Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 11 Summer 2006

Notes on chelation therapy—the method for removing toxic metals from the body

Chelation therapy is a method of removing toxic heavy metals from the body.

Chelation is imperative when heavy metals have accumulated in the body, in particular in those people with a chronic condition. These conditions include:

- chronic fatigue syndrome
- autistic spectrum disorders
- allergic disorders
- neurological disorders
- cardiovascular disorders

All metals, even essential nutrients, can be toxic in excess or when abnormally situated.

Toxic metals are used widely in the manufacture of most plastics, rubber, dental materials, pesticides, kitchenware, food and cigarettes, just to name a few sources.

Mercury is also inevitably found in all the seafood we eat, as it gets into the oceans from coal-powered industries. It is therefore important to be aware of its potential adverse effects on one's health.

Toxic metals include aluminium, arsenic, antimony, cadmium, lead, mercury and nickel. They are toxic to the nervous system, kidneys, cardiovascular system and immune system. They compromise gastrointestinal integrity, by affecting the intestinal lining, and therefore reduce nutritional status. This leads to a vicious cycle of a weakening nutritional status and immune system. The heavy metals increase free radical activity throughout the body. Free radicals are now understood to contribute to atherosclerosis, cancer, diabetes and many other diseases associated with ageing.

Most people would benefit from having chelation therapy. It would also be prudent to reduce the obvious source of heavy

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The importance of removing dental amalgams

Written by Tom Nyerges BDS, Luton Dental Practice

Dental amalgam (silver fillings) came into use in 1830. Dental amalgam is an alloy of approximately 50% mercury, 40% silver and the remaining 10% is a combination of tin, copper and zinc.

In 1840 the American Society of Dental Surgeons debarred its members from using dental amalgam because of the dangerous mercury content. (Mercury is a highly toxic material.) This led to the formation of the American Dental Association which promoted this new cheap and easily-used material to the mass population. Prior to amalgam fillings, only wealthy people could afford the traditional gold fillings, which resulted in most people going without dental treatment.

The World Health Organisation (WHO) has stated that the greatest exposure to mercury in the general population is from dental amalgam.

Until recently the official position has been that mercury within an amalgam filling cannot escape after the material has hardened. However, the opposite has been indisputably and scientifically demonstrated.

Mercury vapour does escape from amalgam fillings in measurable and significant quantities whenever one chews or has a hot drink. Also, if a person grinds their teeth, which is a very common involuntary action during sleep called 'bruxism', then levels of mercury released can be much higher. Also, the quality of amalgam can vary greatly. High quality amalgam has high silver content and low mercury content. Poor quality amalgam

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On the market: tests for multiple chemical sensitivity

Multiple chemical sensitivity (MCS) is a condition Breakspear Hospital doctors are seeing frequently in new patients. MCS appears to be becoming more and more common in the general population.

MCS is a syndrome in which multiple symptoms reportedly occur after low-level chemical exposure.

The underlying mechanisms are not fully understood but we know there are several important components leading to the development of MCS.

To help patients understand why they may have developed MCS, Breakspear offers various blood, urine and stool tests to show the current state of health of the patient.

Our tests identify:

1. defects in metabolic pathways needed for detoxification
2. deficiencies in essential nutrients
3. imbalances in the immune system
4. abnormalities in gut function
5. body burden of toxic metals and/or chemicals

All of the components identified by our tests can contribute to the hypersensitive state of the immune system, which can result in heightened reactions to many chemicals, often in addition to reactions to many foods and/or medicines that are seemingly tolerated by the general population.

Before embarking on a treatment programme, it is extremely useful to first identify the factor(s) that caused the symptoms and then follow an appropriate plan of treatment.

If you suffer from MCS or know of someone who does, make an appointment to see a Breakspear specialist doctor and find out what can be done to help.

Breakspear Medical Bulletin

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Breakspear Medical Bulletin is a private publication that we aim to produce quarterly. It is for the promotion of environmental medicine awareness and Breakspear Medical Group Ltd. This newsletter is not intended as advice on specific cases but as a forum of information researched and stored at Breakspear. We urge readers to discuss the articles in this bulletin with their health-care practitioners. Unauthorised reproduction of this newsletter, or quotation except for comment or review, is illegal and punishable by law.

Did you know…?

Organic diets protect children

Posted on Ivanhoe's Medical Breakthroughs www.ivanhoe.com, "A new study reveals organic diets in children provide a dramatic and immediate protective effect against exposures to two pesticides commonly used in United States agricultural production."

The study involved measuring the exposure of two organophosphorus pesticides -- malathion and chlorpyrifos -- in 23 elementary students by testing their urine.

The study concluded that any detectable change in dietary pesticide exposure would be attributable to the organic food rather than the change in diet. This was determined because the substituted organic foods were items the children would have normally eaten as part of their conventional diet of fresh fruits and vegetables, juices, processed fruits or vegetables, and wheat-based or corn-based products such as pasta, cereal, popcorn, or chips.

Chensheng Alex Lu, PhD, an Emory University researcher stated, "Immediately after substituting organic food items for the children's normal diets, the concentration of the organophosphorus pesticides found in their bodies decreased substantially to non-detectable levels until the conventional diets were re-introduced."

If you are concerned about pesticide residues in your food, buy organic!

About potatoes and nerve poison

In 2003, the UK government tested 144 potato samples for residues of aldicarb, which is a toxic substance that acts like a nerve poison and it is classified by the World Health Organisation as 'extremely hazardous'.

The study found nearly 2% of samples had detectable levels. According to the Soil Association, "This result suggests that over 25,000 tonnes of potatoes may have been eaten containing residues of aldicarb in 2003."

For more information on pesticide residues, visit www.soilassociation.org. The Soil Association would be pleased to send a copy of their full-colour booklet, "*What's Your Poison? - The Soil Association guide to pesticide residues in popular food*" to all who donate to their appeal. This booklet is also available in pdf format from their website.

Measles and mumps outbreaks

Many papers, such as the Yorkshire Post, featured headlines in March 2006, "MMR jab fears 'may have led to mumps outbreak'". According to the Post's article, "It is understood the big leap in measles cases in Doncaster could be due to some parents refusing to have their children immunised with the [all-in-one] MMR vaccine following a doctor's claim it caused bowel problems which he linked to autism."

Separate measles, rubella and mumps vaccinations are available at Breakspear Hospital. Visit www.myjabs.com for more information or call our immunisation department directly 01442 867 280.

You can vote for Breakspear Medical Group in the category of ***Best Allergy Test / Clinic / Alternative Therapy Centre*** for *Allergy* magazine's 2006 awards. *See Bulletin Board on page 8 for details!*

Ask Dr Monro

I read that children are more vulnerable to the harmful effects of environmental contaminants than adults. What can I do to lower the everyday risks for my children?

Relative to adults, if the food children eat is contaminated by chemicals, they will proportionately have much higher quantities of pollutants in them than their small frames may be able to detoxify.

As part of the detoxifying process, when we eat and break the food down, we add oxygen and then convert the contaminated food by a number of processes to water-soluble compounds so that these can be excreted through the kidneys.

As we require between 70 and 80% of our energy for all the detoxification mechanisms and sanitation in the body, this means that for all the detox systems to work in a small child, there needs to be a proportionately increased amount of nutrients for those processes.

Children need larger amounts of food than is recognised. According to the United Nations Guidelines:

> *The parameters for food security vary with age: at birth, babies need 300 calories a day; between the ages of one and two, 1,000 calories a day; by the age of five, children need 1,600 calories a day. To maintain their strength every day, adults need between 2,000 and 2,700 calories, depending on where they live and what kind of work they do.*

Small children have a much higher risk of allergies, including asthma, than older children.

Taking these factors into account, one needs to make sure that a child is not given contaminated foods. All of the colourings, additives and preservatives that can be avoided should be avoided. These have been approved for use in foods, but nevertheless, for example, tartrazine, E102, is known to induce asthma. Small children have a much higher risk of allergies, including asthma, than older children. The "germ theory" of protecting against allergy is possibly true to some extent. One needs to encounter some agents, to be able to build up immunity. However, this is not necessarily the principal means of improving immunity in children. Not exposing them to chemicals used in cleaning and sterilising the home may help to avoid those chemicals which can compromise parts of the immune system.

If possible, it is preferable to use pure, organically-grown produce, clean, filtered water, and fresh foods in the diet.

In the home, do not use chemical sprays. If bleach is required, hydrogen peroxide is extremely effective because when it froths it produces oxygen rather than chlorinated compounds. Make sure that there is good ventilation in the home, especially in the bedroom, and use natural fibres where possible.

I have recently been told that I am at risk of developing type 2 diabetes, which apparently may be prevented with healthy lifestyle changes. What do you recommend to lower my risk of developing diabetes?

The first thing to consider in reducing the risk of developing diabetes is to reduce the amount of carbohydrate in the diet, particularly refined sugars and starches. If you are overweight, try to reduce your weight.

Type 2 diabetes can be considered to be the long-term effect of the pancreas failing to produce insulin. Before that stage is reached, the pancreas has been encouraged to produce too much insulin for a protracted period. Insulin is produced in response to sugars and carbohydrates in the diet, especially those that are absorbed very quickly. A low glycaemic index (GI) diet, or glycaemic-load diet, would be very helpful.

References:

Denby N. The GL diet. London: John Blake; 2005. ISBN 184454 112 6.

Gallop R. The Gi diet: the glycemic index. London: Virgin Books; 2002. ISBN 0 7535 07757.

Breakspear welcomes Dr Christabelle Yeoh

Recent patients to Breakspear Hospital may have met our new full time physician, Dr Christabelle Yeoh, who started at Breakspear in early 2006.

Dr Yeoh qualified from St George's Hospital Medical School in London.

She has worked in hospital medicine, obtained membership of the Royal College of Physicians in London and is qualified in the field of acute and hospital medicine.

Breakspear Medical Group welcomes Dr Christabelle Yeoh to the medical team.

Dr Yeoh has also trained in nutrition and has a Master's degree in Nutrition from King's College London. She is registered with the General Medical Council and is currently in training to be registered with the British Society for Ecological Medicine.

Dr Yeoh will be working closely with Dr Jean Monro, Breakspear's Medical Director, and has already attended various conferences on behalf of Breakspear, including the *Thoughtful House in Action* in March 2006, in Cambridge.

Editor's note: For more details about this one-day conference focussing on treatment methods for autism and other childhood development disorders, *see Bulletin Board, page 8.*

New thoughts on erectile dysfunction

Erectile dysfunction is unfortunately a common problem in those men of increased age or with chronic illness.

Erectile dysfunction is defined as “an inability to achieve and/or maintain an erection sufficient for satisfactory sexual activity”.

The condition can vary in severity from situational erectile dysfunction to global erectile dysfunction. This has a profound psychological effect on the individual on the occasion, leading to anxiety about sexual identity or performance, and this results in difficulties with relationships and intimacy. Depression can therefore ensue.

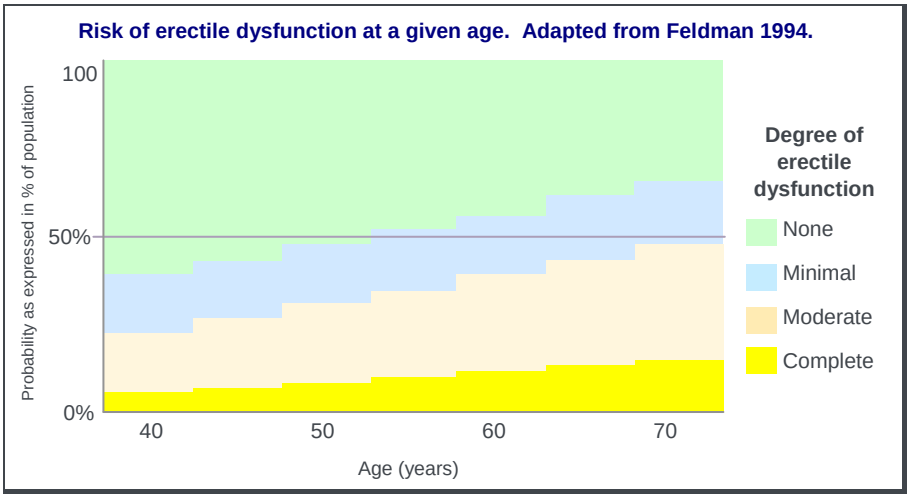
Up to 60% of men of 70 plus suffer from this problem, which is an increasing one. Up to 40% of men in their 40s are now having difficulties.

As erectile dysfunction is so common, it is important to know about the organic causes and what can be done to help.

Causes

Lifestyle factors, including smoking, alcohol and drug abuse, can contribute to problems. Performance-affecting drugs include anti-psychotics, some hormonal treatments, anti-hypertensive substances that antagonise dopamine, psychotropic drugs, anti-androgenic drugs, antidepressants and some drugs used to treat gastric problems, such as H2 antagonists.

Chronic illnesses, in particular diabetes mellitus, can cause erectile dysfunction. As many as 30% of all diabetic men suffer from some form of dysfunction. In men over 60 years of age this rises to at least 55%. Other diseases include vascular disorders, neurological disorders, endocrinological and renal disease and hepatic disease.



Any disease that narrows the arteries can prevent increased blood flow and, in order to produce an erection, an adequate amount of blood must be able to enter the arteries and trabecular spaces.

Erectile function also depends on the veno-occlusive mechanism. This mechanism slows down the outflow of blood and is regulated passively through the dilatation of blood vessels in the penis. Erectile dysfunction may be the result of:

1) decreased smooth muscle content of the corpora cavernosa (the two chambers in the penis that run the length of the organ and are filled with spongy tissue, which fill with blood during an erection)
2) decreased nerve stimulation
3) decreased production of nitric oxide, which is a key chemical messenger in producing an erection.

Neurological disorders are also a common cause of dysfunction. 71% of men with multiple sclerosis have erectile dysfunction problems, and 86% of men following a stroke.

Diabetes is the most common endocrine disorder associated with erectile dysfunction, but high or low thyroid function and low testosterone levels can also be associated with the condition.

45% of men with chronic renal (kidney) failure experience erectile dysfunction.

Surgical procedures such as a radical prostatectomy can frequently result in erectile dysfunction. Radiation therapy can also have this effect in 25% of men treated, as can spinal therapy.

If a patient has erectile dysfunction, it is important to look through the causes, consider the medication the patient is taking and assess blood pressure, test for diabetes, measure testosterone levels, and check for neurological conditions or local prostatic problems.

Treatments

Treatments include management of chronic disease to improve the individual’s condition without recourse to medication, which can exacerbate the condition. Breakspear Hospital is able to treat hypertension and treating Syndrome X early can prevent diabetes.

Along with prescribing medications which act by inhibiting a PDE5 enzyme, we are also able to offer testosterone replacement after having measured and monitored testosterone levels and having been assured that there is no underlying pathology.

There are also various herbal and nutritional supplements which may help. Some recommended supplements are Tribulus terrestris, maca and arginine. Recommended dosage will depend on the individual’s sensitivity, age, weight, and biochemical profile.

According to the Drug and Therapeutics Bulletin (Vol 42 No 7 July 2004), drug treatments for erectile dysfunction can only be prescribed on the NHS under certain circumstances. These include where a man has diabetes, multiple sclerosis, Parkinson’s disease, poliomyelitis, prostate cancer, severe pelvic injury, single gene neurological disease, spina bifida or spinal cord injury; is receiving treatment for renal failure by dialysis; or has had a prostatectomy, radical pelvic surgery or renal failure treated by transplant.

Breakspear Hospital’s main objective is to identify and treat the cause of many conditions. If you are suffering from erectile dysfunction or know someone who is, making an appointment to see one of our doctors may be the first step in regaining control.

Report released on the chemical threat to reproduction

In May 2006, Greenpeace released a report entitled, "*Fragile: Our Reproductive Health and Chemical Exposure*" which contains information about how household chemicals could be seriously harming people's reproductive health.

The study claims sperm counts have fallen 50% in 50 years and that the rates of infertility and testicular cancer have doubled in 40 years. The study also states that "infertility may now affect 15-20% of couples in industrialised countries compared to 7-8% in the early 1960s."

To view/download this report, visit:
http://www.greenpeace.org/international/press/reports/fragile-our-reproductive-heal

The importance of removing dental amalgams

(Continued from page 1)

has low silver content and high mercury content. This type tends to corrode easily and release additional mercury more easily. Lower grade amalgam is generally used in the NHS system in the United Kingdom due to low cost of the material.

The World Health Organisation (WHO) has stated that the greatest exposure to mercury in the general population is from dental amalgam. WHO has also stated that there is no safe dose of mercury.

Mercury vapour released from amalgam fillings is inhaled into the lungs and then absorbed into the blood stream. It then accumulates in the brain, central nervous system and major organs. Mercury is a heavy metal (like lead and cadmium) and is not easily removed from the body.

Safe removal of amalgam fillings will prevent a person from having further exposure to mercury; however, one also needs to deal with accumulated mercury in the body by eliminating it from the body tissues.

The two levels of mercury poisoning are acute and chronic.

Acute poisoning develops from a single significant exposure to mercury such as a fractured thermometer or industrial spillage. The Victorians were well aware of the effect of prolonged exposure to significant levels of mercury because of its use in the hat making industry. Hence, the origin of "mad as a hatter" due to mercury poisoning causing deterioration of the brain and central nervous system.

Chronic mercury poisoning is due to sustained exposure to low levels of mercury which can have a range of physical and mental symptoms. There is also variation in sensitivity to mercury at low levels for each person. It is for this reason that many health practitioners consider it best avoided, though the official line is that at such low levels it is completely safe.

It is curious that it is unlawful to paint one's roof with a paint containing higher than a certain level of mercury or that a factory may be immediately shut down for exceeding a certain level, yet a dentist can put a substance creating potentially much higher mercury levels in a patient's teeth.

Because prevention is better than after-care, many dentists would consider it is best not to have amalgam fillings placed. If one has existing amalgams then the only way to stop continued exposure to mercury is to have them removed. One can be tested for mercury levels within the body and also for individual sensitivity to mercury.

In removing amalgam fillings, the dentist has to be careful not to expose the person to increased levels of mercury. This happens if fillings are drilled into, as the heat causes the release of mercury vapour. Therefore, any dentist removing amalgams should take precautions against this.

When preventing the release of mercury vapour while removing amalgams, the dentist should try to avoid drilling into the filling where possible. This is done by drilling around the filling and then levering it out.

It is best that copious amounts of water aerosol from the drill are used to ensure cooling and to absorb any vapours. Also, it is advisable to use high volume aspiration to suck away any vapour and debris.

As a further precaution, a barrier can also be placed in the form of a rubber dam, which is a piece of rubber in which holes are punched and which is then pulled over teeth to isolate them and also provide a barrier at the back of the mouth to any debris and vapours.

Some dentists may also provide alternative air supply for patients to breathe.

Basically, the dentist should be aware of the dangers of the material and the procedure and ensure as far as possible there is no exposure to mercury to the patient and themselves and their assistants. Ideally, if having amalgam fillings removed, one should visit a dentist who is knowledgeable and experienced with the procedure.

Safe removal of amalgam fillings will prevent a person from having further exposure to mercury; however, one also needs to deal with accumulated mercury in the body by eliminating it from the body tissues . This is best done with chelation therapy, which is basically administering a substance into the body which binds to mercury and then both are eliminated from the body. *(See article Notes on chelation therapy—the method for removing toxic metals from the body on page 1.)*

Once the amalgam has been removed, the materials for replacing the fillings should be as biocompatible as possible. Most commonly used and the most generally affordable materials are composite resins (which are basically plastics) and glass ionomers. Other materials include gold and porcelain. Porcelain is the most inert material, but it is also expensive.

It is important that one also have good quality dentistry and the best long-term restorations placed to minimize the amount of times teeth are "drilled and filled" in the future, as this is traumatic to teeth.

To make an appointment or any other enquiries, please call the Luton Dental Practice (01582) 726853 or visit ***www.holistic-dentistry-uk.co.uk*** *.*

Notes on the importance of vitamin D

With our busy and largely indoor modern lifestyles, it is likely that many of us are not getting sufficient sun exposure.

During the winter months, this is almost certainly a national problem. And furthermore, with all the news about sun damage and skin cancer, it may be that many of us are taking extra care not to be in the sun.

In fact, by avoiding sunshine we may be doing ourselves a disservice, as we need it to make vitamin D.

The importance of vitamin D cannot be too strongly stressed. It is essential for regulating calcium and phosphate absorption and metabolism. These actions form and maintain healthy bones.

...if a person gets 15 minutes of sunshine, this is equivalent to 10,000 iu of vitamin D!

Vitamin D is also essential to maintaining a healthy immune system and regulates cell growth and differentiation. Therefore vitamin D is important for all aspects of good health and protects against osteoporosis, bone fracture, cancer, hypertension, hypercholesterolaemia, diabetes, heart disease, multiple sclerosis and susceptibility to infections.

Vitamin D is made in our skin as well as coming from our diet. 80% of the body's vitamin D comes from the action of UVB on the cholesterol in our skin to make vitamin D.

Vitamin D from the diet comes from only a few foods including fish oils and eggs. Foods with the highest amount of vitamin D include herring, sardines, pilchards and rainbow trout. Usually there are 10 to 20 micrograms (mcg) per 100 grams of fish. The requirement for vitamin D increases with age. People aged 19 - 50 require 5 mcg, which is equal to 200 international units (iu), per day. For those aged 51 to 70, 10 mcg or 400 iu, is recommended daily while for those over age 70, 15 mcg, which is 600 iu, is recommended.

A survey of nutrition in adults aged 19 - 64 living in private households in Great Britain (July 2000 - June 2001) showed that the mean daily intake from food is only 3.7mcg for men and 2.8 mcg for women. In contrast, if a person gets 15 minutes of sunshine, this is equivalent to 10,000 iu of vitamin D! This can be stored and used over the winter months. *Note: this is an excellent reason to have a winter holiday somewhere sunny!*

The prevalence of vitamin D deficiency has increased in the UK and today is a significant public health problem. Those particularly at risk are babies and toddlers who have been exclusively breast fed. (Although breast milk is a perfect baby's nutrition, it has only a little vitamin D).

People with dark skin living in this country are also at higher risk of deficiency as they have less UVB penetrating the skin.

People with vitamin D insufficiency can be asymptomatic or may present with the insidious onset of non-specific musculoskeletal aches. Muscle weakness occurs and can be marked and is most noticeable in the thighs. There can also be generalised bone pain or local bone tenderness. Those with osteoporosis or osteomalacia will be prone to fractures.

Many studies show a positive association between low vitamin D and colon cancer, breast cancer, prostate cancer and ovarian cancer. There is also an important link between lack of sunshine and vitamin D and seasonal affective disorder (SAD).

Recent studies published in the Journal of the American Medical Association confirmed that vitamin D supplements reduce the risk of falling in older people. Supplementing with vitamin D also prevents hip and non-vertebral fractures when compared with taking only calcium.

The current recommendation is to have up to 1,000 iu per day. Toxicity is not a concern, as that is only a problem with daily doses greater than 10,000 iu.

Vitamin supplements are a good way of ensuring sufficient vitamin D supply, but don't forget to enjoy and benefit from the sun!

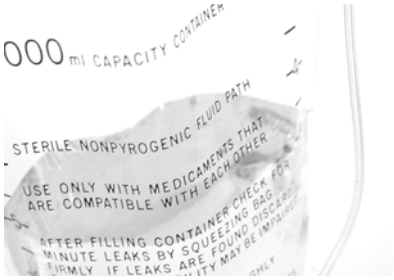
Notes on chelation therapy

(Continued from page 1)

metals in our lives. The most obvious sources which can be eliminated are dental amalgams and cigarette smoke.

People who work in environments with heavy metals would benefit greatly from undertaking this therapy in order to reduce their burden of toxic metals. Certain occupations such as dentistry, printing and electrical engineering are high risk.

Breakspear Hospital's most commonly prescribed chelation therapy programme involves intravenous infusions of EDTA solution, several other synergistic vitamins and minerals, and a supportive programme of nutritional supplements.



Everything is prescribed on a case-by-case basis, according to the patient's size, weight and clinical condition. Each infusion is administered over 3 to 4 hours whilst the patient is medically supervised. Most patients have 1 or 2 infusions per week over a 3 to 6 month period. Patients' toxic and essential mineral levels, and kidney and liver functions are tested at regular intervals.

Lifestyle and environmental factors such as poor diet and chemical exposure play a major role in shortening and reducing the quality of our lives. Chelation therapy and improving nutrition are powerful weapons in the fight against the effects of ageing and the legacy of any events in our medical history.

For more information on chelation therapy, please visit our website to print out your own copy of our new information booklet or telephone Reception 01442 261 333 to receive a booklet by post.

Informational DVDs on chronic ailments

Breakspear Medical Group is pleased to have been involved with the creation of a series of health information DVDs released by Visionhealth.

Visionhealth was created in 2005 with the specific goal of collecting the highest quality and the most detailed information about a variety of alternative treatments available for incredibly widespread chronic ailments and making this information available to sufferers worldwide on a series of interactive DVDs.

The experts involved in this series of DVDs include:

- Dr Jean Monro, Medical Director, Breakspear Hospital
- Jody Scheckter, former Formula One World Drivers Champion and founder of Laverstoke Park, whose aim is produce the best-tasting, healthiest organic food
- The Barefoot Doctor, author, columnist and regular guest on London Live radio as well as Channel 4's Big Breakfast.
- Professor Dame Julia Polak, Director of the Imperial College Tissue Engineering and Regenerative Medicine Centre
- Dr John Mansfield, former President of the British Society for Allergy, Environmental and Nutritional Medicine and the author of Arthritis: Allergy, Nutrition and the Environment

A significant portion of all sales of Visionheath DVDs always will go to research and charitable foundations directly related to the illnesses covered.

To order (use order code "BREAKSPEAR" when placing your order):

Call Visionhealth's freephone number: 0800 078 7080 (24-hour telephone service)

Order on-line: www.creationfilms.co.uk/shop

Or have a look at the Visionhealth website: www.visionhealth.co.uk

Enter our image competition for a place in Breakspear Hospital Trust's 2007 calendar! *See the Bulletin Board, page 8 for more details.*

Coming soon: autism and ADHD conference

Breakspear Hospital Trust, in partnership with Great Plains Laboratory, Inc, is currently organising a conference for parents, focussing on the importance of healthy lifestyle changes and clinical tests for dealing with the spectrum of autism and attention deficit hyperactivity disorder (ADHD).

We are currently considering dates in spring 2007 for the conference, which will take place in the Hemel Hempstead area. Lecturers will include Dr Jean Monro from Breakspear Hospital and Dr Bill Shaw, President of Great Plains Laboratory, Inc from the United States. You may wish to have a look at **www.greatplainslaboratory.com**, which contains frequently asked questions about tests available and on-line live lectures.

After this proposed two-day conference, a dedicated clinical day will be held during the following weekend at Breakspear Hospital. There will be a team of qualified nurses and/or phlebotomists to take samples for recommended laboratory tests. Limited introductory consultations with Breakspear physicians for children with autistic spectrum disorders may be available for conference attendees.

Parents may also be interested in booking appointments for mercury-free vaccinations for travel, or individual measles, rubella and mumps vaccinations on this dedicated special needs day.

To receive updates and more information on this conference, please email: **info@breakspearhospitaltrust.com** and ask to be put on the conference list or telephone Reception 01442 261 333 and give your name, address and telephone number in order to receive any literature as it becomes available.

If you or anyone you know are interested in exhibiting, presenting or have suggestions of what you would like to see at this conference, please let us know by either emailing your ideas to: **info@breakspearhospitaltrust.com** or writing to Breakspear Hospital Trust, c/o Breakspear Hospital, Wood Lane, Hemel Hempstead, Hertfordshire, HP2 4FD.

Breakspear Hospital Trust and/or Great Plains Laboratory Inc reserve the right to cancel this conference at any stage, if deemed necessary and if circumstances arise outside of their control.

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How To Find Us

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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

He loves and she loves

On 21 January 2006, Catherine Spicer (from Breakspear's vaccine laboratory) married Sean Power. Sean is the son of Pearl, who works with Catherine in the laboratory. The ceremony and reception were held at The Bobsleigh Hotel, Bovingdon, Hertfordshire.

Conference on evolving treatment model in autism

On 7 March 2006, two members of Breakspear's medical team, Dr Christabelle Yeoh and Lorraine Chapman RN, attended the Thoughtful House in Action 2006 International Conference *The Evolving Treatment Model in Autism and other Childhood Developmental Disorders: Implications for Clinical and Educational Care.* Scheduled speakers included Dr Andrew Wakefield, Dr Arthur Krigsman, and Dr Doreen Granpeesheh. For information about the work of Thoughtful House, visit **www.thoughtfulhouse.org** .

Editor's note: See page 7 more information about Breakspear Hospital Trust and Great Plains Laboratory's autism and ADHD conference.

Breakspear nominated for allergy awards 2006

Breakspear Medical Group is at the top of the nominees listed under the category of *Best Allergy Test/Clinic/Alternative Therapy Centre* for 2006. Allergy magazine is available at Tesco stores or on-line at **www.allergymagazine.com** . The closing date for voters' entries is 8 June 2006.

Paris in springtime for anti-ageing conference

Dr Jean Monro lectured at the week-long conference *Anti-Aging Medicine Specialization Seminar* in Paris in late March 2006. Her 6 lectures included such topics as *Indoor Pollution: Major Risk for Health, Treating Chemical Pollution to Solve Fatigue Problems* and *Testing Metabolic Function—Analysis, Interpretation & Treatment Protocols.*

Dr Monro also spoke at Anti -Aging Medicine Specialization Seminar, mid May 2006 in Prague. Her lecture was entitled *Nutritional Influences on Fatigue.*

Forthcoming lectures

In early June 2006, Dr Monro will be lecturing in Dallas, Texas, USA at the 24th Annual International Symposium *Man and His Environment in Health and Disease*.

In July 2006, Dr Monro will be lecturing in Chicago, Illinois, USA at the A^4M (American Academy of Anti-Ageing Medicine). She will present guidelines on personal de-pollution, considering air, food and water for the individual, deposits of chemicals and heavy metals, and pathways for detoxification, using hyperthermia to increase metabolic turnover.

Enter our image competition for a place in Breakspear Hospital Trust's 2007 calendar!

The theme for the competition is *My favourite surroundings* so we'd like you to send in a photo of any things, people, places, animals or plants in your environment which bring a smile to your face!

Competition Rules, Terms and Conditions will be available on-line at www.breakspearhospitaltrust.org.uk or at Breakspear Hospital Reception.

The 12 winners will be announced on 21st August 2006 and their winning photos will be featured in the 2007 charity calendar.