



## HIGHLIGHTS

### **Allow me to introduce myself**

Dr Nikita White shares a little about herself & about practising medicine in South Africa.

PAGE: 2

### **Scented consumer products**

Continuing our focus on common harmful pollutants, we look at the ingredients of scented products that we are frequently unavoidably exposed to when around other people.

PAGE 3

### **What kind of bite is this...?**

At this time of year, we often discover insect bites feasting on our exposed skin. Learn how to identify bites & the best course of action.

PAGE 6

## Making essential life changes to regain harmony & wellbeing

**Having been a patient of Dr Jean Monro's for nearly 40 years, Julie Anne Goode shares her lifelong health challenges and passions, and how a recent health scare changed her life for the better.**

As a small child in the early 1950s, I was diagnosed with asthma and multiple allergies by a doctor in a small town on the West Coast of America.

For as long as I can remember, I have battled the effects of food, pharmaceutical drugs, chemical and synthetic products, moulds, flowering plants and hairy animals, not to mention the unseen, airborne hazards of living in a rural community and later in big cities. I was determined all the while to appear as normal as possible to those around me.

Throughout my childhood I endured thrice-weekly injections and a diet that challenged my mother and set me apart from my contemporaries.

Then, in my teens, the treatment was deemed a success and I was on my own. All went reasonably well until my early 20s, when a trip to the dentist resulted in the improper filling of a molar with amalgam, which, unknown to me, was to provoke regular and violent, protracted migraine headaches that inevitably put strain

CONTINUED ON PAGE 10

## Allow me to introduce myself by Dr Nikita White

**In Autumn 2018, Dr Nikita White joined our Medical Team with a solid background of treating chronic illnesses & dealing with various complications of disease, including socioeconomic and communication.**

As a little girl, I dreamt of becoming an artist, like my mother. (To this day, I love to create things and take great pleasure in assembling IKEA furniture.) Also, I reckon I would have made an amazing vet, just because I love animals so much.

What led me to become a doctor was that ever since a young age, I have always been very sensitive to the emotions of others and often I would help the outcasts, stand up for the underdog and sometimes have to fight for what's right.

I received my medical training in South Africa and practised there for the majority of my medical career. However, most of my family resides in the Netherlands and other European countries and I had wanted to live in the UK for years. Last year somehow I landed in this amazing UK medical practice and now I work with awesome colleagues, helping patients with chronic, complicated diseases and hopefully spreading knowledge as I go.

I am very passionate about complex diseases and currently I am doing another post-graduate diploma in respiratory medicine, after which I will likely do a master's degree.

I previously worked in multiple medical facilities in and around the city of Cape Town. Shortly after I finished my two-year internship, I completed a year of community service in a hospital for the treatment of tuberculosis (TB). There, I was essentially left in charge of an entire ward full of patients with quite complex illnesses, with little senior support. I learnt so much about people in general and about the importance of good communication, as well as



about chronic illness, complications of disease and socioeconomic impact of disease.

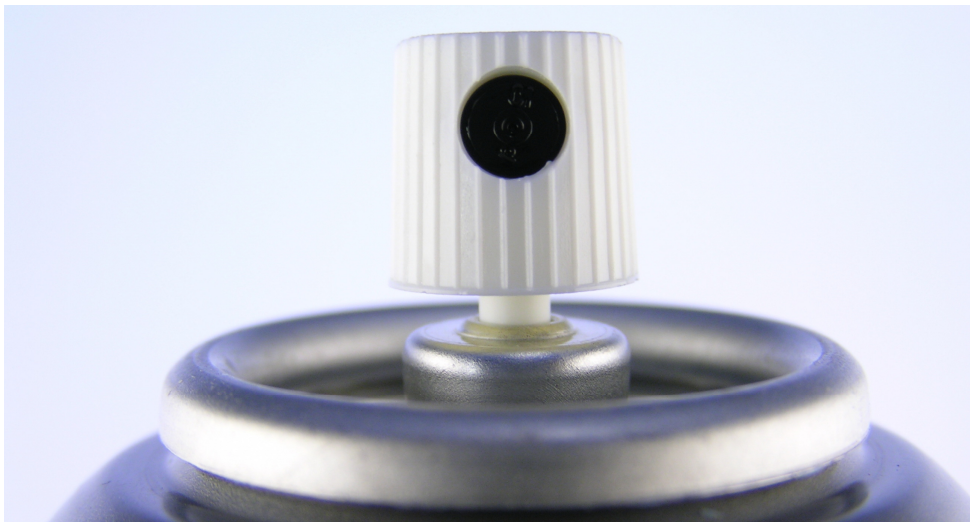
Thereafter, I worked in an emergency medicine unit that treated everyone from babies and adults with medical, surgical and traumatic conditions to people suffering with mental illness.

While working full-time, I also completed a post-graduate Diploma in Primary Emergency Care, preparing me for almost anything that I would encounter in an emergency unit, including toxicology and complicated labour. Oh, the stories I could tell of my experiences there!

I then went back to the TB hospital and worked on the private clinical research side of things, dealing with complex cases of drug-resistant TB patients with HIV co-infections, nosocomial infections and many psychosocioeconomic issues. Later, I got involved in quality improvement across the clinical research site, as I always try to improve things wherever I go.

I've been thinking about what keeps me going in medicine, through all the tough times, the sleepless nights and the sacrifices. I've come to realise I do it for love; I genuinely care for my patients' wellbeing. Some days I will spend hours researching the best management or whether there is more that I can do to assist.

You might be wondering whether I ever did art, as I dreamt I would as a child? Yes, I did in school and continued to draw and paint after high school but my passion for a career in medicine has taken over and it is now difficult to get into the frame of mind to pick up a paintbrush. It's not my only talent though, but I will leave those stories for another time.



Common harmful pollutants:

## Scented consumer products

**Many scented consumer products contain untested or proven toxic chemicals, which are linked to hormone disruption, reproductive problems, allergies, respiratory complications, multiple chemical sensitivities and other illnesses. Products that are labelled “green”, “organic” or “natural” may also contain harmful chemicals.**

Generally, nearly everywhere we go today, we are unavoidably surrounded by other people's scented product choices and many could be having a detrimental affect on our health.

Dispensed, wiped or impregnated artificial scents are common in the workplace, hotels, restaurants, shopping centres, airplanes and even in other healthcare facilities.

Most shared areas are filled with the lingering scents of other people's hairstyling products, deodorants, soaps, hand/body lotions and laundry powder.

The smell from scented products is in fact volatile organic

compounds (VOCs) being inhaled as vapours and absorbed through the skin.

The commonly emitted VOCs in scented candles include formaldehyde, petroleum distillates, limonene, alcohol and esters. These ingredients have been linked to causing headaches, dizziness, asthma attacks, respiratory tract infections and other chronic illnesses.

Scented consumer products commonly contain parabens, phthalates and/or synthetic musks, all of which have been linked to

Breakspear Medical maintains a scent-free environment, not only for the benefit of allergy sufferers, but to reduce the risks and improve the air quality and health of all patients, visitors and employees.

CONTINUED ON PAGE 4

## CONTINUED FROM PAGE 3

detrimental health conditions and many of these synthetic scents are not disclosed on the products' labels.

A 2018 Breast Cancer Prevention Partners (BCPP) study found that more than three quarters of the chemicals of concern were in the fragrance component of consumer products tested, which were often listed in generic terms such as "perfume" or "fragrance".

### Parabens

Parabens are a type of synthetic preservative used since the 1950s to prevent the growth of mould and bacteria in many health, beauty and pharmaceutical products.

In 2012, a University of Reading study

examined tissue samples from 40 women who had undergone

mastectomies between 2005 and 2008 for first

primary breast cancer. Of these, 99% of the tissue samples contained at least one paraben and 60% of the samples had five. While there may be government guidelines as to what a safe amount of parabens is within a product, this does not take into account the cumulative exposure.

Dr Philippa Darbre, of the School of Biological Sciences, said, "These results are of concern because parabens have been shown to mimic the action of the female hormone oestrogen and oestrogen can drive the growth of human breast tumours."

Along with being potentially harmful to humans, there is also evidence to show that as parabens are washed away in the sewage system and released into the environment, their impact is far more reaching.

A study published in Environmental Science & Technology analysed tissue samples from various species of marine mammals, such as dolphins and sea otters, and found methyl paraben in many of the samples.

### Phthalates

There are many different kinds of phthalates, which are primarily used as plasticisers (chemicals to soften and increase flexibility of plastic and vinyl) and binding agents. Foods or drinks stored in plastic may be contaminated with phthalates. They are also found in a large variety of consumable products, such as food products, cosmetics, perfumes, personal care products and detergents.

According to a Guardian article, researchers have linked phthalates to asthma, attention-deficit hyperactivity disorder (ADHD), breast cancer, obesity and type II diabetes, low IQ,



"Fragrance is the new second-hand smoke."

neurodevelopmental issues, behavioural issues, autistic spectrum disorders, altered reproductive development and the reduction of male fertility.

The American Center for Disease Control and Prevention (CDC) published a report where CDC scientists measured 13 phthalate metabolites in the urine of 2,636 or more participants aged six years and older during 2003-04. They found measurable levels of many phthalate metabolites in the general population and found that adult women have higher levels in urinary metabolites than men for those phthalates that are used in soaps, body washes, shampoos, cosmetics and similar personal care products.

### Synthetic musks

Synthetic musks, also known as white musks, are a class of aroma compounds that simulate the strong smell secreted from a deer or other animal. They are known to be linked to allergic reactions, hormone disruption and even

CONTINUED ON PAGE 5

## CONTINUED FROM PAGE 4

behavioural problems. As far back as the 1980s, research found that musk compounds concentrate in fats (including breast milk) and stay in human tissue long after exposure. People generally are exposed to synthetic musks by using soap, cosmetics and clothes washed with scented detergents, and by inhalation of cologne sprays and some air fresheners.

According to an article published in *Environmental Health Perspectives* in 2005, data on musks showed that these compounds may inhibit cellular defences against chemicals and bioaccumulate, with potentially toxic results.

These relatively stable compounds do not degrade in sewage, and, like parabens, are now found to accumulate in a variety of marine life.

### Other toxicants

The International Fragrance Association (IFRA), which is the ordered register of all fragrance ingredients used in consumer goods by the fragrance industry's customers worldwide, lists nearly 4,000 chemicals used by the fragrance industry to formulate scents for use in personal care products, cleaning products, perfumes and home care products. This list includes chemicals that have been listed by some authorities as carcinogens, such as benzophenone, methyleugenol and styrene.

As stated previously, according to a BCPP's report, fragrance chemicals account for three-quarters of the chemicals detected that were linked to chronic health effects.

### Go scent-free

It has not been determined just what all the consequences of exposure are to the numerous chemicals used in fragrances. Because of that, it just makes sense to reduce the possibility of foreign chemicals accumulating within the body by carefully choosing one's consumer products.



### The true north strong & scent-free

In Canada, people who suffer from environmental sensitivities are entitled to protection under the Canadian Human Rights Act. This means employers and service providers must provide suitable accommodation for persons with environmental sensitivities, which may include developing and enforcing fragrance-free and chemical avoidance policies.

For people outside of the Breakspear Medical community, it takes a concerted effort to source scent-free soaps, hand sanitisers, laundry supplies, personal care products and household cleaning products. The products that we offer have been chosen because the manufacturers have given full ingredient disclosure and they do not contain parabens, phthalates or synthetic musks.

Breakspear Medical recommends:

- Avoid all products that contain “fragrance”, “extrait”, “scent”, “aromatic”, “parfum” or “perfume”.
- Choose unscented products with full ingredient disclosure.
- Use good old-fashioned homemade cleaning products, such as boric acid, bicarbonate of soda or vinegar, whenever possible, which reduces exposure to chemicals.
- Do not use air fresheners or scented candles.
- Wear appropriate personal protective gear when unavoidably working with scented products.

Visit our website to read our recently published peer-reviewed papers:  
[breakspearmedical.com/resources/published-medical-papers](http://breakspearmedical.com/resources/published-medical-papers)





## Is this bite dangerous...?

**As the warmer weather sets in and the summer clothes are put on, the insects that feed on the human body thrive. Do not dismiss the potential harm that could be caused by common insect bites and take preventative actions.**

Few people have not been bitten by a mosquito at some point. After it pierces the skin to draw blood, the common symptoms are a pink or red bump and itching, which are a result of your body's immune system's reaction to the mosquito's saliva. Mosquitos are linked to diseases such as malaria, Zika and West Nile virus.

If you have been bitten by a horsefly, you will have noticed it. In the months of June and July, they cut the skin, rather than piercing it, which leaves a large mark that may cause swelling and blistering, and become secondarily infected with bacteria. It is best to clean the area, to decrease the risk of infection, and apply a cold compress to reduce the discomfort.

Both these bites take some time to heal and both insects can carry co-infections. In the UK, bites do not generally require medical attention, unless infection or an allergic reaction occurs, which may present as a localised or generalised itchy red rash (hives), nausea, vomiting, abdominal pain, tongue and throat swelling, difficulty breathing, sneezing and/or loss of consciousness. (If these symptoms occur, call 999 for immediate assistance.)

Ticks are common, tiny spider-like creatures, which do not jump or fly, but sense carbon dioxide and crawl onto the source who brushes past them. They can be found in trees, grass, shrubs and leaf piles and can be transported on pets/animals to unexpected places.

Once on your body, they are likely to crawl to your armpits, groin or scalp where they burrow their heads into your skin, becoming attached for days, and swelling in size as they draw your blood. Initially, you most likely will not feel anything at

the entry site. Once engorged, which can happen for up to 10 days, they detach themselves and fall off.

Ticks have been referred to as "nature's dirty needles", as they can carry infectious agents (pathogens) that can cause numerous human diseases, including babesiosis, ehrlichiosis and Lyme disease.

After possible exposure, it is important to examine your body for ticks and remove them all before any attach. If one has attached, do not try to brush or burn it off, or squeeze it, as the body is likely to detach from the head, which could then remain in your skin. While being decapitated kills the tick, infection can still spread from the head that remains in your skin.

To remove an attached tick, use a tick-removal tool or sharp tweezers to grip it as close to your skin as possible, keeping it vertical, and pull it out entirely intact. (It can be helpful to keep the tick's body which Breakspear Medical can send to a specialist laboratory to be tested for infectious diseases, such as Lyme disease.)

Infected tick bite symptoms include pain, swelling and/or a burning sensation at the bite site and/or a rash, which can take up to a month to appear. However, it is possible that infection can occur without symptoms. If symptoms occur, such as a bull's-eye (circular) rash, full body rash, fever, neck stiffness, nausea, muscle or joint pain, swollen lymph nodes or other unusual symptoms, visit your doctor immediately and request antibiotics to deal with any potential pathogen infection.

**RECOMMENDED RECIPE:**

## Summer mixed bean salad

**Salads just go with summer and eating outdoors. This gluten-, dairy\*, egg-free salad is easy to prepare and tasty. Serves 2.**

**INGREDIENTS:**

2 pointed peppers  
 2 red onions  
 400g canned mixed beans  
 Handful of fresh oregano leaves  
 15ml cyder vinegar  
 100g lambs lettuce  
 1/2 cucumber  
 Olive oil  
 Salt  
 Pepper

**\*Optional:**

120g feta cheese  
 (made from sheep and goat milk)

**METHOD:**

1. Preheat your oven to 200°C/Fan 180°C/Gas 6.
2. Wash the vegetables.
3. Trim the ends off the pointed peppers, cut in half lengthwise and discard the seeds and pith. Slice into 1-2cm strips.
4. Peel the red onions and cut into 6-8 wedges.
5. Scatter the cut peppers and onions on a roasting tin, drizzle some olive oil over them and sprinkle some salt and pepper on top. Toss to mix the vegetables and oil then put in the oven for 20-25 minutes, until softened.
6. Drain and rinse the mixed beans and then put them into a mixing bowl.
7. Cut the 1/2 cucumber into small bite size pieces.
8. Take the leaves off the oregano stems, tearing any larger leaves in half, then add to the beans, tossing together with cucumber, cyder vinegar, 15ml olive oil and a dash of salt and pepper.
9. When the vegetables are roasted, remove from oven and add them to the bean mixture.
10. Divide the lambs lettuce onto 2 plates and spoon half the bean mixture onto each plate. If desired (and dairy products are tolerated), sprinkle crumbled feta on top.

**WE NEED  
YOUR HELP**

**Environmental Medicine  
Foundation**

Registered charity: 1100205

## Help us increase the pulse of Environmental Medicine

Your support  
will help us  
find out  
more about  
the impact  
of pollution  
on everyone.

**Carrying out relevant research into the subject of Environmental Medicine has long been an objective of the Environmental Medicine Foundation (EMF) and in 2019 we are pleased to help launch a research project, which will make this a reality.**

With your help, we will be sponsoring a PhD student, Salma Miyan BSc, to complete her PhD thesis, which will review medical studies from around the world in the evolving field of Environmental Medicine. (See page 9 for more.)

We're aiming to raise £15,000 towards this research project, however, if we can raise more than our target, we hope to sponsor more PhD students to carry out further research into the impact of pollution on environmentally-sensitised people, suffering from conditions like asthma, eczema, rhinitis, migraine and allergy, and at the same time, help more people receive short-term treatment.

**JustGiving™**

**£15,000 target**

**[justgiving.com/  
campaign/EMF](https://www.justgiving.com/campaign/EMF)**

**Donate**

**Share on  
social media**

**Donations can be made online, by post or  
in person**

Donations to help fund research or help more people receive treatment for their environmental illnesses can be made online at [justgiving.com/campaign/EMF](https://www.justgiving.com/campaign/EMF).

If you would prefer to send a donation by cheque, please make it out to: The Environmental Medicine Foundation and post to: EMF, Maple House, Wood Lane, Paradise Industrial Estate, Hemel Hempstead, Hertfordshire HP2 4TL or drop off at Breakspear Medical. If you download a donation form from: **[environmentalmedicinefoundation.org.uk](https://www.environmentalmedicinefoundation.org.uk)** be sure to tick the Gift Aid Declaration if you're able. Details to complete bank transfers are also on the website.



The Environmental Medicine Foundation announces

# The launch of a research study

By Salma Miyan



## About Salma

Salma returned to university as a mature student in 2015 and graduated with first class BSc with honours in Nutritional Science. Her return to studies was preceded by a bout of illness, including ME/CFS and diagnosis of coeliac disease with other food sensitivities. Nutrition and lifestyle changes were key to her recovery and motivated her to want to study and understand more about the underlying mechanisms involved.

I am thrilled to be at the start of my PhD project sponsored by the Environmental Medicine Foundation and co-supervised by researchers at Manchester Metropolitan University, The University of Manchester and Dr Jean Monro at Breakspear Medical.

The overall aim of my PhD project is to pull together the research conducted at Breakspear Medical and peer-reviewed studies from all over the world, which explore and outline the mechanisms underlying the causes and symptoms of allergy and chronic disorders, such as ME/chronic fatigue. Part of this will be studying and mapping the molecular, cellular and systematic effects of Environmental Medicine treatments that institutions around the world use, including the ones used at Breakspear Medical.

The recording and analysis of anonymised patient data is essential for medical research and in the development of Environmental Medicine. Therefore, a key aim of this project will be to create a bespoke data analysis tool that will allow us to analyse anonymised laboratory results and medical records from consenting patients. This will enable us to show real time results for how different groups of people respond to novel treatments and, in doing so, we will produce further evidence which we hope to publish in relevant scientific and clinical journals.

This project is not only important for increasing the pool of validated evidence for the success of Environmental Medicine treatments, such as those undertaken at Breakspear Medical, but also for increasing the understanding and awareness of environmental illnesses. The use of anonymised medical data relating to these treatments, alongside the mapping and research into the underlying workings of these treatments, will help researchers, clinicians and patients alike to understand better these chronic environmental conditions and lead to more treatments being available for people suffering from such conditions all over the world.

It is vital that projects such as these continue to be supported and I am really looking forward to working with the team at Breakspear Medical.

Sals x

## Your privacy is our priority

We are committed to protecting your personal information. If you have any concerns or questions regarding data protection procedures or policies, please speak to our Quality Manager Angeline Cottrill or email: [acottrill@breakspearmedical.com](mailto:acottrill@breakspearmedical.com)



## Making essential life-changes to regain harmony & wellbeing

CONTINUED FROM PAGE I

on my personal and professional relationships. I was in and out of doctors' and psychologists' surgeries to no avail. Much later in my life, after 34 years of suffering, Dr Jean Monro recommended that I have all my old amalgam fillings replaced with composite and, after I had them all replaced, things dramatically changed. The improvement in my health was immediate and permanent; I haven't had a single migraine since.

Following four years of graduate school, I became a university lecturer. After two years lecturing, I realised that I must complete my PhD thesis in order to progress in my field so I resigned from my job and sailed to France.

While in Paris, I met my husband-to-be, Stanley Sadie, who eventually scooped me up and brought me to London, where we were married in 1978. The birth of our first child, Celia, and then an extended, round-the-world book launch involving the consumption of a wide array of exotic drinks and canapés left me feeling as though I was shackled to an invisible ball and chain. It was evident to me that my childhood allergies had been provoked and that I had to seek medical assistance.

In 1981, my GP's first reaction was to tell me that she was very sorry but the NHS wasn't treating allergies. I begged to be referred to a private specialist interested in treating my sensitivities and I was mercifully referred to Dr Monro by Dr Jonathan Brostoff, who was then a consultant at the West Middlesex Hospital. However, he only referred me after he subjected me to an elimination diet that left me unable to eat anything other than lamb and carrots and, critically, unable to look after my small child.

Under Dr Monro's care, I discovered a clinical environment where my sensitivities to just about everything were taken seriously, contextualised and supported. I quickly learned to trust her approach and embrace new and

effective ways of controlling my symptoms and restoring my quality of life.

From 1982-83, Dr Monro watched over me during my pregnancy with my second child, Matt. She carefully treated me for glandular fever and attended his early morning delivery to ensure that I wasn't given any unnecessary drugs. I was deeply grateful for her support during that time and shall never forget it.

After five years of low-dose immunotherapy vaccines and supplements, she suggested I try to manage without them, and for the next 20 years I did.

Those 20 years were a very busy time, both in terms of family life and my professional activities. In that time, I produced two books, *Companion to Baroque Music* and *The New Grove Dictionary of Women Composers*, earned a fifth academic degree in museum and gallery management, travelled to Europe on more than 40 occasions to research another book, co-written with Stanley, called *Calling on the Composer*, then underwent a hysterectomy and was in a car accident in rural Russia, which left both of us seriously injured.

In 2000, we left London for Somerset and moved into an ancient manor house in a small village. There we set up and ran a successful year-round chamber music series, using the house and the parish church in our garden as concert venues.

All the while, we continued to research and write *Calling on the Composer*, which is a memoir of our travels and efforts to establish a Handel House Museum in London, and complete Stanley's *Mozart: The Early Years*.

Sadly, Stanley never saw either book into print. He died in March 2005 of a rare form of motor neurone disease after declining in health over a two-year period. I had known for a long time that he was dying, but it wasn't something he wished to face until near the end. The prolonged period of stress and grief proved too

much for me, and in the months afterwards, I became aware that my allergies/sensitivities were returning with a vengeance.

“Could Dr Monro help me again?”, I wondered; “yes” was the merciful answer. I was even luckier than I could have imagined, because in the meantime, I had married another wonderful person, David Goode, a local man and widower of 20 years who had been a stalwart member of our concert series society. He has been by my side and incredibly supportive over the past 13 years as we’ve visited Breakspear Medical every three months for retesting. Thanks to Dr Monro and David, I have been able to regain my health and zest for life.

With the passing of time, my weight gradually increased and my blood pressure and cholesterol levels began creeping up. I put it down to heredity. Then, two years ago, a persistent grumbling pain in the region of my liver prompted me to seek Dr Monro’s opinion. After examining me in her charmingly thorough way, she offered the words I’d prayed I’d hear: “I think we can help you.”

If you’re a patient of Breakspear Medical, you know what that means: further tests, avoidance of the worst offenders and adherence to ambitious regimes of infusions, supplements and strange equipment. However, in this case, the focus of the treatment, after blood tests, involved adopting a far more rigorous diet and supplement regime than any she’d previously prescribed. Because I was concerned about the nagging pain, I took her advice.

Inspired by the hope she gave me, I have been able to reduce my blood pressure and cholesterol level, as well as my weight. Strengthening my liver and related organs seemed initially paramount and even now, while apparently addressed, it remains a priority, bearing in mind a family history of cancer. However, what I hadn’t immediately appreciated was how exceptionally well and how much younger I would feel as a result of following her advice to the letter.



Selfie of Julie Anne and her husband, David

**There are prices to pay, some practical and others antisocial, but they pale into insignificance when set against the gains in quality of life.**

Acquiring a new wardrobe (three/four sizes smaller) is an expensive yet joyful response to losing weight and keeping it off.

Organic food is expensive but definitely tasty. And if giving up anything containing grains and added sugar are my most obvious sacrifices, I have been delighted to discover that I still have lots of energy and am now content without them in my diet. As someone who loves to cook and entertain, I find that much the biggest challenge, whether as a host or a guest, is to make other people feel comfortable with my regime.

I know that without the opportunities, inspiration and unstinting support offered at Breakspear Medical, the quality of the life I enjoy as a music professional, wife, parent, proud grandparent, friend and now older woman would have been considerably curtailed.

As I write, I am even researching yet another book! I consider myself to be an incredibly fortunate person.

I wish to extend heartfelt thanks to Dr Monro, her colleagues for their perceptive, compassionate practice of medicine, and all the nurses who have tested and treated me over the years.

## How Lady Frederica started the Environmental Medicine Foundation

**Years before the registered charity the Environmental Medicine Foundation (EMF) was formed, there was another foundation by the same name, led by the co-founder and chairperson, Lady Frederica Colfox.**

In the early 1980s, Lady Frederica Colfox recognised the importance of looking at the environmental causes of ill-health and disease and had such forethought as to organise the Environmental Medicine Foundation with her husband, Sir John.

While it is widely recognised that mankind has caused adverse effects on the environment, it has not yet been universally accepted that these adverse effects are detrimentally affecting mankind's health.

**The field of Environmental Medicine may well become more important to humanity than any other field of medicine.**

Lady Frederica was the Chairperson of the EMF from its inception until 1997.

The EMF worked to encourage other luminaries to share their ambition of bringing awareness to this field of medicine.

Key people from all over the

nation, and from a wide range of backgrounds, including politicians, horticulturalists, journalists, medical researchers and physicians, were involved with the EMF.

Lady Frederica and her family were dedicated to raising money for the charity and organised events of all sorts and sizes, ranging from a very successful ball at the Savoy in London to carriage rides through the Dorset countryside.

While the original EMF was disbanded before the millennium, the need did not go away for a charity dedicated to raising awareness and funding research of Environmental Medicine, as well as helping those who need financial support to undergo treatment of environmental illnesses. In 2003, the Breakspear Hospital Trust was founded, and its name was subsequently changed to the Environmental Medicine Foundation in 2014.

### IN LOVING MEMORY OF



**Lady Frederica Colfox**  
1934-2019

On 26 April 2019, Lady Frederica Loveday Colfox (nee Crutchley) died peacefully at her home in Dorset, aged 84 years, surrounded by her family.

In 1982, well before Dr Jean Monro's practice became Breakspear Medical, Lady Frederica and her husband, Sir John (1924-2014), became aware of Environmental Medicine and brought relatives to see Dr Monro at her practice at the Humana Hospital Wellington, London. They soon became close personal friends.

When asked about Lady Frederica, Dr Monro said, "She was a lovely person, kind and affectionate. We shared many extraordinarily good times at her home in Symondsburry. The carriage rides with her and her family round the lanes in the lovely surrounding countryside are one of the highlights of my life. I will never forget her and will always hold her in my heart."

### Published by



**Breakspear  
Medical**

Breakspear Medical Group Ltd  
Hertfordshire House, Wood Lane, Hemel Hempstead,  
Hertfordshire HP2 4FD United Kingdom

Editor: Carolyn Northcote Monro  
Contributing writers: Julie Anne Goode, Dr Jean Monro, Dr Nikita White,

Breakspear Medical Bulletin is a private publication that we aim to produce twice annually. It is for the promotion of environmental medicine awareness and Breakspear Medical Group Ltd. This newsletter is not intended as advice on specific cases but as a forum of information researched and stored at Breakspear Medical Group. We urge readers to discuss the articles in this newsletter with their health-care practitioners.

Unauthorised reproduction of this newsletter, or quotation except for comment or review, is illegal and punishable by law.

© Copyright 2019 Breakspear Medical Group Ltd and its licensors. All rights reserved.