



Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 4

Spring 2003

Notes on Electrical Hypersensitivity

The phenomenon of electrical sensitivity is being increasingly observed and documented as we are exposed to more sources of electromagnetism, in the form of electrical and electronic equipment in our working and home environments.

When people have acquired a high degree of sensitivity to many things, they are very likely to have an abnor-

mal sensitivity to electrical stimuli. They may find weather changes and impending thunderstorms troublesome. Fluorescent lighting may make shopping difficult, particularly if inhalants, such as preservatives on fabrics, provide the initial trigger. There may be problems that arise when the person is near electrical equipment, power lines, televisions, recorders, computers, remote controls, audio and video recorders,

telephones, car electronics, pagers, airports, aircraft and marine radar, radio transmitters, refrigerators, irons, washing machines, electric watches and clocks, and VDUs or other electronics.

The symptoms may occur within seconds of exposure to a given frequency, and frequencies varying from Hertz to Gigahertz cause reactions in sensitive people.

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Breakspear Hospital Trust Charity Premiere

On 22 January 2003, the newly organised Breakspear Hospital Trust hosted the charity premiere of Jack Nicholson's award-winning movie, *About Schmidt*, at Warner's theatre in Leicester Square, London.

Over 400 guests attended the premiere, with the guest list including Peter O'Toole, Jeremy Irons, Claire Goose, Camilla Rutherford and

Alicia Douvall. Shortly before the movie viewing, Sir Richard Branson introduced Dr Jean Monro. Dr Monro then proceeded with a short introduction to Breakspear and presented a thank you bouquet to Lady

Clare Kerr for all her help. The *Entertainment Group* kindly donated the premiere of *About Schmidt* to the charity in December of last year and Lady Clare Kerr organised the presentation of the



movie as well as the after show party in fewer than 6 weeks. *Events Solutions Ltd* provided all the security needed and *Metro Broadcasting* donated a special projector for a short presentation about Breakspear Medical

Group shown before the film.

The premiere was the hot ticket of the evening following the announcement that Jack Nicholson was awarded a Golden Globe

for his outstanding performance in his role of Warren Schmidt.

The Breakspear Hospital Trust will continue to raise money for further research by Breakspear

Hospital and will also help fund visits of patients who would not normally be able to afford the private hospital's services.

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On the Market: Chelation Therapy

Chelation Therapy is one of the most effective treatments to reverse the pathology of some of the most life-threatening and debilitating diseases that affect man. These conditions include: coronary heart disease, angina, high blood pressure, stroke and senility. It has demonstrated benefits for most diseases where reduced blood flow is a factor.

Chelation Therapy involves the intravenous infusion of a synthetic amino acid called *ethylene diamine tetra-acetic acid* (EDTA) with other synergistic vitamins and minerals.

EDTA has a strong affinity for lead, calcium, chromium, cadmium, barium, beryllium, cobalt, copper, iron, strontium, mercury, magnesium, manganese and zinc. It is used in the NHS for the treatment of

Heavy Metal Poisoning. Breakspear has been using Chelation Therapy for over 20 years.

When EDTA comes in contact with a positively charged metal, it releases hydrogen atoms and the metal becomes firmly attached. When EDTA is infused, it binds with the metallic

The word *chelate* comes from the Greek word *chele*, meaning "crab's claw". Chelation is a term adopted in the 1920s to describe the process where a substance captures or binds with a metal.

deposits in the plaque and other tissues. This new compound is no longer chemically active and is water-soluble, allowing the kidneys to get rid of it safely in urine.

With the metallic component of the plaque being dissolved, the softened fat and cholesterol are broken up by the turbulent flow of the blood and are consumed by blood cells or filtered out by the liver and excreted in the bile.

Chelation Therapy corrects the major underlying cause of the blood vessel blockage by dissolving the plaques. As the plaques shrink, the arterial walls heal and become softer and more pliable, and blood flow is in

creased. As the organs of the body begin receiving a better supply of blood, they become more efficient and the body becomes healthier.

EDTA normalises the distribution of most metallic elements in the body and improves calcium and cholesterol metabolism by eliminating metallic catalysts, which damage cells by producing free radicals. Free radicals are believed to contribute to atherosclerosis, cancer and diabetes, and many other diseases associated with ageing.

Chelation will remove other calcium salts, like deposits in the joints, therefore making it a useful tool in treating some forms of arthritis.

Breakspear Hospital's Chelation Therapy involves intravenous infusions of EDTA solution, several other synergistic vitamins and minerals, and a supportive programme of nutritional supplements. Everything is prescribed on a case-by-case basis, according to the patient's size, weight and clinical condition. Each infusion is administered over 3 to 4 hours whilst the patient is medically supervised. Most patients have one or two infusions per week over a three to six month period. Patients' toxic and essential mineral levels, and kidney and liver functions are tested at regular intervals.

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Breakspear Medical Bulletin is a 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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New Thoughts on Arsenic

We have measured toxic elements in the urine of patients attending Breakspear Hospital and discovered that a number of patients have elevated urinary levels of arsenic.

Arsenic occurs in nature in two forms:

Inorganic arsenic (toxic)

Organic arsenic (non-toxic)

The laboratory that we use for this investigation employs a very sensitive detection system and both forms are included in the total estimation. If the total level of arsenic is high, it may be that non-toxic organic arsenic has been consumed

in the diet. Organic arsenic is typically acquired from seafood and this in itself is not a cause for concern.

Arsenic, symbol "As", is an extremely poisonous semi metallic element.

Where inorganic (toxic) arsenic exposure is suspected, then the requirement for

further investigation of an elevated level is indicated in the report. Sources of inorganic arsenic include:

- Smelting/refining plants
- Galvanising, etching & plating
- Pesticides
- Wood preservatives

Inorganic arsenic can be removed from the body using Chelation Therapy.

Ask Jean

I am 37 and trying to get pregnant for the first time. I have stopped smoking and drinking and I have reduced my caffeine intake by eliminating coffee and reducing my tea. Are there any other dietary changes or other steps I can take to boost my chances of getting pregnant? C.B.



Zinc 30 mg and a Pure Encapsulations multivitamin called Nutrient 950, which contains copper and iron called. The capsules are cellulose. I believe that these would be the first measures to follow.

Secondly, the commonest deficiency condition in the West, in our experience, from the thousands of sam-

ples we have assayed, is from essential fatty acids. These are called Omega 3 or Omega 6 fatty acids. There are some essential fats, which our bodies cannot make, and they have to be supplied in the diet. In any deficiency state, the body will take essential fats from one location to another, 'borrowing from Peter to pay Paul', but it is not the ideal. Most of the Omega 6 fats come from nuts and seeds. In general, the Omega 3

fats come from fish. It is possible to take fish oils, but I would recommend that the source of these be scrutinised, as unfortunately big fish are at the end of the food chains in the oceans and the oceans are now heavily polluted (see Newsflash on page 4 relating to Mercury and Heart Disease).

We recommend Omega 3 fish oils called Essential Balance made by Jarrow Formulas. These oils have been fractionated. Jarrow Formulas have removed the pollutants in the fractions, making them safe.

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.

Notes on Electrical Hypersensitivity

(Continued from page 1)

Electric fields of the order of millivolts per metre can cause reactions. A typical field occurs 1m away from a TV set. In cases of electrical sensitivity, patients may be incompatible with the contemporary environment until restored to health. Certain patients report a tendency for electrical equipment to go wrong when they use it, either failing to work or actually being damaged

Severely sensitive patients may have responses to chemicals and other factors in the workplace. About 1 in 6 of the population has impaired function due to some allergic reaction to the environment or food.

Trials have shown that repeated exposure to a given electrical frequency while someone is reacting severely to a different allergic trigger can sensitise people, so that their specific sensitivity pattern of response can be triggered when encountering that frequency at a later date.

Generally the pattern of response is the same whether the trigger is chemical, biological, nutritional or electrical.

Exposure to pesticides or herbicides

seems to enhance electrical sensitivities, and ionising radiation exposure appears to have an additional effect. Dental fillings may cause problems

The symptoms and clinical observations include:

- Drowsiness
- Malaise and headache
- Mood swings
- Tearfulness and eye pain
- Poor concentration
- Vertigo and tinnitus
- Numbness and tingling
- Nausea, flatulence
- Convulsions
- Noise sensitivity
- Alteration in appetite
- Visual disturbance
- Restlessness
- Changes in respiration
- Heart rate changes
- Pupil dilatation
- Perspiration
- Muscular weakness
- Loss of visual acuity
- Speech difficulties
- Loss of consciousness

due to electrolytic currents between different types of amalgam in the teeth, or between fillings and surrounding tissue. In addition, allergy to the metals themselves may occur.

Breakspear uses an effective treatment for many allergic responses to foods, chemicals and inhaled matter. This is called provocation/neutralisation. It is a form of skin testing and vaccines can be prepared to neutralise allergic reactions. This method relies on successive serial dilutions of the substance having the effects of stimulating and quelling the reactions that it produces. As the food and chemical sensitivities come under control and the body detoxifies itself, the electrical sensitivities usually go as well.

Breakspear Hospital recommends:

- Neutralising the effects of foods and chemicals
- Minimising electromagnetic exposures: Breakspear can offer guidance
- Minimising overexposure to noxious chemicals
- Restoring nutritional status, especially of cell membranes
- Chelation of heavy metals

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: LINKS BETWEEN MERCURY AND HEART DISEASE

Results of a study published in the *New England Journal of Medicine* (2002;347:1747-54) show that mercury levels were, on average, 15% higher in heart attack victims than normal controls. Mercury can be removed from the body using Chelation Therapy, a form of treatment that has been used for decades for coronary artery disease. The table below lists methylmercury levels in different kinds of fish (NEngJMed 2002;347:1735-6).

FISH SPECIES	Methylmercury Concentration (ppm)	
	MEAN	RANGE
King mackerel	1.00	0.10 – 1.67
Tuna (canned)	0.17	Not detected – 0.75
Shrimp	Not detected	Not detected

Did you know...?

The idea that electromagnetism can affect health is not a new one. Although the ancients knew nothing of the mathematics of modern electromagnetic theory, they appreciated that certain locations were more conducive to good health and therefore they built their churches and houses at these points. Other locations were known to be deleterious to health and so were avoided. In retrospect we find that the "safe" sites were to be found at locations with a favourable configuration of ley lines. These ley lines (or "dragon lines" to the Druids) are in fact variations in the earth's electromagnetic field and can be plotted using the Mersmann machine.

Notice Board



On 21 September 2002, Managing Director and part-owner of Breakspear Hospital, *Alister Monro* was married to *Carolyn Northcote* on the beautiful sunny beach in front of the Monro family house in Rockcliffe, Scotland. The couple enjoyed a 10-day honeymoon in Antigua.

In January 2003, Dr Jean Monro lectured at the *Global Holistic Health Summit*, held in Bangalore, India. Her presentation was entitled 'Biological Effects of Neutralising Vaccines: the Effects of Weak Electromagnetic Fields and the Concordance between the Two'. The Summit's aim was to bring together the holistically oriented on a common platform to work together to promote holistic medicine for the 21st Century. Delegates from more than 60 countries participated and the Summit attracted more than 500 delegates and speakers from the World Health Organisation (WHO), major universities and holistic organizations worldwide.