



Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 3

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Notes on Vitamins and Minerals in Endocrine Metabolism

Vitamins, enzymes and hormones are equal partners in the complex mechanisms which control metabolism and maintain biochemical homoeostasis. Vitamins are essential food factors of high biological activity, often required in only very small amounts to maintain normal structure and function of cell tissues. They are provided in the diet or are formed from precursors. As is well-known, the fat-soluble A, D and E vitamins are stored in high amounts in the body.

Vitamin K can be manufactured in the gut or provided from food. Water-soluble B and C vitamins are not stored. A simple review of their roles is that fat-soluble vitamins work at cell membranes and they are more akin to steroid hormones and are largely co-enzymes, which accelerate enzymatic reactions. Sometimes they are the carriers of chemical groupings. For example, thiamine paraphosphate transfers carboxyl groups and is therefore a co-

carboxylase. NAD, NADP and Co-enzyme A also act as co-enzymes. The flavo-proteins are an integral part of the enzymes and therefore are prosthetic groups and act as carriers of a chemical group such as Vitamin B2. Vitamin A also functions as it is aldehyde retinene which is the co-factor in the visual cycle.

Therefore all the vitamins in particular conditions will be required in larger amounts so that

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New Laboratory at Breakspear Hospital

We have just opened our new clean room facility, in which we produce low-dose neutralising vaccines. This is a laboratory, which has a Manufacturer's "Specials" manufacturing licence granted by the Medicines Control Agency, and conforms to their regulations for sterility and laboratory control. It is under the supervision of Mr Frank Talbot, MRPharmS, 'Qualified Person' under the provisions of Direc-

tives 75/319/EEC and 81/851/EEC, as the manufacturing procedures have been approved by him – and also approved by the



Medicines Control Agency, which has given us the licence.

All of our laboratory procedures are monitored extremely carefully and we conduct bi-monthly audits. We also use external validation agencies including the University of Hertfordshire. Every product is also tested for contamination. Neutralising vaccines are manufactured to suit the individual patient. Please read *On the Market: Provocation/Neutralisation Vaccines* on page 2 of this bulletin for a description of the technique.

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Separate vaccine immunisation for Rubella, Measles and Mumps available at Breakspear Hospital

On the Market: Provocation/Neutralisation Vaccines

The technique of using provocation/neutralisation "vaccines" was refined in 1960 by Dr J B Miller in America. It is a safe, effective treatment for sensitivities to all kinds of foods, chemicals or inhalants.

The vaccines used for treatment must first be individually tested by injection into the skin (intradermal testing) or by using drops under the tongue (sublingual testing). Testing begins with a solution of a substance to which allergy is suspected and the reaction is assessed after 10 minutes. A series of weaker solutions may then be tested until the correct (neutralising) strength is reached. This gives an indication of the degree of sensitivity and will often stop any

symptoms provoked by the substance. The neutralising strength is used in the preparation of treatment vaccines.

Vaccines may be taken by daily injections or by drops under the tongue two to three times per day.

The technique has been used on approximately twenty million people worldwide without serious adverse effect.

A neutralising cocktail is a mixture of several neutralising doses (end-points) together in a solution. It may contain end-points for up to twenty-five substances. These cocktails should be kept frozen (in the ice-box or deep-freeze) and last for three months.

After the patient's initial consultation with a doctor, specially trained nurses

start testing and may advise on which substances to test, in the light of the doctor's recommendations and treatment plan. The time required for testing depends on the number of items tested.

Usually the broader the range of vaccine covered, the better the results. Patients will require varying amounts of testing time, as the programme provides individualised therapy.

The vaccines help to stabilise the responses of the body when exposed to provoking foods, chemicals or inhalants, and have no deleterious effects on thinking or concentrating abilities. This is also the first-line treatment of allergy by members of the American Academy of Otolaryngology (ear, nose & throat doctors).

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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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Notes on Vitamins and Minerals in Endocrine Metabolism....Continued from Front Page

the enzyme actions can proceed effectively. However, these conditions are also particular ones in which extra activity of the endocrine system can be involved. One condition is age. For example, pre-natal endocrine organs begin working before birth and during this stage of rapid growth, if there are not good provisions of vitamins, there can be abnormal endocrine status or structural status in the foetus. Post-natally there again has to be adequate provision for endocrine development. During adolescence, the adolescent spurt relates to endocrine status but also calls on vitamin reserves. In old age there are many deficiencies which occur and are dependent on resources, but also on declining endocrine function. Other conditions of extra activity and vast changes of the endocrine system are pregnancy and lactation and at these times there are also parallel extra requirements for vitamins. Extra requirements and parallel requirements also pertain in athletes. There may be inherited enzymatic patterns that require particular provisions of vitamins,

without which the endocrine development would be impaired. There are many modifying effects of diet and the availability of activators, which are electrolytes or minerals. In particular pathological states there are both endocrine and vitamin co-dependencies. For example, in diabetes there is an inability to convert beta-carotene to vitamin A with the consequent deficiency diseases of vitamin A inadequacy. In stress, adrenalin and steroids are increased, and adaptation or exhaustion can occur. These are all accompanied by depletion of vitamins A, B and C with prolonged stress and large amounts are needed to replace adrenal stores. The complicated interaction between nutritional deficiency and endocrine metabolism determines the extent of the use of absorbed foods. Decrease in availability in enzymes, whether due to lack of hormonal stimulus or lack of protein or the presence of defective genes can play a part. The biosynthesis of a vitamin from its precursor may require the presence of one or more other vitamins, which are adjuvant vitamins. For example, tryptophan conversion to nicotinic acid has the requirement for vitamin B6.

Ask Jean

During the night, I was awakened with a splitting headache on the left side of my head. I took Paracetamol immediately and more tablets in the morning. Unlike with any migraine I've ever had, I experienced "floating" images which persisted for days. Is this a common experience for migraine sufferers? Are there other common symptoms related to migraines aside from the head pain? C.K.



Migraine occurs in a half-head distribution. It means "hemi-cranium", which has been shortened and altered to "migraine." In migraine, the blood supply to the brain is inter-

rupted. It is thought that there is spasm of the blood vessels resulting in what is called the 'aura' of migraine, which is the set of symptoms occurring before the headache. The aura is often of castellated-like images, very bright starry or even spiky shapes. There may be bright colours associated with these or patches of loss of vision. The area that has been affected is any part of the distribution of blood vessels to the part of the brain known as the visual cortex. Obviously, as the eye is in the front, there is a very long track between the eye and the visual cortex, which is at the back of the brain. If there

has been a very severe headache, it may take time before the blood vessels are re-opened and blood supply resumes to the visual cortex (the area of the brain where the images have been produced). As my questioner has said, she has had floating images that have persisted for days. These could be what are called teichopsia. Teichopsia are the visual disturbances due to interruption of the blood supply and inflammation, which can occur following that, and these disturbances may take several days to clear.

If you have any queries please submit them in writing 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.

New Thoughts on MMR Vaccinations

There are several papers published illustrating some of the problems that people have experienced with the MMR immunisations. One paper, published in the Journal of Biomedical Science (2002;9:359-64), is on 'Abnormal measles-mumps-rubella antibodies and CNS (central nervous system) autoimmunity in children with autism'. This paper, by Vijendra Singh and others, comes from Utah State University. Autoimmunity to the central nervous system (CNS), especially to myelin basic protein (MBP), may play a causal role in autism. Because many autistic children harbour elevated levels of measles antibodies, a serological study of measles-mumps-rubella (MMR) and MBP auto-antibodies was conducted.

The analysis revealed the presence of an unusual MMR antibody in 60% of the children with autism, but not in control children. This antibody showed a reactivity to one type of measles protein and to rubella and mumps proteins. Over 90% of the MMR antibody-positive autistic children also had MBP auto-antibodies. Analysis revealed the presence of an unusual MMR antibody in 75 of 125 (60%) autistic sera but not in control

sera.

A second article (Molecular Pathology 2002;55:84-90) is on 'Potential viral pathogenic mechanism for new variant inflammatory bowel disease'. Amongst the authors is Dr Wakefield, who had alerted us to the possibility of MMR and ileal hyperplasia in children with autism. They state that a new form of inflammatory bowel dis-

...we recommend that food allergies and sensitivities, which supervene in autistic children, should be addressed. The problem is not confined to just gluten, milk or increased intestinal permeability.

ease (ileocolonic lymphonodular hyperplasia) has been described in a group of children with developmental disorders. They investigated the presence of persistent measles virus in the intestinal tissue of these patients and a series of controls by a molecular analysis method, when 82% of these children were found to harbour measles viruses, compared with 7% of controls.

A further article, entitled 'MMR vaccination, ileal lymphoid nodular hyperplasia, and pervasive developmental disorder', in the Lancet

(2002;359:2051-2), analyses some of the papers. The authors, Barbara Hendrickson and Jerrold Turner, remark that all these reports indicate that there is a need for delicate consideration of immunisation in children.

A fourth article (Molecular Psychiatry 2002;7:375-82), 'Small intestinal enteropathy with epithelial IgG and complement deposition in children with regressive autism', in which biopsies of the lining of the duodenum were performed, showed abnormalities with autistic children. We believe that this is likely to be associated with food allergies.

We recommend, therefore, that perhaps individual immunisations would be preferable so that there is not an immune response engendered to three different agents simultaneously.

Furthermore, we recommend that food allergies and sensitivities, which supervene in autistic children, should be addressed. The problem is not confined to just gluten, milk or increased intestinal permeability.

Breakspear Hospital offers a specialised service for management of such gastrointestinal problems.

Breakspear

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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).

NEWSFLASH: Chronic Fatigue Syndrome. “People severely ill with ME have a chemical imbalance in the brain which could be remedied by taking fish oil supplements, say doctors.” *Daily Mail 05/08/2002.*
Contact Breakspear for information on our infusions of fish oil and oral supplements.

Notice Board

Dr. Jean Monro presented the third in a series of monthly lectures on **Food Allergies and Irritable Bowel Syndrome** on Saturday, 6 July 2002. On 3 August 2002, Dr. Monro presented the last in the series on **Eczema and Asthma**.

Please contact Breakspear Medical Group for information on future lecture series.

We at Breakspear Medical Group are proud of all our staff's hard work and dedication. But we're especially thankful to our nurse, **Fiona Bush**, for her generous donation of a new VCR for the children's play room.

Thank you, Fiona!

On the 15th of July, our faithful volunteer **Joyce Keller** celebrated her **80th birthday** and invited many special friends to the hospital.

Guests included Samantha Hoskin, also known as the “UK horse whisperer”.



Left to right: Margaret King, nurse at Breakspear, Joyce Keller, volunteer at Breakspear, Lorraine Hoskin, Samantha Hoskin's mother, and Samantha Hoskin.

Did you know...?

According to a 2001 Immuno Laboratories Inc report, “healthy foods could be virtual poison to your system.” So-called “healthy foods” could be causing you migraines, chronic headaches, arthritic pain, chronic fatigue, digestion problems, ADHD and more than 50 other chronic conditions.

Some symptoms Immuno Laboratories state are associated with food toxicity include but are not limited to:

- diarrhoea and constipation
- bloated feeling, passing gas
- itchy ears, ringing in ears, hearing loss
- mood swings, depression, aggression, anxiety
- fatigue, hyperactivity, lethargy
- watery eyes, itchy eyes, dark circles, blurred vision
- binge eating, cravings, excessive weight or underweight
- poor memory, confusion, learning disabilities
- joint pain, feeling of weakness
- acne, hair loss, excessive sweating