



Breakspears Medical Bulletin

Breakspears Medical Group Ltd, Issue 14

Summer 2007

Notes on treatment for rheumatoid arthritis

Arthritis: inflammation of a joint.

Rheumatoid arthritis: an inflammatory disease which has other systemic symptoms in addition to inflammation of the joints.

Rheumatoid arthritis affects about 1 in 100 people and is more common in women than men.

All age groups can develop arthritis. The initiating cause is unknown but the mechanism of development has been thoroughly studied.

Rheumatoid arthritis is considered an autoimmune disease, with an external trigger which causes the immune response to attack joints, making them painful, swollen and stiff.

Symptoms can include:

- Pain and swelling of small joints of hands and feet
- Marked morning stiffness
- Pain and swelling of large joints, commonly knees
- Nodules on elbows

(Continued on page 4)

Introduction of new equipment for testing carbon monoxide levels

Breakspears Hospital now offers patients breath testing using a portable multi-gas analyser that was developed to measure oxygen, carbon monoxide and hydrogen sulphide in exhaled breath.

On 15 March 2007, Albert Donnay, Executive Director of MCS Referral & Resources in Baltimore,



Albert Donnay demonstrating the multi-gas analyser at Breakspears.

Maryland, USA, demonstrated his hand-held device to Breakspears staff.

He also spoke about the 3-way overlap of chronic fatigue syndrome, multiple chemical sensitivities and fibromyalgia, as well as giving an interesting history and profile of carbon monoxide poisoning.

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Have you ever suspected that you suffer from carbon monoxide poisoning? See page 6 for tell-tale signs.

On the market: AOR pharmaceutical-quality food supplements

When Canada's leading formulator of advanced nutritional supplements, Advanced Orthomolecular Research (AOR), established its UK office in 2004, practitioners and complementary health enthusiasts all over Europe gained easier access to a brand with an impressive record of providing pharmaceutical-quality food supplements.

Canada's tightly regulated food supplement industry requires all manufacturers to obtain an Establishment Licence from the government in compliance with

Good Manufacturing Practice (GMP).

Moreover, all supplements themselves must be

licensed, a process that involves the submission of detailed safety, efficacy and quality reports to Health Canada, which is a



Breakspear Pharmacy now offers AOR's vast range of pharmaceutical-quality food supplements.



One example of AOR's supplemental products is Essential Mix, which is a convenient way to supplement a wide range of essential vitamins and minerals.

People who find it hard to swallow pills, or prefer to take their nutrients in a milkshake, smoothie or juice may prefer to use this powder formula. One scoop daily, mixed into a beverage, is taken with a meal, or as directed.

federal government department. AOR formulations are thus always guaranteed to reflect the original research in terms of standardisation,

dosage, and the form of the compounds used.

Innovation and solid scientific research are at the heart of AOR's development programme.

The company was the first to introduce a genuinely complete vitamin E-complex (tocopherols and tocotrienols) supplement in the form of Total E, and it gave Canada its first vegetarian glucosamine supplement.

In 2000, AOR brought the world its first R(+)-lipoic acid supplement containing the natural and only form of lipoic acid produced in the body for use in the mitochondria, and in 2001 produced Lyprinol - a source of the rare omega-3 fatty acid ETA, which may provide more potent support against inflammation than other omega-3 sources. AOR also introduced North America's first menatetrenone (under the name Peak K2), the mammalian-specific form of vitamin K2 for bone health support; and benfotiamine, a lipid-soluble derivative of thiamine (vitamin B1).

Breakspear Pharmacy now offers AOR's vast range of pharmaceutical-quality food supplements.

Visit AOR's website for more product information: www.aoreurope.co.uk

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.

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Ask Dr. Monroe

I have chronic fatigue syndrome [CFS] and have been told that something called ATP is involved in providing energy. What is this? It would help to understand.

It is good to ask questions and have a better understanding about all aspects of your condition so that you can seek help where it might pertain to you.

ATP stands for adenosine triphosphate. This high-energy chemical molecule gets converted to adenosine diphosphate (ADP) with the release of energy.

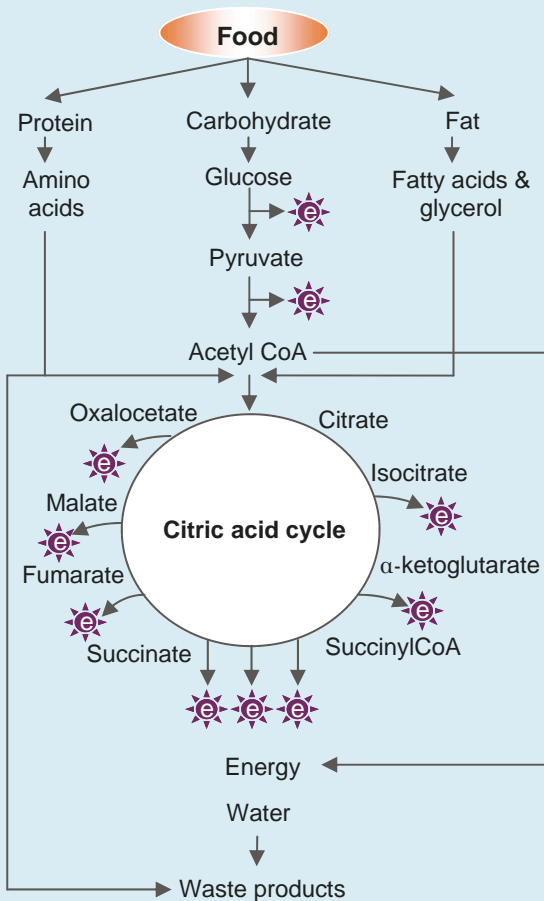
The flowchart shows how foods are degraded and go into what is called the Krebs (or citric acid) cycle. This cycle is part of the body's metabolic pathway involved in the chemical conversion of carbohydrates, fats and proteins into carbon dioxide and water to generate a form of usable energy.

Wherever you see "e" on this chart, energy is being released. The conversion of ATP to ADP is happening at these sites.

There are two main ways of releasing energy. One way is through the Krebs cycle, which is aerobic (using oxygen). The other main way is through the alternate pathway, which is anaerobic (not using oxygen). The anaerobic pathway results in the release of lactic acid, which may cause pain where it is released. This anaerobic route of energy production is not the preferred source of energy for our species but is often used when there is not enough oxygen available for energy production and is the quickest route for energy production from carbohydrates. The lactic acid which builds up in the muscles causes the ache and fatigue that many people complain of, and is equivalent to the muscle ache that might affect an athlete who has been exercising very hard. However, the person with fatigue aches in a manner that is out of proportion to the

amount of activity performed. At Breakspear Hospital, we see impediments in the Krebs cycle in most CFS patients. Various tests are available that can indicate these imbalances and shortages; these test results help our doctors recommend the specific dietary supplements required by each patient to ensure effective chemical reactions occur at all stages of the cycle. Frequently recommended dietary supplements include multivitamins and minerals, niacin (the coenzyme that assists in the breakdown and utilisation of fats, proteins and carbohydrates), folic acid, ribose, L carnitine and vitamin B12.

Krebs Cycle



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Notes on rheumatology treatment

(Continued from page 1)

- Anaemia
- General feeling of malaise and tiredness
- Sometimes dry, gritty eyes
- Pins and needles in the hand due to pressure on the nerve at the wrist



Dr Terence Daymond FRCP (London, Edinburgh), who joined Breakspear Hospital early in 2007, was formerly a Consultant in Rheumatology and Rehabilitation in Sunderland Hospitals. Dr Daymond also sees patients

privately at the Nuffield Hospital in Newcastle Upon Tyne. His main interest has been in the effect of non-steroidal anti-inflammatory drugs in the management of rheumatoid arthritis and osteoarthritis and he has a long-time interest in myalgic encephalomyelitis. To book an appointment with Dr Daymond, telephone Reception 01442 261 333.

There are several ways to diagnose rheumatoid arthritis.

1. Blood tests:

- an antibody called rheumatoid factor occurs in 80% of patients.
- a new antibody called anti-CCP (cyclic citrullinated peptide) can also aid diagnosis but this still depends on clinical findings.
- erythrocyte sedimentation rate (ESR) measures levels of inflammation.
- C reactive protein (CRP) blood tests also measures levels of inflammation.



A good, healthy diet is essential to Breakspear Hospital's approach to treating rheumatoid arthritis.

2. X-rays of hands and feet: show typical damage to joints

3. MRI or ultrasound studies: can identify damage to joints at an earlier stage than x-rays.

It is very important to treat rheumatoid arthritis early to prevent joint damage. A combination of disease-modifying drugs, steroids and anti-TNF drugs, which affect the immune system, requires expert prescribing.

Anti-inflammatory drugs are of help in

relieving symptoms of pain, stiffness and swelling. However, these drugs cause gastric side-effects with indigestion, nausea, dyspepsia and more serious stomach ulcers, which may bleed or perforate.

The new drugs called coxibs are much safer in this regard. However, more recent studies show all these drugs can cause heart attacks, strokes and poor peripheral circulation.

There is no doubt that modern medicine helps

patients suffering from rheumatoid arthritis. At Breakspear Hospital, we can provide extra help by using a holistic approach.

A good, healthy diet is essential to Breakspear Hospital's approach to treating

rheumatoid arthritis. Manipulation of diet may lead to modulation of symptoms and we can determine

dietary triggers which should be avoided. (See page 5 for advice by nutritional consultant Ron Leon.)

Along with healthy meals, dietary supplementation is important. For example, evening primrose and fish oils provide the body with essential fatty acids, which can be converted to anti-inflammatory chemicals that may prevent joint symptoms. Glyconutrients are sugar compounds which are involved in the immune process. Glucosamine sulphate is already used and found to be of benefit in osteoarthritis, both relieving pain and preventing deterioration of the joint. Similarly,

other newer compounds may help in rheumatoid arthritis.

A common form of glyconutrient comes from mushrooms. Reishi mushroom extract is a traditional Chinese medicine and has been shown to be of benefit in patients for many years. It seems to have anti-inflammatory properties and can be used to help in the management of arthritis.

An alternative would be Ambrotose, which is

another sugar compound. Research in the United States has shown this to be of benefit in the treatment of patients with arthritis and chronic fatigue syndrome.

All the above mentioned supplements are nutrients, not drugs.

Management of arthritis requires proper assessment of the patient and their needs with medication, supplements, diet, exercise and healthy living.

The importance of nutrition in the treatment of rheumatoid arthritis

Considerable evidence has accumulated over the past two decades on the important role diet can play in the cause and management of rheumatoid arthritis.

Numerous double-blind, controlled studies have demonstrated positive effects of a low arachidonic acid (found in animal fats) diet along with fish oil supplementation.

A low allergen diet such as one which is low in gluten has also been shown to be beneficial in improving the

symptoms of rheumatoid arthritis. Gluten and dairy are common allergenic foods which have significant variations of symptoms. This individual variation is why there are so many different types of elimination diets being recommended for arthritis.

A diet high in complex carbohydrates (e.g. broccoli), in which the carbohydrates are digested more slowly than refined foods (such as white bread), in conjunction with a

Mediterranean diet, which is high in natural antioxidants, including phytonutrients (plant-derived substances)

has been shown to help patients with rheumatoid arthritis. A Mediterranean diet is typically also one with a high intake of fish and olive oil, thus providing high levels of omega 3 and omega 6 fatty acids. These fatty acids are important for reducing inflammatory processes which compound the joint pain.

An objective measurement of changes in one's condition can be shown

using laboratory assessments such as a C-reactive protein (CRP) test.¹ CRP levels are often elevated during periods of acute inflammation or infection; this blood test can be used as a disease marker.

Dietary changes help to reduce symptoms and achieve a better quality of life.

Breakspear Hospital is pleased to offer the services of qualified nutritional consultant Ron Leon to our patients and to anyone seeking nutritional advice.



Ron has a Bachelor of Science degree in Health Sciences from the University of Westminster in London and a Master of Science degree in Nutrition from Bastyr University in Seattle, USA, which is the leading institution in this field in the world. He has also studied biochemistry and microbiology at Oxford Brookes University.

Feel free to make an appointment with Ron Leon to discuss your nutritional requirements by telephoning Breakspear Reception 01442 261 333.

1. The CRP blood test is available to Breakspear patients through Breakspear Pathology for £45. (Breakspear Medical Group reserves the right to change prices without notice.)

Tell-tale signs of carbon monoxide poisoning

The following information has been extracted from a poster produced and distributed with a grant from AIM Safe-Air Products.

The symptoms of carbon monoxide poisoning are generally flu-like symptoms such as:

- Headache
- Fatigue, weakness
- Muscle pains, cramps
- Nausea, vomiting
- Upset stomach, diarrhoea
- Confusion, memory loss
- Dizziness, incoordination
- Chest pain, rapid heartbeat
- Difficult or shallow breathing
- Changes in sensitivity of hearing, vision, smell, taste or touch



Carbon monoxide can impair function and/or damage the brain, muscles, liver and other organs. It can increase blood sugar, acidosis and polycythaemia while decreasing metabolism, blood pressure and body temperature; at high levels, carbon monoxide may cause coma or death within minutes

Carbon monoxide is most harmful to pregnant women, children, the elderly and anyone with a chronic disorder of the blood, brain, heart or lungs.

There are recommended treatments available. Speak to a doctor at Breakspear Hospital about testing for high carbon monoxide levels and beginning a treatment programme.

Attention all women:

When was the last time you had a full cervical health check?



Breakspear Hospital offers a smear test for abnormal cells, gonorrhoea and chlamydia, together with a check for the virus responsible for cancer of the cervix (HPV).

From the tests performed, it can be determined whether a woman has the virus and whether she has any abnormal cells that indicate an early change in the cervix. We will provide guidance and support throughout the programme.

This comprehensive cervical screen is available at the price of £135* and the results will be available to you in less than 3 weeks.

We also offer a high profile vaginal swab that identifies all abnormal vaginal infections such as Candida, trichomonas and others. (This optional swab is an additional £52*.)

** Prices valid at the time of printing. Breakspear Medical Group reserves the right to alter prices without notice.*

Notes on fibromyalgia

We all suffer from aches and pains particularly after exertion, accidents or during an attack of influenza. Usually these resolve completely.

Ongoing pain may require further investigation. Chronic unremitting pain, such as a constant ache in all muscles associated with generalised fatigue, may occur. This condition is called fibromyalgia.

The official definition of fibromyalgia is:

1. History of widespread pain involving both upper and lower limbs, both sides of the body and pain over neck and lower back
2. Identification of trigger spots by application of thumb pressure to back of neck, shoulder blade, lower back and over the outer aspects of elbows, hips and knees
3. Related symptoms include:
 - severe fatigue associated with disturbed and unrefreshing sleep
 - irritable bowel syndrome (IBS), bloating alternate diarrhoea and constipation
 - disturbances of memory, confusion and 'brain fog'
 - anxiety and depression caused by constant pain
 - dry eyes
 - peripheral shut down of circulation causing cold hands and feet
 - dizziness

The condition is more common in women and affects up to 1.5 million of the UK population.

A typical history is of an injury such a whiplash of the neck causing ongoing pain developing

into widespread symptoms. Pain perception, modified at the base of the brain, plus disturbed unrefreshing sleep contribute to persistence of symptoms.

Management requires a multifactorial approach helping to relieve pain, promote sleep and improve activity.

Drug treatment is a combination of analgesia (pain killers), sleep modulators (amitriptyline) and occasionally certain antidepressants.

A recently published study shows patients suffering from fibromyalgia benefited when heat radiation was added to their rehabilitation programme.



Physical treatments may include transcutaneous nerve stimulation (TNS), acupuncture and gentle aerobic exercise.

Heat has a long history of relieving pain either topically (by hot water bottle) or electrically (by ultrasound). Whole body heat can be provided by infrared light using a hyperthermia infrared-A bed. At Breakspear, we offer sessions on our IRATHERM®1000. In this equipment, infrared light is filtered through water and the individual will be exposed only to infrared-A frequencies. Once the heat reaches the skin, where the blood circulates readily and freely, there is a rapid distribution of warmth to the whole of the body and the core temperature of the body can be raised by several degrees centigrade. Most other forms of heat therapy raise the temperature by only tenths of a degree. This form of heat radiation is much more effective.

A recently published study shows patients suffering from fibromyalgia benefited when heat radiation was added to their rehabilitation programme.

Dr T Daymond, our Consultant Rheumatologist, has a long term interest in fibromyalgia and can advise on management of this condition and advise patients who may benefit from IRATHERM®1000 hyperthermia treatment.

MMR vaccine claims going to court in USA

The British Medical Journal 16 June 2007 reported:

The first of three cases on whether the measles, mumps, and rubella (MMR) vaccine can cause autism opened in the United States Court of Federal Claims this week...

In late May 2007, the United States Court of Federal Claims' website stated that there were just over 4,800 petitions in autism cases remaining pending, delayed (at the petitioners' own requests) until the conclusion of these Omnibus Autism Proceedings.

There is speculation that this American trial will reignite the controversy about the safety of the combined MMR vaccination which arose when Dr Andrew Wakefield, a British gastroenterologist, presented information about research which indicated



a possible link between the measles virus, autism and bowel disease. Dr Wakefield is one of the 17 expert witnesses for the first of these three American test cases.

The first test case is of 12 year old Michelle Cedillo where three theories will be presented. These theories are that autism, autistic spectrum disorders and related disorders can be caused by the MMR vaccine, by other childhood vaccines containing the mercury preservative thiomersal, or by a combination of thiomersal-containing vaccines and MMR.

Both parties have agreed to make this case completely open to the public.

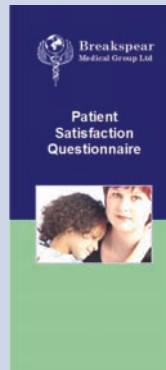
If the case is successful, the US government could be ordered to pay more than \$1 million in compensation, as well as legal costs.

Would you recommend Breakspear Hospital ?

As part of Breakspear Medical Group's self-assessment procedures, the 2006 Patient Satisfaction Questionnaires were recently examined and a summary was compiled.

We are pleased to report the following results:

- 50% of the people who completed the questionnaire had been recommended to Breakspear Hospital.
- Just over 81% of the respondents were able to book their appointments with less than 1 week waiting time.
- 97% rated Breakspear Hospital's nursing care "above average".
- 99% rated Breakspear Hospital's catering as "above average".
- 100% of the patients who completed the forms would recommend Breakspear Hospital.



If you would like to help Breakspear Hospital improve its facilities and/or service, please pick up a questionnaire next time you visit and your opinions will be part of the 2007 report.

Did you know...?

Womb cell op raises birth risk

According to BBC Online 3 January 2007:

The most common operation to remove abnormal cervical cells raises the risk of giving birth early, experts say. A study of 5,000 Australian women found when a heated wire, loop diathermy, was used the risk rose substantially. Young women should not automatically have diathermy, the BJOG obstetrics and gynaecology journal says. UK experts said abandoning the treatment could mean up to 1,500 fewer premature births a year - and they said doctors should consider alternatives.


EFAs as effective as antidepressants

An article in the Guardian stated that, "Dr Basant Puri, psychiatrist and co-author of The Natural Way To Treat Depression (Hodder), says diets low in omega 3 eicosapentaenoic acid (EPA) essentially starve the brain and weaken the phospholipid layer of the brain cells, which in turn inhibits the activity of feel-good neurotransmitters such as sero-otonin and dopamine."

He told delegates at Natural & Organic Products Europe in April 2007 that there is good clinical evidence that essential fatty acids (EFAs) are as effective as antidepressants and are effective in improving patients with myalgic encephalomyelitis (ME) or chronic fatigue syndrome (CFS). His lecture entitled, "Natural Ways to treat depression, ME and Fibromyalgia".

Brain changes in first Gulf War veterans

According to MedPageToday 1 May 2007, a small study by Frederick Powell MD, of Boston University, USA, concluded that some veterans of the first Gulf War are showing functional and structural brain changes that may be related to wartime exposures to neurotoxic substances.



The symptoms of 36 Gulf War veterans included arthralgia, fatigue, memory problems, headaches, skin rash, nausea, and problems with concentration.

The symptoms of 36 Gulf War veterans, followed for 16 years as part of a longitudinal study, included arthralgia (pain in a joint), fatigue, memory problems, headaches, skin rash, nausea, and problems with concentration. About half the veterans had five or more symptoms. Regions of the brain involved in cognition, attention, and memory were significantly smaller in Gulf War veterans who complained of five or more symptoms than in those who had fewer.

The co-author of the study, Roberta White PhD, a professor of neurology at the Boston University School of Public Health, USA, said that the investigators suspect that exposure of Gulf War veterans to hazardous substances such as pesticides and other neurotoxins may account for the central nervous system changes they observed, as suggested by other studies.

Girls of 12 to get sex virus jab

According to the Sun, under proposed government committee plans girls aged 12 are to be vaccinated against the sexually transmitted virus that causes cervical cancer. Our Immunisation Department offers the vaccine, Gardasil, which is an inactivated vaccine. Gardasil helps prevent diseases caused by human papilloma virus (HPV) types 6,11,16 and 18, which may cause up approximately 70% of cases of cervical cancer.

Breakspear Hospital Trust thanks you

By Ron White

Breakspear Hospital Trust (Registered Charity No. 1100205)

Very many thanks to all of you who responded to our appeal in the Winter/Spring 2007 Bulletin.



"...on behalf of those people we have helped and all the trustees, I would like to express our gratitude..."- Ron White, Breakspear Hospital Trust Chairman.

You can be sure that your donation will be put to good and effective use; maybe it already has been. Don't worry if you haven't donated anything yet as it's never too late!

It's going on three years since our charity made its first grant and although in the meantime we have had to refuse a number of applicants whom we would dearly like to help,

it has nevertheless been rewarding to be able to assist with the funding of treatment for a

steady stream of very poorly and needy people. Of course all this would be impossible without the generosity of our

donors, and, on behalf of those people we have helped and all the trustees, I would like to express our gratitude to them all.

Editor's note: At the time of printing of this edition of the Bulletin, over £2100 has been raised through this appeal and donations are still being received.

Help save the environment and help Breakspear Hospital Trust

In an effort to be more environmentally friendly by cutting down on our use of printing inks and paper, and possibly reducing some of the carbon emissions of postal trucks, we are asking people to sign up to receive their Breakspear Medical Bulletin by email!

You will receive email notification and a URL link which will take you directly to the latest Breakspear Medical Bulletin *before* it is mailed out by the printers. That means you will be one of the first people to see the new Bulletin possibly days before it is snail mailed to everyone else!

If you sign up for email receipt of the Breakspear Bulletin, Breakspear Medical Group will donate £2 to Breakspear Hospital Trust. The money raised by the Trust is used to help patients who are unable to afford treatment for allergy and environmental illnesses and also helps fund medical research projects.

All you have to do is send your full name, current mailing address, and email address to Ljenkins@breakspearmedical.com with the subject heading: "Save the environment and donate to Breakspear Hospital Trust."



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, as well as recommended products such as Epsom salts and hydrogen peroxide, are all available at 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:

Cordyceps sinensis —the wonder mushroom

Since their introduction to the western world in the 1980s, these mushrooms have shown effects in research studies on cardiovascular, immune, skeletal muscle and respiratory functions and lipid metabolism.

MRL Limited's Cordyceps sinensis is derived from a master strain of Cordyceps sourced from Nepal. The powder contains both mycelium and primordia (young fruit body) cultivated into a biomass that is grown on a sterilised (autoclaved) substrate. This cultivation process ensures the powder is free from contamination by other fungi and that pesticides and heavy metals are absent. The cultivation system is proprietary, allowing for standardised production of Cordyceps sinensis. The powder biomass is then sealed in plastic containers for shipment to the United Kingdom.

Unlike some other Cordyceps available on the open market, the MRL raw material is not harvested from dead caterpillar but rather is grown on a sterile culture medium. Thus the possibility of contamination by harmful bacteria or fungi is eliminated.

See Issue 8 Spring 2005 of the Breakspear Bulletin for Dr Jean Monro's article on Cordyceps sinensis—the wonder mushroom.





Tuberculosis: an infectious bacterial disease characterised by the growth of nodules in the tissues, especially the lungs.

Mercury-free vaccinations available for all ages

To protect against TB, Breakspear Immunisation offers mercury-free bacillus Calmette Guérin (BCG) to babies, children and adults. The cost of the vaccine is £50*.

A tuberculin skin test is carried out to determine past or present TB infection and is performed prior to BCG vaccinations on children over 1 year and adults. This test is called the Mantoux test, which is read in 48-72 hours. Our price for the Mantoux test is £50*.

To book an appointment for a BCG vaccination or any of our other vaccinations, including those for separate MMR and pneumococcal meningitis, telephone 01442 867 280.

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Bulletin Board

Royal College of Physicians credit lecture at Breakspear



On 22 March 2007, our Dr Peter Julu presented his lecture, *Role of Brainstem Autonomic Assessment in Patient Care: Beyond the Tilt Test (RCP code=36547, 4 credits)*. This Royal College of Physicians certified 1-day presentation and clinical workshop explained more about Breakspear's Peripheral Nerve and Autonomic Unit equipment and services to visiting doctors.

Medical Director lectures abroad



Dr Jean Monro presented her lecture, "Man's Sense of Awareness as Illustrated by Autonomic Dysfunction" at the 25th Annual International Symposium on Man and His Environment, in Dallas, USA on 7-10 June 2007. In April 2007, she presented, "Mushroom Nutrition and Role in Increasing

One baby, two baby, three baby...four!



Aiden Clarke, son of Una in Pharmacy, was born 4 March 2007 and weighed 5 pounds 3 ounces.



Kabir Hayer, baby brother of Janakdeep and son of Raj in Accounts, was born 4 April 2007 and weighed 7 pounds 11 ounces.



Nella Marks, daughter of Nikki from Immunisation Reception, was born 10 May 2007 and weighed 7 pounds 11 ounces.



Max Pedder, son of Phillippa in Accounts, was born 20 May 2007 and weighed 8 pounds.

Natural Killer Cell Activity in Chronic Fatigue Syndrome Patients: Implications for Cancer Care" at the International Mycotherapy Conference in Bologna, Italy.