

## Notes on the gut-brain connection

Dr Christabelle Yeoh

**The gastrointestinal (GI) tract is so incredibly important to all environmental illnesses that most Breakspear patients are advised to have tests related to GI function, even if their initial complaint is not related to the gut.**

There is increasing evidence that many health problems arise from problems in gut function and these affect mood and brain function. This can be explained as the effect of gut-brain communication.

Evidence of gut-brain communication is most obvious



The evidence shows that the brain and the GI tract are in constant communication and what each of them does intimately affects the other.

for gastrointestinal disorders that are often called 'functional', meaning that nothing structural can be found to be wrong (for example on colonoscopy and gastroscopy) or nothing medical can be found (for example on blood tests and basic stool tests).

Functional gut problems imply that the problem is "in your head" and a suggestion of psychological help may be made by some doctors. As many of Breakspear's patients

*(Continued on page 4)*

## Dr Goyal gave lectures at Treating Autism conference

**Treating Autism is an organisation entirely run by volunteers who are all parents of children with autism.**

Dr Daniel Goyal gave 3 lectures at the Treating Autism conference held on 18 and 19 June 2011 at Queen Mary, University of London.

His lectures were prepared to present in layman's terms the many biomedical tests that can be run to provide valuable information about what is happening in the body of each autistic spectrum disorder (ASD) patient. Routine investigations



that Dr Goyal recommends include: immunotoxicity, neurotoxicity, autoimmunity, nutritional assessment and chronic infection.

Dr Goyal's main message to all parents is that each child should be treated differently.

Dr Christabelle Yeoh and Dr Goyal's medical secretary also attended the conference.

*For more information on Treating Autism and upcoming events, visit their website:*  
[www.treatingautism.co.uk](http://www.treatingautism.co.uk)

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## On the market: NeuroProtek® - an oral dietary supplement with flavonoids

NeuroProtek® is an oral dietary supplement, which is available in fat-soluble, soft gel capsules. It was formulated to help stabilise mast cell reactions and therefore help to reduce general inflammatory responses both in the gut and in the brain.

NeuroProtek® is made of a combination of the 3 flavonoids: luteolin, quercetin and rutin, which are natural molecules mostly found in green plants and seeds, and olive kernel oil.

Research has been published that indicates that flavonoids may modify allergens and viruses.

The literature from the manufacturer of NeuroProtek® states that published papers show luteolin is important to the body as a free radical scavenger, an agent in the prevention of inflammation, an immune system modulator and that it mimics a normal compound that protects against nerve damage.



Quercetin is a natural flavonoid with potent anti-inflammatory capabilities. The quercetin in

NeuroProtek® is obtained from the sophora plant.

Rutin is a glycoside of the flavonoid quercetin. Like the quercetin, the rutin in NeuroProtek® is extracted from the sophora plant and is a non-acidic natural flavonoid. The manufacturers have stated that "Rutin helps liberate quercetin in the intestine, making absorption easier."

Olive kernel oil is a low-acidic antioxidant that can help repair damaged tissues. This unique oil (a lipid) plays an important role in NeuroProtek®, as it is used to increase the absorbability of these flavonoids. NeuroProtek® contains virgin olive seed oil from the island of Crete.

If you would like more information about NeuroProtek®, ask your Breakspear doctor.

*(This product is only available on prescription from your Breakspear doctor.)*

### 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 Medical Group. 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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## Estimating the cost of ME

A recent report was completed by the Survey and Statistical Research Centre at Sheffield Hallam University which summarised data collected from a significant number of myalgic encephalopathy (ME) sufferers in the UK and estimated the costs of the disease.

The conclusions of the report are that the total cost of ME, spread between social security costs, lost taxation and National Insurance revenue, may be well over £10,000 per year per sufferer, which is between £0.6 billion and £2.1 billion per year in total.

The information was collected from 2971 responses from ME sufferers, who completed a survey and returned their responses by post.

Along with providing information for the cost estimates, the survey also provided some useful background information including:

- 67% of ME cases were females
- 56% were 35 - 54 years of age
- 45% of respondents had a first or higher degree

### Editor's correction

*In the previous edition of the Breakspear Medical Bulletin, Issue 28, page 12, second column, second line, "EEG" should have read "ECG". Apologies for this error.*



## Ask Dr Jean Monro

**My GP has put me on statins to lower my cholesterol. Is this safe or are there any alternatives?**

Statins are a class of medicine which block the action of a chemical that is required for making cholesterol. This results in lowering cholesterol levels without necessarily changing the diet.

There are several types of statins, which are sold under several different brand names and have various potencies. While many people have minor or no obvious side-effects, others suffer from headache, pins and needles, abdominal pain, bloating, diarrhoea, nausea or a rash.

To the right, there is an adapted illustration which shows where statins affect the HMG-CoA (3-hydroxy-3-methylglutaryl-coenzyme A) reductase pathway, which is an important cellular metabolic pathway. Statins interrupt the pathway at the bold, orange "X".

HMG coenzyme A is extremely important and most significantly it is a powerful antioxidant. It stops oxidation of the low density lipoprotein cholesterol, it is needed for energy production and it is important to the heart, liver and kidneys. This deficiency alone can lead to congestive heart failure, high blood pressure, angina, fatigue and gingivitis, and has been associated with strokes and cardiac arrhythmias.

Because statins block the pathway near the beginning of the processes, they block not only the production of cholesterol but also coenzyme Q10, vitamin D and many hormones.

Vitamin D is needed for calcium absorption and bone mineralisation deficiencies can lead to osteoporosis, decreased calcium absorption, thyroid and other problems.

The hormones that are derived from cholesterol are pregnenolone, progesterone, testosterone, all the oestrogen compounds and aldosterone, as well as cortisol.

There are alternative safe regimes for lowering cholesterol, which may include dietary changes and nutrient preparations. If you are concerned, do arrange an appointment with our nutritional medicine team to discuss the alternatives.

### HMG-coenzyme A

A rate-controlling enzyme that produces cholesterol and other isoprenoids, which are important to the metabolic network.

**X** (Statins blocking point)

### Mevalonate

A precursor in the metabolic pathway that produces terpenes and steroids, which are the major biosynthetic building blocks for most living creatures

### Coenzyme Q10

A essential component in creating the body's energy

### Cholesterol

A waxy steroid of fat used to produce hormones and cell membranes and an important component in the manufacture of bile acids, hormones and vitamin D

### Vitamin D

### Hormones

### Cholesterol

### Glycated cholesterol

Formed when a sugar molecule attaches to a cholesterol structure

### Atherosclerosis

A potentially serious condition when arteries are clogged up by fatty substances, such as cholesterol

### Oxidised cholesterol

Formed when cholesterol combines with oxygen, present in foods containing cholesterol that are fried or grilled

## Notes on the gut-brain connection

*(Continued from page 1)*

know, this is very often unhelpful and frustrating. However, this description of the problem being “in your head” is partially correct: science is showing that gastrointestinal events in early life do induce depression and anxiety in adult life, as well as an increased sensitivity of the gut to allergens.<sup>1</sup>

This logically implies that psychotropic drugs, such as antidepressants, should not be the first-line approach in treating these functional conditions. Psychotropic drugs may reduce the symptoms; however, they are clearly not addressing the cause.

By looking at the results of stool tests and other measurements related to the GI function, patients may then understand the cause of their symptoms of depression or anxiety, which may be rooted in GI problems and clearly not just in their imagination. This then helps them to understand why they are unwell and effectively to make informed decisions about the medical treatment that is offered to them.

There are several studies looking at how nerves, called unmyelinated C fibres, in the gut affect direct signals in the brain.<sup>2</sup> It is clear that these nerve signals trigger emotion-related areas of the brain in the areas of the brain known as the hypothalamus and the amygdalae.

The main function of the hypothalamus is linking the action-coordinating nervous system to the hormone-distributing endocrine system via the pituitary gland, which produces much needed hormones, such as the thyroid stimulating hormone. The hypothalamus is responsible for many activities of the autonomic nervous system (ANS), which is the controlling nervous system of unconscious bodily functions. If the hypothalamus is not functioning correctly, bodily functions such as hunger, thirst, fatigue, body temperature, sleep and circadian cycles may be affected.

The amygdalae activate the sympathetic nervous system, activating increased reflexes and increasing levels of the neurotransmitters and hormones, such as dopamine, adrenaline and noradrenaline. If the amygdalae are not functioning optimally, processing and memory of emotional reactions may be affected.

The evidence shows that the brain and the GI tract are in constant communication and what each of them does intimately affects the other. It is also clear that the nervous system exerts a profound influence on all digestive processes. All these integral systems are connected and with one or more of them not functioning optimally, many common symptoms can present that do not easily identify the cause of the problem. It is therefore important to start with investigations of the GI function in all cases of environmental illness, so as to address any indicated problems in order to initiate changes required to improve health.

### Linking GI inflammation, allergy and mast cell activation

There are numerous studies published by Dr TC Theoharides that correlate GI inflammation, allergy and mast cell activation.

Mast cells are triggered by numerous stimuli including allergens, toxins and bacterial antigens. The mast cells then lose granules and trigger a cascade of inflammatory mediators called cytokines, which have numerous and wide-spread downstream consequences. Many inflammatory diseases, such as atopic dermatitis, psoriasis and multiple sclerosis, involve mast cells which cross-talk with immune T cells and can all worsen with stress.

Dr Theoharides proposes and describes how mast cell activation by allergic, infectious, environmental and stress-related triggers, especially before birth and in very early childhood, releases pro-inflammatory and neurotoxic molecules. These molecules can disrupt the gut-blood-brain barriers, thus contributing to brain inflammation and neurodevelopmental problems later in life.

#### References:

1. Liu L, et al. Transient gastric irritation in the neonatal rats leads to changes in hypothalamic CRF expression, depression- and anxiety-like behavior as adults. . PLoS One. 2011 May 12;6(5): e19498.
2. Basso AS, et al. Neural pathways involved in food allergy signalling in the mouse brain: role of capsaicin-sensitive afferents. Brain Res. 2004;1009 (1-2):181-8.

## The cost of environmental illness in children



According to analysis published in the American magazine, Health Affairs May 2011, childhood diseases thought to be linked to environmental causes cost the nation nearly \$77 billion in medical costs and lost productivity in 2008 alone.



The analysis was built on a 2002 analysis, which documented \$54.9 billion in annual costs of environmentally mediated diseases in US children.

Investigators estimated how much of a role environmental factors play in causing preventable diseases or disorders, such as lead poisoning, prenatal methylmercury exposure, asthma, intellectual disability and attention deficit hyperactivity disorder (ADHD), and estimated the cost of the medical treatment and lost productivity expected to occur because of the condition, including time parents had to take off work to care for sick children.

The analysis also included the costs of childhood cancers; however, although cerebral palsy was included in the 2002 analysis, it was removed in the 2008 analysis because of "limited data supporting the role of chemical factors".

The investigators hoped that their findings would show how these conditions carry a huge financial burden and hopefully re-emphasise to policymakers the implications of failing to prevent toxic chemical exposures for the health of children and the economy.

### Childhood diseases/disorders linked to environmental factors

**Asthma**     *Second-hand cigarette smoke  
Air pollution  
Allergies*

**Lead exposure**     *Lead-based paints (now banned in house paints, although still used in marine, military and industrial settings)*

**Methylmercury poisoning**     *Consumption of contaminated fish  
Some cases from eating animals fed grain coated in a preservative that contained methylmercury*

**Childhood cancers**     *Second-hand cigarette smoke  
Pesticides  
Fertilisers  
Power lines*

## Linking child autism to the environment

**Autism covers a large spectrum of developmental disorders, which affect communication and social skills.**

Many experts agree that the primary explanation for the increase in autism is toxic environmental exposure and gene-environment interactions.

According to statistics, 1 in 58 British children has been diagnosed with some form of autism. The condition has shown a steady increase over the last 4 decades and it is suggested that many more cases have not been identified.

Accumulation of toxins at key points in

development may start while the child is still in the womb, as mothers are exposed to cosmetics, household cleaners, tobacco smoke, as well as contaminants in foods, such as mercury in fish and food additives.

Due to hand-to-mouth behaviours, young children tend to have higher exposures to contaminants, such as pollutants in the surrounding air, dust and mould, deposits from lead paint, pesticides and other chemicals.

There is a growing sense that even low-dose, multiple toxic and infectious exposures may be a major contributing factor in autism.

## Notes on electrosensitivity

**In today's world, it would be difficult to escape daily exposure to electromagnetic fields (EMF); every day we are surrounded by mobile phones, power lines, computers, mobile phone towers, tv transmissions, WiFi/WLAN routers, baby monitors, and microwave-based technology.**

There are varying figures to be found which estimate how many people have electrosensitivity. Some articles suggest that perhaps a few individuals per million in the population suffer, while one support group provided much higher occurrence figures, stating that up to 5% of the UK population is suffering.

According to the Fact Sheet N°296 (2005) on the World Health Organisation (WHO) website,



### Electrosensitivity in the 1990s

In the late 1990s, Dr Jean Monro supervised the filming of an increasingly reactive electrosensitive woman during exposure to EMFs.

Dr Monro recalls, "When unknowingly exposed to electromagnetic fields, this woman's left arm would involuntarily extend upward, her right leg would straighten out and her right hand would curl and clench to her chest."

The woman had worked for many years in business offices and the condition gradually developed to the point where she was unable to work or be around any electrically-powered equipment.

*EHS [electromagnetic hypersensitivity] is characterised by a variety of non-specific symptoms, which afflicted individuals attribute to exposure to electromagnetic fields (EMF). The symptoms most commonly experienced include dermatological symptoms (redness, tingling, and burning sensations) as well as neurasthenic and vegetative symptoms (fatigue, tiredness, concentration difficulties, dizziness, nausea, heart palpitation, and digestive disturbances).*

It is good to bear in mind that the human body is naturally highly electrically active. Minute currents can be measured from every cell in the body and individual organs, such as the heart and brain, and are routinely monitored to assess disease. Electrical activity is absolutely fundamental to life.

According to ElectroSensitivity UK, EHS is often caused by a combination of 3 factors, which are:

- natural sensitivity
- sensitisation by some trigger, which could be one or more of a variety of commonly encountered substances
- sensitisation by some incident, which has the capability of damaging the bioelectrochemical communication within the body

The condition is usually progressive.

In July 2011, a paper in the International Journal of Neuroscience concluded that "EMF hypersensitivity can occur as a bona fide environmentally-inducible neurological syndrome." The Department of Neurology, LSU Health Sciences Center, Los Angeles, USA, study involved a double-blind EMF provocation procedure where a self-diagnosed subject was exposed to an average 60-Hz electric field of 300 V/m during controlled provocation and behavioural studies.

While a growing number accept that electrosensitivity is a syndrome, many doctors are advised to simply examine patients and treat any specific conditions that may be responsible for the symptoms and to perform a psychological evaluation to identify if there is an alternative psychiatric/psychological condition.

## Recommended recipe

Angelette Müller

Watercress is a peppery, tangy flavoured, green, leafy vegetable that belongs to the plant genus Brassica.

Brassica is a large family of vegetables that includes broccoli, cabbage, cauliflower, and mustard cress, which are all famous for their cancer risk-reducing properties. Watercress contains significant amounts of iron, calcium, and folic acid as well as vitamins A and C.

Studies show that watercress helps the body's detoxification enzymes, glutathione peroxidase and superoxide dismutase, which means the body has a bigger supply for antioxidant protection.<sup>1</sup> It also protects DNA (deoxyribonucleic acid), which basically gives the genetic instructions for the body and this can be important for a number of conditions where increased levels of toxicants are present and need to be reduced.<sup>2</sup>

Watercress is often eaten raw in salads and sandwiches; however, it can also be cooked quickly in a variety of dishes. If you do not like raw watercress, try adding it to a stir fry or Japanese-style water-based soup, such as ramen, chop it up to make a pesto (instead of basil) or stir it into pasta (instead of spinach).

It takes less than a minute to stir-fry or soften in a hot ramen soup, so be sure to add it last. Overcooking reduces the levels of the special desirable enzyme myrosinase, which is important for activating the plant nutrients.

1. Hofmann T, et al. Modulation of detoxification enzymes by watercress. *Eur J Nutr.* 2009;48:483-91.
2. Gill CI, et al. Watercress supplementation in diet reduces lymphocyte DNA damage and alters blood antioxidant status in healthy adults. *Am J Clin Nutr.* 2007;85:504-10.

## Recipe

### appeal to readers

Do you have some favourite recipes that you'd like to share with other people who have common food allergies/sensitivities?

Email your recipes to the editor: [cmmonro@breakspearmedical.com](mailto:cmmonro@breakspearmedical.com) or send a copy in the post to the clinic, Attn: C N Monro.

## Watercress & cauliflower soup



### Ingredients

- 1 small onion
- 1 small head of cauliflower
- 30g butter (or dairy-free margarine/spread or olive oil)
- 500ml homemade chicken broth (or low-salt store-bought variety)
- 350ml water (increase water to 500ml for a thinner soup)
- salt
- pepper
- bunch of watercress (about 150g)

### Method

1. Prepare the vegetables by coarsely chopping the onion and putting aside and then cutting the cauliflower into approximately 3cm florets.
2. Melt the butter in a good size saucepan over low to medium heat and then add the chopped onion, stirring occasionally until soft and transparent (about 5 minutes).
3. Add the cauliflower florets, chicken broth, water, salt and pepper to taste. Bring to a boil then cover and reduce the heat to allow to simmer until cauliflower is very tender (about 15 minutes).
4. Remove from heat, add watercress and then purée in a food processor.
5. Return to saucepan and put on low heat to keep warm before serving. Garnish with sprig of fresh watercress.

## Notes on the histamine in foods

Most of us are familiar with the term histamine, which usually refers to the chemical our bodies instantly release in response to allergic and inflammatory reactions or injury. It is a biogenic amine, actively produced by all mammals and derived from the amino acid histidine.

Some people might not realise that histamine is produced in massive amounts by bacterial degradation and is present in various popular foods and, in very high amounts, can be life-threatening.

In moderate amounts, the process of bacterial degradation is called "ripening". There are many ripened foods such as cheese, wine, beer, sauerkraut, smoked fish and meats, that may have high amounts of histamine; the high level of histamine is actually an indicator of the quality of the production process.

However, very large amounts of histamine are a sign of decay and rotten foods can be life-threatening.

For example, fresh or immediately frozen fish contains hardly any histamine while older or stale fish, which has been bacterially contaminated or inadequately refrigerated, may contain extremely high amounts of histamine. The high levels have been produced by multiplying bacteria converting histidine, present in fish tissue, to histamine. Histamine levels may start at 0.1mg/100g in a healthy fish and rise to 100mg/100g. According to a paper published on medscape.com, "Toxic levels are estimated at 20-50mg/100g."

Histamine is very stable against cold and heat and therefore, once formed, cannot be destroyed by cooking (including by microwave, frying or baking) or deep freezing.

Usually in the body, any excess of histamine which has been created by an increased uptake from foods and drinks (in non-toxic levels) or from the body's own production, is usually

rapidly metabolised primarily by the enzyme diaminoxidase (DAO). DAO is produced abundantly in the gut and therefore reduces the absorption of histamine that has been taken orally. DAO is also found in the liver, kidneys, leucocytes and in placenta.

Other enzymes that can breakdown histamine are monamine oxidase (MAO) and methyltransferase, which primarily reduce the histamine that the body produces itself.

Vitamin C breaks down histamine by oxidation and acts independently from DAO and methyltransferase.

People with a histamine intolerance

often have low levels of either DAO or methyltransferase, which bind to and metabolise histamine. In histamine-intolerant people, histamine levels can build up over time and cause symptoms throughout the body. Common symptoms are migraines, gastrointestinal symptoms (such as diarrhoea) and arrhythmia. Levels of diaminoxidase can be measured and prescription of diaminoxidase can be helpful.

High levels of histamine in the body are usually not just due to consumption of high histamine-containing foods but to a combination of factors, which may include the effects of some anti-inflammatory drugs, which increase the allergen-specific histamine release.



Some foods that are rich in histamine

- mackerel
- herring
- sardine
- tuna
- sauerkraut
- spinach
- aubergine
- ketchup
- gouda
- cheddar
- emmental
- camembert
- swiss cheese
- parmesan
- red wine vinegar
- white wine
- red wine
- top-fermented beer
- bottom-fermented beer
- champagne
- fermented sausage
- salami
- fermented ham
- tomatoes



## New thoughts on the chemicals emitted from fragranced products



**It is a current cultural phenomenon that so many things are scented and most people feel that a smell like a mountain meadow means that the product is clean, fresh and desirable.**

Not many people give thought to what it is that is creating enticing artificial smells. Artificial smells are, in fact, volatile organic compounds (VOCs) being inhaled as vapours and absorbed through the skin.

According to an environmental impact assessment report, published by Elsevier, "Relatively little is known about the composition of these products, due to lack of prior study, complexity of formulations, and limitations and protections on ingredient disclosure in the US."

The research team at the University of Washington investigated VOCs emitted from 25 common fragranced consumer products, including laundry products, personal care products, cleaning supplies and air fresheners, using headspace analysis with gas chromatography/mass spectrometry (GC/MS).

Their analysis found 133 different VOCs in their 25 products, with an average of 17 VOCs per product. Of these 133 VOCs, "24 are classified as toxic or hazardous under US federal laws and each product emitted at least one of these compounds."

The most commonly occurring VOC in the products in this study was limonene, which was found in 92% of the products. Limonene is a colourless liquid hydrocarbon, which is classified as a cyclic terpene. It is often used as a solvent in cleaning products.

Other compounds found in the products were alpha-pinene, beta-pinene, ethanol, benzyl acetate and acetone.

According to the report's conclusion, "virtually none of these VOCs were listed on any product label or MSDS [Material Safety Data Sheet]".

A twin study of perfume-related respiratory symptoms conducted at the Danish Research Centre for Chemical Sensitivities, University of Copenhagen, reported that "Respiratory

symptoms from environmental perfume exposure are main complaints in patients with multiple chemical sensitivities and often coincide with asthma and or eczema."

Professor Richard Sharpe, Medical Research Council's Human Sciences Unit in Edinburgh, found that the reproductive system of male rat fetuses could be damaged at 8 weeks into gestation by chemicals like those found in perfumes and other cosmetics. He advised pregnant women not to wear perfume.

In 2010, the US Centers for Disease Control and Prevention (CDC), a Federal Agency under the Department of Health & Human Services, issued a fragrance-free policy, as part of its "Indoor Environmental Quality Policy", to all its offices nationwide.

In Canada, people who suffer from environmental sensitivities are entitled to protection under the Canadian Human Rights Act. This means employers and service providers must provide suitable accommodation for persons with environmental sensitivities. This may include: developing and enforcing fragrance-free and chemical avoidance policies, minimising chemical use and purchasing less toxic products, and notifying employees and clients in advance of construction, re-modelling and cleaning activities.

***Fragrance is the new second hand smoke.***



### Breakspear is scent-free

Breakspear Medical Group asks all staff, patients and visitors not to wear anything perfumed/scented when attending the clinic.

We strive to keep the allergy testing clinic as scent-free as possible. The use of scented products is not permitted within the building at any time, including materials used for cleaning. All staff have received orientation and training on how to comply with our scent-free policy.

Becoming scent-free is particularly important when undergoing allergy testing and treatment at Breakspear.

For more information on how to live scent-free, please ask for our "Guide to becoming scent-free".



## Did you know...?

### Food allergies more common in children than previously thought



According to an article on MedPageToday.com, 20 June 2011, a new survey found that severe food allergy in children is more common than previously thought.

The study at Northwestern University, Chicago, USA, found that there is a prevalence of severe symptoms and multiple food allergies in 8% of children and adolescents younger than 18 in the USA, which translates into almost 6 million children.

The study involved a cross-sectional survey using a representative sample of households with children. The sample included 38,480 children, evenly divided between boys and girls, with a mean age of 8.5 years.

Among these food-allergic children, 38.7% had a history of severe reactions and 30.4% were allergic to more than 1 type of food.

Previous studies suggested that the prevalence of food allergy among US children ranged from 1% - 8%.

### Swaying helps with adult sleep

New research from the University of Geneva shows that napping in a slowly rocking bed helps adults fall asleep faster and sleep more deeply. EEG activity during sleep on a bed swaying side to side every 4 seconds showed an increase in non-rapid eye movement (NREM) N2 sleep. NREM sleep is divided into 3 distinct progressive stages: N1, N2 and N3, where N3 is the deepest stage of sleep.

Rocking also had a lasting effect on brain activity, increasing slow oscillations and sleep spindles, which are brief bursts of brain activity. This research may help treat disorders such as insomnia.

### Olive oil helps prevent stroke

A recent study published January 2011 in the peer-reviewed journal *Neurology* suggests that people who used a lot of olive oil in cooking or as a dressing or dip had a lower risk of stroke than those who never used it.

The study found that the stroke risk was 41% lower in those who regularly used olive oil compared with those who did not, once other factors such as diet, exercise and weight were taken into account.

The conclusion of the study was that these results suggest a protective role for high olive oil consumption in the risk of stroke in older subjects.

## Participate in a Lyme disease research survey

The Department of Health (DOH), through the James Lind Alliance (JLA), is answering questions on uncertainties relating to Lyme disease.

As many may be aware, Lyme disease is increasing in incidence across the UK but there appears to be a lack of awareness of this condition in many health care settings. Both patients and clinicians are subjected to differing opinions on its diagnosis and management.

This enquiry could also be of relevance to some chronic fatigue sufferers because it is unknown how many of these people may have Lyme disease.

The JLA Lyme disease Priority Setting Partnership is working to identify the most important research questions for diagnosis and treatment of Lyme disease.

Access the survey and details at:

[www.LymeDiseaseAction.org.uk/jla](http://www.LymeDiseaseAction.org.uk/jla)

You can download a paper copy or complete the survey online. Both patients and a wide range of clinicians are being asked to contribute. (Please pass this information to both colleagues and patients.)

The closing of the survey has been extended to the end of October 2011.

## Available at our Pharmacy



[www.breakspearmedical.com/shop](http://www.breakspearmedical.com/shop)

Visit Breakspear Pharmacy's online shop anytime of the day or night to order and pay securely for:

- nutritional supplements
- alternative foods
- toiletries
- household cleaning products

UK patients who have active accounts can register and order any time of the day or night.

## Change in policy: reordering low-dose immunotherapy (antigen) vaccines

From 1 September 2011, in order to ensure that every order is fulfilled efficiently and accurately, all patients' low-dose immunotherapy vaccine reorders must be submitted on the new 2011 antigen vaccine order form.

Patients may wish to complete an electronic version of the form, which is available on our website: [www.breakspearmedical.com/antigenform](http://www.breakspearmedical.com/antigenform) or by email request: [antigens@breakspearmedical.com](mailto:antigens@breakspearmedical.com)



**The Antigen Laboratory is no longer able to accept orders by telephone.**

Alternatively, patients may complete the standard order form by typing or writing clearly in ink (in capitals) and submit it in

person, by fax or post.

*The Antigen Laboratory is no longer able to accept orders by phone.*

As before, patients wishing to reorder their low-dose immunotherapy vaccines are required to have had a consultation within the last 12 months and all orders will be processed within 14 working days.

## Very successful 2011 CQC inspection

On 27 May 2011, an inspector from the Care Quality Commission (CQC), which is the independent regulator of health and social care in the UK, visited Breakspear Medical Group and concluded that the clinic met all the requirements targeted in the assessment.

From October 2010, all health and social care providers are legally responsible for making sure they meet essential standards of quality and safety and are registered with the CQC.

Breakspear Medical Group was registered with the CQC's predecessor, the Healthcare Commission, and re-registered with the CQC, as required.

The CQC assesses and inspects registered care

facilities using 16 outcomes, which target the care received by patients rather than systems and processes. The outcomes targeted during this most recent inspection included:



**Outcome 01:** Respecting and involving people who use services

**Outcome 04:** Care and welfare of people who use services

**Outcome 07:** Safeguarding people who use services from abuse

**Outcome 12:** Requirements relating to workers

**Outcome 14:** Supporting staff

**Outcome 16:** Assessing and monitoring the quality of service provision

The successful report is due to be published on the CQC website shortly.



## Parents of ASD patients: let us know how to help

**Your input will help us make this a worthwhile and needs-targeted event.**

Breakspear Medical Group would like to offer parents of children with an Autistic Spectrum Disorder (ASD) the unique opportunity of attending 1-day focussed workshops.

Before the date and venue of our first workshop are confirmed, we would like to ask parents for their input on the content of the workshop so that we can meet the needs of as many people as possible.

If you are interested in attending Breakspear ASD workshops, please spend a few minutes completing our online survey **before 30 November 2011** by visiting:

**[www.breakspearmedical.com/ASDsury](http://www.breakspearmedical.com/ASDsury)**

(or pick up a printed survey at Reception.)

## Bulletin board

### New arrivals

Breakspear Pharmacy Technician Philippa Sellar

proudly announced the arrival of Ruby May, born on 26 May 2011, weighing 7 lbs 12.5 oz.

Just a few days later, Breakspear

nutrition student intern 2010 Sam Thorburn emailed announcement of the arrival of Oliver Auden, on 28 May 2011, weighing 7lbs 11oz.



*In this photo: Dr D Goyal, Dr P Muñoz-Calero, Dr E Rodriguez-Farré, Dr W Rea, Dr J Monro and Dr M Pall.*

The Fifth International Congress of Environmental Medicine, hosted by Fundación Alborada and the Healthy Living Foundation, was held at the College of Physicians of Madrid, Spain, on the 24-26 June 2011. Both Dr Daniel Goyal and Dr Jean Monro presented at this event and Breakspear's Quality Manager Joni Caswell also attended.

### Announcing changes to guesthouse minimum age

Breakspear Medical Group has introduced a new policy which requires all guests staying at Montrose, the guesthouse for Breakspear Medical Group, to be a minimum of 16 years of age.

If accommodation for underage overnight guests is required, please ask Reception to recommend alternatives, or visit the UK's Bed and Breakfast, Cheap Hotel, Guest House Accommodation Directory [www.bedandbreakfasts.co.uk](http://www.bedandbreakfasts.co.uk)

## New staff and nutrition interns

Early this Summer, Breakspear Medical Group welcomed new Reception Manager Pip Abraham to the team. Carolyn Larkin started working at Breakspear as a temporary staff at Reception earlier in the year and has accepted a full-time role in administration support.

Julia Banks, who began part-time work at Breakspear this Spring, started a new permanent role in early September as Office Manager and PA to Dr Jean Monro.

Also in September, 5 nutrition students started a 96 day internship. Each intern is assigned to a doctor and will be learning about patient management, undertaking clinical audits and completing 2 papers.

In October, we welcomed Anne Derham in the new role of Clinical Care Manager. She is in charge of the entire nursing department and its support staff.