



HIGHLIGHTS

Chemicals in beauty & personal care products

Learn more about the potentially harmful ingredients of beauty and personal care products.
PAGE: 3

Should we be eating fish?

Nutritional Therapist Leon talks about the pros and cons.
PAGE: 5

Recommended recipe: chickpea wrap

Easy and quick to prepare, gluten-, egg- and dairy-free alternative to flatbread.
PAGE: 7

Introducing Dr Cyprel Ijeh

Find out about the new doctor.
PAGE: 9

My recovery from ME

Carlene Barry, a soon-to-be Chartered Tax Adviser from Buckinghamshire, tells us her story about her recovery from myalgic encephalomyelitis (ME) and post-viral syndrome.

One summer evening in 2009, when I was 24, I was struck down with a virus. I immediately knew that I was in serious trouble and I insisted that I was taken to A&E.

The symptoms were bizarre. I was wheezy, short of breath and felt sick and dizzy. Little did I know the worst was yet to come.

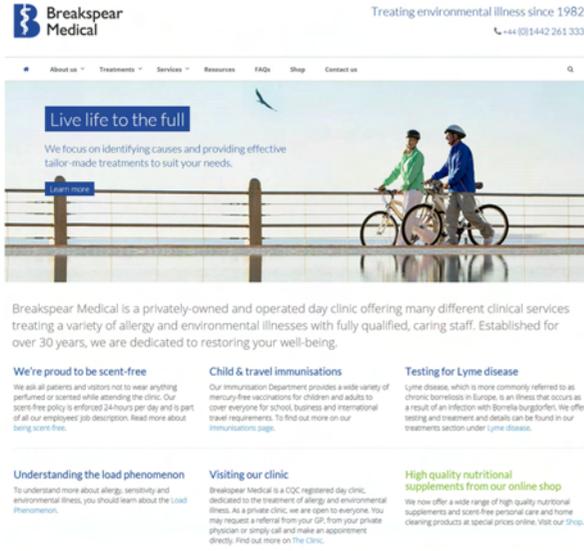
In A&E, the doctors told me I had a virus and simply advised me to rest. I went back to work the following day but during the following four weeks, I was in and out of work. Within five weeks, my body was rapidly slowing down, my legs became so heavy that I was

unable to walk. I couldn't go up and down the stairs. The heaviness in my legs would keep me awake all night. It felt like I was in the gym and had leg weights on constantly.

In the years prior to that A&E visit, I had been a keen worker, enjoyed going to the gym, doing aerobics and swimming, and keeping busy. However, in my early twenties, it became apparent that I had taken on more than my body could handle.

Between the ages of 22 and 23, I was forever feeling tired, I seemed to suffer with constant, swollen

(CONTINUED ON PAGE 10)



Welcome to the new look of Breakspear Medical

On 24 April 2015, Breakspear Medical underwent a significant transformation as the new company branding was launched.

Late last year, work began on the redesign of the Breakspear Medical logo and development of the new website with a local company, Satellite Creative, in the nearby town of Tring.

This Spring the new branding was launched, with the revamped website going live and the new letterhead, fax sheets, business cards and name tags being put into circulation, as well as the hanging of new exterior signs on the buildings.

Work is continuing to update many informational documents and forms, which may take quite some time.

Rest assured that we are the same business, with the same staff and directors all working for our patients' benefit.

So far, we have received many positive comments. Please share your thoughts on the new look with any staff member.

<p>Find us</p> <p>Breakspear Medical Wood Lane Hemel Hempstead Hertfordshire HP12 0PL United Kingdom</p> <p>[Map]</p>	<p>Contact us</p> <p>Breakspear Medical is a CQC registered day clinic. Tel: +44 (0)1442 261 333 Fax: +44 (0) 1442 266 998 Email: info@breakspearmedical.com</p>	<p>Opening hours</p> <p>The Clinic & Reception: Monday to Saturday, 09:00 to 17:00* Accounts, Pathology, Antigen Laboratory and Medical Services: Monday to Friday, 09:00 to 17:00* * First term only</p>
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New website launched

After 10 years, it was time to update the Breakspear Medical website

In 2004, Breakspear Medical launched its second website, which started out as 60 pages and grew into over 120 pages. (The first website was less than half a dozen.) In 2015, our third website went live with many new features and a current method of navigation, which works for PCs, tablets and mobiles.

The new website has a clean, fresh look and is easier to navigate. In the near future, the site will be expanded to contain more resources for current patients and a bespoke webshop, which will make shopping at home easier for patients, practitioners and or anyone else wishing to purchase high quality supplements and scent-free products.



Chemicals in beauty & personal care products

The old saying, “beauty is more than skin deep” takes on a new meaning when you consider the chemical ingredients of beauty products and that the skin has an absorption capability even greater than that of the intestines.

There are some 30,000 chemicals being used in today’s cosmetic products. Because cosmetics are not eaten, there are very different cosmetic industry standards from those of food standards. This means that even chemicals that are linked to cancer (carcinogenic), or known to cause organ failure or birth defects, and ones that have not been safety-tested, can be found in cosmetics, personal care products and fragrances. Many that have been proven to be harmful, however, have been approved for use in small concentrations.

Chemicals on the body, whether absorbed through the lungs or through the skin, can be harmful.

Research has found that fetuses can be damaged by chemicals as early as at eight week’s gestation by chemicals found in cosmetics used by their mothers.

While it is easy to say that everyone should read the ingredients of everyday personal care products, there are so many thousands of chemicals that this is not a straightforward exercise for anyone. Also, while some ingredients may be at acceptable levels, when mixed with other ingredients within the product or when applied at the same time as another product, toxic substances can be produced. As well, there are penetration enhancers, which

(CONTINUED ON PAGE 4)

HISTORICAL FACT:

Thousands of years ago, lead was often contained in cosmetics, such as the eye make-up of ancient Egyptians, white face cream used by the Greeks and red lead used as a blusher by upper class Romans. The related health problems ranged from skin ruptures to madness and infertility.

In 2007, an American consumer group study found that more than half of the top brands of lipstick contain detectable levels of lead and found mercury in some mascaras.

Chemicals in beauty & personal care products

CONTINUED FROM PAGE 3

increase the body's absorption of ingredients.

There are many ingredients that should be avoided for a variety of reasons.

Allergens

There are a number of fragrance ingredients that require warning labels, as they are known to cause adverse effects. For example, according to European Commission Health



and Consumers Article 19(1)g, the presence of amyl cinnamal (2-Benzylideneheptanal) in a substance must be indicated in the list of ingredients when its concentration exceeds 0.001% in

leave-on products and 0.01% in rinse-off products. This is because it is a known human immune system toxicant or allergen and can cause contact dermatitis.

Other fragrance ingredients linked to allergies and immunotoxicity include:

- Anise alcohol (4-Methoxybenzyl alcohol)
- Benzyl benzoate
- Butylphenyl methylpropional
- Balsam of Peru (myroxylon pereirae)
- Limonene

Parabens

Used to prevent moulds and bacteria, these hormone disruptors can cause skin irritation and have been found in some cancerous tumour tissue. They are often contained in products for infants and children.

Some commonly used parabens are:

- methylparaben
- propylparaben
- butylparaben
- isobutylparaben

Nitroso-dimethylamine (NDMA)

Originally primarily used to make rocket fuel, it is still used in some cosmetic and toiletry products and in cleansers. NDMA is also an unintended by-product of chlorination of wastewater and drinking water at treatment plants that use chloramines for disinfection.

Absorption rates have been shown to be 100 times greater when exposure occurs on the skin rather than through the mouth. When people were exposed to high levels, liver damage occurred. The US Department of Health and Human Services states that NDMA is reasonably anticipated to be a human carcinogen.

Phenol

Phenols are known to cause allergic reactions. They are contained in many products including plastics, dyes, explosives, household cleaners, hair dyes, deodorants and drugs, including aspirin and sore throat/mouth irritation medications.

Heavy metals

Any toxic metal may be called a heavy metal. While not on the ingredient list of cosmetics, as they are not added intentionally, heavy metals can be present as by-products. While they are at low levels in many products, it is important to be aware that heavy metals accumulate in the body over time. At high levels, they will cause neurological problems, including behavioural and learning problems, and organ damage.

In 2011, a report was published by Environmental Defence which looked at 49 popular make-up products and tested for the presence of arsenic, cadmium, lead, beryllium, mercury, nickel, selenium and thallium. According to the health website, all of these toxins, except mercury, were found in every tested product.

For more information, there are a number of recommended books on the market discussing the toxic chemistry of everyday products and the effects on health.



Should we be eating fish?

The seafood industry in the UK is a multi-billion pound business. In the UK, salmon is the most popular purchased fish while tuna is the second most favourite. In this article, Nutritional Therapist Ron Leon looks at the health benefits and concerns surrounding fish.

Between 1987 and 1999, salmon intake increased annually at a rate of 14% in the European Union (EU) and 23% in the USA.

Fish farming (known as aquaculture) of salmon is a popular means by which to supply the supermarkets and restaurants currently increasing demand. Statistics show that the volume of wild caught salmon has remained relatively stagnant since 2000, whereas aquaculture has increased exponentially.

The reason why fish has become popular is because it is widely accepted that fish intake equates to a decrease in the incidence of cardiovascular disease, which is linked to the essential omega 3 fats that fish contain. As humans are incapable of manufacturing omega 3 fats, they must be supplied through the diet and fish are a good source.

While there are numerous studies about the benefits of eating fish, there are other considerations that make weighing up the pros and cons of eating fish far more difficult.

For example, there are a variety of studies providing information about the levels of contaminants found in fish, such as polychlorinated biphenyls (PCBs), dioxins and mercury, all of which are toxic, and about the specific contaminants in wild fish compared to farmed.

However, the majority of studies do not analyse the cumulative effects of exposure to the broad selection of toxic compounds found in fish from around the world, which are available on the global market.

Young wild salmon generally eat insects while older ones generally eat other fish and sea life. Farmed salmon are fed manufactured fish feeds, which may contain pig and chicken

INTERESTING NOTE:

On the 14th of February 2014, the EU ended a ban on using fish feed made from ground-up pigs and chickens, which was introduced at the height of the “Mad cow” food scare.

(CONTINUED ON PAGE 6)

Should we be eating fish?

(CONTINUED FROM PAGE 5)
 parts, fish meal, poultry fat, fish oil, whole wheat, soya bean meal, and feather and rapeseed meal. The fish feeds will vary depending on the manufacturer and the fish may be exposed to other contaminants, depending on the water they live in.

Tuna in the wild also generally eat other marine life, but because they are larger and longer-lived fish, they tend to have eaten more contaminants and been exposed to more water-borne contaminants for longer, which means their bodies accumulate more toxins (bioaccumulation) than younger, smaller fish. This explains why tuna and other large fish are found to have high levels of mercury.

Humans need to eat omega 3 and omega 6 oils, as these fatty acids are important components of cell membranes and building material for other substances in the body such as those involved with blood pressure and inflammatory response. If you choose to eat fish as a source of omega 3, it would be wise to choose less contaminated varieties.



If you would like to read more on Ron Leon's investigation into the question, "Should we be eating fish?", please ask a member of staff for a copy of his full paper on the topic.

Benefits of saturated fats

Nutritional data		
Food (100g)	Fat	of which saturates
Organic butter	81g	52.1g
Organic medium cheddar	32g	20.8g
Organic rib steak	21g	9.1g

There is an ongoing and growing debate about the benefits of saturated fats, which are the fats typically found in foods with a high proportion of animal fat, such as butter, cheese and red meat.

Currently the NHS health guidelines recommend that men eat no more than 30 grams of saturated fat per day and women no more than 20 grams. The guidelines explain, "Eating a diet that is high in saturated fat can raise the level of cholesterol in the blood. Having high cholesterol increases the risk of heart disease."

However, a study released from the Ohio State University, USA, in November 2014 found that doubling or even trebling saturated fat in the diet did not increase the total levels of saturated fat in blood and did not raise cholesterol levels.

The Ohio study also concluded that increasing the levels of carbohydrates in the diet of the study groups increased levels of palmitoleic acid, which is the fatty acid linked to a higher risk of obesity, heart disease, prostate cancer and type-2 diabetes.

A study at the University of Cambridge, which was published near to the same time, concluded that not all fatty acids are the same. In fact, odd-chain fatty acids, which are markers of dairy fats, have indicated a protective effect against type-2 diabetes.

Chickpea is good for you

Michele Kingston, Nutritional Therapist

Chickpea could potentially be considered a 'functional food', which is a food that provides benefits beyond basic nutrition.

In addition to their role of providing protein, fibre, vitamins and minerals, chickpeas are reported to have some physiologic benefits that may reduce the risk of chronic diseases and optimise health.

Chickpea is a good source of carbohydrates and protein, and the protein quality is considered to be better than in other pulses.

Chickpea has significant amounts of most of the essential amino acids, except cysteine and methionine, which can be provided by eating it with a grain, nuts or seeds.

Chickpea contains both soluble and insoluble fibre and has a low glycaemic index. The fat content is relatively low and the oil contains nutritionally important tocopherols, sterols and tocotrienols. They also contain magnesium, calcium, zinc, iron, most B vitamins and carotenoids.

Some people avoid chickpeas and other legumes due to unpleasant digestive symptoms they can cause. However, many of the negative factors can be reduced or eliminated by soaking, cooking, grinding and/or sprouting.

RECOMMENDED RECIPE:

Chickpea wrap

Gluten-, dairy-, egg-free versatile alternative to naans, chapatis or pizza bases



INGREDIENTS:

150 g chickpea (gram) flour
160 ml cold water

METHOD:

1. Add the water to the flour and mix until you get a thin batter. (You may wish to add a little more water or flour for your preferred consistency.)
2. Heat a frying pan over medium heat, add a small amount of sunflower or olive oil.
3. When the pan and oil are hot, add enough batter to cover the bottom of the pan about 5mm deep.
4. Cook until the wrap is lightly browned and then flip over until the other side is equally browned.
5. Remove from pan. Eat warm or at room temperature.

COOK'S NOTES:

These are delicious spread with olive tapenade for a snack or filled with mashed egg and avocado for breakfast.



Celebrating 8th International Congress of Environmental Medicine

The eighth annual International Congress of Environmental Medicine was held on the fifth, sixth and seventh of June 2015, in Madrid, Spain.

The annual conference is an event centred around how the environment affects the development of diseases such as multiple chemical sensitivities (MCS), fibromyalgia, chronic fatigue, electrosensitivity, hormonal disorders, autism and a wide range of other increasingly common diseases.

Environmental medicine experts from around the world are invited to lecture and attend the three days of information sharing.

Dr Pilar Muñoz-Calero, the President of Fundación Alborada, the environmental health centre that hosts the conference, was the opening speaker.

Dr William Rea, from the Environmental Health Center in Dallas, USA, (see Profile on page 12) spoke on the effects of pesticides on the cardiovascular system.

Two doctors from Breakspear Medical presented. Dr Peter Julu lectured on the central nervous system and multiple chemical sensitivity and Dr Jean Monro lectured on chronic obstructive pulmonary disease (COPD), which is a group of lung diseases that make breathing difficult, and on what may be done to help patients to recover from this condition.

After the lectures, there was a meeting of the specialists, to contribute and compile the Brunete Declaration on Environmental Medicine, which is a statement with international objectives and recommendations.

SPEAKERS INCLUDED:

- Dr Peter Julu
- Dr Antonio Pasciuto
- Dr Daniel Goyal
- Dr William Rea
- Dr Jean Monro
- Dr Martin Pall
- Dr William Shaw

SPONSORS INCLUDED:

- Laboratorios Nutergia
- The Great Plains Laboratory Inc
- Comercial Medicotécnica
- Triodos Bank
- Lamberts
- Pure Encapsulations

Mushroom nutrition seminar

On 26 June 2015, a BANT-recognised seminar was held at Breakspear Medical's lecture theatre.

Mycology Research Laboratories, together with the Environmental Medicine Foundation, hosted a British Association for Applied Nutrition and Nutritional Therapy (BANT)-recognised continuing professional development (CPD) half-day seminar in the new lecture theatre on the first floor of Maple House, next door to Breakspear Medical's clinic.

Speakers included licensed Pharmacist Dr Nuria Lorite Ayán, Breakspear Medical's Medical Director Dr Jean Monro, Professor Amin Karmali from the Department of Chemical Engineering, Instituto Superior de Engenharia de Lisboa and Chairman of the Research Centre for Chemical Engineering and Biotechnology.

The lectures were videoed and are available to view online to registered practitioners:
www.mycologyresearch.com/practitioners

INTRODUCING:



Dr Cyprel Ijeh

Now seeing patients at Breakspear Medical, Dr Ijeh has been working in Occupational and Environmental Medicine for many years and is a licensed medical practitioner in Sweden, Malta and the UK.

Born and receiving much of his childhood schooling in the British-style education system of Nigeria, Dr Ijeh continued his education in Sweden, completing his Masters in Public Health at the Nordic School of Public Health.

After a few years of research in Occupational and Environmental Medicine, he then went on to graduate from the Military Medical University of Lodz, Poland, with his Certificate of Medical Doctor.

Along with those degrees, he completed a variety of other diplomas and certificates, including a diploma in Occupational Medicine from Manchester University earlier this year.

Dr Ijeh is fluent in English, Swedish and understands a bit of Danish and Polish, and as well has many indigenous languages spoken in Nigeria, including Ika, Yoruba and Igbo.

With experience in telemedicine, he works as a volunteer helping charities working in remote areas of Africa receive medical advice and expertise, using video and audio communication.

Dr Ijeh and his wife and two children live in Milton Keynes, which reminds them of Sweden.

My recovery from ME

(CONTINUED FROM PAGE 1)

glands in my throat and never felt I had enough energy to get me through the day. But I continued working full time, studying to become a qualified accountant and going to the gym.

One day I made a trip into town but then struggled walking and called a friend to collect me. Again, I was taken to A&E. This time the doctors suspected that I had Guillain-Barré syndrome, which is a life-threatening illness where the body's immune system attacks parts of the nervous system.



Carly's symptoms included:

- fatigue
- sickness
- headaches, migraines
- severe pins and needles running through her body
- burning sensation from her back and down her legs
- trouble sleeping
- shortness of breath
- anxiety
- depression
- food allergies
- difficulty concentrating
- reduced short-term memory

I spent three days in hospital and underwent blood tests, brain and MRI scans. The results

After each IRATHERM® session, my energy levels increased significantly and my concentration and memory also improved.

were clear and I was told it was just a virus. I left hospital still not being able to walk properly and I was convinced that it was more than just a virus.

I visited my local GP twice weekly. She confirmed I had ME/CFS and there was no more she could do for me. At the young age of 24, I felt devastated and thought my life was over. My mum had always told me that I would get well one day and not to give up.

A year had passed and my health was continuing to deteriorate rapidly. My list of symptoms was growing and further reducing my quality of life. I barely had a full night's sleep because a variety of different symptoms kept me awake. I was having allergic food reactions to everything I ate so that even eating something simple, such as baked beans, would make me feel so sick. A severe reaction to a food allergy would leave me in pain for up to three days. The migraines were so bad that I couldn't lift my head from a pillow. I had no choice but to eat a very plain and bland diet and exclude things, such as sauces from jars.

I kept working but could only manage four hours a day, which was a struggle, but I was determined not to let this illness beat me.

I tried various treatments such as acupuncture and the Lightning Process but it still wasn't a cure.

In the summer of 2010, while searching the internet, I came across Breakspear Medical and made my first appointment to see Dr Jean Monro. From that first appointment I knew I had finally found a doctor who understood me.

Under the care of Dr Monro, a number of blood tests were undertaken and I was diagnosed with ME and the Epstein-Barr virus, also known as 'glandular fever', which had not previously been diagnosed. I was put on a vitamin and supplement program to help boost my immune system. I also undertook a detoxification programme alongside taking low-dose immunotherapy vaccines to control my food allergies/sensitivities.

Following my treatment programme, I was making very good progress; however, within a year, I began to have reactions to everyday chemicals, such as cleaning products, shampoo and perfume. To walk through a department

store perfume section made me feel so ill and gave me terrible migraines. I found I could not use ordinary shampoos and had to use chemical-free shampoo, to keep my skin from breaking out in a rash.

To help with the multiple chemical sensitivities, Dr Monro recommended expanding my low-dose immunotherapy treatment, to also manage the allergic/sensitivity reactions from the chemicals that were included in cleaning products and toiletries. I took two injections every day and, within a few months, I managed to get over the chemical reactions.

I had put my studying on hold for three years to try and regain my health. After this time I was determined to continue my studies and become a qualified accountant. One of my symptoms was loss of short-term memory, which made my level of studying extremely difficult because of the sheer volume of information to remember. Dr Monro listened to my concerns and prescribed me vitamin B12 to help me with brain fatigue and, over time, my memory and concentration got better.

I followed everything Dr Monro recommended and kept to a strict diet to try and improve my health. I also undertook six IRATHERM® sessions. After each session, my energy levels increased significantly and my concentration and memory also improved.

I told myself that hard work made me ill, therefore hard work would get me better. It was a very long journey, over those six years, but I was determined to get my health back.

My health improved slowly and gradually over the years. In August 2013, I qualified as an accountant and I am proud to say that, despite being so ill, I obtained all first time passes. I am now studying to become a Chartered Tax Adviser and I have recently just sat my Chartered Institute of Taxation finals.

With the help of Dr Monro and her wonderful team, I now can work full time and have my health back. I will be eternally grateful for all the hard work, kindness and support that I have received from Breakspear Medical over the years. I feel privileged to have met such an amazing doctor; Dr Monro's knowledge, expertise and support over the years have been truly amazing.

Also, a special thank-you to Colin, my rock, for being there for me throughout the years, my dear mum and dad, my sister and brother and close friends, for without you I would not have made it this far.

DESCRIPTION:



IRATHERM® 1000

Breakspear Medical has the first IRATHERM® 1000 bed in the United Kingdom.

For thousands of years, the idea of increasing the body's temperature has been associated with healing, prevention and cleansing properties.

The IRATHERM® is a whole-body hyperthermia bed, which not only raises body surface temperature, as does sauna, but also raises body core temperature, which can have a major therapeutic effect.

IRATHERM® can help:

- allergy
- rheumatic diseases
- muscle tension
- multiple chemical sensitivity
- chronic back pain
- eczema
- fibromyalgia syndrome
- migraine
- effects of ageing
- excess body weight
- illnesses caused by exposure to pollutants such as pesticides
- sports injuries

Lyme disease - its not just ticks

Enter “Lyme disease” in any search engine and most of the results will contain a line of text stating that one gets it from the bite of an infected tick. However, a paper published in 1988 found positive results for many other insects, too.

In 1988, the American Society for Microbiology published a paper entitled, “Ticks and biting insects infected with etiologic agent of Lyme disease, *Borrelia burgdorferi*”.*

In the study, 18 species of ticks, mosquitoes, horse flies and deer flies were collected and tested for *B. burgdorferi*, which is the specific strain of bacteria which spreads in the namesake town of Lyme, Connecticut.

While ticks had a significantly higher percentage of infected specimens, 12 species of the 18 tested harboured *B. burgdorferi*. The rate of infection varied greatly, depending on the site, season and sampling method.

The paper reported that there were records of deer fly bites and subsequent development of erythema migrans (bull’s-eye rash) in persons who had Lyme disease and recommended that further studies were needed to confirm that deer flies or horse flies could mechanically transmit *B. burgdorferi*.

* Magnarelli LA, Anderson JF. J Clin Microbiol. 1988;26:1482-6.

Lecture theatre for hire

For more information, please contact Sharon Weinberg: 01442 261333 ext 316 or email: sweinberg@breakspearmedical.com

PROFILE:



Dr William Rea

On 16 May 2015, world-renowned American environmental medicine physician, Dr William Rea, was the inaugural speaker in the new Breakspear Medical lecture theatre, in Maple House, next door to the clinic.

Dr Rea presented two recorded lectures that are available on our YouTube channel: <https://goo.gl/cEiatx>

Along with writing many books on environmental medicine and running the Environmental Health Center - Dallas, Dr Rea has presented at conferences around the world, including the recent VIII International Congress of Environmental Medicine in Madrid, Spain.

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