



Breakspear Medical *Bulletin*

Breakspear Medical Group Ltd, Issue 2

Summer 2002

Notes on Food Allergies, Arthritis and Autoimmune Disease

Food allergies are very common. The immediately recognisable form of food allergies is called "IgE mediated hypersensitivity reaction." The results of IgE reactions are swift responses of diarrhoea, vomiting, anaphylaxis, and sometimes rashes, eczema or asthma.

But most food allergy reactions are not due to IgE mediated reactions. They are "IgG reactions." IgG antibodies are formed when food has gained access to the tissues in large enough amounts for an antibody response to be marked.

Normally food is broken down adequately by digestion in the gastrointestinal tract. It is then absorbed and enters into the blood stream in small particles, often attached to IgA antibodies. (IgA antibodies are the protective antibodies in the gut lumen.) If, however, large food particles, without IgA antibody adhesion to them, enter the systemic circulation, IgG antibodies are formed. The complexes that are produced (IgG antibodies plus antigen) have to be broken down and in this process a cascade of chemical reactions occur which cause the disinte-

gration of the antigen. If complexes latch onto tissue cells in sufficient numbers, an inflammatory reaction at that site occurs. Tissue can then be destroyed by cytokine responses and disease at that location can ensue. IgG antibodies also inhibit the formation of IgA antibodies by Peyer's patches in the gastrointestinal tract wall. Hence, food mediated responses can be perpetuated.

Gut function, bacterial and yeast overgrowth, and food allergies should be considered in relation to arthritis and autoimmune disease.

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Breakspear Medical Group's Move to Paradise

On 17 February 2002, the Countess of Mar proclaimed Breakspear Medical Group's new permanent home at Hertfordshire House officially open.

Our new building is a 12,000 sq. ft. freehold building in the Paradise Estate, Hemel Hempstead. Previously used by an engineering firm, the building required a lot of re-designing and hard work to build it up to our hospital's

requirements. With nearly twice the floor space of our previous premises, the new building offers more test-

ing rooms, spacious, sunny eating areas and plenty of on-site parking.



Breakspear Medical Group research project
requires study patients.

See *New Thoughts on Osteoporosis and Syndrome X* on page 3.

On the Market: Indole-3-carbinol

Indole-3-carbinol is a glucose metabolite from the cabbage family. It is known to have a large number of health benefits. It can prevent and suppress the progression of some forms of cancer initiated by a Papilloma virus, which causes genital warts, by modulating oestrogen metabolism. It is known that Papilloma virus is responsible for cancer of the cervix and also for anal cancer in some people. Indole-3-carbinol can help to prevent breast cancer by stimulating the conversion of the oestrone (the oestrogen which is known to cause breast cancer in excess) to

its metabolite 2-hydroxyoestrone, an inactive metabolite. It has been shown also to counteract the ability of many dietary carcinogens to initiate colonic cancer. It can inhibit the development of endometrial cancer and inhibit the development of liver and ovarian cancer, according to research papers.

Because oestrogens are sometimes involved in Chronic Fatigue Syndrome, Indole-3-carbinol may alleviate some CFS symptoms. It also will stimulate the body's own production of glutathione by liver cells. It can also alleviate some of the symptoms of fibromyalgia.

These claims have been backed by research and the research papers are available at Breakspear Hospi-

- Dr Jean Monro, March 2002

The reasons for the breast cancer connections are :

- 1 There is reported increased 16α -hydroxyoestrone in women with breast cancer.
- 2 There is reported increased 16α -hydroxyoestrone in women with familial high risk of breast cancer.
- 3 There is reported increased 16α -hydroxyoestrone in mice with high incidence of breast cancer; the degree of increased risk paralleled the degree of increased 16α -hydroxyoestrone in different strains of the test mice.
- 4 Mouse breast-cancer virus (MMTV) is associated with increased 16α -hydroxyoestrone; when MMTV-free mice were

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Editor:

Carolyn Northcote

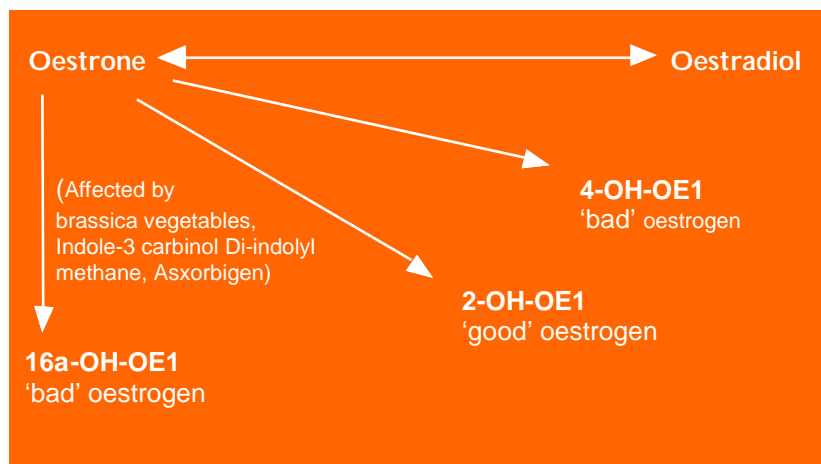
Contributing writer:

Dr. Jean Monro

Note From Editor: If you have any stories or suggestions for submission please mail or email to Breakspear Medical Group, Attn: Carolyn Northcote

Breakspear Medical Bulletin is a new private publication that we hope to produce quarterly. 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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tal. It is possible to measure hormonal breakdown products from oestrogens by undertaking a 24-hour urine hormone assay. Do get in touch with Breakspear Hospital if you wish to have information about this. A simple chart of the effects of Indole-3-carbinol, also known as 1-Hydroxy-3 Methanol and Vitamin U, is displayed above in orange.

Vitamin U is also known as S Methyl Methionine. Supplements containing these substances are available from Breakspear Hospital at a dosage of 100 mg.

given the MMTV virus, 16α -hydroxyoestrone went up; removal of the virus from animals caused 16α -hydroxyoestrone to go down. Studies have found MMTV in nearly half of human breast-cancer tissue.

- 5 16α -hydroxyoestrone is 'genotoxic' (toxic to DNA) in breast epithelial cells in cell cultures and induces atypical proliferation.
- 6 Indole-3-carbinol decreases 16α -hydroxyoestrone and largely prevents breast cancer in mice with a high incidence of

Ask Jean

My doctor says I may have arthritis and gave me an anti-inflammatory prescription for the pain. I am only 28 and he told me that I shouldn't worry about it. Would you suggest any supplements to help me avoid taking the anti-inflammatories? JB



All anti-inflammatory drugs have the possible consequence of increasing intestinal permeability. They cut down inflammation and many markers of inflammation. Some protective mechanisms in the gut can be overcome. Some anti-inflammatories can cause gut bleeding and, should this occur, then the anti-inflammatory should be stopped immediately and the doctor informed. The management of inflammation can be achieved by addressing

the cause of the inflammation, which is often food sensitivities or reactions to yeasts or bacteria. Testing the stool for the latter can be helpful. Testing the urine for products of yeast and bacteria is possible because not everything that is in the urine is of human origin. Many products of yeast and bacteria in the gut appear in the urine and it can be discerned whether there is an imbalance of the flora there. Treating those two causes of possible inflammation can obviate the need for drug anti-inflammatories. Managing food sensitivities can be very important. If there are obvious food sensitivities then perhaps those items should be avoided, but if there is a confused picture with a person having reactions every day, even though some foods are left out of the diet, then it is better to

have a desensitising programme, which can be conducted at Breakspear Hospital.

There are a number of very potent nutritional anti-inflammatory preparations which can help to mitigate pain and inflammation and help with natural healing and these include the following :

Omega Plus (DHA/EPA) 2 twice daily, Blackcurrant Oil (GLA) 1 three times daily, Vitamin C 1g three times daily, Vitamin E 1,000 iu daily, Beta-carotene 25,000 iu daily, Zinc Picolinate 30 mg at night, Pantothenic Acid 250 mg daily, Cobamamide (Vitamin B12) 1,000 mcg daily, Folic Acid 800 mcg daily, Basic Nutrients I or III 2 daily, Bromelain 250/500 mg 4-8 caps daily with or be-

If you have any queries please submit them by mail or email <info@breakspearmedical.com>. We will try to select items of general interest. However, a member of our medical team will do their best to answer your individual queries in writing whenever possible.

A Celebration of the Life of Andrew Fountain (1935-2002)

He was a collector who savoured beautiful things of quality, fine art, new and antique. He was a perfectionist with excellent conversation, a bon viveur and a good host. Andrew Fountain, Dr. Jean Monro's beloved husband of 8 years and father (from his first wife) of Julia and Mark, died on 10 January 2002.

A private funeral with his family preceded a Memorial Service in his home village of Redbourn, St. Albans on 17 February 2002. After the Memorial

Service at St Mary's Church, *The Celebration of the Life of Andrew Fountain* followed at the new premises of Breakspear Medical Group and was attended by over 250 guests.

Andrew had worked on the new hospital project from its inception with architectural drawings for planning and endeavours over its developments and alteration.

Donations were made to the Environmental Medicine Foundation.



New Thoughts on Osteoporosis and Syndrome X

Breakspear has been granted two research projects from Nutrient Delivery Systems. There are two different studies requiring study patients. One study is on people at risk of Osteoporosis which will require the study participants to take nutrient products for six months. The other study is on Syndrome X (this is a condition which combines being overweight with being diabetic or hypertensive) and will require participants to take nutrients for a period of two months. The reason for conducting these studies is to see whether the bio-

availability of the Nutrient Delivery System products is equivalent to most

Would you like to be a part of a study on Osteoporosis or Syndrome X? If you have been diagnosed or suspect that you may have either condition, you may qualify to be part of the NDS Healthcare Limited study at Breakspear Hospital.

over-the-counter products. The nutrients are provided free of charge to the participants who agree to take these

products for the specified time and complete the required tests. The Osteoporosis tests include, but are not limited to, haematology, mineral screen, toxic and essential elements and deoxypyridinoline. The tests for the Syndrome X investigation include haematology/biochemistry and electrolytes, cardiac risk assessment evaluation and various other tests.

For further information, please call Breakspear Medical Group to obtain the necessary screening forms.

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We're currently developing www.breakspearmedical.com

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).

Notice Board

On 24 November 2001, Finance Director and part-owner of Breakspear Hospital, Neil Monro was married to Alexandra née Mooney in a church ceremony in Tring, Herts where the couple reside. Shortly after the wedding, the couple enjoyed a 3 week honeymoon in Thailand.



The Kinesiology Federation AGM held their Annual General Meeting at Hertfordshire House on Sunday, 21 April 2002. Dr Jean Monro presented a lecture.

Breakspear Hospital requires a

FULL-TIME REGISTERED GENERAL NURSE

to join our clinical team.
5 day week,
8:30 am to 5:00 pm.
Full training will be given.

For more details, please contact the Nursing Manager,
Mark Young, on
01442 261333.

Dr Jean Monro presented the second in a series of monthly lectures on Saturday 4 May, 2002 at

Hertfordshire House. The topic was **Anti-ageing, Hormones and Diet**.

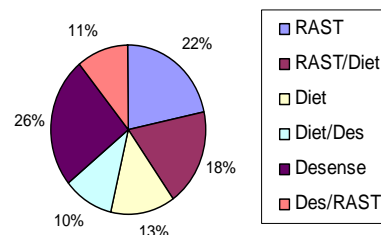
The next lecture, scheduled for Saturday 6 July 2002, is a seminar on **Food Allergies and Irritable Bowel Syndrome**.

Advance registration is required. Please contact Breakspear Medical Group for registration details.

Did you know...?

Breakspear has undertaken a number of studies in relation to migraine and has found that casein is one of the common provocants of sensitivity states. Many people are actually allergic to casein and in one of the studies we found that casein and milk showed positive either in a test that was done called the RAST Test, which is a test for IgE antibodies to foods, or from a history or from skin testing using the neutralising intradermal technique.

Migraine - Dairy Products



No. of Patients
Any Indications 224 All Indications 13
Sample Size 286