



Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 8

Spring 2005

Notes on Allergies in Our Changing Environment

The incidence of allergies is rising. Two increasingly common examples in the rise of allergies are hayfever and asthma.

The first report of hayfever was in the Medico-Chirurg Transactions 1819, when Dr Bostock reported a case of the periodical affection of the eyes and chest. This was his own condition on which he reported, at the beginning of the industrial revolution. He then took several years to collate half a dozen more cases for a further report.

Eight years ago, approximately 12% of

children under five were diagnosed with asthma. Last year, that figure increased to more than a 20%. Asthma affects 3.4 million people in the UK, including 1.5 million



school children. The total cost of asthma in the UK is now over £1,000 million per annum.

Defined by the Oxford dictionary, allergy is "a damaging immune response

by the body to a substance to which it has become hypersensitive."

Allergic sensitisation is usually with an immune response called an IgE antibody response to an environmental protein where the protein and antibody, together, target an organ which responds to allergic sensitisation.

The target organs of allergy are:

- Nasal passages
- Paranasal sinuses
- Eye
- Bronchial tree
- Gut
- Skin
- Vascular system

(Continued on page 6)

Breakspear's Guesthouse, Montrose, Gets a Fresh Look

Over the Christmas holidays, Breakspear's guesthouse, Montrose, was redecorated and commercially cleaned.

Every year the guesthouse has some maintenance work completed over the holidays but this year there was a grand overhaul. Special, low-odour paints, like the ones at the Hospital, were used and new, un-backed, well-aired carpet was laid on the stairway and landings.

The changes at the guesthouse were in response to guests' requests for a fresher,



homelier feel.

Breakspear would like to thank the decorators, Graham, Mick and Peter, as well as cleaners, Tony and Jacquie, and the regular housekeeper,

Livvy for all their hard work over the holidays!

The results have given Montrose a warmer, friendlier feel.

Don't worry about the guesthouse rates changing! We're keeping the same reasonable nightly rates for the foreseeable future.

If you are interested in staying at Montrose during your treatment at Breakspear Hospital, please contact reception to book a room on +44 (0)1442 261 333 ext. 300.

Inside:

<i>On the Market: Individual MMR</i>	2
<i>Did You Know...</i>	2
<i>Ask Dr Monro</i>	3
<i>Thanks from Breakspear Hospital</i>	3
<i>New Thoughts on the Role of Metallothionein</i>	4
<i>Notes on Assessing Lifestyle and Cardiac</i>	4
<i>Trust Chairman Presents Paper on GM</i>	5
<i>Calendar Contest details</i>	5
<i>New Thoughts on Cordyceps sinensis</i>	6
<i>Available at Our Pharmacy: Mastic Gum</i>	7
<i>Notice Board</i>	8



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Enter the competition for images for the 2006 Breakspear Hospital Trust Calendar. See page 5 for details.

On the Market: Individual Measles, Rubella and Mumps Vaccines

Breakspear has been providing the alternative to the combined MMR ever since it was introduced in 1988.

We understand that the medical reports and media coverage have scared a lot of parents and that many British children are without immunity to these 3 serious illnesses.

We believe everyone should be immunised to avoid epidemics and the possible resulting effects of the illnesses, which include ear infections, meningitis, pancreatitis, deafness and blindness.

Although a child should become

immune to all 3 diseases with the combined MMR vaccine, this includes the risk of overburdening his or her immune system, which could lead to

...everyone should be immunised to avoid epidemics and the possible resulting effects of the illnesses, which include ear infections, meningitis, pancreatitis, deafness and blindness.

serious side effects. These side effects could include new food sensitivities and/or bowel disease. Giving the vaccines separately reduces the burden on the immune system and reduces the risk of complications.

At Breakspear, we guarantee that either a doctor or specialist nurse will administer all our vaccinations.

Breakspear Hospital conforms to the standards required by the Healthcare Commission (Registration number 1020000037).

We also offer individual booster vaccines to children starting school, teenage girls, and women preparing for pregnancy who wish to have a separate rubella booster and not take the MMR vaccine, which is all the NHS offers. Call the Hospital to make an appointment, or for further information, visit www.myjabs.com.

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Breakspear Medical Bulletin is a private publication that we hope to produce twice yearly. It is for the promotion of environmental medicine awareness and Breakspear Medical Group Ltd. This bulletin is not intended as advice on specific cases but as a forum of information researched and stored at Breakspear. We urge readers to discuss the articles in this bulletin with their health-care practitioners. Unauthorised reproduction of this newsletter, or quotation except for comment or review, is illegal and punishable by law.

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Did you know...?

According to *Pesticides News* 64 June 2004, Canadian doctors have completed their biggest-ever analysis of the effects of chemicals on people and the article states that the doctors' report makes disturbing reading.

12,000 studies were organised between 1990 and 2003 from around the world. The full report is available on-line on the Ontario College of Family Physicians website, www.ocfp.on.ca.

In *The Times*, 10 January 2005, the headline read, "Olive oil may help to prevent cancer". The article reported that research at the Northwestern University Feinberg School of Medicine in Chicago, USA has shown that oleic acid, which is found in olive oil, may help to fight breast cancer. The research was published in *Annals of Oncology* and found that oleic acid cuts the levels of the breast cancer-promoting gene Her-2/neu by up to 46%.



Mycology News, a newsletter for the health care professionals using mushroom nutrition, reported in Volume 1, Edition 4 on the studies that our Dr Jean Monro has been working on using *Coriolus* supplementation for CFS/ME patients. Her preliminary results show that supplementation with *Coriolus*-MRL on average has significantly raised levels of natural killer cells in CFS/ME patients.

The *HealthDayNews* reported 16 September 2004, "Scientists say they have new evidence to support the belief that Crohn's disease, an irritable bowel condition that affects a half-million Americans, has a bacterial origin." The link has been made to the bacterium *Mycobacterium avium* subspecies *paratuberculosis* (MAP), which was found in the blood of 14 of the 28 patients with Crohn's disease.

National Geographic, January 2005 states, "Studies at the University of Connecticut's Human Performance Laboratory suggest that caffeine does *not* cause dehydration in moderate amounts. Contrary to popular belief, our bodies retain as much fluid from caffeinated liquids as they do from water." The article suggests that this is good news for Finns, who apparently drink more coffee per capita anywhere in the world, as the average Finn ingests an estimated 145 grams of caffeine per year.

Ask Dr Monro

My 15-month old baby will soon be having an operation to have grommets inserted. Is there anything I can do to help him recover faster?



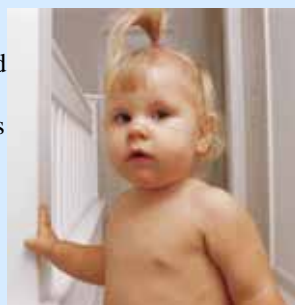
It is very likely that if a child has reached the point of having to have grommets inserted, there will have been allergies affecting the upper respiratory tract, that is the ears, nose, throat and tonsils. Often such a child will have had the Eustachian tubes, which lead from the middle of the ear to the back of the throat, blocked by allergic reactions, or by infection. This is a very common effect after inflammation or allergy. After inflammation due to an infection or allergy due to swelling of the tissues, the tube cannot be unblocked easily. This gives the same sensation as occurs when coming down to land in an aeroplane when the pressure changes. If one can open one's mouth widely, the equilibrium between the air inside the ear and the outside can be adjusted by the Eustachian tube being opened. Grommets readjust the equilibrium of air from the outside of the ear to the middle ear by a new passage of air through the grommet.

The underlying condition will not have been treated at all by the use of this artificial airway. The underlying condition is either a propensity to recurrent infections, or an allergy. It is known that one in five children has allergies. My view is that it is best to treat the allergy using neutralising drops, which will stabilise allergic reactions, and the puffiness and swelling that is causing the Eustachian tube to be blocked will be lessened. In the short term, immediately

after the operation, one can cut down inflammation by using nasal drops. We use nasal drops that contain quercetin, information about which follows:

Quercetin is widely distributed in the plant kingdom and is the most abundant of the flavonoid molecules. It is found in many often-consumed foods, including apple, onion, tea, berries, and brassica vegetables, as well as many seeds, nuts, flowers, barks and leaves. It is also found in medicinal botanicals, including Ginkgo biloba, Hypericum perforatum (St John's Wort), Sambucus canadensis (Elder), and many others. It is often a major component of the medicinal activity of the plant, and has been shown in experimental studies to have numerous effects on the body ... Quercetin appears to have many beneficial effects on human health, including cardiovascular protection, anti-cancer activity, anti-ulcer effects, anti-allergy activity, cataract prevention, anti-viral activity, and anti-inflammatory effects.¹

In addition we use treatments to stop recurrent infections in the form of vitamins, which protect mucus membranes, and include pantothenic acid, vitamin C and vitamin A.



My GP has just prescribed antidepressants for me. I recently completed provocation/neutralisation allergy testing at Breakspear. Will the antidepressants or any other prescriptive drugs reduce or alter my sensitivities? Should I be re-tested?

Before one can answer this question satisfactorily, one needs to understand how antidepressants work. Drugs used in depressive disorders, which are known as "affective" disorders, are antidepressants. Some, called monoamine-oxidase inhibitors, stop the action of one of the enzymes in the nerve ending. All of them have an effect on the nerve ends where the messenger chemicals are being released.

To answer this question, therefore, one needs to know which group of antidepressants it is. The reason for this is that each of them has different side-effects. Monoamine-oxidase inhibitors cannot be taken with various foods, such as cheese, yeast products, chocolate, broad beans and beer.² Those known as selective serotonin re-uptake inhibitors (SSRIs) often have gastrointestinal side-effects. Monoamine-oxidase inhibitors are very dangerous, with severe headaches ensuing, if taken with particular foods or drugs.

These drugs can cause side-effects on those parts of the body that have been stabilised with neutralising vaccines, that is the autonomic nervous system, gastrointestinal tract, or information going to the brain from the neural pathway for allergies. Therefore, the correct answer will be that if side-effects are produced, then the person may need to be re-tested.

1. *Alt Med Rev* 1998;3:140.

2. *J Clin Psychiat* 1995;56:196-201.

Thank You To All Breakspear Hospital Trust Supporters!

2004 was the first year that *Breakspear Hospital Trust* offered a selection of Christmas cards and limited edition 2005 calendars.

The project has raised over £200 for the charity.

We would like to thank everyone who purchased a card or calendar and hope that you will remember us next year when purchasing your holiday greeting cards. We anticipate offering a selection of different cards to be available in late

Breakspear Hospital
Trust



October 2005.

If you have any suggestions or interest in participating in the Christmas card or calendar project, see page 5 of this Bulletin.

We would also like to thank Marianne Nash for her painting which appeared one of the 2004 Christmas cards.

Calendar sales continued by donation.

New Thoughts on the Role of Metallothionein in Autism

Research has suggested that metallothionein dysfunction is present in the majority of children with autism and this can be measured.

There are four primary types of metallothionein protein. Metallothionein 1 and 2 are found in the cells through the body, metallothionein 3 is principally in the brain and metallothionein 4 is in the gut lining. Metallothionein proteins can be induced



metallothionein defect, or a biochemical abnormality, in which the

by zinc, copper, cadmium and other toxic and nutrient metals and by emotional stress or nutritional irregularities.

Autism can be caused by a genetic

metallothionein protein is disabled. This can occur in severe zinc depletion, or impaired synthesis of glutathione, a major tripeptide needed for detoxification. These may be toxic metal overload or sulphur-containing amino acid abnormalities.

Metallothioneins are a family of metal-binding proteins induced by a range of stress conditions, including exposure to some metal ions; measuring these and addressing the exposures may be of benefit.

Notes on Assessing Lifestyle and Cardiac Risk

Health screening will identify metabolic indicators before illness has become manifest and also point out any established changes. Breakspear's health screening programmes are followed by advice about diet and lifestyle to restore health and wellbeing.

Diet and lifestyle play a major part in cardiovascular disease, which can lead to stroke or cardiac problems. You may have heard the advice to follow a low fat, low cholesterol diet. Or perhaps you have heard that the healthiest heart diet excludes red meat or alcohol. Many of the standard guidelines are based on a statistically average person and we are not all the same. Everyone has different needs.

A person's needs can be assessed and addressed by examining the following:

- A history of previous and current health, diet, lifestyle and family health history.
- A general examination including a blood pressure reading and urine test.
- An assessment of blood parameters linked with risk factors – a cardiovascular risk profile.
- A nutritional status evaluation of different factors:
 - cholesterol and lipids
 - essential fats
 - insulin and sugar handling
 - vitamins and minerals
- A stress evaluation.

Let's look at some of the cardiac risk

assessment tests we undertake at Breakspear and also some recommended lifestyle changes for optimal health.

Cardiac Risk Assessment is divided into those tests which are independent cardiac risk factors, and those which reflect lifestyle, oxidative stress and antioxidant status.

Homocysteine & Pyridoxal Phosphate

An increased plasma homocysteine (an amino-acid) level is an independent risk factor for ischaemic heart disease (poor blood supply to the heart), as well as peripheral and cerebral vascular disease.

A plasma level of homocysteine greater than 12 micromols/litre doubles the risk of heart attack. This measurement is coupled with the measurement of pyridoxal phosphate, another independent risk factor, which is often too low in patients at risk. 10% of patients with proven coronary artery disease have pyridoxal phosphate levels less than 20 nanomols/litre. Oral supplementation with vitamin B6 increases pyridoxal phosphate levels to a more desirable level.

Folate & Vitamin B12

These vitamins are involved with homocysteine metabolism. Oral supplementation with folate reduces plasma homocysteine by one third in most patients.

Apolipoprotein (a)

Lipoprotein (a) is a major independent risk factor for hardening of the arteries. Studies have shown an increase in the levels of Apolipoprotein (a) in coronary artery disease. Apolipoprotein (a) levels

fall following changes in diet.

Oxidized LDL Antibodies

Oxidized low density lipoproteins (LDL) play a critical role in the development and progression of hardening of the arteries. Oxidized lipoproteins, formed by damage to lipids (fats), accumulate in macrophages and smooth muscle cells causing 'foamy cell' formation, an initial step in disease. These lipoproteins can cause autoantibody formation. Levels of autoantibodies formed against these oxidized low density lipoproteins have been used to monitor the occurrence and degree of the oxidative process taking place. Increased levels of oxidized LDL antibodies have been found in the blood of patients with coronary artery disease, carotid artery atherosclerosis and diabetes. Antioxidant vitamins have been shown to offer protection against oxidized LDL production.

Fibrinogen

An independent risk factor for Coronary Artery Disease is an elevated fibrinogen (a clotting factor in blood) level.

Antioxidant and Oxidative Stress Assessment

Vitamins C and E are antioxidants. Vitamin E protects after coronary artery disease. Vitamin C is a regenerator of reduced Vitamin E. CoEnzyme Q10 assists in the regeneration of Vitamin E.

Lipid Peroxides & Total Oxidative Protection Index

These are invaluable aids in assessing lifestyle and antioxidant intake.

Breakspear Hospital Trust Chairman Presents Paper on GM Products at Green Network Conference

Breakspear Hospital Trust Chairman, Ron White, stood in for Dr Jean Monro and presented Dr Monro's lecture on the need for further research into GM products at the Science, Medicine and The Law conference put on by the Green Network Charitable Trust, in conjunction with the Environmental Law Centre.

The 3 day conference was held, from 31 January to 2 February 2005, at the Royal Institute of British Architects in London.

The opening day's keynote speaker



was the Rt Hon Michael Meacher MP. Other speakers at the conference

included The Countess of Mar, UK Pesticides Campaigner, Georgina Downs, Dr Kartar Badsha (on behalf of the Environmental Law Centre), and co-founder and chair of the Green Network Charitable Trust, Vera Chaney.

Ron White presented Dr Monro's paper on the second day of the conference and also talked about proposed research projects that Breakspear Hospital Trust is organising. These projects include research into rheumatoid arthritis and the connection to stealth organisms.

Enter the 2006 Breakspear Hospital Trust Calendar Competition

Breakspear Hospital Trust is holding a competition with the aim of filling the 2006 charity calendar with images created by Breakspear Hospital Trust supporters.

The theme for the competition is **Healthy Living in Our Modern World** so we'd like you to take a photo or create a drawing or painting of something that sums up environmental health.

The competition is open to everyone- amateur and professional. All submissions should be either digital pictures or saved as .jpg or .tif files that are at least 300dpi or 3 mega pixels.



To enter:

- download the rules, terms and conditions from the website www.breakspearhospitaltrust.org.uk, print and fill in the form
- scan your completed form
- attach the scanned form to your email, along with your .jpg or .tif photograph/image file, which must be at least 300dpi or 3 mega pixels.
- email the form and photograph/image file to: info@breakspearhospitaltrust.org.uk subject: **Calendar Competition** before 12 August 2005.
- and that's it!

Visit www.breakspearhospitaltrust.org.uk to view a list of the donated prizes. The Grand Prize winning image will be on the cover of the 2006 calendar and feature as the image of the winner's choice of the month. The 11 runner-ups will all appear in the remaining months. Each of the 12 winners will also receive a free calendar.

Notes on Allergies in Our Changing Environment

(Continued from page 1)

The mechanism of allergy involves an initiating exposure to the antigen, the production of IgE antibody to the antigen and then the binding of the complex to a cell called a mast cell or basophil in the body. These then release histamine and other mediators that cause the inflammatory response.

The site of the disease can be different from the site of inoculation and food sensitivities can cause urticaria, asthma and anaphylaxis. Bee stings may cause a generalised anaphylaxis. However, in chemical sensitivity many inorganic substances, and organic and complex mixtures can also cause reactions. This process is known as induction. Induction is a single event associated with the onset of allergy or chemical sensitivity.

The reason why chemicals will aggravate allergies is because inflamed tissue processes antigens. That means that anything that is a respiratory irritant, such as sulphur dioxide, diesel particles or ozone, will be a precipitator of an allergic reaction to other substances also, but there will be compounding effects, because chemical sensitivity can also occur.

Hence foods, chemicals and inhalant allergens are all combined to increase the likelihood of heightened sensitivity in the population. Hayfever is now said to affect

half the people in urban communities where there are more chemicals acting as adjuvants.

When people have developed heightened sensitivities, they have a lowered lever of natural killer cells, which can scavenge cancer cells.



Chemicals can also cause cytokine shift. Cytokines are protein information substances which help to regulate cellular activity. They are normally in a diurnal rhythm and there is a balance of cytokine patterns of activity. However, the shift that occurs with chemical exposures is one that is called a Th2 shift, which is a pro-inflammatory pattern that normally occurs mainly at night. This can perpetuate allergic responses and there is often poor resistance to viral infections and cancer. Hence, in all societies where there is considerable chemical contamination this tendency is enhanced.

Already antibiotic combinations are having to be used for treatment of humans as there is serious antibiotic resistance occurring.

There is to be a genetic modification included in genetically modified foods, that will involve the inhibition of glutamine synthetase. It is claimed that glutamine synthetase is an important plant enzyme, which is also an enzyme in the Krebs cycle, which is the critical, main metabolic cycle of the body.

At Breakspear Hospital, we specialise in treating allergy and sensitivity. Many of our patients react to parts per million or parts per billion. Amongst our patients we have those who will react to peanut, if there is even the odour of peanut in the room.

As yet, we do not know all the biochemistry of many of compounds, or the entire biochemistry of the body, and we do not know the interactive effects that could well also be caused. In addition, there are microbiological effects on the microscopical ecosystem by such encouragement of destructive chemicals which, as yet, will not discerned.

Since the industrial revolution, which happened so recently in the evolution of man, our lifestyle has drastically changed, the air we breathe is different and our diet is far removed from our ancestors' basic 'no added chemicals' hunter-gatherer diet. To regain health in our polluted and artificially modified world, we must try to minimize the exposure to toxins and to detoxify our bodies of the harmful items to which we've already been exposed.

New Thoughts on Cordyceps sinensis, the Wonder Mushroom for Athletes

In 1993 and 1994, top performing Chinese Olympic athletes were given a special kind of mushroom that dramatically improved their performance. Many women runners broke world records while taking this wonder mushroom supplement. It has been shown to increase energy levels and aerobic capacity in various athletes.

But how does this wonder mushroom, Cordyceps sinensis, increase athletes' performance?

From the beginning, we have evolved through the millennia with the other groups of organisms such as plants, fungi and animal genera. Plants have some 60% of the same DNA as we do and many similar molecules. Fungi resemble us in many respects and that is how we use them as food.

As mushrooms do not have a central nervous system, they may use their flue brushes of carbohydrate on a central protein core. When we eat mushrooms, we incorporate their intercellular buffering systems and message conveyors and this can have major health-giving properties.



It has been suggested that some mushrooms have extra special properties because they have evolved and grown in very extreme conditions. One such rare mushroom is Cordyceps sinensis. This wonder mushroom developed as a parasite on the caterpillar of the Himalayan Moth. Its reputation stemmed from the fact that it was sought by the strongest and most

adventurous yaks which had to forage high up the mountains, braving the icy Tibetan spring conditions to root out this special mushroom. The successful yaks grew stronger and more vigorous.

These mushrooms have been used empirically for centuries in the treatment of asthma, tuberculosis, chronic bronchitis and renal failure, and as a tonic to relieve exhaustion and fatigue and to regain energy after illness. Recent studies have shown effects on cardiovascular, immune, skeletal muscle, and respiratory function and lipid metabolism.

Every athlete requires oxygen for his tissues to permit optimal performance. Cordyceps sinensis can act in oxygen-free conditions as a free radical scavenger. Athletes require protection from dehydration of the respiratory tract, which

(Continued on page 8)

Available at Our Pharmacy

Breakspear Pharmacy offers a collection of everyday products that we've selected as wise choices for sensitive people. Household cleaners, personal hygiene items such as toothpaste, shampoos and conditioners, as well as recommended products such as Epsom salts and peroxide are all available at very competitive prices.

To order:

Call us: + 44 (0) 1442 266 244.

Call our Pharmacy Department between 9:00 am and 4:30 pm, Monday to Friday. Outside those times, you may leave your telephone number and we will call you back.

Send a fax: + 44 (0) 1442 266 388.

Please write a note, stating which products you would like to purchase, including your credit card details and daytime phone number in case any details have not printed clearly.

Write a letter: Breakspear Pharmacy, Hertfordshire House, Wood Lane, Hemel Hempstead, Hertfordshire HP2 4FD United Kingdom

Please write a note, including your credit card details or enclosing a cheque. Please make cheques payable to "Breakspear Hospital" and print your name, address, telephone number and cheque card number on the reverse of the cheque.

Or come and visit us at Breakspear Hospital!

*All prices are inclusive of VAT, where applicable.**

There will be a standard charge for postage and packaging of £4.50.

Please allow up to 4 weeks for delivery.

*Breakspear Medical Group reserves the right to change prices without notice.

This issue's feature:

Mastika, Natural Chios Gum Mastic

Mastic Gum can cure people with peptic ulcers. This resinous material, obtained from the Pistacia lentiscus tree, has been used for over 3000 years for the treatment of stomach disorders by traditional healers. In the 1980s, doctors performed clinical studies that investigated the benefits of Chios mastic gum and later a study at University Hospital (Queens Medical Centre) of Nottingham concluded that "Even low doses of Mastic Gum....can cure peptic ulcers very rapidly..."

Mastic Gum is active against Heliobacter pylori, which is a type of bacterium that lives in the mucus that coats the lining of your stomach and duodenum (the first part of the small intestine). Heliobacter pylori is usually a life-long infection and it seems likely that most people are infected in childhood. It may cause no problems. However, it is closely associated with peptic ulcers, which are lesions in the lining of the stomach or duodenum that form a break in the lining

Mastic Gum restores good gastrointestinal health, helps restore digestive function and kills Heliobacter pylori. It is a dietary supplement and not sold as a medicine. It is free from gluten, wheat and lactose. It contains no sugar, preservative or artificial colouring.

For more information about this product, call or write the Pharmacy requesting a brochure.



Mastika, Natural Chios Gum Mastic
500mg, 60 capsules
£ 14.48



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How To Find Us

By Road

From M25—(clockwise) Exit Junction 20, take A41 to Hemel Hempstead. Exit and follow signs for Town Centre. At large (Plough) roundabout, take Exit A414 (M1). Take second left turning (Wood Lane).

Or

From M25—(anti-clockwise) Exit Junction 21 and take M1 Northbound, then exit Junction 8, Hemel Hempstead. Follow the dual carriageway towards Town Centre, across 4 roundabouts. Then at the fifth roundabout, U-turn back up the dual carriageway and take second turning left (Wood Lane). M1—Junction 8 Hemel Hempstead, as above.

By Rail

There are regular trains from London Euston on the Northampton Line to Hemel Hempstead (approximately 25 minutes from London). There is a taxi rank at the station (approximately 2 miles).

New Thoughts on...

(Continued from page 6)

can occur with exertion and panting. Cordyceps sinensis has been shown to increase intra-tracheal secretion of mucus in rats and may facilitate expectoration and mucous protection of the airways. Cordyceps sinensis is also cough-suppressant – anti-tussive – and athletes may benefit from this effect, which is thought to be from central nervous system regulator respiratory control.

In the 1980s, a mushroom hunter with

Sherpa guides braved hardship, cold and shooting by the natives to obtain a dozen samples. Now his company cultivates them in a quality controlled, uncontaminated environment, which is free from pesticides and contaminants of other fungi and bacteria. Preparations are made under pharmaceutical conditions using Good Manufacturing Practice guidelines.

People living at high altitudes use Cordyceps to increase energy and to offset the symptoms of altitude sickness. It increases cellular ATP and improves oxygen availability.

Notice Board

Dr Jean Monro Receives Standing Ovation at Anti Aging Conference

Dr Monro was one of the key note speakers at the World Congress of Anti-Aging Medicine conference, held in Monte-Carlo, Monaco, 5 - 10 March 2005. Her main talk was entitled "Toxic world: Influence on health and ageing of pollutants, a wake-up call". At the end of her talk, she received a standing ovation.

Royal Society of Medicine Visits the Eden Project

On the 18th of March 2005, there were talks and trails around the Eden Project focussed around the numerous properties gleaned from the plant world by the medical community. As well as the medicinal properties of plants, the talks covered the benefits of healthy eating. For more information, visit www.rsm.ac.uk.

Breakspear Staff Raise Money for The Salvation Army

Instead of buying other staff members Christmas cards, the staff at Breakspear collect and donate money to a different charity each year. The 2004 Christmas collection totalled £195 and was entirely donated to The Salvation Army at the beginning of December.

Thinking of a cervical screen?



Breakspear is introducing a do-it-yourself home kit to check for human papilloma virus (HPV), which is the virus that causes cervical cancer.

We also provide faster and more extensive cervical screening than most NHS services.

To make an appointment, or for more information, call us +44 (0) 1442 261 333 and select Option 3.