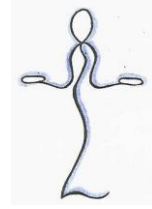


# *The Peatfield Clinic*

## *for Metabolic Health Advice*



### *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, commonsense 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 & Flatulence	Diminished Sweating	Ankle Swelling
Fatigue – Excessive Tiredness	Headaches	Eczema & Psoriasis
Depression	Cold Extremities	Puffy Face & Eyelids
Muscle Weakness	Thick Tongue	Thinning Hair
Anxiety	Intolerance to Heat	Bladder Irritation & 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 & Joint Pain and Stiffness	Thickness of Neck	Low Fertility & Loss of Libido
Slow Thinking	Dry Coarse Skin & Brittle Nails	Haemorrhoids
Breathlessness	Visual Disturbances	Frequency of Upper Respiratory
Memory Loss	Candida	Infections (URI)
Intolerance to Cold	Deafness & Tinnitus	Frequency of Urinary Tract
ADHD	Boils & Spots	Infections (UTI)

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 Craving	Breathlessness & Asthma	Internal Shivering
Bowel Upsets & Diarrhoea	Loss of Body Hair	Aches & Pains in Muscles
Sensitivity to Cold & Heat	Generalised Muscle Weakness	& Joints
Hypoglycaemia	General Depression and Anxiety	Waking at night with:
Cold Extremities	Poor Exercise Tolerance	Breathlessness
Fainting Attacks	Hissing in Ears	Anxiety
Cold Sweats	Palpitations	Sense of Doom
Poor Response to Infection	Back & Loin Pain	Hypoglycaemia

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.

## *Consultation*

For this, you will make an appointment to come and see me on a clinic day. I am at Crawley in Sussex most weeks; and my outreach clinics in Stockport (Manchester) are held every 2-3 months and Ickornshaw (Yorkshire) every 6 months or so. The consultations are normally for an hour and fifteen minutes and attract a fee of £175; follow up visits are for ¾ hour and the fee is £80, to be paid at the conclusion of the consultation by cash or cheque (payable to The Peatfield Clinic Ltd).

Please note that I relinquished my registration with the GMC and so cannot 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 please telephone **01883 623125** or contact me at the address below.

**Barry Durrant-Peatfield MBBS LRCP MRCS Medics Cert. Nutrition (BCNH)**  
**The Peatfield Clinic Ltd**  
**Registered address: 16 Southview Road, Warlingham, Surrey, CR6 9JE**  
**Registered in England, number 6500998**