

Breakspear Medical Bulletin

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Notes on iodine

Dr Christabelle Yeoh

Iodine deficiency is the most common cause of preventable mental impairment worldwide.

Iodine deficiency has many adverse effects on the growth and development of the brain. Iodine has important metabolic effects, working through the thyroid, and is also present in other tissues and organs in the body.

Traditionally in the Western diet, a major source of iodine was bread; iodate previously was used in bread making but has been replaced by bromide-containing conditioners.



the thyroid gland) was previously common in areas where the soil was deficient in iodine. For example, in the Midlands, this was known as the Derbyshire neck. The most serious adverse effect is damage to the foetus, causing irreversible deficits in development of the brain. Severe iodine deficiency can

lead to cretinism (severely stunted physical and mental growth) and mild to moderate deficiencies are associated with impaired mental and psychomotor development of the offspring.

Non-thyroidal iodine is found in the mammary tissue, eye, gastric

(Continued on page 2)

The body of an adult contains 15-20mg of iodine, of which 70% is contained in the thyroid gland. The thyroid hormones thyroxine (T4) and tri-iodothyronine (T3) contain 65% and 59% in weight of iodine respectively. Iodine deficiency therefore results in inadequate thyroid hormone production. A goitre (swelling of

Introducing Breakspear's new corporate image

Breakspear Hospital and Breakspear Medical Group Ltd have made some small changes to the logo and lettering used on the letterhead, business cards and various other documents, to refresh the image. The changes to letterhead, business cards, fax cover sheets and compliment slips came into effect 1 December 2008.

You may notice the small changes (although some of you may not), so don't be alarmed if

something just looks a wee bit different about our correspondence.

The old logo is still in use but gradually forms, information booklets and other documents will be updated with the new design, as will the signs on the buildings.


We are pleased to announce this new corporate logo and will continue to provide all our services and care as we have for over 20 years.

Inside:

On the market: a new way to test for Lyme disease	2
Ask Dr Monro	3
Reducing the risk of cervical cancer in girls and women	4
Should boys be vaccinated against HPV, too?	5
Your thoughts on GM foods	5
New thoughts on hay fever provided by patient survey	6
Now is the time to start a hay fever treatment programme	6
7-year legal battle won to force rethink on use of pesticides	7
New thoughts on rethinking baby food allergies	9
Study confirms GM crops threaten human fertility and health safety	9
New thoughts on pet food additives and bad behaviour	9
Did you know...?	10
Breakspear Hospital Trust Reception at House of Commons	12
Bulletin Board	12



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On the market: a new way to test for Lyme disease

A new method has been developed to detect Lyme disease (*Borrelia burgdorferi*). This new antigen test detects the organism itself and is a more direct way of identifying the Lyme organism in a blood sample.

Previously all Lyme disease tests (serology and western blot) done at Breakspear Hospital were testing for antibodies or immune responses (lymphocyte transformation tests).

This new test uses a flow cytometer, which is a specific instrument designed to count, examine and sort bacteria suspended in blood. 50,000 events are counted in one minute and the number of bacterial antigens reacting with the *Borrelia burgdorferi* fluorescent antibody are counted in a diluted blood specimen and reported as a percentage. Simply put, the percentage indicates the number of organisms per 50,000 events counted.

The results are expressed as:

≤ 0.02% negative
0.03% borderline positive
≥ 0.04 positive

This test is particularly useful where a patient's immune responses are not strong enough to produce the antibodies that are used for detection in other tests.

In order for a most accurate diagnosis, it is ideal to couple the use of this Direct Fluorescent Antibody with Enumeration and Quantification by Flow Cytometry test with the clinical history and other serological (blood) markers of Lyme disease. When used several times over a period of time, it can effectively monitor the Lyme disease treatment progress.

For more information, contact Breakspear Pathology.

Notes on iodine

(Continued from page 1)

mucosa, cervix and salivary glands. Researchers have reported that the body can in fact hold up to 1500mg of iodine, indicating its far reaching importance in the body beyond the thyroid gland.

Years ago, the major dietary sources of iodine in the USA and Europe were bread and milk. Traditionally, iodate was used in bread making

as a conditioner for dough, but it is now being replaced by bromide-containing conditioners. Iodised salt has been more widely used in an attempt to reduce worldwide iodine deficiency, but this is less available in Great Britain.

Insufficient iodine intake is the major cause of thyroid deficiency but there are dietary substances and toxins (goitrogens) that can interfere with thyroid metabolism. Most goitrogens do not have a significant clinical effect alone, but can exacerbate a coexisting deficiency.

Pre-existing nutrient deficiencies of selenium, iron and vitamin A contribute to thyroidal deficiency.

There is competitive inhibition of iodine uptake by other halogens, namely fluorine and bromine. Chlorine may also cause inhibition of thyroid hormone production. Fluoride toothpastes are therefore not recommended, as excess intake of fluoride is a major contributor to hypothyroidism. Fluoride is present in water, where added by water companies, in soft drinks, and is naturally occurring in tea.

Iodine helps to remove toxic chemicals such as fluoride and bromide. However this is a competitive process, such that a larger

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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, Breakspear Hospital 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.

Ask Dr Monro

I have heard so much about methylation being important for my child who has autism. Please can you explain this for me?

The process of methylation helps to regulate healing, the production of energy and the way in which our DNA (our genetic code) expresses itself. It is required for neurological function, which includes muscle strength, autonomic nervous system function (tasks generally performed with little or no conscious control, such as breathing, salivation and heart rate), and the ability to feel different sensations.

Methylation is also required for detoxification processes and immunity. Defective methylation can lead to a number of serious health conditions with further assault by environmental

concentration of iodine is required to remove these toxic halides, as they are chemically more reactive than iodide. This is why the use of fluoride toothpastes and bromide in bread mixes has an adverse effect of displacing iodide from the thyroid and other tissues.

In order to calculate the minimum requirement of iodine that is needed for supporting thyroid function, health authorities have performed studies on people with cretinism, mental retardation, goitre and hypothyroidism.

These minimum intakes would help to address the worldwide problem of severe thyroidal deficiency diseases, a major problem in parts of Africa and Asia. However, the importance of iodine extends beyond the thyroid gland. There are receptors for iodine in the ductal cells of breast tissue (which can become cancerous), indicating its requirement for iodine.

Animal studies show that iodine prevents breast cancer, when induced by various carcinogens, by more than 70%. Similar findings apply to fibrocystic disease of the breast. Animal studies

and infectious agents.

In biochemistry, methylation is a process by which a group of chemicals are used in chemical transfer. Specifically, it is a transfer of a methyl group, which comprises one carbon atom and three hydrogen atoms, between amino acids, proteins, enzymes and the DNA in every cell and tissue of the body.

Everyone needs a source of methyl groups, which most people get from a healthy diet. People with a variety of illnesses related to immune deficiency and/or toxic exposure and those who have autism benefit from supplementation. Methionine is a key amino acid in the process; folate and B12 are also fundamental.

For more information, including graphs which illustrate the processes, please request a copy of Dr Jean Monro's methylation paper.

show that an iodine-free diet leads to fibrocystic disease in the breast and iodine then given in its elemental form cures it.

The effectiveness of iodine treatment for fibrocystic breast disease in humans has also

been shown and published in scientific journals. Iodine very effectively reduces breast tenderness, nodularity, fibrosis and swelling of the breast tissue.

Researches have also shown that

iodine increases the antioxidant status of human serum, similarly to vitamin C. Iodine decreases free radical damage, therefore iodine-deficient glands contain increased amounts of malondialdehyde, a product of lipid peroxidation that occurs as a result of inadequate iodine stores.

Iodine helps to control programmed cell death (also known as apoptosis, a process essential to the control of growth and development of cells). Human lung cancer cells have been shown to undergo apoptosis when given iodine both in

(Continued on page 8)



Goitrogens, which interfere with thyroid metabolism, include:

Pollutants : perchlorate, polybrominated biphenyls, smoking

Foods: cassava, lima beans, sweet potato, sorghum, soy, millet, cruciferous vegetables (in very large quantities)



Reducing the risk of cervical cancer in girls and women

The human papilloma virus (HPV) is the virus that causes cell changes that can lead to cervical cancer. It is a common virus that is mainly passed on during sexual intercourse.

There are different types of HPV; types 16 and 18 may cause up to approximately 70% of cases of cervical cancer.

There are different vaccines available that offer women protection against HPV.

The vaccine currently offered every year by the NHS to 12- to 13-year-old girls (school year 8) is called Cervarix® and only protects against HPV types 16 and 18. *(Note: A three-year catch-up programme was also started and offers the vaccine to older girls aged 13-18.)*

There is no current plan to offer the vaccine to those aged 18 and over as part of a national programme.

Breakspear Hospital offers Gardasil®, which is an inactivated virus vaccine and helps prevent diseases caused by HPV types 6, 11, 16 and 18. As it provides protection against 4 types of HPV, this vaccine offers protection against cervical cancer and genital warts, which Cervarix® does not.

According to the NHS website: www.immunisation.nhs.uk/Vaccines/HPV/Resources, "Young women who are older than the catch up age groups will continue to be invited to be screened as part of our highly successful national cervical screening programme (women are invited to be screened from the age of 25)." This leaves a group of often sexually-active young women ages 18-24 without access to NHS HPV vaccines and without access to cervical screens to test early

for cell changes, which could lead to cancer.

Breakspear Hospital offers women Gardasil® to protect against the 4 types of HPV virus and we offer complete cervical screenings to women 16 years of age and older to detect abnormal cells and HPV DNA, and test for gonorrhoea and Chlamydia.

An important point to emphasise is that the cervical cancer vaccine is not a treatment for cervical cancer, high-grade cervical, vulvar and vaginal dysplastic lesions or genital warts, neither is it a substitute for routine cervical screenings. It is, however, the first approved vaccine developed to prevent cancer.

The primary vaccination series consists of 3 separate doses, given at intervals of 0, 2, 6 months. Alternatively the second dose should be administered at least 1 month after the first dose and the third dose should be administered at least 3 months after the second dose. All 3 doses should be given within a 1-year period.

The course of 3 vaccinations is currently £450.00.* The initial visit and vaccination will include a brief consultation with a doctor.

We also offer full cervical health screenings which test for abnormal cells, gonorrhoea and Chlamydia, together with a check for HPV DNA. (If HPV DNA is found, we suggest a successful anti-viral treatment programme.) The comprehensive cervical screen is available at the price of £135* and the results will be available to you in less than 3 weeks.

For more information or to book a consultation, please contact First Floor Reception 01442 867 280.

Important

- Cervical cancer is the second most common cancer that affects women. (Breast cancer is the most common.)
- Approximately 1500 women die from cervical cancer in the UK every year.
- Smoking appears to increase a woman's risk of developing cervical cancer.
- Cervical cancer is caused by a virus called human papilloma virus (HPV).
- There is now a vaccine available to prevent infection by HPV, which can lead to cervical cancer and genital warts.

womanly facts



Should boys be vaccinated against HPV, too?



Human papillomavirus (HPV) is globally one of the most common sexually transmitted infections. Both men and woman are carriers of the virus, which is mainly transmitted during sexual intercourse. Non-sexual routes of transmission are also possible.

HPV affects men almost as often as women, but usually imperceptibly and without symptoms.



A study...found vaccinating boys as well as girls before the age of 12 would show the greatest reduction of infections and would greatly increase the number of lives saved.

There are strains of HPV that cause genital warts in both men and women. According to an article by Jeffrey M Partridge and Laura A Koutsky, "Genital human papillomavirus infection in men", *Lancet Infect Dis.* 2006;6:21-31, "Genital warts are a very common sexually transmitted disease (STD) with an annual prevalence estimated to be 1% of the sexually active population of those aged 15-49 years in the USA."

HPV has been linked by positive DNA test results to half to three-quarters of penile cancer cases. There have also been links to low rectal and anal cancer as well as to 47% of head, neck and throat cancer cases. Mouth cancer kills 1 person every 5 hours in the UK and affects more men than women.

Currently the global drive is to immunise women and girls to prevent the spread of this harmful virus.

The discovery that HPV causes cervical cancer was made by Harald zur Hausen and colleagues

about 30 years ago, which started the development of a vaccine to eradicate this terrible disease.

If men and boys were to be immunised as well, it would establish "herd immunity", thus reducing

the chances of an infected man transmitting to a susceptible woman. It would also help protect same sex partners.

There has been some doubt about whether the vaccine will be as immunogenic in males as it is in females, although early trial results seem to dispel these concerns. A study sponsored by GlaxoSmithKline, summarised in *MedPage Today* 19 December 2008, stated, "investigational bivalent human papilloma virus vaccine appears as immunogenic and well tolerated in boys as in girls..."

There are numerous organisations protesting the introduction of this vaccination, as it is viewed that it will encourage those immunised to believe that they are immune to all sexual diseases and encourage promiscuity.

A study by researchers at Merck Research Laboratories into the best strategy for using Gardasil®, one of the cervical cancer vaccines available, found that vaccinating boys as well as girls before the age of 12 would show the greatest reduction of infections and would greatly increase the number of lives saved.

For more information on Gardasil®, see article on page 4, "Reducing the risk of cervical cancer in girls and women".

Your thoughts on GM foods

A number of our Bulletin readers and website visitors completed our fourth on-line survey which provided the results below.

When asked to select one statement that best describes how respondents feel about GM foods:

50% chose "Ban all GM food"
33% selected "Against GM food"
17% indicated "No opinion/not sure"
0% were in favour or strongly support GM foods

83% said that their greatest concern about GM foods is "long-term human health consequences"

67% said that they actively avoid GM products when shopping

83% said that they support strict labelling of GM products to ensure consumer choice

92% would like farmers to source non-GM animal feed, so meat and dairy products would have no links with the GM process



New thoughts on hay fever provided by patient survey

A review published in Medscape Today July 2008, examines the burden of hay fever (allergic rhinitis) on patients, based on a survey conducted by the European Federation of Allergy and Airways Diseases Patients' Associations (EFA) in Belgium, the Czech Republic, Finland, France, Germany, Greece, Italy, the Netherlands, Spain, Switzerland and the UK.



According to the article, "The Patient Voice Allergy Survey was a quantitative, self-completion survey of 3562 patients with allergic rhinitis (16 years and older). Background information on allergic rhinitis, severity of allergic rhinitis symptoms and their impact on lives, nonmedical measures for relieving of symptoms, types of medications, and concomitant conditions were evaluated."

The results of the survey found that almost 50% of the hay fever sufferers reported symptoms

lasting for more than a season.

Although many patients were satisfied with the current allergic rhinitis medications, the report concluded that at least 1/5th were dissatisfied with them.

The survey also concluded daily activities, sleep and emotional life are all affected by hay fever and that many patients felt that preventive household adjustments are expensive, with little perceived benefit.

The patients surveyed perceive that allergic rhinitis worsens other concomitant allergic diseases.

The organisers of the new survey hope that future management guidelines for allergic rhinitis will take into account the results of this survey, which would "promote relief from the emotional burden of allergic rhinitis and from the negative impact on daily activities, encourage patient education, and maintain and build on the strong partnership between patients and healthcare professionals".

Now is the time to start a hay fever treatment programme

The incidence of hay fever has steadily increased since the industrial revolution. It now affects almost 20% of the population in the UK.

The peak age for contracting hay fever is 20 years, although many children suffer, and it may develop at any age.

Hay fever can occur at any time between February and September depending on the pollen(s) responsible. The commonest problem is with grasses and these pollens are produced from April to the end of September.

Traditionally treatments for hay fever have involved the use of antihistamines, steroids and decongestants.

Antihistamines often cause drowsiness and many rarely do more than modify the symptoms.

Steroids come in many different forms, have many undesirable side effects and reduce immunity to infection.

Decongestants are drugs which cause the lining of the nose to shrink, thus reducing the congestion which occurs as a result of histamine release in hay fever. Unfortunately decongestants often need to be taken with increasing frequency, in increasing dosage, and symptoms may become even worse as the drug's effects wear off.

Breakspear Hospital offers a low-dose immunotherapy hay fever programme, which is available for a basic package cost of £287.91 and includes:

- An initial consultation with a Breakspear doctor. After this, the doctor will make recommendations concerning treatment, where appropriate
- A booklet with information and data on hay fever, tips on how to change your environment and diet to improve your condition and a listing of the

7-year legal battle won to force rethink on use of pesticides



An environmental campaigner, Georgina Downs, won a landmark victory against the government in a long-running legal battle over the use of pesticides.

In November 2008, the high court ruled that Downs, who runs the UK Pesticides Campaign www.pesticidescampaign.co.uk, had produced "solid evidence" that people exposed to chemicals used to spray crops had suffered harm.

The court said the government had failed to comply with a European directive designed to protect rural communities from exposure to the toxins. It said the environment department, Defra, must reassess its policy and investigate the risks to people who are exposed. Defra had argued that its approach to the regulation and control of pesticides was "reasonable, logical and lawful".



Downs said the government had failed to address the concerns of people living in the countryside "who are repeatedly exposed to mixtures of pesticides and other chemicals throughout every year, and in many cases, like mine, for decades". People were not given prior notification about what was to be sprayed near their homes and gardens, she said.

Downs, who lives on the edge of farmland near Chichester, West Sussex, launched her campaign in 2001. The judge described how she was first exposed to pesticide spraying at the age of 11 "and began to suffer from ill health, in particular flu-like symptoms, a sore throat, blistering and other problems".

allergens for which you will be tested including such items as histamine, various moulds and pollens

- A specific allergen testing session in our testing ward, which will take approximately half a day. *(Should you require any additional items to be tested, an estimate for this will be provided.)*
- A prescription for a 3-month supply of tailor-made low-dose immunotherapy vaccines (for injection) and syringes for you to use at home. *(There is an additional cost for administration by drops.)* Breakspear Medical Group has its own in-house licensed laboratory which produces the vaccines.
- An individualised nutritional supplement programme to strengthen your immune system.

Good nutrition is important because some foods can exacerbate symptoms; some people are helped by avoiding wheat and histamine-containing and histamine-releasing foods, such as cheese, strawberries, pork and shellfish. *(The cost of the supplements varies from patient to patient and therefore is not included in the treatment programme cost.)*

Our hay fever programme is a safe and effective treatment.

If you or someone you know suffers from hay fever, make an appointment for a consultation with a Breakspear doctor to start our hay fever treatment programme before the hay fever season begins.

* Breakspear Medical Group reserves the right to change prices without notice—2009.

Notes on iodine

(Continued from page 3)

vitro and when implanted in mice. There is also evidence that iodine suppresses autoimmunity in thyroid disease and strengthens the T cell adaptive system.

In addition to the thyroid and mammary glands, other tissues in the body possess an iodine pump. These include the stomach mucosa, salivary glands, lactating mammary glands, ovaries, the thymus gland, skin, choroid plexus



The WHO recommendations for iodine intake are:

- Children 0-5 years 90 mcg/day
- Children 6-12 years 120mcg/day
- Children >12 years and adults 250mcg/day
- Pregnancy 250mcg/day
- Lactation 250 mcg/day

in the brain (which makes cerebrospinal fluid), joints, arteries and bone. The iodine pump (also known as the sodium-iodine symporter) can concentrate iodine almost to the same degree as the thyroid gland (40 fold greater than its concentration in blood), indicating the requirement of these glands for high tissue concentrations of iodine.

There are published concerns about taking too much iodine. It is reported that taking more than 1mg of iodine can increase the thyroid stimulation hormone. However, this is a temporary effect and has no clinical significance. The prevalence of thyroid disease in the 127 million people in Japan who consume high amounts of iodine is no different from the occurrence in the US. People in the US consume 250 micrograms (mcg) daily and in Japan, the average consumption is 12 milligrams (mg) daily, which is a 50 fold greater amount. Breast cancer in the US is the highest in the world and in Japan, it is the lowest. The infant mortality rate in Japan is also the lowest in the

world at 3.5 deaths per 1,000 live births, which is half the infant mortality rate in the United States.

A researcher of iodine, Dr Guy Abraham, a former Professor of Obstetrics and Gynecology at UCLA, performed studies on patients, using doses of iodine between 12- 50mg daily and found it to reverse fibrocystic breast disease. He also reported on diabetic patients requiring less insulin, hypothyroid patients requiring less thyroid medication, symptoms of fibromyalgia improving and fewer migraines in patients who suffered from them.

Topical iodine is also used to prevent and treat infections that may occur in minor scrapes and cuts. It is an antiseptic, killing bacteria that can cause skin infections. It is also useful in the treatment of parasitic skin infections such as scabies. It is well absorbed through the skin. Therefore when it is used long term, consideration should be given to

the total intake of iodine.

Breakspear Hospital offers specific laboratory testing which measures the functional deficiency of iodine in the body. The iodine/iodide loading test offered by Doctor's Data Inc. is based on the concept that the normally functioning human body has mechanisms to retain ingested iodine (through the iodine symporter) until whole body sufficiency for iodine is achieved. The test is done before and after a dose of iodine. The amount that is retained in the body is an indicator of the deficiency. This test can be used to guide treatment with iodine very accurately when using larger doses, e.g 12mg daily. The halide loading test gives further information on toxic fluoride and bromide loads in the body. Fluoride and bromine are measured in the urine once a dose of iodine is given, due to the beneficial displacement of toxic halides by iodine.

For more information on the importance of iodine, please request a copy of the Dr Jean Monro's latest paper, which explains processes in more detail.

New thoughts on rethinking baby food allergies



It was reported in the Sunday Telegraph, 26 October 2008, that Professor Gideon Lack, a paediatric allergy specialist at King's College London, believes that there is growing evidence that parents ought to feed their children a variety of potentially allergenic foods, including peanuts, fish and eggs, from a young age, in order to protect them from allergies.

This advice is contrary to the advice from public health officials at the Department of Health and the World Health Organisation, who insist that children should avoid these potentially allergenic foods until they are 3 years old.

Professor Lack explains that the body's immune system should learn early in life that proteins



from food are harmless and innocuous substances and are not to be rejected. Regular exposure early in life may help the immune system to distinguish between friend and foe. He believes that children who have eaten peanuts early will not be as prone to an allergic reaction as children who have not, when they come into contact with them through their skin or eat them later in life.

Currently Professor Lack is conducting a 5-year study using 650 children who suffer from eczema, which is known to increase the risk of developing an allergy. Half the group are being fed peanuts while they are being weaned between the ages of 4 and 11 months, while the other half are not being fed peanuts. As the children grow up, their immune systems will be tested for allergies.

Study confirms GM crops threaten human fertility and health safety

A long-term feeding study commissioned by the Austrian Agency for Health and Food Safety, managed by the Austrian Federal Ministry of Health, Family and Youth, and carried out by University of Veterinary Medicine Vienna, confirms genetically modified (GM) corn seriously affects reproductive health in mice.

There has always been concern about links between GM foods and infertility, along with other health risks, and the results of this study have fuelled further debate.

According to an article in the Daily Mail, 12 November 2008, "Feeding mice with genetically modified corn developed by the US-based Monsanto Corporation led to lower fertility and body weight, according to the study conducted by the University of Veterinary Medicine in Vienna. Lead author of the study Professor Zentek said, there was a direct link between the decrease in fertility and the GM diet, and that mice fed with non-GM corn reproduced more efficiently."

New thoughts on pet food additives and bad behaviour

On BBC Radio 2 in September 2008, TV vet Joe Inglis, representing the Campaign for Real Pet Food, warned that the increasingly common behavioural issues in children, associated with some food additives, are also a problem with family pets.

According to the Campaign for Real Pet Food, millions of animal lovers are putting the health of their pets at risk by feeding them brand pet foods that are packed with additives and chemicals.



Pet food manufacturers use general phrases, such as "meat and animal derivatives" and "EC permitted additives", which cover a list of about 4,000 chemicals, in ingredient lists that hide the real content from pet owners.

Food allergies and intolerances are being cited as causes of bad behaviour, such as hyperactivity, and illness in pets.

For more information, visit www.crfp.org.uk

Did you know...?

Ayurvedic herbal medicines often contaminated by toxic metals, study says

Many studies have shown that even small levels of lead in the blood can increase the risk of high blood pressure, kidney dysfunction and decreased IQ. A recent American Ayurvedic herbal medicines study states, "A fifth of the nearly 200 concoctions tested contained levels of the toxic metals [such as lead, mercury and arsenic] that, if taken at the maximum recommended doses, would surpass California's safety guidelines."

Dr Robert Saper, the Boston University Professor of Family Medicine who led the study, said the findings should spur the Food and Drug Administration to start clamping down on the largely unregulated world of pills, herbs and powders classified as dietary supplements.



Ayurveda is a traditional Indian practice dating back thousands of years that uses herbal medicine, meditation and exercise to promote good health. In India, it exists alongside modern medicine,

with its own network of clinics, hospitals and colleges serving hundreds of millions of patients. This type of treatment has spread to Europe and the US and been popularised by celebrities.

There may be an artificial sex hormone in your baby's bottle



An artificial sex hormone called bisphenol-A (BPA) is an ingredient used in polycarbonate plastics as a hardener. Polycarbonate is used

for a wide variety of consumer products, including baby bottles, "sippy" cups, refillable water bottles, microwave ovenware and utensils, food containers, and some clear plastic pitchers used for filtering water. In general, any hard, clear, unbreakable plastic is probably made of polycarbonate.

BPA mimics the sex hormone oestrogen in the body, and oestrogen is linked to a variety of health problems, such as cancer, diabetes and neurological, reproductive and developmental disorders.

In April 2008 the (American) National Toxicology Program of the National Institutes of Health released a draft report agreeing with the findings of a November 2007 study conducted by the Center for the Evaluation of Risks to Human Reproduction on the reproductive and developmental toxicity of BPA, and news reports summarised the draft report linking BPA to breast cancer in adults, ADD in children and infertility.

The Canadian government labelled BPA "toxic" to those up to 18 months old and BPA was banned in products designed to be used by those in that age group, such as baby bottles, cups, and toys.

Cardiotoxicity from air pollution is a possible health hazard

According to *Heartwire*, a professional news service of WebMD, "Some laboratory evidence suggests that ultrafine particles (UFP), a component of air pollution that comes primarily from motor vehicles, can cross into the circulation from the alveoli [hollow cavities found in the lungs] and have direct toxic effects outside the lungs, observed Dr Robert A Kloner, Good Samaritan Hospital, Los Angeles.

It has previously been thought that UFPs went to the lungs, and the lungs then became inflamed and generated toxic cytokines, which then caused the cardiac damage. (Cytokines are a category of signalling proteins and glycoproteins that, like hormones and neurotransmitters, are used extensively in cellular communication.) This study suggests that there may be a more direct effect of the UFPs on the vasculature and the heart, independent of any mechanism involving the lungs.

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 which includes your Visa or Mastercard card details. (*We do not accept American Express.*)

Or come and visit us! It would be appreciated if you could give the Pharmacy Department 48 hours' notice of your requirements for a repeat order and check when your order will be ready for collection.

All prices are inclusive of VAT, where applicable.

There will be an additional charge for postage and packaging.

Stock items will be dispatched within 48 hours of the order being processed.

Breakspear Hospital reserves the right to alter prices without notice.



Save 15%!

90 chewable vitamins with natural apple flavour for £9.11

We're currently offering pots of 90 chewable Pure Encapsulations PureBears – Multivitamin/Mineral formula (for children aged 2 years and over) at a discounted price of £9.11 while supplies last! (Normally priced £10.48)

Pharmacy on-line shop going live soon!

To pre-register and receive notification of the go-live date, simply email cmonro@breakspearmedical.com with your full name, billing/delivery address, email address and contact telephone number.

Tell us your thoughts on your home environment



Many studies have been published to answer the question of whether or not there is a relationship between one's living environment and health, particularly relating to respiratory symptoms and allergy.

Complete our on-line survey today and tell us your thoughts about your home living environment and its effects on your health.

www.breakspearmedical.com/survey

Breakspear Hospital Trust Reception at House of Commons

Mike Penning MP, Shadow Health Minister, on behalf of Breakspear Hospital Trust, invited guests to a Reception and Media Briefing on the subject of *Allergy - what is being done and what needs to be done* at the House of Commons, on the evening of 21 January 2009.

The purpose of the reception was to bring attention to the well-publicised House of Lords report on allergy published in 2007 and the recommendations contained in it.

As a national charity specialising in environmental



illness including allergy, the Trust event drew attention to methods of safe and effective treatment for allergy to thousands of patients including low-dose immunotherapy and enzyme potentiated desensitisation (EPD).

Two of the UK's leading specialists in such treatments, Dr Jean Monro and Dr Damien Downing, gave presentations.

Breakspear Hospital Trust believes that the NHS should utilise the wealth of expertise in the private sector in order to give hope to millions of allergy sufferers.

Bulletin board

Treating Autism 2nd International Biomedical Conference and Exhibition

"because autism is treatable"

Two days of presentations by some of the most important names in the effective treatment of autism from around the world and including parents' Stories of Success and Breakspear Hospital's Dr Magdalena Cubala-Kucharska.

For more information, visit: www.treatingautism.co.uk



How do you feel about compulsory vaccination?

You may be aware that a Labour MP has recently suggested that the government make vaccination compulsory in order for children to attend UK schools and for child benefit to be claimed.

If you want to record your opposition to it on an official Downing Street petition, visit: <http://petitions.pm.gov.uk/forcedvaccines>

Holiday gatherings

Breakspear staff celebrated Christmas at Hot in Havana at Aldenham Country Park on the 19th of December 2008.

Everyone enjoyed a selection of foods, stage performances and dancing.



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