

Breakspear Medical Bulletin

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Notes on men's health

When it comes to health issues, men are notorious for not seeking help in the early stages.

On average, men drink more, are more likely to be overweight and often have unhealthy eating habits.

According to the NHS statistics, 4 in 10 men in England are overweight. Being overweight leads to a higher risk of type 2 diabetes, heart disease, high blood pressure, indigestion, sleeping problems and infertility.

Diabetes

A healthy diet can help prevent and manage type 2 diabetes. Symptoms of diabetes include thirst, fatigue and frequent urination. Complications include

blindness, kidney failure and nerve damage.

A healthy diet can also reduce the risk of heart disease and high blood pressure.

Speak to a nutritionist and receive easy-to-follow menu plans to ensure a healthy diet.

Stress

Stressful lives, anxiety over accomplishments, changes in personal

life, such as divorce, separation, long-term illness, bereavement or job loss, can cause depression.

It is estimated that 20% of people (mostly men) will have gone through a midlife crisis by the time they are 50 years old.

(Continued on page 4)



Patient's story: getting my life back

This is how Breakspear patient Con Derham describes his ongoing recovery.

As a young man, I was a very healthy lad who enjoyed lots of sports. My week was

filled with football training, 5-a-side, golf and squash then ready for a footie weekend with matches both Saturday and Sunday.

Then along came a serious relationship and with marriage

came the realisation that my interests would have to be more balanced.

When I reached my late 20s, I gave up football, and working away from

home for long periods in hotels took revenge on my waistline.

As I reached my mid 40s I would suffer occasional bouts of fibromyalgia in my back. The

(Continued on page 2)



"... I suffered many different symptoms: chest pain, very slow heart rate, light headedness, feelings of being completely detached from the world, suddenly feeling as though the floor was about to meet me!"

Inside:

Ask Dr Jean Monro 3

Top 10 reasons to go gluten-free 6

Celebrating Breakspear Hospital Trust's 10 year anniversary 7

Recommend recipe 11

New thoughts on omega-3 fatty acids and prostate cancer 12

Our exposure to common weed killer, glyphosate 12

New thoughts on the link between memory and tooth loss 13

New thoughts on electromagnetic frequencies 13

Did you know...? 14

In memoriam: allergy and environmental medicine patient and author, Natalie Golos 16

Bulletin board 16



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Patient's story: getting my life back

(Continued from page 1)

pain would be so intense that I would take myself off to bed. Then in my late 40s I started to get fasciculations (involuntary muscle contractions) and burning pain in my calves. The fasciculations would move around my body, arms, legs, even my face, becoming worse at night ensuring that I got very little sleep. Simple pain medication did not touch the pain and I was loath to try anything stronger.

I consulted "Dr Google" to try and make sense of my symptoms and my world shook when I read "ALS" (Amyotrophic Lateral Sclerosis), which matched my symptoms. It is a condition whereby your muscles cease to function and eventually death is by suffocation.

To say I was scared would be an understatement.

Fortunately, as I had private medical insurance, my GP referred me to a neurologist who performed several tests. He assured me that I did not have ALS and concluded that I was

probably suffering from stress. Relieved, I tried to get on with my life and tried to snap out of my depression. It worked for around 3 months, as the fasciculations died down.

The spasms then returned stronger than ever later in the year and fear gripped me again.



"I always look at this part of my journey as fate." - Con Derham

The neurologist ordered a full brain and spine MRI. The test results were good; he ruled out MS and said there was nothing wrong with me. He then suggested a course of antidepressants. I did not want to admit that I could be

so stressed or depressed. I politely refused the drugs and went home to my long-suffering wife.

Looking back, I really feel for my wife and children, as I was a changed man. I was withdrawn, surly and relying on the emotional crutch of alcohol.

Over several years, I suffered many different symptoms: chest pain, very slow heart rate, light headedness, feelings of being completely detached from the world, suddenly feeling as though the floor was about to meet me!

Every time I sat down, I felt as if I was sitting on broken glass and could never relax. My blood pressure suffered and I was put on medication. The bouts of light headedness were particularly scary when I was driving. During one episode I had to pull over on the motorway and call for assistance. I was taken to Northampton Hospital where they put the episode down to my blood pressure tablets. I became a frequent attendee at A&E, only to be discharged each time with a normal ECG and cardiac bloods.

As time went on, I started to become lost in my symptoms. It took a heavy toll on family life, as I just withdrew, convinced my life was over.

I always look at this part of my journey as fate. My wife is a nurse manager and she moved to Breakspear Medical Group and loved the place. She would come home telling me of all these incredible stories of how people who had been abandoned by their doctors had found hope and solution at the clinic. She asked me to come and see Dr Jean Monro.

When I met Dr Monro, I was at my lowest, both mentally and physically, and I had no energy.

Breakspear Medical Bulletin

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(Continued on page 15)

Ask Dr Jean Monro

My mum has been overweight for years but recently has gained a lot of weight and is now classified as severely obese. How might this affect her health?

Anyone classified as obese has an excess of body fat to the extent that it may have adverse effects on health, which can reduce life expectancy.

There is a large range of health problems linked to obesity, including:

- heart disease
- diabetes
- high blood pressure
- arthritis
- indigestion
- gallstones
- stress, anxiety and depression
- snoring and sleep apnoea

The term “heart disease”, which is also referred to as cardiovascular disease, covers a range of disorders that affect the heart.

According to NHS Choices, coronary heart disease is the UK’s biggest killer, causing around 82,000 deaths each year.

A form of heart disease called vascular disease is mainly caused by hardening of the arteries due to a thickening of artery lining from fatty deposits. It is a major cause of ill health, particularly in the heart, brain and legs, and indeed can cause death. Vascular disease is particularly prevalent in Western society.

Diabetes is also common in the overweight population. Diabetes is a disorder of the metabolism in which the body is unable to break down and use sugar as energy. Blood sugar levels then get too high, which can lead to very serious health problems. Numbness, tingling, kidney failure and vision problems are the most well-known complications.

There are 2 types of diabetes: type 1 and type 2. Type 1 usually develops before the age of 40 and sufferers become insulin-dependent. Type 2 diabetes is the more common type, and usually affects people over the age of 40. Type 2 can

often be managed by adopting a healthy, balanced diet, quitting smoking, and exercising.

Diabetes has been linked to cardiovascular events, which lead to coronary artery disease, high blood pressure or strokes.

The UK Prevention of Diabetes Study found that tight control of high blood pressure reduced the risk of deaths related to diabetes, the complications related to diabetes and the

progression of diabetic disease of the retina, which can cause loss of vision.

There are numerous studies linking the drugs used to treat heart disease and diabetes; however, the number of trials illustrates that there is continuing debate on the findings.

Many trials focus on diabetes and cholesterol management, however cholesterol is known to be required for the formation

of contacts between nerve cells. This suggests a link between brain cholesterol metabolism and nerve cell development, learning, memory and strategies to cure injury or disease-induced brain lesions. Cholesterol is the basis of a number of hormones, including testosterone (a male sex hormone), oestrogens (female steroid sex hormones) and cortisone (an important hormone produced by the adrenal cortex).

Gallstones are the most common cause of emergency hospital admission for people with abdominal pain. Gallstones are small stones, usually made of cholesterol, that form in the gallbladder. When they become trapped in the gallbladder, they can cause a sudden intense abdominal pain. They can also cause gallbladder inflammation. In some cases, they can move into the pancreas, causing it to become irritated and inflamed. Overweight women over the age of 40 are the most at risk.

Stress, anxiety, depression and sleep disorders are also commonly associated with obesity.

Weight loss is the key to avoiding many health complications.

More information on conditions linked to obesity available upon request.



There is a large range of health problems linked to obesity...

Notes on men's health

(Continued from page 1)

A good diet, healthy weight and an exercise programme may benefit many men. However, some men would benefit from various clinical health checks, to see if the changes in health have been caused by other factors.

A simple urine test can discern the levels of neurotransmitters (which transfer information from one nerve cell to another), which can be indicators of mood disorders, cognitive fog and various other imbalances. These conditions may be rectified by following a guided nutritional programme, which will often include essential oils which help cell membranes.

A non-invasive assessment of stress (fight or flight, rest and digest) can be performed through an autonomic nervous system test, which can be very useful.

Indigestion

At one time or another, most people have suffered from indigestion. However, if it occurs frequently, it could be indicative of a food allergy or sensitivity. In this case, low-dose immunotherapy may help to alleviate the symptoms. Not addressing allergies/sensitivities can cause long-term digestive problems.

If one suffers from recurring indigestion, with difficulties swallowing and/or blood in vomit or stool, it is possible that they have a digestive system disorder, such as gastro-oesophageal reflux disease (GORD), where the stomach acid leaks out of the stomach and into the oesophagus (gullet). Leaky gut syndrome is linked to chronic fatigue syndrome, migraine and multiple sclerosis.

Bouts of diarrhoea or constipation, bleeding or blood in stool which persist for more than a few weeks may be symptoms of irritable bowel syndrome or other bowel conditions, including bowel cancer.

Changes in diet and addressing allergies/sensitivities may help sufferers.



A good diet, healthy weight and an exercise programme may benefit many men. However, some men would benefit from various clinical health checks...

Prostate and testicular problems

The prostate is part of a man's reproductive system, which makes some of the semen that carries sperm. It wraps around the urethra (tube that carries urine from the bladder through the tip of the penis). As men age, they have a greater

risk of developing an enlarged prostate. This causes the prostate to slow or stop the flow of urine, making it difficult to urinate. There are a number of conditions that affect the prostate, including prostatitis (inflammation of the prostate gland) and prostate cancer, which is diagnosed in about 40,000 new cases every year.

Self-examination, which involves feeling for size and hardness, may help detect

problems early. The NHS offers a free blood test to men over 50, measuring prostate-specific antigens (PSA) which can indicate whether there may be a problem. Breakspear offers a special urine test.

Testicular cancer is relatively rare, yet it is the most common cancer to affect men aged 15-44. The most common symptom is a lump or swelling, usually in just one testicle. Not all lumps are cancerous. If you have concerns, speak to your doctor. Early detection through self-examination can prevent the spread and the problem can usually be cured with surgery.

According to the NHS website, over 95% of men with early stage testicular cancer will be completely cured.

Sleep, snoring and sleep disorders

Generally, a good tip for a good night's sleep is not to stress about it. If you can't sleep, don't lie in bed awake worrying. Go to another room and do something relaxing until you feel tired.

If you do find sleeping disturbed or unrestful, there are nutritional supplements that may help. 5-HTP is converted in the brain to serotonin (an important initiator of sleep) and helps increase REM (rapid eye movement) sleep, which is an important stage in full-sleep cycles. It is the stage of sleep where most dreams occur. Not having enough REM sleep has been linked to troubles

(Continued on page 5)

(Continued from page 4)

with memory consolidation and learning new things.

Snoring is a common occurrence during sleep. However, if the snoring is particularly loud, there may be physical blockages or, if there are pauses in breathing or instances of shallow or infrequent breathing during sleep, this may be indicative of a condition called sleep apnoea. This happens because the signals to the respiratory muscles and the signals causing breathing are not functioning. This condition commonly causes daytime fatigue, slower reaction times, vision problems, night sweats, unrefreshing sleep and headaches. Other symptoms may include moodiness, lack of attentiveness and motivation and in some cases, insomnia. There is also increasing evidence that sleep apnoea may also lead to liver function impairment.

Once someone is diagnosed, his driving licence may be revoked, as it may be determined that he is a risk to society, as he may fall asleep while driving.

One of the treatments for sleep apnoea, according to the National Institute for Health and Clinical Excellence (NICE) in February 2008, is continuous, positive airway pressure (CPAP) of pressurised air. However, this is for people who have symptoms which affect their quality of life and who have difficulty in undertaking normal daily activities. The CPAP machine delivers oxygen during the night via a mask or nasal cannula.

Patients with rhinitis (irritation and inflammation of the nasal mucous membrane) are often treated with great success using low-dose immunotherapy for allergies/sensitivities. This therapy can also stabilise the brainstem to correct sleep apnoea. Treatment for sleep apnoea may also involve addressing the underlying problems of the endocrine system (glands that regulate hormones). Lifestyle changes, such as discontinuing evening alcohol and sedatives, which will depress upper airway muscles, and stopping smoking may also help.

Self-examination and clinic health checks

There are a few simple checks that men can perform themselves to check for irregularities.

- Keep your weight in check. Ensure you are in the right range for your height and fitness level.
 - Feel your testicles for any lumps or changes and see your doctor if there are any.
 - Be aware of your blood pressure and be aware of changes.
 - Know your family history. If there is a family history of a condition, and you do inherit it, you are more likely to develop the condition at an earlier age.
- At Breakspear, there are a number of tests frequently recommended for men, depending on their symptoms.
- A glucose blood test can show if someone is at risk of developing type 2

diabetes and lifestyle changes may stop it from developing.

- A check of insulin levels can indicate hyperinsulinaemia (too much insulin in the blood) which often precedes diabetes.
- A fructose function test will help determine if gout is a concern.
- A prostate profile test can determine whether a man is at risk of developing prostate cancer.
- Haematology and Biochemistry (H&B) and Comprehensive Stool Analysis with Parasitology (CSAP) tests help point out general health issues and nutritional deficiencies.

Talk to your Breakspear doctor about any health concerns.



There are a few simple checks that men can perform themselves to check for irregularities.

Top 10 reasons to go gluten-free

An increasingly large number of patients benefit from a gluten-free diet.

Here are our top 10 reasons to go gluten-free:

1. There are over 50 recognised gluten-associated diseases. (There are potentially many more that have not been officially recognised yet.) This list includes conditions such as osteoporosis, alopecia and congenital heart disease. Gluten sensitivity has the potential to affect multiple body systems.
2. A large study, published by the Journal of the American Medical Association, found that people with diagnosed, undiagnosed, and latent coeliac disease or gluten sensitivity had a higher risk of death, mostly from heart disease, cancer and autoimmune diseases.
3. Coeliac disease is said to affect 1 in 100 people but only 10-15% are diagnosed. If one is coeliac, classic symptoms include diarrhoea, weight loss and malnutrition after gluten is consumed. Gluten is found in foods of the grass family, such as wheat, barley and rye. The only way to deal with this condition is to stop eating gluten.
4. Non-coeliac gluten sensitivity (NCGS) has finally been recognised in the medical community as a genuine condition. This condition is characterised by gastrointestinal (GI) or extra-intestinal symptoms that respond to gluten withdrawal without evidence of underlying coeliac disease. NCGS patients can experience many of the symptoms and complications of coeliac disease without showing the signs in the GI tract. One study found that NCGS patients reported more symptoms after gluten challenge than coeliac patients.
5. Even in the absence of coeliac disease, gluten-based products can induce abdominal symptoms such as bloating, diarrhoea, pain, and constipation. When a gluten-free diet is adopted, most often these symptoms reduce or completely resolve, which improves quality of life.
6. One does not have to experience the classic GI symptoms, such as diarrhoea or bloating, to have coeliac disease or NCGS. Some patients may only have symptoms not relating to the gut and so assume that gluten is not an issue. For instance, gluten sensitivity has been shown to sometimes manifest solely as neurological dysfunction, such as depression, schizophrenia or migraines.
7. Fertility problems, sexual dysfunction and gynaecological complications are more frequently observed in patients with coeliac disease who do not follow a gluten-free diet or have not yet been diagnosed. A study found that pregnancy outcomes improved once a gluten-free diet was adopted by patients with previous unexplained infertility who were found to have issues with gluten.
8. Gliadin, which is one of the main components of gluten, has been found to increase intestinal permeability, leading to leaky gut syndrome. A gut that has increased permeability will allow larger food particles across the wall of the digestive tract. Once the particle is across, the immune system will see it as a foreign body and mount an attack, leading to further food intolerances and multiple symptoms relating to this.
9. Patients with coeliac disease or NCGS are at an increased risk of various autoimmune conditions, such as Hashimoto's thyroiditis (an autoimmune disease), type I diabetes, and multiple sclerosis (MS). This is probably due, at least in part, to the increased intestinal permeability that gluten can trigger, which is now recognised to be an important component of developing an autoimmune disease.
10. A recent study carried out on rats showed that a gluten-free diet was successful at reducing adiposity, inflammation and insulin resistance. This suggests that adopting a gluten-free diet could be beneficial for those wishing to lose weight and/or suffering from a metabolic disease, such as type II diabetes.

Even small intakes of gluten can invoke damage and inflammation. Just 1 mg of gluten can prevent healing of the gut in patients with NCGS or coeliac disease. A strict diet avoiding all gluten is necessary to gain full benefit.

References available upon request.

Breakspear Hospital Trust

Registered Charity No. 1100205

Celebrating our



10 year anniversary

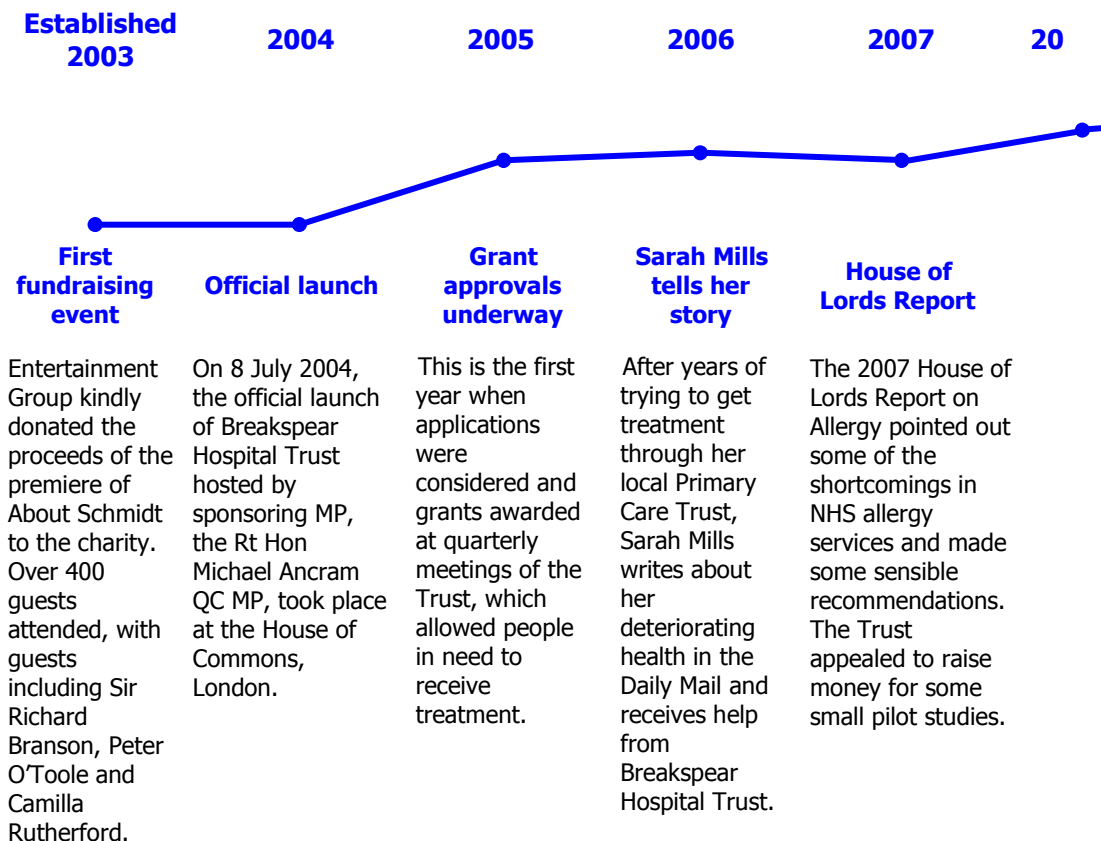
This October, we are celebrating Breakspear Hospital Trust's 10 year anniversary as a UK registered charity.

Since 2003, we have been able to make around 250 separate grants to people in the greatest need of assistance.

The Trust was formed in 2003 with these 4 objectives:

- to carry out research into environmentally induced ailments
- to help benefit less fortunate sufferers from diseases caused by environmental factors
- to provide scientific evidence leading to the creation of a healthier environment for all of us
- to educate and provide information on environmental illnesses

10 years of Breakspear Hospital



Easy fundraising ideas

The sky is the limit when it comes to easy fundraising ideas.

How about:

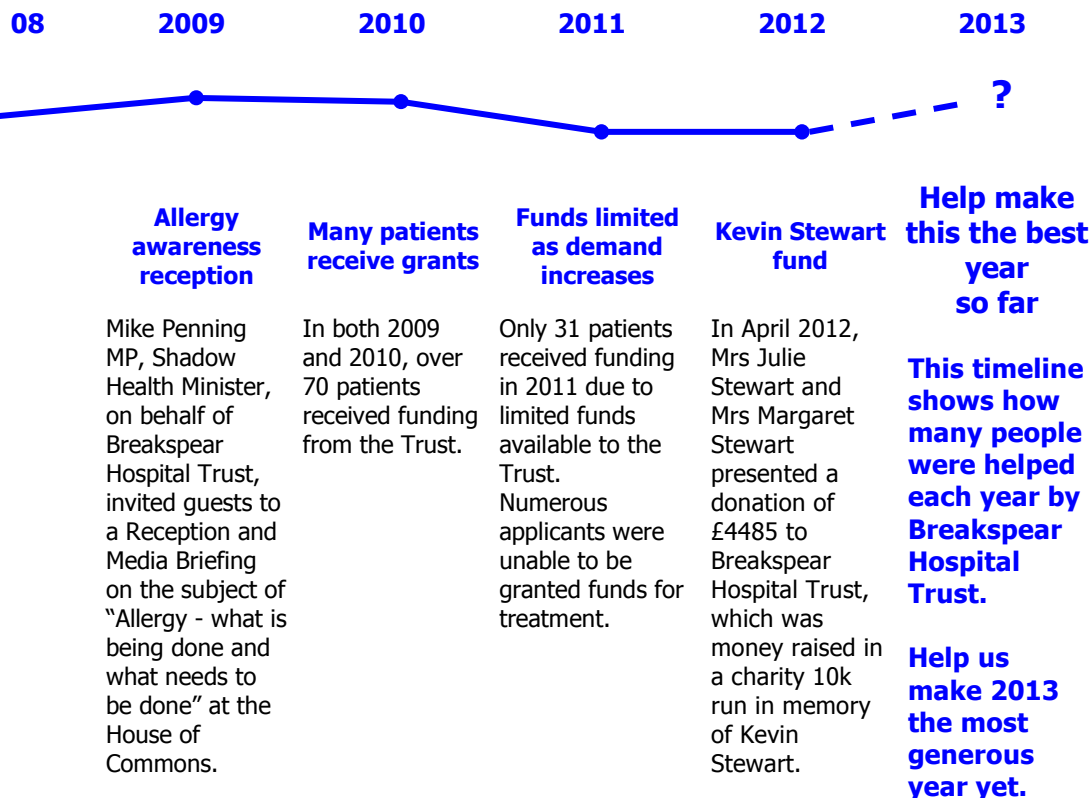
- a parachute jump?
- a mountain trek?
- a swim-a-thon?
- or a bicycle event?

Other ways to raise money include:

- Set up a free webpage to collect donations in lieu of wedding or birthday gifts.
- Throw a dinner party where guests donate what they feel the meal was worth.
- Register at **easyfundraising.org.uk** and every time you shop at partner retailers online, money is donated (at no cost to you!).

If you have an idea and need some help, let us know and we'll try our best!

Trust helping patients



"If we can do it, anyone can!"



Julie Stewart, fundraiser for the Kevin Stewart Fund, which was donated to Breakspear Hospital Trust, wrote:

Fundraising in memory of Kevin and my mum has made us all realise just how easy it can be to do. If we can do it anyone can!

It has also given us an amazing sense of achievement knowing that the money will be used to help others, as well as knowing that our loved ones would be proud of us.

With the help of the same team which organised and ran the 10K raising money in memory of Kevin, we organised a Cake & Prosecco Party in memory of mum. We invited all of mum's family and friends and we had a ladies' day full of laughter, which is what mum would have wanted.

We also held a "How many Sweets are in the Jar" competition which was good fun.

From this one party, we raised £1100. We know that mum would have been overwhelmed with the generosity shown and absolutely delighted with the amount raised.

Donated painting goes to auction

Charity dinner auction 7 November 2013

To help raise money for Breakspear Hospital Trust, artist Carol Bagni donated one of her signed oil paintings to be auctioned to raise money for the Trust.

The painting, valued at approximately £250, is to be auctioned at Mattioli Woods plc's 6th Annual Charity Dinner 2013.



Title: Where the Bee Sucks
Artist: Carol Bagni
Medium: Oil on canvas board
Awarded: Elderly
Accommodation Counsel
(EAC) Over 60s Art Award
Highly Commended Certificate
2012

Every penny of the sale will go to Breakspear Hospital Trust.

Donating is easy

You can either:

- drop your spare change into the collection box at Breakspear Medical Group
- send a cheque to: Breakspear Hospital Trust, Hertfordshire House, Wood Lane, Hemel Hempstead, HP2 4FD (If you are a UK resident and complete a Trust donation form, you will be giving even more at no expense to you, by completing the Gift Aid Declaration.)
- or complete a simple bank transfer, at your bank or online:

Bank Barclays

Sort Code: 20-39-07

Account Name: Breakspear Hospital Trust

Account No: 40039624

Overseas: IBAN: GB84BARC20390740039624

BIC/Swift Code: BARCGB22

Reference: "10 years"

Thank you in advance for all your donations!

Recommended recipe

Michele Kingston, Clinical Nutritionist

Try this 'super green smoothie' for breakfast or as a snack between meals. It may not look very pretty, but it is certainly full to the brim with nutrients. It provides protein, essential fatty acids, vitamins, minerals, phytonutrients, fibre and hydration in a quick and easy drink. The addition of protein, cinnamon, fibre and fats has a blood-sugar balancing effect and the green food, berries and avocado provide some anti-inflammatory effect.

The addition of ground flaxseeds provides omega 3 fatty acids and both soluble and insoluble fibre to regulate transit time, and they are also the richest dietary source of lignan precursors. Lignan (chemical compound in plants) precursors are converted to compounds in the gut by bacteria and can act as phyto-oestrogens (plant-derived female sex hormones), which can be beneficial in hormonal imbalance and the menopause. The lignans produced also have consistently been associated with lowered risk of cardiovascular disease.

Flaxseeds, as with all seeds, are best consumed when ground, so that they are more easily digested and therefore more of the nutrients can be absorbed. Flaxseed oil is a good source of omega-3 fatty acids; however, the oil does not contain the fibre or lignan precursors found in ground seeds. Also, if we consume whole flaxseeds, we will probably lose much of the nutrition, as they are very hard to digest and will just act as a fibre and brush through the gastrointestinal tract.

When flaxseeds are soaked in water, they create a gluey liquid that, when consumed, is particularly good for aiding bowel movements.

Flaxseeds can turn rancid quickly so they should always be stored in the fridge. Oils should be in dark glass bottles and kept cool and out of direct sunlight.

Tip: you can save the remaining half of the avocado for the next day by wrapping the exposed side of the remaining half with the skin of the used half. This will keep it from going brown.

Super green smoothie

- a great, healthy breakfast or snack
- can be prepared free from dairy and grains



Ingredients

- 1 scoop of protein powder (hemp, brown rice or whey are suggested)
- 1 scoop of 'green food', such as chlorella, spirulina or wheat grass
- 100 ml of coconut milk
- ½ avocado
- 1 handful of berries of your choice
- ½ teaspoon of ground cinnamon
- 1 tablespoon of ground flaxseeds
- 1 tablespoon of coconut oil
- Filtered water

Method

1. Put all ingredients, except the water, in a blender and blitz for a few minutes.
2. Add enough water to reduce thickness to your preferred consistency (for drinking easily) and blitz briefly.
3. Put in a glass and drink within an hour.

Note: although there should not be any large bits, do chew the smoothie to stimulate digestive function.

New thoughts on omega-3 fatty acids and prostate cancer

Omega-3 fatty acids are essential fatty acids which cannot be made in the human body. Oily fish, flaxseeds and walnuts are good sources.

While many reports are stressing the importance of omega-3 fatty acids, a recent second large prospective study at Fred Hutchinson Cancer Research Center in Washington State, USA, has made a link between high blood concentrations of omega-3 fatty acids and an increased risk of prostate cancer.

Dr Alan Kristal and colleagues found that high concentrations of EPA, DPA and DHA, which are the 3 anti-inflammatory and metabolically related fatty acids derived from fatty fish and fish-oil supplements, caused an overall 43% increase in risk of all prostate cancers. They are associated with a 71% increased risk of high-grade prostate cancer (where tumours are

more likely to be fatal) and a 44% increase in the risk of low-grade prostate cancer.

"...we have confirmed that marine omega-3 fatty acids play a role in prostate cancer occurrence," said corresponding author Theodore Brasky PhD, a research assistant professor at Ohio State University Comprehensive Cancer Center, who was a postdoctoral trainee at Fred Hutch when the research was conducted. "It's important to note, however, that these results do not address the question of whether omega-3's play a detrimental role in prostate cancer prognosis" he said.

It is unclear from this study why high levels of omega-3 fatty acids would increase prostate cancer risk. However, according to the authors, the replication of this finding in 2 large studies indicates the need for further research into possible mechanisms.

Our exposure to common weed killer, glyphosate

Glyphosate is an active ingredient of many widely used herbicides and is also crucial to the production of genetically modified herbicide-resistant crops.

Recently there have been studies linking the herbicide glyphosate to adverse health effects in humans, including breast cancer, reproductive issues in both men and women, birth defects and gut health.

A report prepared by Friends of the Earth Europe, June 2013, found 70% of the city-dwelling British participants had glyphosate residues in their urine. 44% of the participants from 18 different European countries tested positive.

This report also cited an American industry-funded study which measured glyphosate in the urine of American farmers and their immediate families, after application of the herbicide to their crops. On the day of application, 60% of the farmers, 4% of their spouses and 12% of their

children had detectable glyphosate in their urine. Paul Capel, environmental chemist and head of the agricultural chemicals team at the US Geological Survey Office, part of the US

Department of the Interior, found significant levels of it in air particles and rain samples in the USA during the growing season. The frequency of glyphosate detection ranged from 60 to 100% in both air and rain samples. Mr Capel called for more tests to be conducted to determine how harmful glyphosate might be to people and

animals. He stated, "We know very little about its long term effects to the environment."

Along with being regularly used by gardeners, glyphosate is often used on crops such as corn, rapeseed, sugar beets, soyabeans, cotton and rice. "Roundup Ready" genetically modified (GM) crops have been developed to survive the application of glyphosate.



"Roundup Ready" genetically engineered crops have been developed to survive the application of glyphosate.

New thoughts on the link between memory and tooth loss

It was concluded that there is a link between losing your teeth as you age and memory problems, according to a Swedish and Norwegian university study published in the European Journal of Oral Sciences.

The study of 273 people aged 55-80 cross-sectioned the relationship between the number of natural teeth and memory, using several cognitive tests.

The researchers found that the number of natural teeth was associated with better performance on episodic recall and recognition and vocabulary tests.

The researchers concluded that there may be a connection between natural teeth and cognitive



function and theorised that this may be due to reduced sensory input from the nerves connecting the teeth to the surrounding tissues in the mouth, which send signals to the brain during chewing. Without the sensory input to the brain, it may reduce episodic memory. It is also possible that dietary consequence of tooth loss, as it makes it harder to chew foods, may lead to poor nutrition and reduced cognitive ability.

The researchers call for further investigation into the relationship between teeth and memory to determine the cause of the association.

Interesting fact: on average, the participants had approximately 22 of 32 natural teeth. (Molars were the most likely to be missing.)

New thoughts on electromagnetic frequencies

A British physicist and expert on microwave weapons came out of retirement and travels the world to express his concerns about microwave frequencies.

Speaking at the Irish Doctors' Environmental Association (IDEA) in Dublin, April 2013, Mr Barrie Trower, physicist and former Cold War spy debriefer, warned about the dangers of microwave-based communications systems.

"The damage caused by microwave radiation is irrefutable," says Mr Trower, "There never is any doubt. There never was."

Mr Trower's lectures focus on the dangers of WiFi technology and other common household sources of microwave radiation.

While he has concerns for the world as a whole, humans, animals, all living creatures, he expresses exceptional concern for children, as "Children are physiologically and neurologically immature. It takes years for the blood-brain barrier to form, leaving children more prone to cell-leakage from microwave radiation. And a person's immune system, which fights off damage, takes 18 years to develop. In all of the schools I have visited around the world with WiFi, every one has reported the same symptoms in students: fatigue, headaches, nausea, chest pain, vision problems."

He also expressed concerns about young girls

being near WiFi transmissions, which would pass through their ovaries, affecting the possible 400,000 underdeveloped ovarian follicles, potentially damaging the follicles so much that they do not develop, leading to infertility or passing damage on to the next generation and the next. Mr Trower states, "mitochondrial DNA is irreparable."

Researcher Professor Olle Johansson, Karolinska Institute in Stockholm, found that after 5 generations, laboratory animals became infertile after exposure.

Mr Trower has repeatedly offered a challenge to top scientists, government scientists, industry scientists and anyone else, to publicly humiliate him and prove that microwaves are not damaging. To date, no one has accepted the challenge.

Mr Trower calls for:

- stricter, safer standards for electromagnetic frequencies (EMF)
- radio frequency (RF) sources to be as low as possible
- RF sources to be as far away from residential areas as possible, particularly pulsed frequencies
- WiFi to not be in schools or public areas

Did you know...?

Pregnant and breastfeeding women advised to avoid chemicals

For years, pregnant women have been told to avoid a variety of things when pregnant. Alcohol, cigarettes, raw eggs, unpasteurised cheeses and caffeine are just a few.

In June 2013, the Royal College of Obstetricians and Gynaecologists (RCOG) issued a paper which advised pregnant and breastfeeding women to avoid exposure to chemicals, such as shower gel, cosmetics, foods in tins or wrapped in plastic, new cars, new furniture, non-stick pans, cleaning products and paint fumes.

The paper states, "Epidemiological research has linked exposure to some of these chemicals in pregnancy with adverse birth outcomes; pregnancy loss, preterm birth, low birth weight, congenital defects, childhood morbidity, obesity, cognitive dysfunction, impaired immune system development, asthma, early puberty, adult disease and mortality (cardiovascular effects and cancer).



Links made between aspartame and cancer

The American Journal of Industrial Medicine published a study that concluded that "aspartame [APM, the well-known sweetener] administered in feed, beginning prenatally through life span, induces cancers of the liver and lung in male Swiss mice."

The results confirm that APM is a carcinogenic agent in multiple sites in rodents, and that this effect is induced in rats (both male and female) and mice (males). There were no carcinogenic effects observed in female mice.



Sniffer dog has been trained to help child with severe allergies

According to parentdish.co.uk, one little girl with a nut allergy has been given a new lease of life because of the special training her faithful companion has received.

The golden-doodle dog, LilyBelle, has been specially trained to sniff out peanuts and almonds in the child's food and will raise a paw to warn the child that the food contains these nuts.

If the child eats anything that contains peanuts or almonds, she comes out in hives and could go into anaphylactic shock.

An average dog's nose is tens of thousands times more sensitive to odours than that of humans. Dogs can detect some odours in parts per trillion.

Initially the child's mother contacted a dog trainer about training a dog to detect the child's seizures but the trainer suggested training the dog to detect peanuts and almonds, too.

Bacteria in your gut affect your brain

There are many research papers which show that the brain sends signals to the gut, which is why stress and other emotions can contribute to digestive problems.

A recent study conducted at the University of California, Los Angeles (UCLA) concluded that changing gut bacteria affect brain function.

Researchers found that women who regularly consumed beneficial bacteria (probiotics) in yoghurt showed altered brain function, both while in a resting state and in response to an emotion-recognition task.

Dr Kirsten Tillisch, an associate professor of medicine in the digestive disease division of UCLA's David Geffen School of Medicine and lead author of the study, stated that "Time and time again, we hear from patients that they never felt depressed or anxious until they started experiencing problems with their gut.... Our study shows that the gut-brain connection is a 2-way street."

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www.breakspearmedical.com/shop

Patient's story: getting my life back

(Continued from page 2)

Only my pride and will power stopped me taking time off work.

After my initial consultation, Dr Monro recommended a series of tests, which included specialist neurological tests with Dr Peter Julu.

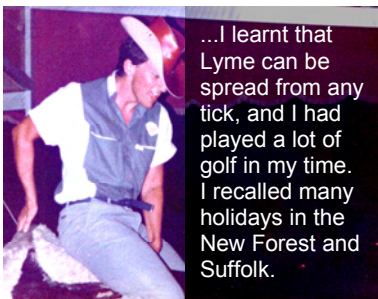
It was strange that in all those years under various consultants and doctors, I had only ever had 1 blood test and that was to check for arthritis.

The tests were many and I just could not do justice to explain what they were. I felt that here was someone who was taking me seriously and not writing me off as a hypochondriac. That in itself made me cry. At last, someone believed me.

With the tests results and after fully investigating my history, Dr Monro concluded that I was suffering from Lyme Disease. I wanted to cheer but was not sure whether that was good or bad!

I had read about Lyme Disease, but it was always reported that transmission of the bacteria was through tick bites from deer. I had not visited the USA, Canada or the Rockies so where would I get a tick bite from a deer? But I learnt that Lyme can be spread from any tick, and I had played a lot of golf in my time. I recalled many holidays in the New Forest and Suffolk.

I started my treatment which included a course



of antibiotics and supplements over 6 months, IRATHERM (hyperthermia) sessions and no alcohol!

As I wanted to get better, I followed the instructions to the letter over the next 9 months and my symptoms started to wane.

I lost nearly 5 stone and no longer needed the blood pressure tablets. I was going to the gym 5 times a week and doing 1-2 hour sessions! Overkill? Yes, but when you remember what it was like to have good health taken away from you, you

just want to prove how well you really are!

I'm still under Dr Monro's care and about to start a 2nd course of treatment to optimise my health and am looking forward to being boiled in the bag on the IRATHERM again.

On learning more about Lyme, I was so, so lucky that I found Breakspear and the superb talent, skill and dedication of Dr Monro and her team. Lyme is a crafty critter and unchecked can lead to life-limiting symptoms. There are many doctors who are simply unaware of Lyme and worse still, some refuse to recognise it.

Lyme disease is very adept at masking itself from the body and the power of antibiotics. If there are people out there who see some of my symptoms in them, come to Breakspear, as without Breakspear, I would not have my life back.

Thank you Dr Monro and all the team, especially my wife Anne.

In memoriam:

allergy and environmental medicine patient and author, Natalie Golos

At the age of 90, allergy and environmental medicine patient and author Natalie Golos MAE, BA, AFAAEM, died in Hyattsville, Maryland on June 15 2013.

Until she became disabled by chemical allergies, Miss Golos was a private school teacher and then a successful manager with World Book Encyclopedia .

She dealt with her debilitating allergy problems by researching and becoming somewhat of an expert on the topic. She went on to lecture,



advise and treat other sufferers. She wrote 8 books on the subject of environmental health, based on her personal experiences with environmentally triggered illness and studied bio-energy therapies, environmental medicine, preventative medicine, orthomolecular medicine, functional medicine and nutrition.

Her books include: *Coping With Your Allergies*, *If This is Tuesday, It Must Be Chicken*, and *Success in the Clean Bedroom*.

Bulletin board



Just married

On 21 September 2013, Operations Manager Julia Banks married Paul Fowler in a civil service in Boxmoor, Hemel Hempstead.

The couple went to Italy for their honeymoon.



Emma is back!

Emma Roberts has returned to Breakspear part-time after taking maternity leave. Her baby Archie was born 23 October 2012 and weighed 7 pounds 1 ounce.

Dr Jean Monro lectures in Phoenix

In late October, Dr Jean Monro will be presenting at the American Academy of Environmental Medicine (AAEM) 48th Annual Scientific Meeting on "Chronic Disease: Highlighting Electromagnetic Hypersensitivity, Lyme, Mycotoxicity, Autism, Cancer and Much More" in Phoenix, Arizona, USA.

New staff member, Daniel Segal

Daniel Segal, BA Psychology and MSc Mental Health Counseling, has joined the Breakspear team and will be providing therapy sessions, including behavioural, cognitive and relaxation breathing techniques.

In the next Bulletin, there will be an article with more explanation of his services.

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