



PHOTO BY CAROL MITCHELL-LISLE

HIGHLIGHTS

Mould exposure at home & work

Microscopic fungi and mould spores are everywhere. Learn more about moulds & how they can impact your health
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The benefits of whole-body hyperthermia

To mark 15 years of hyperthermia at Breakspear Medical, Dr Alexander von Ardenne talks about the health benefits of the IRATHERM® 1000.
PAGE 9

In memory of Dr William Rea

Renowned visionary pioneer in environmental medicine, Dr Bill Rea recently passed away at the age of 85.
PAGE 12

Living with multiple chemical sensitivity (MCS)

Retired wildlife photographer Carol Mitchell-Lisle suffers from MCS. In her own words, she shares her and her partner's story of discovering her condition and how it has been life-changing.

My name is Carol; I am 62 years old, retired and married to Joy, my partner of 31 years.

As a child, I suffered with extreme anxiety and difficulty learning at school and was very allergic to diesel fumes. Travelling by bus usually ended with me vomiting even after a short journey.

As an adult, I worked for several chemical companies, not understanding the dangers to my health from exposure.

When I met my partner, she realised that I was unwell and

encouraged me to see my doctor. My doctor was helpful in as much as she referred me for anxiety management and cognitive behaviour therapy (CBT) but at no time was I asked about allergies, sensitivities, lifestyle or diet and no tests were carried out.

I spent a lot of my adult life feeling unwell with no real explanation as to why.

About 26 years ago, I noticed that bleach, furniture polish, air fresheners, potpourri and other

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Breakspear Medical Bulletin Survey results



Regularly read the Breakspear Medical Bulletin.



Would like to receive their newsletter by



Would or might like to receive regular emails with health-related informative articles.

Thank you to those who took the time to complete our newsletter survey, which was included as an insert with Issue 44. Your opinions are important to us and we thought we would share some of the results.

With over 100 respondents sending in completed surveys, we were very pleased to find out about our readers' preferences and to hear the new and interesting suggestions of topics for upcoming editions. In these times of tablets and smartphones, it was surprising to learn that 69% of readers would still like to receive their copy by post and only 17% stated they would like to receive it by email. (Over 10% requested to be moved to the 'by email only' list.)

It was great to hear that a large number of people would like the newsletter to be published more often and 60% indicated that they would (47%) or might (13%) like to receive health-related informational emails now and again.

Up until now, we have been sending our newsletter to current patients, parents of child patients and people who have expressed an interest in receiving it. A small percentage of people did let us know that they no longer wished to receive it and have been removed from our lists.

If at any time you would like to receive your copy by post or email or stop receiving it, please let us know your preference by emailing: info@breakspearmedical.com or giving us a phone call +44(0)1442 261 333.



Common harmful pollutants:

Mould exposure at home & work

Naturally-occurring, microscopic fungi and mould spores are always present in the air, both indoors and out. It is believed that there are well over a million different types of fungi and it has been proven that some can cause serious health problems.

Mould is a type of fungus. Fungus is neither a plant, animal or bacteria; it is a separate type of living organism that has its own kingdom of classification.

Of the known 100,000 species of mould, approximately 80 are considered harmful to humans. These harmful ones are linked to many different allergies, respiratory problems and multiple other symptoms, which are often debilitating, particularly for those who are immunocompromised.

According to a paper in the Scientific World Journal, along with respiratory symptoms, typical

mould-exposed patients present with multiple symptoms.¹

Symptoms

- fatigue
- depression
- insomnia
- myalgia (muscle pain)
- arthralgia (joint pain)
- headache
- dizziness
- anxiety
- neurocognitive symptoms
- irritability
- gastrointestinal problems
- tremors

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DEFINITIONS:

Fungus (plural is fungi): a large group of spore-producing organisms. Examples are: moulds, yeast, mushrooms and toadstools.

Mould: a growth of minute fungi, usually occurring in damp or poorly ventilated areas.

Spore: a (usually a single cell) reproductive particle released by a fungus. A spore can germinate into another, creating a new individual without sexual fusion.

Mould exposure at home & work

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- balance disturbance
- palpitations
- vasculitis (inflammation of blood vessels)
- angioedema (rapid swelling of skin)
- autonomic nervous system dysfunction

The development of new onset multiple chemical sensitivity (MCS) is also commonly seen after exposure and can have a severe impact on a person's life.

How it happens

Mould releases spores to reproduce asexually. Spores are tiny (usually single cell) particles that can survive under extreme conditions where mould is not able to grow. When spores land on the right conditions, such as damp and/or areas of poor ventilation, mould can start to grow.

Five most common types of mould found in buildings:

Alternaria – allergy-causing, usually detected from spring to autumn in most temperate areas. Colour: dark green or brown.

Aspergillus – spores are very common and small, which means thousands of spores may be inhaled daily without harm but can affect those with compromised immune systems. Colour: yellow-green.

Cladosporium – common in wet buildings, triggers asthma attacks in sensitive individuals. Colour: olive green or brown.

Penicillium – found everywhere, worldwide, causes food spoilage. Colour: green or blue.

Stachybotrys – very common in wet buildings, causes allergic reactions and has mycotoxins. Colour: black.

Aside from decomposing food (in the fridge, on the worktop or in the rubbish bin) and kitchen compost bins, there are many indoor places where mould can thrive, both visible and concealed.

In addition to occurring within 48-hours after a flood, mould may appear as stains or discolouration on floors or walls where there has been a slow water leak, or on window panes, sills and frames where condensation occurs. Tall plants near windows (inside or out) can encourage the growth of mould. It can spread to leather or fabric upholstered furniture, curtains and carpets, particularly in damp rooms, such as kitchens and toilets/bathrooms. Storing perspiration-soaked or damp clothes and shoes also encourages it.

Mould can grow out of sight, behind walls or above ceiling tiles and cabinets.

Some moulds produce spores that contain mycotoxins. Mycotoxins are toxic chemicals which are believed to help the mould thrive and kill competitive bacteria. While mycotoxins can be toxic or allergenic, some mycotoxins or mycotoxin derivatives have found use as antibiotics, growth promotants and other kinds of drugs.

Mycotoxins can be absorbed by the skin, airways and intestinal linings, which can then trigger inflammation and oxidative stress.

Unlike with bacteria, high temperatures do not break down mycotoxins.

It is believed that nearly a quarter of people carry a gene called HLA-DR (human leukocyte antigen) which makes it more difficult for their bodies to defend against mycotoxins.² These people are more likely to develop chronic responses to mould, developing symptoms such as fatigue, pain, gastrointestinal and neurological symptoms, sleep disturbances and more, which can be misdiagnosed as other conditions or amplify

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the symptoms of other conditions.

Stop mould

On average we spend 80-90% of our time indoors, so it is important that if you see or smell mould, no matter what kind it is or what caused it, you should address it immediately and prevent future mould in order to protect your health.

As a preventative measure, it is best to avoid mould exposure.

Unlike bacteria, which do not have a nucleus, fungi do not respond to traditional antibiotic therapy because they have a nucleus enclosed within membranes. This makes fungal infections in people generally challenging to treat.

After a major flood or in cases where the mould has spread over a large area, you may need to bring in professionals to remove the mould and affected materials. They will have the necessary equipment and procedures to ensure their own safety and be able to efficiently remedy the problem.

To safely remove or retard mould growth in small areas, wipe the area with a hydrogen peroxide or borax solution.

You may need to consider installing a better ventilation system, particularly in your kitchen or bathroom, and/or using a dehumidifier in rooms that tend to be damp, especially in winter.

The simple step of covering the top of house plant soil with clean gravel can help prevent the growth of mould on the surface.

Be sure to clean out expired foods before any moulds become visible and clean fridges frequently inside and out, particularly drip channels and trays. Despite the mould not being visible, it is not safe to eat the "clean" bit of bread on a mouldy slice or the remainder of the loaf.

Be sure to inspect all areas of the home, such as lofts and basements, and use a dehumidifier, particularly in winter.

It is important that heating and air conditioning systems are cleaned and regularly checked for mould.

After cleaning, if there is still a smell of damp or mould, it may be embedded in the walls or under the paper. This is a situation where professionals may be the best way to remove the mould.

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BIT OF HISTORY:

Fungi & witchcraft

Throughout the Middle Ages, thousands of people died or were mutilated from ergotism, which is caused by the fungus *Claviceps purpurea*.

It was thought that a pilgrimage to the shrine of St Anthony would bring relief from the burning sensations. Because of this, ergotism is also known as St Anthony's Fire.

Between 1692 and 1693 in Salem, Massachusetts, there was one particularly significant outbreak of ergotism for which the Witches of Salem were tried, blamed for the illnesses and burned at the stake.

Today, we know that the fungus infects rye and other cereal grasses including wheat, barley and oats, and produces the potent chemicals ergot alkaloids, including lysergic acid (from which LSD is made) and ergotamine (now used to treat migraine headaches). When the contaminated grain is eaten, the alkaloids affect the central nervous system and cause the contraction of the muscles that make up the walls of veins and arteries, as well as the internal organs.

Normal grain cleaning and milling processes remove most of the ergot from infected grain, and the fungi that remains decomposes readily and is usually destroyed during baking and cooking.

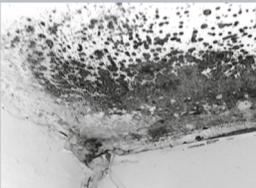
Find out if mould is affecting your health

Toxic mould is said to affect well over three million homes in the UK.

People who live in homes with mould are more likely to suffer from eye, nose and throat irritation, wheezing, shortness of breath, rhinitis and joint pain. Inhaled airborne spores with mycotoxins can cause localised problems in the airways, neurotoxic symptoms and central nervous system disorders.

At Breakspear Medical, we use a selection of accredited laboratory tests to determine if mould and/or mycotoxin exposure is a contributing factor to a person's ill health.

With the information provided in the test results, personalised recommendations for the most effective treatments can be made, which may include detoxification.



According to Great Plains Laboratory, which is one of the laboratories we use, there is a growing number of diseases and symptoms linked to mycotoxin exposure. Their list includes:

- fever
- pneumonia-like symptoms
- heart disease
- rheumatic disease
- sinusitis
- cancer
- memory loss
- vision loss
- chronic fatigue
- skin rashes
- ADHD
- liver damage

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Eliminating mycotoxins from the body

Harmful mycotoxins can be absorbed by the intestinal lining, through contact with the skin and through inhalation. Toxic levels can occur from a single or cumulative exposure.

There are laboratory tests available to determine if mycotoxins have been stored in your body. If it is determined that you have them, in addition to anti-fungal drugs, there are a few other ways to try to eliminate them, according to Dr Bill Rea, Environmental Health Center, USA.³

- Specific nutrients and medications can be used to try to eliminate mycotoxins from the body.
- Oxygen therapy is used by some to help in eliminating them from tissue.
- Deep whole-body heat therapy has been used to remove stored toxins.
- Environmental controls and dietary manipulations are employed with other methods to aid the process of returning the body to a state of health.
- Immune system therapy and skin testing immunotherapy can help eliminate these toxins from tissue and organs and in restoring their proper function.

1. Hope J, A review of the mechanism of injury and treatment approaches for illness resulting from exposure to water-damaged buildings, mould, and mycotoxins. *Scientific World Journal*. 2013;2013: 767482.

2. Rawls B. Are mold + mycotoxins making you sick? 2018 [cited 2018 Sep 20]. Available from: <https://rawlsmd.com/health-articles/mold-mycotoxins-making-sick>.

3. Mold and Health. 2018 [cited 2018 Oct 5]. Available from <https://www.ehcd.com/mold-and-health/>.

RECOMMENDED RECIPE:

Chicken, kale & mushroom casserole

This gluten-, dairy-, egg-free casserole includes the superfoods mushroom and kale. Can be ready to eat in less than 45 minutes. Serves 2.

INGREDIENTS:

15ml olive oil
 250g chicken breasts
 1 onion
 1 carrot
 1 celery stick
 10 medium mushrooms
 1 tomato
 2 garlic cloves
 Handful of rosemary
 400g tin of butter beans
 150g kale
 Salt & pepper
 530ml homemade chicken broth or boiling water

METHOD:

1. Wash your vegetables and have them to hand.
2. Warm a deep frying pan or shallow casserole dish for 2 minutes over medium heat. While the pan is warming, slice the chicken breasts into thumb-size pieces.
3. Add the olive oil and chicken breast strips to the hot pan/casserole dish and fry for 6-8 minutes, stirring occasionally, until the chicken is lightly browned. When the chicken strips are done, remove from pan and set aside.
4. While the chicken is frying, peel and chop the onion and celery and peel and dice the carrot. Cut the mushrooms into chunky quarters.
5. Add the prepared vegetables to the pan/casserole dish with about 30ml of broth or water and a generous dose of salt and pepper. Fry for 5 minutes, stirring occasionally, until the vegetables have softened and are lightly browned.
6. While the vegetables are frying, finely chop the tomato, peel and finely chop the garlic, and strip the leaves off the rosemary sprigs and chop them up. Drain and rinse the butter beans.
7. Add the prepared tomato, garlic, rosemary leaves and butter beans and reintroduce the chicken and any of its juices to the pan, stir to mix, and pour in 500ml of hot broth or boiling water. When the mixture is boiling, reduce the heat and simmer for 10-15 minutes, until the chicken is cooked and tender.
8. While the mixture simmers, tear the kale leaves from the thick core and into bite-size pieces. Discard the cores.
9. Add the kale to the pan/casserole dish and cook for 3-4 minutes until the kale is tender. Season to taste and serve.



INTRODUCING

New accommodation options at Breakspear Medical

Breakspear Medical is now offering shared flats for short-term let to patients and their companions. The two-bedroom serviced flats are located a short walk from the clinic, local shops and restaurants.

Caring for our environmentally-sensitive patients is our top priority. Great care has been taken when decorating and furnishing these shared flats, including using products which help screen electromagnetic fields, are free from volatile organic compounds (VOCs), and are scent-free.

When redecoration started on the first of the flats, the walls and ceiling of both bedrooms and the living room were first painted with YShield®, which is an electromagnetic radiation (EMR) shielding paint. This black paint shields with carbon, not with metal particles.

On top of this shielding paint, a white clay-based Earthborn paint was applied. It is a water-based, VOC-free, environmentally-sound alternative to conventional emulsion.

Conventional emulsions may contain oil, acrylic and VOCs, which have a high vapour pressure at ordinary room temperatures.

Special non-metal shielding linings are being considered for behind the block-out curtains in the bedrooms to further reduce EMRs.

Metal frame beds have been used because many of our guesthouse visitors have stated a preference for them.

It may sound strange to proudly announce that the living room furniture is preowned, however, it has been selected because it has had years to outgas. Brand new furniture smells as it outgasses VOCs, such as fire retardants and protective coatings.

As always at Breakspear Medical, the cleaning materials, liquid hand soap and laundry powder used are all scent-free.

Guests are asked to use only scent-free products and there is a strict non-smoking policy.

For a limited time, the serviced flat rooms will be available for £43.20 (including VAT) per night, which is the same price as the current guesthouse. (Breakspear Medical reserves the right to change prices without notice.)

For more information, please ask for our new accommodation information leaflets.



IRATHERM® 1000

Water-filtered infrared-A radiation



Whole-body hyperthermia system for moderate hyperthermia

Manufactured by Von Ardenne Institute

OPEN LECTURES:

The benefits of whole-body hyperthermia

Dr Alexander von Ardenne and Dr Jean Monro presented on whole-body hyperthermia on the 15th anniversary of the installation of the first IRATHERM® 1000 in the UK at Breakspear Medical.

In August 2018, Dr Alexander von Ardenne, German physicist and son of the inventor and physicist Manfred von Ardenne, came to Breakspear Medical to present an open lecture on whole-body hyperthermia with water-filtered infrared -A radiation using the IRATHERM® 1000.

There are just over 200 IRATHERM® systems in the world, many of which are in Europe and some in China.

After his lecture, Dr Jean Monro presented how hyperthermia using the IRATHERM® 1000 helps patients at Breakspear Medical who have been affected by pollutants.

Dr Monro stated, “It is important to first identify patients’ pollutants and their sources and then to treat people by recommending a certain amount of avoidance and by detoxifying them to get rid of the pollutant itself.”

Using the IRATHERM® 1000 to raise the body’s temperature, which is called whole-body hyperthermia, causes the body to excrete pollutants mainly through the skin and on the breath.

The following day Dr von Ardenne presented to our clinical staff and explained more about the equipment and the techniques he recommends, introduced new research, and answered all their questions.

PROFILE

Manfred von Ardenne 1907 - 1997

The inventor of the IRATHERM® 1000 received the first of his 600 patents at the age of 15 for a radio component that was used by the German manufacturer, Lowe, to build its first radio.

He later invented medical equipment, including a scanning microscope.

In the 1950s, he specialised in medicine after meeting Nobel Prize winner Otto Warburg. This inspired him to work on cancer research and whole-body hyperthermia with oxygen up to the end of his life.



Visit Breakspear Medical’s YouTube Channel to view both Dr von Ardenne & Dr Jean Monro’s recent lectures.



Living with multiple chemical sensitivity (MCS)

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scented things were giving me bad headaches. In some cases, it made the skin on my lips blister so I avoided them.

In November 2011, we purchased a new leather furniture suite and it had only been in our lounge for 20 minutes or so when

we both felt unwell. Our lips were burning and we both had headaches and prickly feelings on our skin. We got out of the room and had the suite removed as soon as we could, but the damage was done. We think the suite had been sprayed with too much fire retardant and I had been thrown over the threshold of my tolerance. In the days and months that followed, I felt so unwell I honestly wanted to die. I felt constantly “seasick” and faint. I had no appetite, regular headaches, coordination difficulties, brain fog, dizziness and my sense of smell went through the roof. Everything was unbearable; I couldn’t even tolerate mildly scented flowers.

I became isolated from other people as I was reacting to everything. We had no idea what

was wrong, which was very frightening and a complete shock to my system. I lost weight, going down to six and a half stone.

After extensive research, we found out about multiple chemical sensitivity (MCS) and things started to fall into place. I went to my NHS

doctor, but he was no help at all. He inferred that my illness was all in my mind. I left the

surgery feeling helpless and totally let down.

It is difficult to explain just how isolating this illness can be. Having guests at our home, going out for meals, to the cinema and concerts, and even food shopping became impossible because I was sensitive to all scented things, including washing powders, fabric conditioners, aftershave, perfumes, the majority of toiletries and sun lotions.

Most people had never heard of such an illness and I suspect some did not believe it even exists, my siblings included. My best friends found it difficult to understand but they supported and stuck by me.

My partner and I learned to live without

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chemicals, using bicarbonate of soda to wash our clothes and vinegar and bicarbonate of soda for cleaning. We also found companies whose personal care products were free of perfume and nasty chemicals.

In 2012, I found out about Breakspear Medical through Allergy UK. It was wonderful to be listened to and believed at my first appointment.

I was initially diagnosed with dysautonomia, respiratory alkalosis, and MCS. Later I was tested and found to have hypochlorhydria (lack of stomach acid) and I was also lacking good flora in my gastrointestinal tract.

Dr Jean Monro prescribed low-dose immunotherapy and my vitamin and mineral depletion was also addressed. I had to wear a rebreathing mask to deal with my respiratory alkalosis for hours a day for many months. I changed my diet completely, eating mainly organic food. I have been gluten-, sugar- and alcohol-free for the last seven years. My weight has increased; I am now a healthy nine stone.

At first, because I felt so unwell, I found the treatment overwhelming and extremely hard work but I always remembered what one of the Breakspear Medical doctors stressed to me on a number of occasions, which was that I needed determination and appetite. Even when I felt dreadfully unwell, I ate my meals and persevered with my treatment. I was determined to get better, not only for me but for my partner, who has never failed to support and care for me, which is so admirable when you consider she has had to change her life completely too because of my sensitivities.

When I realised what had happened to me, I had severe depression and anger, but I think that once I accepted and understood the condition I found it easier to manage.

I'm at the stage now where our constant hard work and careful management has given me my life back to a degree where I can enjoy it again.

As for everyday life, I have to think carefully

Unwillingly engulfed in volatile chemicals



Carol, our cover story author, recently sent us an email stating:

"My dental practitioner is now part of a chain of dentists and they have recently installed air fresheners in all of their waiting rooms which puff out a measure of synthetic chemical perfume every so often, making it impossible for me to sit in the waiting room. I am currently looking for another dentist that is independent from this chain."

We should all reduce exposure to scented products, to help reduce adverse health effects.

and plan my day to try to avoid anything which might give me a reaction. Unfortunately we can never know what other people are wearing or planning. For example, if the neighbours plug in an air freshener to hide a bad smell in their house, when they open their windows, the chemicals then come into my house, too, and affect me. It is difficult when you don't feel in control even in your own home, but I've come to realise that avoidance is the best option.

It took me a long time to come to terms with the fact that I may never fully recover from MCS, but the progress I have made has given me a much better quality of life,

Thankfully my love of wildlife photography and nature makes avoiding busy places easier.

Even at my lowest point, I had every hope for the future and I never gave up thanks to the constant encouragement and love of my partner and knowing I had Breakspear Medical for help, support and treatment.

IN MEMORY OF

Dr William Rea

1933 - 2018



On 16 August 2018, the world of environmental illness lost an extraordinarily accomplished pioneer who, for four decades, was the most important clinician in the field of chemical sensitivity in the world.

Dr William J Rea was a thoracic and cardiovascular surgeon with a strong passion for the environmental aspects of health and disease. Since 1974, he was the founder and director of the Environmental Health Center, a highly specialised Dallas-based medical facility.

Following in Dr Rea's footsteps, Dr Jean Monro founded Breakspear Medical and used the precepts of environmental control, elimination and challenge, low-dose immunotherapy, sauna and hyperthermia treatment, and major components of advice and management methods in-line with the practices Dr Rea used at his American health centre. Other centres around the world, such as Dr Pilar Muñoz-Calero's Fundacion Alborada in Spain, also practice the same principles.

Over 30 years ago, the Environmental Medicine Foundation helped establish the world's first professorial chair of Environmental Medicine, the Robens Institute of Toxicology at the University of Surrey, Guildford, and in 1988, Dr Rea was offered this inaugural chair, with several people attaining their PhDs under his aegis.

Dr Monro stated, "We were devastated to hear of the passing of Bill. We had come to believe he was invincible. Even though he had had polio at a young age, he overcame his illnesses and handicaps, achieving the pinnacle of medicine at his Dallas clinic and becoming a major figure in Environmental Medicine worldwide. I believe Bill acted always in the interest of people, his patients, his colleagues and his family, and exemplified the best aspects of humanity in his dealings with all."

Dr William Rea

ground-breaking author

Along with presenting lectures around the world, including being the inaugural speaker at Breakspear Medical's Maple House in May 2015, Dr William Rea was the author of many medical textbooks and published more than 100 peer-reviewed research papers.

Some of his books include:

- Chemical Sensitivity, Vol. I-4
- Regulating Mechanisms of Chemical Sensitivity
- Optimum Environments for Optimum Health and Creativity
- Reversibility of Chronic Degenerative Disease and Hypersensitivity, V. II
- The Effects of Environmental Pollutants on the Organ Systems
- Reversibility of Chronic Degenerative Disease and Hypersensitivity, V. III
- Clinical Environmental Manifestations of the Neurocardiovascular Systems
- Your Home, Your Health and Well-Being and Reversibility of Chronic Degenerative Disease and Hypersensitivity, V. I (Co-author)

Christmas hours: the last working day before Christmas is 21 December 2018; the clinic will reopen on 2 January 2019. Our very best wishes for Christmas & the New Year.

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Hertfordshire House, Wood Lane, Hemel Hempstead,
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Editor: Carolyn Northcote Monro
Contributing writers: Dr Jean Monro, Carol Mitchell-Lisle

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