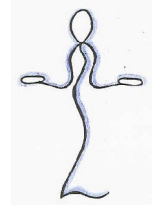


The Peatfield Clinic

for Metabolic Health



Diagnostic and Treatment Advice

Many of you have been really quite ill for many months or many years. You will have seen many doctors, some specialists; you may have been diagnosed and treated, yet have remained ill, or perhaps never recovered the health you once knew. Your present treatment has failed, you may feel, to deal with your poor health as a whole. Many times you will have been told that you aren't really ill at all; it's all due to lifestyle, stress or depression or simply age. Your tests show that you are normal, whatever **you** say and feel; that actually you are depressed – as well you might be – and Prozac or Seroxat are the answer. You know that this is wrong. You know it **must** be better than this; and you are perfectly right. That is what my metabolic clinic is all about – helping you to find the cause for your health problems, to understand the diagnostic tests, and to teach you what you can do to get better.

There are some principles that underlie the successful understanding of illness and health. These are not earth shaking at all, but they have been forgotten in a medical climate which seeks to relieve symptoms with hundreds of drugs, many quite dangerous, but does not seek out the underlying cause. One principle is that you listen to the person in front of you. Spend time to learn actually what seems to be wrong. Most people know what is wrong with them – it's just that no one really listens. I believe the practitioner and the client should become a team, listening to each other, learning from each other. Another principle is that the approach should be not so much to treat illness: it is to restore and maintain health. The human body has a fantastic ability to look after and heal itself; but we must give it a chance to do its stuff. It needs raw materials of all sorts and they must be the best we can get, balanced for our needs. What it does not need is a constant onslaught of frightful chemicals interfering with the life processes of health and healing.

Your story will allow the true picture to emerge. Oh yes, I will look at your tests and possibly arrange tests for you; but you will know why and what they are for. Not endless blood tests – though everything has its place – but to discover how things are really working. The exploration of food allergies and intolerances, revealed by simple yet sophisticated testing. And above all, common sense and understanding will unfailingly point the way. Between us, we can unravel the problem and see where guidance is needed, where the gaps are, and how they can be filled.

Much of my concern will be to uncover the poisons from everyday life damaging your system, and show you the natural ways to counter them, so that your system can mobilise its own weapons against illness, and strengthen and revitalise your immune system so that it can care for you. Did you know that your immune system can and does seek out and destroy cancer cells wherever they form – all the time? But it cannot do so unless you give it what it needs and the endless onslaught of toxins and poisons in our surroundings is stayed. I will show you how this may be done. I am particularly aware that the presence of environmental toxins, particularly heavy metals, can cause considerable damage to our liver function, and may be revealed by liver function blood tests. A great deal of research recently has pointed to the involvement of fungal disease as a major cause of a number of illnesses. Candida is one we know about, but there are others. These fungal diseases have been found to be a hidden and unexpected cause of a number of chronic illnesses. These include atherosclerosis, diabetes, lung disease; and, yes, there is persuasive evidence that they may even underlie autoimmune disease, including those of the thyroid and adrenals. These I shall look for and if present, can advise on their treatment.

As you may know, I have particular experience in metabolic illnesses and I am going to list below a number of symptoms that are most commonly found with these disorders. One end of the spectrum is primarily the failing thyroid gland and the other is primarily the failing or stressed adrenal glands. But, you see, they may overlap to a greater or lesser degree in everyone, since so often metabolic illness is a mixture of both. Moreover, it may be more awkward still. Both thyroid and adrenal function are controlled from the pituitary gland, which, if it is under the stress of illness in general, or a lowered metabolism in particular, may exert an uneven control on either gland. Or, the part of the brain that controls the pituitary itself, the hypothalamus, may be affected as well, with the risk of confusing things further. These complications and variations can be sorted, but it is easy to see why diagnosis and treatment can be sometimes so unsatisfactory.

Symptoms of Hypothyroidism

Constipation and flatulence	Diminished sweating	Ankle swelling
Fatigue – Excessive tiredness	Headaches	Eczema and psoriasis
Depression	Cold extremities	Puffy face and eyelids
Muscle weakness	Thick tongue	Thinning hair
Anxiety	Intolerance to heat	Bladder irritation and frequency
Weight gain	Halitosis	Loss of body hair
Poor sleep	Pallor – Yellowish tinge to skin	Painful, irregular periods
Shooting pains in hands and feet	Hoarse voice	Loss of outer eyebrows
Slow speech	Bluish lips	Early menopause
Muscle and joint pain and stiffness	Thickness of neck	Low fertility and loss of libido
Slow thinking	Dry, coarse skin and brittle nails	Haemorrhoids
Breathlessness	Visual disturbances	Frequency of upper respiratory infections (URIs)
Memory loss	Candida	Frequency of urinary tract infections (UTIs)
Intolerance to cold	Deafness and tinnitus	
ADHD	Boils and spots	

The symptoms list is not exhaustive (although it is quite a good one), and you may well be able to add some for yourself. One runs the risk, of course, of including every symptom and disability known to man. Thyroid deficiency is the great pretender and any part of your system, in any combination with any other, may malfunction, producing its own particular mix of symptoms.

Symptoms of Low Adrenal Reserve

Weight loss	Dark rings under eyes	Autoimmune disease
Poor response to thyroxine	Repeated infections	Memory loss and confusion
Irritable bowel	Pigmentation in skin creases	Fatigue
Salt and/or sweet cravings	Breathlessness and asthma	Internal shivering
Bowel upsets and diarrhoea	Loss of body hair	Aches and pains in muscles and joints
Sensitivity to cold and heat	Generalised muscle weakness	Waking at night with:
Hypoglycaemia	General depression and anxiety	Breathlessness
Cold extremities	Poor exercise tolerance	Anxiety
Fainting attacks	Hissing in ears	Sense of doom
Cold sweats	Palpitations	Hypoglycaemia
Poor response to infection	Back and loin pain	

Since low adrenal reserve is so often tied up with low thyroid states, you are likely to have a combination of both sets of symptoms; and as you can see, there is quite an overlap of symptoms anyway.

Consultations & Health Reports

Health Report

For those of you unable to leave the house, it is possible to prepare a health report based on your completion of a questionnaire. Here I can interpret your symptoms and tests, make a diagnosis, and provide recommendations as to treatment. Once you've received my report, we can talk about it on the telephone. This will attract a fee of £100, to be paid on return of the completed questionnaire.

Consultation

For this, you will make an appointment to come and see me on a clinic day. I am at Crawley in Sussex most Tuesdays and Thursdays; and my outreach clinics in Aberdeen (Scotland), Castle Donnington (Nottingham), Great Yarmouth (Norfolk), Ickornshaw and Leeds (North and West Yorkshire, respectively), Malvern (Gloucestershire), Morpeth and Birtley (Northumberland), Stockport (Manchester) and Totnes (Devon) are held every 2-3 months. The consultations are normally for an hour and fifteen minutes and attract a fee of £140; follow up visits are for half an hour and the fee is £65, to be paid at the conclusion of the consultation by cheque or cash.

Please note that I relinquished my registration with the GMC and so do not prescribe prescription only medications. I now practice as a complementary therapist in the field of nutrition. I provide full advice in the treatment of metabolic illness and the role of nutritional supplements. To arrange a consultation or health report, telephone **01883 623125** or contact me at the address below:

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