



Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 10

Winter/Spring 2006

Notes on linking CFS & Human Borreliosis

Chronic fatigue syndrome (CFS) has attracted more than its fair share of controversy. Not too long ago mainstream medicine debated as to whether it was actually an illness at all.

Currently there is no widely accepted cure or universally effective treatment for CFS. Often it is difficult to diagnose the underlying condition of fatigue and in order to make patients well again, finding the cause of the illness can be very important.

Breakspear Hospital has made some amazing discoveries in the treatment of CFS, including a link between many CFS patients' ill-health and a simple tick or insect bite.

A tick or insect carrying borreliosis can infect its human host. Human borreliosis is an illness that occurs as a result of an infection with the organism *Borrelia burgdorferi*. As a

result of the bite, the person may develop a skin rash. Later a rash can occur, with fever, headache and pain in the muscles and joints. Neurological abnormalities may occur sometimes with neuritis or occasional heart conduction problems. Sometimes people may be infected but symptom-free and not even realise that they have been bitten.



People who have been infected for some time may then develop CFS. Some patients present with flu-like symptoms but without the skin infection, which is known as erythema migrans (EM). Early treatment with tetracycline, penicillin or erythromycin has shortened the illness and may prevent the later complicated disease. When

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Breakspear offers consultations with visual processing problems expert, Ian Jordan

Breakspear Hospital is pleased to be able to offer consultations with visual processing expert, Ian Jordan FBDO CL.

Visual processing problems such as dyslexia, tinnitus, hearing and balance, can be helped with alteration of vision through the use of spectacles and colour.



Treatment is very successful and results can often be immediate.

Visual dyslexia is the name for a group of unusual perceptual and physical symptoms that are produced by the eye/brain relationship. Children with visual dyslexia often have problems at school, which lowers self-esteem. Antisocial behaviour is common and the sufferer will often exhibit neurological symptoms.

Treatment is very successful and results can often be immediate.

Other conditions such as migraine, attention deficiency, hyperactivity, dyspraxia, depression and computer-focussing problems may be helped.

The consultation includes evaluation using the Orthoscopes System, which uses computerised assessment and prescribing instruments. Using this system, the optician will be able to determine the

patient's optimum colour response. This optimum response is then integrated with the effects of differing illumination and then lenses with the patient's optimised colour filtering can be prescribed. The coloured lenses will at least minimise and usually eliminate the effects of visual perceptual difficulties.

A 1-hour consultation and treatment is available at the cost of £250 per person, plus a fixed fee for the customised lenses.*

For more information, please visit Ian Jordan's websites www.visualdyslexia.com and www.orthoscopes.com.

*Breakspear Hospital reserves the right to alter prices without notice.

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Find out how to detox after unusual heavy exposures. See page 5.

On the market: Breakspear Hospital's Weight Loss Programme

Everyone has their own reasons for wanting to change their eating habits and start a new lifestyle. It is important for personal and health reasons to be the right weight.

Statistics on the detrimental effects of excess weight are readily available. But because often many people feel all right or do not associate various health problems with being overweight, there is a long-time acceptance of their weight.

Breakspear Hospital wishes to help you get down to your ideal weight. We have a wide range of medical laboratory tests to show you clearly if you are at



Illnesses associated with obesity:

- diabetes
- heart disease
- stroke
- high blood pressure
- vitamin and mineral deficiencies
- high cholesterol
- respiratory illness
- many others

risk or approaching a critical stage in the development of illnesses associated with obesity.

Allergies/sensitivities can cause up to 10% of body weight with fluid retention. By using our allergy treatment programme, this excessive fluid retention can be reduced or eliminated.

We offer you medical supervision and advice, metabolism-boosting equipment to aid in weight loss, and the support of nutritional experts.

We understand that trying to lose weight is not easy and we will try to help you in every way we can.

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 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...?

Gulf War syndrome recognised by MoD

According to an article in *The Times* 1 November 2005, a landmark case where a former trooper suffering from debilitating illnesses after serving in the 1991 Gulf War forced the Ministry of Defence to admit for the first time that the label of "Gulf War syndrome" was justified. The article suggests that the case has far-reaching implications as over 1500 other veterans will now be able to claim compensation. The illness has been blamed on the cocktail of vaccines that was given to protect against chemical and biological warfare as well as organophosphate pesticides, which were used to kill desert bugs in the troops' tents.

Cabbage may reduce cancer

There have been several articles in the news about the possibility that cabbage may help prevent breast cancer.



According to an article on medpagetoday.com, "Cabbage may be at the heart of why the breast cancer risk of Polish women triples after they immigrate to the United States..." It is suggested that if young women eat 4 or more servings of raw or lightly cooked cabbage per week, they may reduce the risk of breast cancer later in life. These findings were the results of a study led by Dorothy R Pathak, PhD at the University of New Mexico.

Are you low in vitamin B12?

An article in PROOF! September 2005 states that signs of B12 deficiency include the following:

- Poor growth/failure to thrive in infants
- Incontinence
- Inflamed tongue
- Hyperpigmentation or hypopigmentation (dark or light patches on the skin)
- Premature grey hair
- Disturbed carbohydrate metabolism
- Neuralgia, neuritis, bursitis
- Fatigue
- Anaemia, including pernicious anaemia
- Weakness
- Weight loss
- Spinal cord degeneration
- Psoriasis and other skin problems
- Constipation
- Brain degeneration
- Infertility
- Insomnia
- Vision problems
- Irrational or chronic anger
- Loss of hearing or tinnitus
- Violent behaviour
- Numbness and tingling in the hands and feet
- Lack of balance/abnormal gait
- Alcoholism
- Combat fatigue
- Impotence
- Any emotional disorder up to and including insanity



Ask Dr Monroe

As winter progresses, every year I get patches of eczema on my face and hands. I have no idea what causes it and I don't like using the prescription creams as they make my skin thin and very sensitive. What can I do?

Cold and wind are a challenge to the skin. The patches of eczema on your face and hands are very likely dermatitis, which may not be eczema per se. At Breakspear Hospital, we recommend the use of creams prepared at Breakspear, which contain no preservatives, and hence are very suitable for use on sensitive skin. Talk to a Breakspear physician about your particular condition and what may be best for you.

Over the Christmas holidays, I stayed with my parents for over a week. They both smoke and smoke bothers me. I found myself craving sweets and drinking more alcohol than I normally do. Is that normal? Is it too late to get rid of the damage?

When people are exposed heavily to pollutants this may call on the metabolic processes to detoxify the pollutant. If the resources for energy are diverted to having to deal with the degradation of more pollutants, then for everyday energy needs one often craves carbohydrates, which release energy through what is called the "alternative pathway" rather than having to go through the degradation of fats, for which we



need glutathione, vitamin B2, co-enzyme-Q10 and vitamin B5 as co-factors.

The easiest way for the body to get energy swiftly is by means of simple carbohydrates, for example sweets and alcohol. These are not the ideal source of energy and are only a stopgap until one is able to replenish the resources of the B vitamins and other detoxifying pathway-activating agents.

You ask if it is too late to get rid of the damage. In answer, I would say that in order to crave sweets and alcohol you are depleted of resources for the detoxifying pathways, and therefore these resources need to be replenished.

It is always important to ensure that all the detoxifying pathways are working efficiently. For a pollutant to have a more lasting effect it really depends on the individual's resilience in general.

Recently in a daily London paper I have seen "before and after" pictures of a lady who was deliberately encouraged to binge-drink for 6 weeks, and there was a dramatic difference in her facial appearance. It would take a lot of work for her appearance to recover from the damage done in that short period of time.

Editor's note: see article [Detoxification: for better health now and for your future](#) page 5.

Notes on hyperactivity

Hyperactivity is a behaviour disorder that affects thousands of babies, children and adults. It can even affect babies before birth.

More boys than girls are affected (3:1), and a higher percentage are blond, blue-eyed boys.

In this condition there is principally over-active behaviour, which is disruptive and disturbing to the sufferer and their family.

Hyperactive babies need very little sleep, cry much more of the time, and are restless and poor feeders. These babies often reject mothering and affection. More mobile children tend to rush about from one thing to another, have a short attention span and may be clumsy and destructive.

Hyperactive children may experience learning difficulties and, being aggressive, often have poor relationships with other children. Their behaviour disturbance is often incorrigible and fails to respond to punishment, distraction or affection.

In older children, the pattern may change into one of delinquent behaviour, and in adulthood may be manifested as frank manic depression or emotional instability.

It has been shown that in the majority of cases, hyperactivity is caused or exacerbated by an intolerance of some foods and food additives. These intolerances are compounded by sensitivities to other agents such as chemicals and inhaled particles such as pollens and dust. Many hyperactive children and adults have been exposed to toxic agents which include heavy metals such as lead, mercury, cadmium, and other

contaminants such as pesticides or food additives like tartrazine [E102].

If this condition is not treated early, it may affect the sufferer in adulthood, though in some cases there may be a lessening of symptoms around puberty. Many social, emotional and practical problems arise and these add to the difficult physical problems that sufferers, and those who care for them, experience.



Breakspear Hospital's treatment programme starts with a clinical assessment that includes full food and environmental history and a physical examination. Assessment of biochemical or metabolic deficits, exclusion of physical causes of altered behaviour, and nutritional,

haematological and toxicological assessments are often recommended.

Breakspear Hospital has been specialising in allergy and environmental medicine for over 25 years. Allergy screening tests and allergy treatment programmes are fundamental to many of our treatment programmes. Our programme for hyperactive patients includes treatment for allergic, nutritional and metabolic abnormalities, dietary advice, and environmental counselling.

Children respond very well to our programme, and become much calmer, happier and attentive both at home and at school.

See [What are the typical symptoms of hyperactivity?](#) on page 8 for a summary of common traits of the hyperactive person.

New thoughts on treating cancer with mushrooms

In November 2005, Breakspear Hospital's Medical Director, Dr Jean Monro presented a lecture at the NVF Symposium on Phytotherapy and Oncology in Nijmegen, Holland. (The NVF is the Netherlands Association for Phytotherapy.) The following article is a brief summary of her lecture entitled, "Treatment of Cancer with Mushroom Products".

One ultimate consequence of pollution is cancer, which will affect one third of the world population.

According to Professor Karol Sikora (*The future of cancer care. Pharmacia Lecture at the Royal Society, London, April 2001*) tobacco products will cause cancer in 3.0 million people globally, affecting their lungs, oropharynx, larynx, bladder or kidney.

Diet is equally as cancer-causing, affecting people's stomach, colon, oesophagus, breast, liver, oropharynx or prostate.

Infection will affect 1.5 million people, causing cancer in the stomach, cervix, liver and bladder, also normolipaemic plane xanthoma (NPX) and Non-Hodgkin's lymphoma.

The majority of the world's cancer cases are in western countries

To fight cancer, it is important to consider certain types of mushrooms. This is because these fungal growths are believed to stimulate the overall immune response of the host. In theory, mushrooms may stimulate the cancer patient's own immune system to attack the disease.

Natural killer cells are large, granular lymphocytes (white



blood cells) which play an important role in a variety of human diseases. Compromised immunity, as measured by decreased natural killer cell activity and/or depressed numbers of circulating natural killer cells, has been linked to the development and progression of cancer.

Dr Monro has found that Coriolus-MRL, an extract from a strain of mushroom *Coriolus versicolor*, increases natural killer cell activity.

Dr Monro has also found that Coriolus-MRL can reverse cytokine shifts. A Th1 to Th2 cytokine shift

is the name given to a condition where the protein messengers between cells (cytokines) work together to cause allergy and increased reactivity by a mechanism involving antibodies instead of the cellular activity against infectious agents, such as viruses. Because of this undesirable cytokine shift, allergies are perpetuated and the ability to wipe out viruses is compromised. By using Coriolus-MRL, this cytokine shift may be reversed, which will strengthen the immune system's abilities and reduce allergic reactions.

As immune disruption can be conquered by

1. treating the infection
2. improving immunity
3. reversing cytokine shift, to balance cytokine performance

mushrooms are clearly useful in both prevention and treatment of cancer.

Medicinal Mushrooms¹

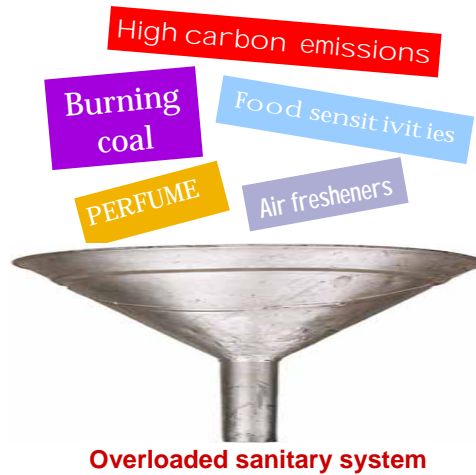
Species	Main Uses	Preparations	Dose	Contra-indications
Artist's conk	Immune stimulant, tumour inhibition, haemostasis	Dried, capsules	30 g/day in tea/water-based extract	None
Honey	Gastritis, night blindness, insomnia	Fresh or dried powder	Fresh, <i>ad lib</i> or 30 – 90 g	No toxicity; may cause mild nausea/diarrhoea
Maitake	High blood pressure, tumour inhibition, liver protectant	Fresh or dried	3 – 7 g/day	No data
Oyster	Tumour inhibition	Fresh cooked, dried, powdered	Cooked, <i>ad lib</i>	Low toxicity
Reishi	Immune activation, tumour inhibition, expectorant, hepatitis	Dried, liquid extract, tablets	Tincture, 10 ml 3x/day; tablets, 3 1g tab 3x/day	Very low toxicity reported
Shiitake	Immune regulator, tumour inhibition, antiviral, antibacterial	Fresh, dried, liquid extract, tablets	Dried, 6 – 16 g; fresh, 90 g	No toxicity; some contact dermatitis
Turkey tail	Diabetes, antiviral, immune enhancement, hepatitis	Dried	20 g as tea 3x/day	No toxicity
Wood ear	Immune stimulant, poor circulation	Dried	15 g as tea 2x/day	Rare allergic reaction

1. Hobbs C. Medicinal mushrooms. 2nd ed. Santa Cruz, CA:Botanica Press; 1995, p.200.

Detoxification: for better health now and for your future

Each day up to 80% of our energy goes towards cleaning processes inside our body. The body's sanitary system is put under additional pressure after exposure to more toxins than usual. These toxins can be simply from more processed foods than usual consumed at Christmas and New Year parties, or from unavoidable exposures like the Buncefield Oil Depot fires.

It is important to clear pollutants from the body as fast as possible. The faster the chemicals are excreted, the less likely



they are to have a lasting effect.

Long term exposure to pollutants may lead to oxidative stress and a breakdown in the body's own immune system. This could lead to conditions such as chronic fatigue syndrome and liver failure.

A good detoxification programme will help to eradicate toxic chemicals from the body, restore proper nutritional status, and work towards optimum health.

Tips for detoxifying

1) Follow a healthy diet

Drink plenty of mineral water, which means drinking at least the recommended 6 glasses per day. Unfiltered tap water may contain chlorine, which can accumulate in the body. *"Sometimes the solution to pollution is dilution."*

Eat at least the recommended 5 servings of organic fruits and vegetables per day. By eating organic, you are reducing the quantity of pesticides and chemicals that may be ingested from regular food.

By properly supplementing your diet with vitamins and minerals, you will help to maintain the detoxifying pathways so that when the fat is mobilised, the burden of the toxic material that is released can be effectively excreted. If you do not have all the essential vitamins and minerals, the release could result in an exposure which can affect various organs and body systems leaving the toxins still circulating freely to return to the fatty tissues. Beware that it is also possible to over-supplement, which may cause a condition such as cysteine accumulation, which may lead to muscle wasting.

Be sure to include essential fats in your diet, such as cold-pressed organic olive and rapeseed oils. Pesticides are generally fat-soluble in order to penetrate the wax coat of some insects and therefore may be partially flushed from the body with the right oils.

Ensuring that you are receiving enough antioxidants, such as vitamin E, vitamin C & beta carotene, will help your body deal with free radicals. Free radicals are a normal resulting product of metabolism and the body does have its own natural ways of dealing with them. However, when the body is burdened with dealing with unusually high numbers of free radicals or other foreign agents, an imbalance may be created. Free radicals are unstable molecules that start chain reactions in a process called oxidation which has been linked to changes that accompany ageing (such as age-related macular degeneration, a leading cause of blindness in older people) and with disease processes that lead to cancer, heart disease, and stroke.



2) Boost your metabolism

When toxic chemicals are not adequately cleared from your body, they can be stored in the fat. Your body is generally not well equipped to excrete chemicals that are fat-soluble. Thus many fat-soluble chemicals tend to accumulate in your body's fatty tissues, where they may persist indefinitely. This process is called 'Toxic Bioaccumulation'.

An exercise programme is important and effective in mobilising the fat into fuel, to release the fat-soluble chemicals. One of the most important routes for chemical excretion is sweating. This is encouraged by the exercise therapy and vitamin treatment, combined with the regular use of saunas and showers to remove the excreted chemicals from the skin.

At the Breakspear Hospital, we also use the UK's first IRATHERM® bed, which provides hyperthermia treatment for this express purpose. It acts both as the equivalent to an aerobic exercise programme and also raises the basal metabolic rate. This treatment increases the body's

turnover so that fats are broken down, releasing the accumulated chemicals into the system from which they can then be excreted.

To improve the clearance of chemicals through the lungs, you can participate in an aerobic exercise programme, or alternatively you can use hyperthermia.

3) Seek expert help

If you are feeling run down and can't find the energy to exercise, or you fear that you may have experienced excessive exposure to chemicals or heavy metals, there is help available from trained professionals.

There are a number of ways to assess metabolic status using laboratory tests and each person's individual condition requires a personalised supplement and treatment programme to be effective for healing the damage done. If you are concerned, seek consultation with our experienced environmental health specialists.

Notes on boys, men and mumps

Mumps is an infectious disease that causes swelling of the saliva-producing glands near the ears. The swelling often occurs on one side and then spreads to both sides.

Incubation is usually 14 to 21 days after exposure to the virus and the infection can last 7-10 days, though the duration of the illness varies.

Common symptoms include painful swelling in front of and below the ears, often with pain when eating or moving the jaw. Sometimes this is accompanied by headaches, loss of appetite, fever and lethargy.

Complications include hearing impairment, painful inflammation of the testicles in boys/young men, and in some cases, painful inflammation of the ovaries in girls/young women.

Mumps is a serious infection that may cause sterility.



According to NHS Borders, "in 20 to 30 per cent of the cases of adult men with mumps, the disease infects the testicles (orchitis) causing swelling, pain, soreness and a higher temperature. This often occurs about a week after the disease has broken out, and is a serious infection that may cause sterility."

Because of the high risk of sterility and the fact that many UK residents in the age group of 17 – 25 may not have received an MMR booster shot while at school, people in this age range are being advised by army recruitment agencies and universities to get their booster shots to avoid contracting mumps.

Breakspear Hospital offers blood tests to confirm immunity and also offers individual mumps vaccines. For more information on individual mumps vaccinations, call our Immunisation Department 01442 867 280, 9:00am—5:00 pm Monday to Saturday.

Notes on linking CFS & Human Borreliosis

(Continued from page 1)

people develop the arthritic phase of the disease, antibiotic therapy may need to be more extensive.

Unfortunately detecting borreliosis is difficult. As mentioned, some people do not experience symptoms immediately following an infecting bite, or as time passes, they forget that they were ever bitten. Because of this, it is then difficult for doctors unfamiliar with this type of infection to suspect its presence.

To add to the problem of detection, this organism has many different complex stages of its life cycle. At any time, borreliosis may be present in various different forms, which may be concealed and difficult to identify.



At Breakspear Hospital, we have found borreliosis is often a very important component of CFS.

At Breakspear Hospital, we undertake various tests for borreliosis, from several different laboratories, for different items.

The standard tests we perform are:

1. Borrelia antibody evaluation by ELISA technique measuring antibodies to the organism
2. Polymerase chain reaction test to Borrelia burgdoferi, measuring the presence of DNA from the organism
3. Lymphocyte transformation test for Borrelia (LTT-MELISA).^{*} A positive reaction demonstrates active infection. It confirms infection status in the sero-negative, sero-equivocal and sero-positive patients. It is also used as an early marker for successful antibiotic therapy.
4. Borrelia burgdoferi IgG and IgM antibody using Immunoblot/ Western blot technique.^{*} This is a standard test to confirm positive or equivocal ELISA results.
5. Bowen test: rapid identification of Borrelia burgdoferi.^{*} This is a research test which is being undertaken by a

laboratory in the United States where the organism is identified by a coloured dye and can be viewed under a microscope.

6. Multi-peptide ELISA for borreliosis and co-infections (Babesia, Ehrlichia, Bartonella). Selected peptides from different components of Borrelia during different life cycles are utilised.
7. IgG/IgM Western allows visualisation of the patient's antibodies response to the organism's outer surface proteins as well as other antigens.

Once the presence of borreliosis is confirmed, the condition is usually treated with specific antibiotic programmes and a

supplement programme. Unfortunately Borrelia organisms are persistent in the tissues, where they can remain, even after recommended treatment.

Some post-infection syndromes, such as fibromyalgia or chronic fatigue, can persist in the absence of the live

spirochaetes and these do not respond to antibiotics.

Sometimes treatment failure is due to irreversible tissue damage caused by the borrelia infection and sometimes patients develop sensitivities, which focus on the injured area. These sensitivities may be overcome by using Breakspear's neutralisation therapy for food allergies.

One specially prepared supplemental treatment that Dr Jean Monro prescribes for many CFS patients is Artesunate. It is an extract of Artemisia (commonly known as wormwood), which contains a bioactive peroxide molecule. Haemoglobin, a major component of red blood cells, contains large amount of "unbound" or free iron. The peroxide molecule in Artemisinin reacts with the iron in the red blood cells to create free radicals and oxygen that, in turn, destroy the parasite's membranes and kill it. Other tissues also contain free iron, the muscle, spleen and liver, especially, so the reaction is not confined to red blood cells.

At Breakspear Hospital, we have found borreliosis is often a very important component of CFS. By addressing the root cause of CFS, patients may recover faster.

^{*} This test includes an evaluation of not only the Lyme organism but also its outer surface protein which it adopts as camouflage.

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. Visit our Pharmacy section at www.breakspearmedical.com for more information or talk to our Pharmacy staff.

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 an additional charge for postage and packaging.

Please allow up to 4 weeks for delivery.

Breakspear Hospital reserves the right to alter prices without notice.

This issue's feature:

Organic plant oils by Body-Benefits

Breakspear Pharmacy now offers this exciting new range of pure Soil Association certified, organic herbal oils

Essential oils are known to improve health and quality of life for people of all ages.

The company behind the Body Benefits brand is Oreganum Health Ltd which is currently developing a whole new range of products as well as a significant number of additions to the Body Benefits range. The company's technical director was part of the development team for Lorenzo's Oil.

The 4 essential oils currently available in this range are all free from nuts and sesame seeds and suitable for vegetarians and vegans.

Flax Oil

- one of nature's richest sources of Omega 3, 6 & 9
- take 1 or 2 tablespoons a day or drizzle onto your favourite food

Hemp Oil

- perfectly balanced ratio of Omega 3, 6 & 9
- helps maintain healthy skin, hair and nails, bright eyes, a stronger immune system, a healthy heart and improved blood pressure
- take 1 or 2 tablespoons a day or drizzle onto your favourite food

Omega Blend

- reliable source of Omega 3, 6 & 9 in the ratio 2:1:1
- try it to maintain healthy skin, hair and nails, bright eyes and a strong immune system. An excellent source of nutrition
- take 1 or 2 tablespoons a day or drizzle onto your favourite food

Evening Primrose Oil

- a rich source of Omega 6, an Essential Fatty Acid containing gamma-linolenic acid
- try it to maintain healthy joints, skin, blood circulation and inner calm
- take 1 or 2 teaspoons a day or drizzle onto your favourite food





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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).

www.breakspearmedical.com

Newsflash: According to the website of the American National Institutes of Health, Office of Dietary Supplements, "Laboratory, animal, and epidemiologic evidence suggests that vitamin D may be protective against some cancers. Epidemiologic studies suggest that a higher dietary intake of calcium and vitamin D, and/or sunlight-induced vitamin D synthesis, correlates with lower incidence of cancer."

What are the typical symptoms of hyperactivity?

Any or all of the symptoms below can be a clue to hyperactivity.

Infants:

- Restlessness, crying and poor sleep
- Colic and feeding difficulties
- Cannot be pacified
- Extreme thirst
- Head banging, tantrums

Older children:

- Restlessness and disruptive behaviour
- Aggressiveness
- Poor concentration
- Clumsiness and impulsiveness
- Continued sleep disturbance
- Poor appetite
- May be withdrawn

- Toddlers' diarrhoea
- Normal or high IQ but fails at school
- Poor hand and eye co-ordination

For more information on Breakspear Hospital's treatment programme, see [Notes on hyperactivity](#) on page 3.

Bulletin Board

Natural Health Week is 27 March - 2 April 2006

The Natural Trade Show is proud to announce the launch of Natural Health Week. Running from 27 March 2006 to 2 April 2006 in Brighton, this will be the first-ever dedicated week of coordinative activity specifically dedicated to all alternative health care professionals from acupuncture and aromatherapy to nutrition and reflexology. For more information, visit www.totalcamshow.com



Una's Wedding

On the 25th August 2005, Breakspear Pharmacy staff member, Una Chapman married Mike Clarke in a tiny chapel, surrounded by close family and friends in Lindos, Rhodes. After 2 weeks away, they returned to the UK and held a big reception for family, friends and Breakspear staff at the Bobsleigh Hotel, Bovingdon, Hertfordshire.

Protect against Tuberculosis

Breakspear Hospital offers mercury-free BCG to babies, children and adults to protect against tuberculosis. Children over 1 year and adults require a skin test (Mantoux) prior to BCG. Call our Immunisation Department to make an appointment 01442 867 280.

