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## HIGHLIGHTS

### Day in the life of our Clinical Care Manager

Find out what a typical day can be like for Clinical Care Manager Anne Derham.  
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### Living with environmental illness

Having environmental health problems can be debilitating and lonely.  
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Salt is an important ingredient of everyone's diet.  
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# Gold medal cyclist recovering from MCS

**Italian cyclist and Breakspear Medical patient Carlo Calcagni reveals how cycling keeps him on the road to recovery from multiple chemical sensitivity (MCS).**

From the age of six, Carlo was passionate about sports and as an adult, he began cycling professionally. However, since then, his life has changed dramatically and today he is preparing for the 2016 Paralympics in Brazil.

As well as being a very fit and competitive cyclist, he served in the Italian army as a Medical Aide to wounded military personnel and civilians.

After receiving numerous

vaccinations in the short period of 4-5 days, he was sent to Bosnia-Herzegovina in 1996, as a Pilot Observer and Rescuer in the healthcare medical evacuation service. There he was exposed to the unavoidably inhalable dust of heavy metals from the explosions of ammunition with depleted uranium (DU), as well as the bodily fluids from the wounded or recovered bodies.

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## Day in the life of our... Clinical Care Manager Anne Derham

My work day starts at 8:30am with a clinical team meeting to discuss the patients expected on the wards that day.

Each morning before patients arrive, all the on-duty nurses, doctors and nutritional therapists exchange information and discuss concerns so that the patients are supported and their time is well spent.

On paper, my job description is really very simple: to ensure that the nursing team are knowledgeable and confident to provide compassionate care, in a safe and protected environment.

I admit that when I started at Breakspear Medical nearly four years ago, even with my lifetime career of nursing, I had not been aware of a number of the various clinical presentations, which do not seem to fit NHS guidelines.

I have seen patients with environmental illness arrive in wheelchairs for their first appointment and, as they follow their treatment programme, I have watched them rebuild and regain the strength to walk again.

Environmental illness has many different forms: from food and inhalant allergies to multiple chemical sensitivity (MCS), chronic fatigue syndrome (CFS), myalgic encephalitis (ME) and chronic borreliosis/Lyme disease and a growing array of other ones.

While much of my time at work is spent developing and underpinning policies and procedures, as well as organising training and review, one of the most important

parts of my job is to help with clinical duties whenever needed. I enjoy working with the nursing team in a hands-on role, using my fundamental and newly learned nursing skills, and getting to know our patients personally.

Each patient is unique; on any given day, we have men, women and children of various ages from all over the world. I have learned "Good morning! How are you?" in several languages!

I have often been told by patients that there is a lovely, welcoming atmosphere in the clinic. I think this is because everyone on staff genuinely cares about the patients, which means trying our best to get the correct diagnosis, providing the appropriate treatment and supporting both the patients and their families throughout.

It is very different and rewarding working in the private sector. Participating in a successful business is important to all of us, not least for the continuation of the pioneering treatment programmes developed by Dr Jean Monro and the medical team.

### But what I love most...

But what I love most about my job is seeing our patients get better. As a matter of fact, tomorrow night, I'm going to see a young patient, Nathanael, participate in a swimming competition. He was a patient who needed a wheelchair during his treatment just a few years ago. (See page 5 for more on this case study.)



# Living with environmental illness

**Every day we are exposed to man-made chemicals, fossil fuel pollution, electromagnetic fields from electronic and wireless devices, flame retardants, printing material, mass-produced foods, pesticides and chemically treated water. What happens when the immune system cannot cope anymore?**

Nearly every morning of every week, new patients of all ages come to see the doctors at Breakspear Medical. Many have increasingly common symptoms of fatigue, muscle pain and weakness, digestive problems, acute reactions to perfumes or scented cleaning products, as well as many other symptoms. Quite a few have been to other doctors and clinics but have not received a diagnosis or any treatment.

Some patients have tried to determine the cause of their symptoms in order to gain some control over their lives. To do this, they have kept a diary of exposures, their diet and activities, and noted symptoms, both immediate and delayed responses. Sometimes they determine that they are reacting to something at work or in a certain room at home, which may be the result of building materials, poor ventilation, damp/mould, paint or printed materials.

In addition to tangible materials, there are also

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## DEFINED:

**Environmental illness** is a term used to encompass a vast number of symptoms and conditions that have been caused by surroundings. Conditions covered under this umbrella term include:

- Asthma
- Eczema
- Fatigue
- Food allergy/sensitivity
- Fibromyalgia
- Migraine
- Multiple chemical sensitivity
- Rheumatoid arthritis
- And many others

# Living with environmental illness

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electrical and magnetic fields to contend with. Most of us are familiar with the feedback heard when a mobile phone is placed near a computer with speakers, as the mobile phone hunts for a cell signal. Some electrically sensitive people describe that they feel that pulsing signal as a tingling sensation in their body, which then causes symptoms such as nausea, dizziness or migraine.

Environmental illness also encompasses sensitivities to foods. As we cannot all grow our own food in chemical- and pesticide-free soil, we therefore rely on mass-produced foods. With today's markets providing favourite meats, fruits and vegetables all year round, instead of rotating seasonal foods, our diets are not as varied as our ancestors'.

Pre-prepared meals are often cheaper to buy, quicker to plate up and frequently contain many preservatives and other chemicals which would not have been part of our diet just two generations ago.

The repetition of food types and consumption of man-made chemicals puts a burden on our bodies. Some patients come to Breakspear Medical eating only a few staple foods which they can just about tolerate.

## Social implications

It is hard for the general population to understand what it is like to feel extremely unwell when exposed to an environmental factor, particularly when the named cause is something that most people are exposed to every day without consequence. Because of this, many people with

environmental illness feel like outcasts.

As well as feeling socially alienated, many sufferers find that they must significantly change their lifestyle in order to reduce exposure to the offending environmental factors. This means that they move to remote locations to avoid mobile phones and cell masts, WiFi and electrical appliances, chemicals, including perfumes, cleaning products and pesticides, and air pollution, including indoor contaminants, such as coal fires or oil heating.

There have been patients who were previously living in cars or caravans in the middle of remote fields. One patient described how she had made a cave into her home, to screen herself from many environmental pollutants.

While living remotely, cut off from the internet and not reading printed newspapers (because of the smell) and having to limit, or sever, ties with friends and family who continue to use standard laundry powder and toiletries, many of these people suffer in silence, often not connecting with people in similar circumstances.

## The key to recovery is strengthening the immune system

Environmental illness has to be treated on a case-by-case basis, as each patient's immune system is unique and struggling to deal with that individual's environment.

It is important to review the patient's medical history along with their occupational background and living

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arrangements. Sometimes the trigger to immune breakdown was a one-off exposure and this exposure could have been an experience many years previously. Sometimes the trigger is a long-term exposure to an unidentified harm. As well, substance exposure, viral and bacterial infections can compromise immunity.

It is not always possible to determine the source of environmental illness; however, treatment can still be undertaken.

A good healthy diet and nutritional supplementation programme is a fundamental component to re-building the immune system. Even if a person is eating well, while the body is fighting illness, the immune system is compromised and it may need more of particular nutrients to regain strength. There is a large range of pathology tests that can identify nutritional and metabolic deficiencies and help a member of our clinical team determine which supplements can help each individual's immune system.

For some, maintaining a balanced diet is difficult because food sensitivities limit the foods that can be eaten. To help these people, low-dose (neutralising) immunotherapy (LDI) can be used. LDI tests and treats allergies and sensitivities. There are two steps to LDI. The first step is to test the degree of sensitivity to a wide variety of foods, chemicals and/or inhalants, using an intradermal skin test, and the second step is to neutralise the reaction by taking specially prepared antigen vaccines. By using daily administered antigen vaccines, a wider range of foods may be tolerated and enjoyed again.

It is also important to address any other medical conditions presented, which may require prescription medications.

By reducing the load on the immune system and nutritionally strengthening the body's defences, it is possible for many sufferers of environmental illness to regain health and no longer feel isolated.

## CASE STUDY:

From the age of nine, Nathanael developed intolerances to food, smoke and fumes, particularly petrol.

His many symptoms included:

- diarrhoea
- bloating
- nausea
- dizziness
- abdominal pain

His NHS Consultant stopped all food intake and replaced food with a prescription liquid drink. Very soon afterward, Nathanael began collapsing and was unable to go to school regularly.

He then came to Breakspear Medical and started low-dose immunotherapy. The LDI vaccines neutralise his symptoms and allow him to eat a variety of foods and supplement items.

Two years later, he has resumed his passion for competitive swimming and surprised everyone by breaking his previous personal best and he recently successfully competed in the County finals.





## Should we add salt?

**Common salt is a mineral composed mainly of sodium chloride and is essential for animal life. It is not manufactured within the body and therefore it must be consumed.**

Salt helps:

- balance blood sugar levels and blood pressure
- aid in digestion
- make bones stronger
- support the immune system
- prevent muscle cramps
- recovery from chronic fatigue

While health-related fears over salt started more than a century ago, there is no question that salt is essential for good health and development.

Most salt used by our bodies comes from food and some from water. Salt is a natural preservative for food, as it lowers its water activity, reducing the pathogenic -microbial growth. It is used in bread making to influence the strength, expansion and texture of dough. It is also used in cheese making, as it is required to cure and develop the cheese's consistency.

As with other essential nutrients, different people have different salt

requirements and react to it differently. Factors such as genetics, physical condition, diet, stature, environment and stress may affect the amount of salt one needs. In most healthy people, the kidney will excrete excess salt.

### Study on salt and heart disease

A study published in JAMA International Medicine in 2015 followed 2,642 people for 10 years. There were equal numbers of men and women, with 62% being white and 38% African-American. All of the participants were free of heart disease at the start of the study. The researchers estimated their sodium intake by using dietary questionnaires and concluded that there was no significant difference in risk for cardiovascular disease, heart failure or death.

*Sodium levels are measured in standard haematology and biochemistry (H&B) tests, which many of our patients have already completed. If you are concerned about your salt (sodium) levels, ask your Breakspear Medical doctor about your levels.*

**RECOMMENDED RECIPE:**

## Turmeric dahl

**A gluten-, dairy-, and egg-free thick stew dish made from pulses**

Turmeric adds incredible flavour and colour and contains powerful anti-inflammatory, antioxidant and anti-viral properties.

Add turmeric to your food daily and always combine with black pepper and oil to enhance absorption.

**INGREDIENTS:**

150g red split lentils  
Pinch of black pepper  
250ml vegetable stock  
2 tsp ground turmeric  
1 tbsp coconut oil  
1 red onion, diced finely  
2 tsp cumin seeds  
1 clove garlic crushed  
½ tsp of chilli flakes (optional)  
150ml coconut milk  
Handful of coriander leaves  
1 tomato, diced  
100g baby spinach leaves  
Salt to taste

**METHOD:**

1. Using a colander, rinse the lentils.
2. Heat the vegetable stock and turmeric in a pot until boiling.
3. Add the lentils and black pepper and bring back to the boil.
4. Reduce the heat and simmer on a very low heat, covered, for 15 to 20 minutes or until the lentils are tender. Add a little water if it gets too dry.
5. While the lentils are cooking, melt the coconut oil in a pan and sauté the onion, garlic, cumin seeds and chilli (optional), for three to four minutes.
6. When the lentils are cooked, add the coconut milk, coriander, tomato and cooked lentils to the sautéed onions and cook for a further two minutes.
7. Stir in the spinach and allow to wilt. Add salt to taste. Keep warm.

**COOK'S NOTES:**

Serve with chickpea pancakes (recipe in Breakspear Medical Bulletin, Issue 39) or serve with another Indian-inspired dish, such as sag aloo. For added protein, serve with grilled chicken or paneer.

## LECTURES ATTENDED:

All Breakspear Medical's doctors regularly attend courses and give lectures at various venues throughout the year.

Some of the events attended in Autumn 2015 were:

- “‘Lifting the Veil’ Part II Chronic Disease: What’s REALLY Going On?” was the second conference in the Academy of Nutritional Medicine’s series of lectures on chronic diseases, in Regents Park, London, on 15 November 2015. Dr Jean Monro spoke about food intolerance, allergy & sensitivity.
- Breakspear Medical and the Environmental Medicine Foundation co-hosted an afternoon of lectures on “Clinical Applications of Diagnostic Testing” on 30 October 2015. This lecture session was granted three CPD points from the Royal College of Physicians for registered professionals. The lectures, by Dr Jean Monro and Dr William Shaw, from the Great Plains Laboratory, are available for viewing on our YouTube channel: <https://goo.gl/cEiatx>
- “Suffering the Silence: Living Experiences of Lyme Disease & Chronic Illness” is a personal story of recovery, by American author, Allie Cashel. Dr Jean Monro was invited to talk about recovery from Lyme disease at the UK book launch, at the Gresham Centre, London, 10 October 2015.

## Dr Jean Monro honoured at AAEM Annual Meeting



**In October 2015, our Medical Director Dr Jean Monro was honoured to receive the Jonathan Forman Award at the American Academy of Environmental Medicine (AAEM) Annual Meeting in Fort Myers, Florida, USA.**

After attending and speaking at the AAEM 2015 Annual Meeting, Dr Monro was presented with the 2015 Jonathan Forman award.

The award was established in 1968 to honour people who, in the opinion of the Academy, have made outstanding contributions to the field of environmental medicine. (See page 12 for more information about Dr Forman.)

The AAEM is an international association of doctors and other professionals who are interested in the field of environmental medicine. The organisation’s objective is to expand the knowledge of interactions between the environment and people, as reflected in their health. This includes conducting research and providing education in the recognition, treatment and prevention of illnesses caused by exposure to biological and chemical agents in air, food and water.





## Upcoming open lectures

**Work is underway to organise a series of diverse lectures throughout 2016, for patients, healthcare professionals and anyone interested in environmental medicine.**

The first lecture in 2016 was called *Methylation and its importance to health*. Co-hosted by the Environmental Medicine Foundation, it was held on 21 January 2016 in our lecture theatre on the first floor of Maple House.

There were two guest speakers presenting. Dr Jaleel Miyan, Senior Lecturer at the University of Manchester, presented on *The development of the brain and the peripheral neuroimmune system*. Dr Tapan Audhya, Professor of Biochemistry and Endocrinology in New York University Medical School, presented on *Management of patients with MTHFR mutation*.

The Royal College of Physicians accredited the lecture with three External (category 1) CPD credits and BANT credited it with two and a half hours CPD credit.

Videos of many of our lectures are available on our YouTube channel: <https://goo.gl/cEiatx>

The second lecture was held on 3 March 2016, titled *Multiple chemical & food sensitivities - diagnosis, mechanisms & treatment*. Dr Martin Pall from Washington State University and Breakspear Medical's Dr Jean Monro presented.

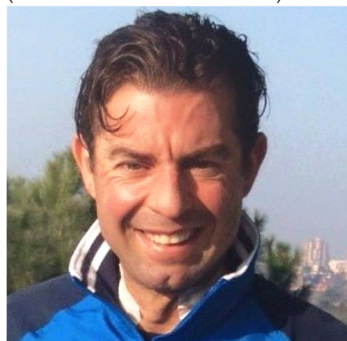
Information about upcoming lectures will be available on our website: [breakspearmedical.com/resources](http://breakspearmedical.com/resources) and announcements are made on Facebook and Twitter. Tickets may be purchased from [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

Follow us on Facebook or Twitter to receive updates.



# Gold medal cyclist recovering from MCS

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## DIAGNOSED CONDITIONS OF CARLO CALCAGNI:

- Hyperthyroidism
- Myelodysplasia
- Secondary Hypogonadotropic hypogonadism with pituitary failure
- Low platelet count
- Low lymphocytes
- Poor liver function
- Low levels of uric acid
- Low iron
- Low transferring saturation
- Low DNA-associated zinc levels
- Low manganese in entirety of red blood cells
- Anomalies of spontaneous activation of the brain stem
- Hypocapnia induced by exercise
- Multiple chemical sensitivity
- Food sensitivity

DU dust is generated by the explosion of shells, which create temperatures of over 3000 degrees, causing DU to instantly become gaseous. The gaseous state lasts for a few minutes before taking the form of microspherical particles, which are neither biodegradable nor biocompatible.

**“Within a year of his returning from Bosnia, his health deteriorated drastically...”**

These particles will cause severe harm to any biological cells with which they are in contact and are known to spread rapidly through the body when inhaled or swallowed, causing irreparable damage to neurological function and organs, particularly kidneys, liver, bone marrow and the brain.

Within a year of his returning from Bosnia, his health deteriorated drastically, which started with severe headaches. Soon he was no longer able to be a pilot or perform competitively in cycling races.

In 2002, he began frequently falling asleep,

only to wake suddenly and need to eat immediately.

His frequent and severe symptoms included heart palpitations, chest pain, pain in all parts of his body, impaired vision and balance, nausea and vomiting, just to name a few.

Reports in 2004 and 2006 found the harmful

microspherical particles in biopsy material of Carlo's liver and bone.

His deteriorating health was having an effect on his mental state, his marriage and inevitably on his two young children. He became unable to complete everyday tasks, such as going shopping, driving or going for a walk.

Carlo fought to save his health, appealing to the government, the national health service and the ministry of defence in order to be seen by specialist doctors to diagnose and treat his various chronic conditions.

While the symptoms

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and ill health continued, it was acknowledged that his ill health was caused by his military and rescue service and he received some compensation. However, the compensation did not bring his health back.

In 2010, Carlo had an urgent need for a bone marrow transplant. However, no donor was found. His Italian doctor, Professor Genovesi, referred him to Breakspear Medical, as the only option in Europe to address his multiple chemical sensitivity (MCS).

At Breakspear Medical he underwent many more tests, including neurological evaluation. A personalised treatment programme was developed, which included low-dose

immunotherapy, hyperthermia, infusions, nutritional supplements, oxygen therapy, breathing exercises and lifestyle changes. Carlo returns for regular treatment sessions every four months.

Two and a half years after his first appointment, Carlo was able to return to competitive cycling. He is no longer able to ride a standard (two-wheel) bicycle, due to his balance problems, for reasons of his safety and the safety of others, but he learned how to compete successfully on a tricycle.

Using strength of mind over the physical challenges, he continues to fight to get better and is passionately focusing on winning at the 2016 Paralympic Games.



### About paracycling

For the 2016 Summer Paralympics, there are four categories for cyclists:

- tandem for those with vision impairment
- tricycles for those with cerebral palsy, MS or neuromotor impairment,
- bicycle (modified) for those with amputations, neuromotor or musculoskeletal impairment
- handcycles for paraplegic athletes and amputees

## Please tell us about your latest visit



### We'd like to hear about your recent experience at Breakspear Medical.

One of the ways to make sure we are providing the best levels of service is to ask for feedback from existing patients. We would be grateful if you would complete our new *Patient satisfaction survey* in order to help us improve our service to you in the future.

The survey shouldn't take more than ten minutes to complete. Copies are available to pick up and drop off in the Patient Dining Room.

# Raising global awareness of environmental medicine



## **Environmental Medicine Foundation Registered Charity No: 1100205**

Established in 2002, the Environmental Medicine Foundation (EMF) started with the main objective of helping less fortunate sufferers from diseases caused by environmental factors.

In order to raise awareness, the Foundation recently co-hosted several seminars and lectures, presented by UK and international scientific and medical experts, which were RCP and BANT accredited. Now people around the world can view these lectures for free on Breakspear Medical's YouTube channel. Already the channel has had hundreds of viewers.

The Foundation aims to continue helping less fortunate sufferers, as, sadly, there are still many people who need help. At the same time, the charity aims to continue to raise global awareness of environmental medicine by filling the YouTube channel with educational videos.

***Help the EMF by making a donation or by collecting FREE donations every time you shop online:***

[easyfundraising.org.uk/environmentalmedicinefoundation](http://easyfundraising.org.uk/environmentalmedicinefoundation)

## PROFILE...

### **Dr Jonathan Forman**

**(1887-1974)**

Initially, Dr Forman developed his practice with emphasis on gastrointestinal (GI) disturbances. He was then led to GI allergy and his practice expanded to include many allergy patients.

For over 50 years, he pioneered in the practice of allergy, published extensively and investigated the role of nutrition.

In 1968, he established the Jonathan Forman Gold Medal Award to honour people who, in the opinion of the American Academy of Environmental Medicine (AAEM), have made outstanding contributions to the field of environmental medicine.  
*(See page 8 for the 2015 recipient of this award.)*

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