ILLNESSES

There are physical consequences to consuming alcohol and other addictive substances.

Aside from the physical cravings, insomnia, fatigue, and poor memory, which lead to a poor quality of life, excessive consumption can lead to liver disease, ulcers, anaemia, nutritional deficiencies, chronic calcifying pancreatitis and dementia.

Heavy drinking can also cause cerebral haemorrhage (stroke), coronary heart disease and heartbeat irregularities. If large quantities of alcohol are consumed over long periods of time, there is a much greater risk of liver damage and this can lead to alcoholic hepatitis and cirrhosis.

Many people who are dependent on alcohol do not eat properly and can lack certain vitamins. A lack of vitamin B1 is the most common and can cause serious brain conditions such as Wernicke's encephalopathy and Korsakoff's psychosis.

Nervous exhaustion is common, as well as serious weight gain or loss, tremors and impaired immune function.

Many people who have alcohol dependencies develop a metabolic syndrome known as Syndrome

X. Syndrome X is an abnormality of metabolism and is now very common. Signs of the syndrome include raised blood pressure, excess body weight and abnormalities in the way glucose (blood sugar) is processed in the body. The syndrome can be an early predictor of most heart disease and strokes. It is also the precursor of maturity-onset (Type II) diabetes.

Heavy drinking can also cause cerebral haemorrhage (stroke), coronary heart disease and heartbeat irregularities.

We have studied Syndrome X intensively at Breakspear and

can stop the advancement of the syndrome. Without treatment, it may lead to hypertension, diabetes, strokes and cardiovascular disease. Alcohol acts like a simple carbohydrate because it provides a quick carbohydrate fix and this leads to cravings.

There are many emotional consequences such as depression, anxiety, confusion and mood swings. These may lead to spiritual consequences which cause loss of family ties, close friendships, your community and your religion.

Often alcohol may seem to be the quickest answer to satisfy emotional and spiritual needs and relief of stress, anxiety or depression but the effect is short-lived and drinking a lot of alcohol often makes these conditions worse.



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HOW BREAKSPEAR CAN HELP

Whether you are currently drinking or have stopped drinking after a period of excess, your body needs some help. The rehabilitation programme does not *make* you stop drinking but helps to repair the damage caused.

An essential treatment is detoxification (or 'detox'), which involves taking a course of a therapies which help to heal the damage done and can prevent withdrawal symptoms, if you stop drinking alcohol.

We have a well-established detoxification regime using a combination of vitamin therapy, exercise, saunas and Iratherm® whole-body treatment. Breakspear has the only Iratherm® hyperthermia bed in the United Kingdom, which heats the core temperature of the body enabling pollutants to be cleared from the body rapidly. We also offer a dry sauna as a less intense treatment.

We have full medical facilities to minimise withdrawal reactions and cravings and we will advise on specific diets for individual patients.

The detox programme may be done quickly or more gradually and tests can be undertaken at intervals to monitor your progress. These tests include ensuring desired nutritional balance, particularly monitoring vitamin B, magnesium and glutamine levels. (For a list and explanation of the available tests, please refer to the section entitled *Investigations and Therapies*.)

We also specialise in the treatment of allergy and sensitivity using the provocation/neutralisation technique. This method is of particular help in the treatment of addiction. Sensitivity to the addictive substance is often part cause of the addiction. Thus, in many patients, we can minimise and abolish the craving for alcohol, using sublingual drop treatment.

One of the aims of the treatment programme is to promote the strongest motivation for control that the patient can have.



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INVESTIGATIONS AND THERAPIES

Each patient has different needs. During the first consultation, after talking with you about your full medical and family history, and after a physical examination, your doctor will recommend various investigations. These will be conducted at the beginning of your programme to let you know your current status and may be re-tested at various intervals so that you can see your improvements.

A personalised programme of investigations and treatments will be devised to meet each individual's needs. The laboratory tests (some listed in the table to the right) allow us to evaluate how the patient's body is currently functioning, giving clues to whether there has been premature breakdown of body systems and chronic ill health developing. For example, the haematology/biochemistry with electrolytes test is checking blood sugar, cholesterol and other blood fats. It also tests liver and kidneys and evaluates calcium, phosphate and blood protein levels. Another example is the amino acid test which provides information on whether or not the kidney is functioning normally. Healthy kidneys effectively conserve essential amino acids. Each test provides important information about the possible internal damage caused by addiction and gives guidance to the best rehabilitation programme.

Following the various investigations, we would recommend nutritional therapy, a programme of infusions and a detoxification programme. Concomitant oxygen multistep therapy may be recommended, as it has been shown to improve liver and brain function.

Many patients will be advised to follow a low glycaemic index diet as part of their nutritional therapy. This is the diet that is also recommended for Syndrome X patients. The details of this diet will be explained to patients and a list of suitable foods provided. Basically the diet is reducing the sugars and starches that are absorbed rapidly into the bloodstream as glucose and replacing them with unrefined (wholemeal) starches to slow down the release of insulin. This will reduce the cravings for carbohydrate quick fixes. As alcohol acts like a simple carbohydrate, because it provides a quick carbohydrate fix, cravings should be reduced.

Laboratory Tests Available

- Food allergy profile
- Candida albicans antibodies panel
- Comprehensive stool analysis with Parasitology
- DHEA or DHEA Sulphate
- Faecal metals
- Glucose tolerance + insulin
- Haematology & biochemistry with electrolytes
- Histamine
- Kryptopyrroles (Urine)
- Red cell minerals profile
- Serum mineral profile
- Thyroid profile
- Amino acids
- Other tests as indicated by your physician

We would also recommend intravenous infusions of pharmaceutical/nutritional supplements. Some of the ingredients of the first stage of the rehabilitation programme are as follows:

- Vitamin C
- Vitamin B Complex
- Pyridoxine
- Folic acid
- Dexpantenol
- Magnesium sulphate
- Zinc sulphate

Another method of treatment is Breakspear's particular area of expertise which is treating food allergy and sensitivity.

Food intolerances and sensitivities must be addressed to protect the gastrointestinal lining from foods which trigger reactions. Food avoidance is not usually possible as a large number of food reactions may occur once there has been increased intestinal permeability, and simple avoidance may limit the diet so much that it leads to malnutrition.

Breakspear uses neutralising antigen vaccines to help patients minimise reactions to a variety of foods.



Sensitivity to addictive substances, such as alcohol, is often part cause of the addiction. Using the provocation/neutralisation technique, the neutralising vaccines may eliminate the craving for alcohol and will also help the body deal with other food and chemical sensitivities, reducing the possibility of replacement addictions. When allergic or sensitivity reactions are reduced, the immune system will be boosted and give respite to the body.

At Breakspear, we have found that the ongoing nutritional requirements of patients undergoing rehabilitation have many common elements. The following listed supplements are some of those that may be recommended for the months following the initial treatment. Our range of products has been carefully selected for sensitive patients.

- B12
- Glycine
- Flax seed oil
- Folic acid
- Melatonin

- Reduced Glutathione
- Buffered Ascorbic Acid
- Betaine HCl Pepsin
- DHEA
- Vitamin C
- Zinc sulphate
- L-Glutamine

A course of traditional sauna or the Iratherm® therapy can be undertaken. Everyone can benefit from these treatments. For over two thousand years, the idea of increasing the body's temperature has been attributed with healing, preventative, and cleansing properties. Raising one's temperature is used to boost metabolism; as pulse rates increase, blood vessels become much more flexible, extremities benefit from increased circulation and toxins are excreted through sweat and on the breath. Sauna raises the temperature of the surface of the body; our Iratherm® bed raises one's core temperature, which is a more intensive therapy.

SOME PRESCRIPTIVE HELP

Each patient at Breakspear is given individualised treatment, depending on their needs. The most important factor is that the patients want to help themselves.

Some of the prescriptive augmentation drugs we may use are described below.

Antabuse—we can prescribe drugs which inhibit the breakdown of aldehyde (halfway broken down alcohol). Accumulation of aldehyde leads to intense headaches and is a strong deterrent to drinking.

Acamprosate—this drug acts by mimicking taurine or gamma aminobutyric acid (GABA) and inhibiting excitatory neurotransmissions. It is used as a therapy to maintain abstinence in alcohol-dependent patients.

L-tryptophan—an amino acid that is best known for its role in the production of serotonin, which is a brain neurotransmitter involved in sleep promotion. It is used as a prescribed antidepressant.

Other drugs may be prescribed as appropriate.



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SUMMARY

Whether it is a boss expressing discontent with an employee's lateness or absenteeism, whether it is a friend making a quip that touches on the topic, or whether it is a close family member expressing heartfelt concern, perhaps the most difficult step in treatment is admitting there is a problem.

Once people are ready to help themselves, Breakspear can help with the rehabilitation process.

Whether you are currently drinking or have quit after a period of excess, your body needs some help. There are physical consequences to consuming alcohol and other addictive substances.

Breakspear's rehabilitation programme starts with a complete examination, a recommended set of laboratory tests to determine the areas of concentration, recommended detoxification programmes, nutritional therapy, allergy testing to help overcome the cravings and symptoms, and

possibly other physician-recommended programmes to help the healing process.

We cannot promise that your personalised rehabilitation programme will *make* you stop drinking but, if followed carefully, it will help to

Once people are ready to help themselves, Breakspear can help with the rehabilitation process.

repair the premature breakdown of body systems and should help fight the cravings. The initial and progressive laboratory tests

will show the progress of the body's repair.

We hope that our self-analysis questionnaires have helped determine if there is a problem and that this booklet has provided adequate information on the associated illnesses. If you require further information on any mentioned topics, please contact the Hospital with your request or visit our website www.breakspearmedical.com.

To make an appointment, simply call the Hospital directly. Breakspear is a private day clinic which is open to everyone.





**Breakspear
Medical Group Ltd**

Hertfordshire House
Wood Lane, Paradise Estate
Hemel Hempstead
Hertfordshire
HP2 4FD
United Kingdom

Main switchboard:
+44 (0)1442 261 333

Email:
info@breakspearmedical.com
www.breakspearmedical.com

