

NEWSLETTER NO. 10 (MAY 1999)

A MESSAGE FROM MARGARET HILLS

Many of you will be aware that I have not been available at the Clinic for some time now. This is due to ill health which has developed since before Christmas. No, I do not have any arthritis whatsoever (touch wood!) but a legacy from my younger days is the enlarged heart which you will know about if you have read "Curing Arthritis the Drug-Free Way". The condition has never left me entirely and it has started to play up recently - but we are working on it! Unfortunately, I must rest and you will appreciate how frustrating that is. Christine is perfectly capable and you are in safe hands.

MLX 249 – Medicines Control Agency

Please read the separate sheet we have enclosed which explains our understanding of the up to date position regarding the proposed Government regulation.

H.R.T. CAKE – **These quantities make 2 cakes:** *Thank you Mrs. Bishop for sending in this recipe. All these ingredients are wonderful and the cake should taste lovely. There is only one consideration – if you normally have problems digesting nuts or seeds, this recipe is probably not for you!*

4 oz / 100 g	soya flour
4 oz / 100 g	wholewheat flour
4 oz / 100 g	porridge oats
4 oz / 100 g	linseeds
2 oz / 50 g	sunflower seeds
2 oz / 50 g	pumpkin seeds
2 oz / 50 g	sesame seeds
2 oz / 50 g	flaked almonds
8 oz / 200 g	raisins
2 pieces	stem ginger, chopped finely
¾ ltr. approx.	soya milk
1 tablespoon	malt extract
½ teaspoon	nutmeg
½ teaspoon	cinnamon
½ teaspoon	ground ginger

Put dry ingredients into a large bowl and mix thoroughly, then add soya milk and malt extract. Mix well and leave to soak for about ½ hour. If the mixture is too stiff, add more soya milk. Spoon into 2 lb. loaf tin lined with oiled, greaseproof paper. Bake in oven gas mark 4/ 190°C for about 1 ¼ hours or until cooked. (Test with skewer). Turn out and leave to cool. Ideally, eat a slice a day. Note: You may need to adjust your oven heat and cooking time according to your own oven; for instance, reduce the heat in a fan oven. ***NB Raisins are not normally allowed on the arthritis treatment, but you would not be eating many in a slice of this cake.***

MOLASSES BISCUITS - We are doing well for recipe contributions this time round. Our thanks go to Mrs. E. Cotton for this recipe which sounds marvellous for those with a sweet tooth!

4 oz wholemeal flour
2 oz soft brown sugar
1 teaspoon ground ginger
2 oz soya margarine
2 tablespoons molasses

Preheat oven to 180°C. Mix flour, sugar and ginger into a bowl. Make a well in the centre. Melt margarine in a pan.

Remove pan from heat and add molasses. Stir. Pour into the well of dry ingredients and mix well until mixture binds together into a soft ball. If mixture is too stiff, add a little milk. Divide into biscuit size pieces and flatten. Lay on non-stick baking tray and bake for about 15 minutes. Cool on rack.

BREAKFAST DRINK – Jackie Bishop promotes this as a palatable way to take the Protein powder and ideal for young people. You will need a blender.

1 heaped tbsp. Protein powder
3 tbsp. Skimmed milk powder
½ pint Cold water
1 Banana, chopped up

Whisk in blender for a few seconds for a nice smooth milkshake-like drink.

REPORTS FROM PATIENTS

It is our intention that these reports help you to put your progress into perspective. Some people get on marvellously well in a few months, others take very much longer. Do feel free to write if you are concerned at your own progress, or should I say lack of it, and we will try our best to guide you.

Mrs. S.R. from Coventry was on Blood Pressure medication when she started this treatment in July 1998. *“Last year I was having great difficulty to walk and was in terrible pain. My daughter (in Dubai) now is amazed at the difference (she is a nurse by the way). I ache sometimes but no pain. You asked me to let you know about the blood test results. These were very good on all counts. The conversation between me and my doctor was quite amusing. The gist of it was that he could not see why nurse had sent me for blood tests as it was probably the tablets that were keeping my blood pressure down. However after he had taken my blood pressure again and it was down even further and he had looked at the test results he changed his mind. He not only took me off tablets but wanted to know the story behind it. I told him all about the Margaret Hills Clinic – he was so amazed and took down all the details... I have no intention of leaving off the treatment for some time.”*

Mrs. A.E. from Middlesex also started this treatment last July/August. She had had lower back problems for about 20 years and arthritis in right leg and hip for about 18 months to 2 years. She now writes: *"I am continuing to improve both as regards pain and mobility. So noticeably in fact that my husband (who has no time for complementary medicine) said "I don't think you could have had arthritis". I assured him that both I and my doctor knew I had and asked him why he would say such a thing and he said "Well, I always thought it was incurable and that you would just get worse". I had seen myself in the future in a wheelchair so you can see what your regime has done for me."*

Mr. B.E. from Bradford started our treatment 4 years ago – on no arthritis medication - and recently wrote *"When I first started your treatment I had not slept properly due to an ache in my lower back which kept me awake from two or three o'clock every morning. I was depressed and taking medication for this from the doctor. I thought I would have increasing difficulty at work if my back got any worse. It has taken four years to feel as well as I do but I am glad to say that the Margaret Hills treatment has helped in my case and I am well able to do my job."*

When Mrs. I. H. from Telford started our treatment in November 1997, she was on no medication at all. Her family history involved arthritis and gout but her problem had been iritis – eye trouble - for nearly 20 years, with recent involvement of aching fingers and shoulders. She was beginning with pain and stiffness in her arms and hands especially first thing in the morning. She now says *"I feel physically better ...I was greatly helped by knowing that you supported a belief in God as having a bearing on one's health in addition to physical aids. At first I found the diet rather worrying and irksome, ...as time went on I became more accustomed to it and the things I thought I couldn't live without ... are not so important any more. Now,...I have no more pain in my arms, hands and fingers. The swelling and redness ...has gone and the knobbly deposits on the joints of my fingers and toes have disappeared."*

Mrs. J. G. from Ruislip writes *"After taking so many different prescribed drugs without any long term benefit I had lost hope and resigned to a life of pain".* She had had pains for about 15 years affecting her lower back, hips, and knees, and then she contacted our Clinic in November 1993. *"I spent most nights sitting in a chair as if I lay down I couldn't get up, and my joints were so sore to touch it was an ordeal to get dressed and pulling tights on was out of the question. It was also very difficult doing my hair as it was agony to raise my arms. I got very depressed and felt like just giving up...It wasn't easy when I started your treatment but I believed it was going to help me. It takes perseverance and the fact that you know there is someone who understands what you've gone through is very satisfying...I can't begin to thank you for all you've done."* By October 1998 she was writing *"I am very glad to report that I am very well. I have had no pain for three or four months now, the shoulders were the longest to clear. I have just decorated my living room and can cope with a large garden...I live a busy life."*

Mr. J.C. from Clwyd writes: *"In December 94 I was in severe bodily pain with gout in my feet and ankles and arthritis in my lower back, thighs and hands. I had received medical treatment for the preceding 2/3 years. I was deeply depressed and was taking pain killing and anti-inflammatory drugs under prescription and on a regular basis. Gradually, after perhaps 4 – 6 months, I began to feel better and in less pain. I gradually stopped the medical treatments. With*

the lessening of pain I was able to start gentle exercises – lying down. I have maintained this regime religiously for 3 years and more. It demands constant willpower but as each month goes by there is a sense of achievement. I have relapses of pain and these can be discouraging but I am convinced that because my body is so much healthier through diet and exercise, I am able to combat the relapses with strength and confidence gained by long experience ... I am deeply grateful to the Margaret Hills Clinic – you transformed my life.”

THE MARGARET HILLS FORMULA AND PROTEIN

During the last three or four months we have had a few problems with orders taking a long while to be delivered. The problem now seems to be resolved and had a lot to do with installing new machinery, we believe, at the major sorting office for Royal Mail in Birmingham. This has been worrying because many of you were running very low on your nutrition. There is little we can do about this type of situation.

It is easier on your nerves if you always have one month's supply of your nutrition by you. As soon as you start on a new packet of the Formula, place your next order. In this way there will be no urgency and, therefore, no panic if it takes longer than normal to arrive. If you would like to send in for a double quantity next time round, that would be excellent and would start you off on the right track.

HOLIDAYS

The holiday season draws nearer and at such times, when we have a member of staff on holiday, the pressure increases in the office. We do all we can to reduce any disruption and normally cope very well – with your help. Normally, your orders will be despatched without delay. Correspondence will take a little longer than normal – so please bear with us.

I will be on holiday from 22nd July until 10th August. If you need to contact me regarding your treatment would you do so outside those dates – thank you. Christine Horner

THOUGHT FOR THE DAY

“In the hour of adversity,
Be not without hope,
Because crystal raindrops
Fall from black clouds”.

Isn't that lovely, and it is so apt coming from one who has suffered greatly from arthritis at such a young age. Many thanks, Jamesina – I don't know if you are the author or if you found the verse written somewhere – but it is appreciated.

THE MEDICINES CONTROL AGENCY AND MLX 249

Imagine a world without supplements – this is an increasingly possible notion.

THE BACKGROUND

The roots of this conflict lie in a piece of European legislation on medicines, which introduced the food/medicine division in 1965. Back then it made a lot of sense. Pharmaceutical drugs were still new, impressive and the obvious treatment of the future. Herbs were tucked into “food” because no one thought they would survive much longer and the idea of using vitamins and minerals as a treatment for disease was limited to the “cranky” few. More than 30 years later, the picture is very different. Drug treatments have lost much of their shine, herbal remedies have proved remarkably durable and there is plenty of scientific evidence that minerals and supplements can have definite health benefits. Such supplements are inestimable in terms of our ability to fight disease.

So, the popularity of herbal, vitamin and mineral supplements has risen because of a growing disillusionment with chemical-based drugs and their side effects. The Pharmaceutical corporations world-wide are worried at the fall in their market share and are working - at UK Government level, also European Union level and at World Health Organisation level within the remit of the Codex Alimentarius – to ensure that herbs and supplements are banned as unsafe or banned on the grounds of being medicinal by function.

Our Government has been under pressure to bring us into line with other European Union (EU) countries by making it compulsory for our supra-RDA (Recommended Daily Allowances) of vitamin products to have medicinal licences. EU medicines marketing regulations were introduced into UK law in 1994 . The latest step is for the Government to allow the Medicines Control Agency sole powers to decide what should be classified as a medicine, and as such, require a product licence.

The Medicines Control Agency has produced a document “MLX 249” which it intends to implement in law and which can render our access to, and possession of, supplements illegal. It intends to put natural supplements on a similar legal footing as pharmaceutical drugs. This allows our government to declare that anything is a licensable medicine if it has a “physiological effect” on the body and is “administered for medicinal purposes” – such as taking Vitamin B6 for pre-menstrual Syndrome.

Mixtures of herbs and nutrients are under consideration and other products such as herbal remedies and higher dose nutrients may follow. If the proposal is not blocked, the MCA will have the legally enforceable ability to hand the control of nutritional supplements to the major drug companies.

In July 1997, there was the unbelievable fiasco by COT (Committee on Toxicity of Chemicals in Food and the Environment) with Vitamin B6 when the most unacceptable piece of flawed research was put up as justification for reducing over-the-counter sales to 10 mg. This was defeated after a determined campaign. As a result the MAFF Expert Group on Vitamins and Minerals has been set up to advise on the need for safety limits on the levels of vitamins and

minerals in dietary supplements. This committee is comprised entirely of people **NOT** operating in the field of Nutritional Therapy. Where is their experience in the field and with what qualifications are they proposing to decide on safety limits? The only representative for Nutritional Therapy sits in the reduced NON-VOTING capacity of “Observer”.

Finally, our understanding is that laws passed in the UK as a result of EU directives are not voted in as others are. They are “laid on the table” in the House of Commons and automatically become law unless a ‘Prayer’ is made for a vote. Many laws are passed unopposed because no one has pointed out potential problems. This must not be allowed to happen and if and when it comes to a vote, we want your MP to know the situation and vote against MLX 249. The legislation which was supposed to come into place in April has been delayed but only slightly. The Medicines Control Agency intends to lay MLX 249 before Parliament as a Statutory Instrument in late May or early June. Their proposals would then become law after another 40 days, i.e. sometime in July. **THERE IS PRECIOUS LITTLE TIME LEFT.**

WHAT YOU CAN DO

Tell your friends who buy even basic multivitamins that they might soon be denied the chance to buy them. Look what has happened to Paracetamol, for instance. You can no longer buy them in the quantities you used to – you have to be content with maybe 24 tablets at an increased price. This is what could happen to food supplements – reduced dosages (that may have very little effect in any case) at higher prices if sold by the pharmaceutical industry through chemists.

Write to your MP and explain what this law is all about. Your MP cannot help unless you tell him/her what is going on. If you are not sure who your MP is, contact the House of Commons Information Office (0171 219 4272) or your library or write to your MP at House of Commons, London, SW1A 0AA. **If you like, we have a draft for you to follow at the end of this notice.**

If you have already written to your MP, no doubt you will have received a reassuring and soothing response which justifies MLX 249. According to the leaflet issued by the Government, a medicinal product (requiring a product licence) is “Any substance or combination of substances which may be administered ... with a view to ... restoring, correcting or modifying physiological functions.” It is obvious that the majority of people currently using vitamin and mineral supplements are attempting to prevent ill health occurring or trying to improve current poor health. The issues which worry us are as follows:

Food supplements	Baroness Hayman states in her correspondence “The MCA is not seeking to bring vitamin products sold as dietary supplements within	<i>Our view is that MLX 249 makes it possible for all vitamin supplements to be reclassified as medicines. As medicines, they would cease to be dietary supplements. The MCA has</i>
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	its remit”. Tessa Jowell, Minister for Public Health, stated in a speech in the House of Commons on 10 th March, “Garlic, evening primrose oil and vitamins in general may be dietary supplements or medicinal products”.	<i>also admitted that MLX 249 will make it extremely difficult for a manufacturer to prove that a product is not a medicine. The licence for each product can cost up to £1,000,000 – well beyond the reach of many of the small companies that supply such products.</i>
Safety	Frank Dobson states “It is the MCA which has the heavy responsibility of protecting the public against the dangers to health which can result from the unlicensed marketing of medicinal products. It is also the MCA’s equally important responsibility to decide what is or is not a medicinal product”. The Government claims that its intervention has been sought because of dangerous supplements appearing on the market.	<i>Our view is that this is not a safety issue. A product that is a borderline substance is subject to food legislation if it has not been classified as a medicine. Safety requirements under The Food Safety Act are far tougher than under the Medicines Act. Last year alone, 20,000 deaths occurred as a direct result of people taking medicines that had been licensed by the MCA (Source: University of Liverpool Study). The equivalent figure for food supplements is 0. Foods, by law, must be much safer than medicines. In addition, legislation already exists to remove unlicensed products for which unjustifiable claims are made – indeed, the MCA agrees it already has sufficient legislation to enforce the law as it stands without further alteration.</i>
Benefits	In the Parliamentary Debate on dietary supplements, Tessa Jowell stated “We should be clearer and more systematic about the evidence for the benefits that many people anecdotally report”.	<i>Our view is that: If benefit is evidenced, the substance becomes a medicine and will be removed from the marketplace. A product licence would then need to be obtained – yet the costs involved in producing the evidence required would be colossal and unachievable by manufacturers. As natural substances cannot be patented, the opportunity for profit is limited.</i>

POSSIBLE SUGGESTIONS FOR YOU TO MAKE TO YOUR MP

Delay Decision. After the fiasco last year of The Ministry of Agriculture, Fisheries and Food trying to classify doses of vitamin B6 in excess of 10 mg as a medicine, the Government set up

an Expert Scientific Committee to review maximum safe levels of dietary supplements. That committee will not report for another year. Without the benefit of that committee's work, the MCA will be unable to interpret the Government's thinking about the borderline between food supplements and medicines, so the MCA should desist from introducing legislation until the expert committee has reported. Also, the European Commission is in the process of drafting a Directive on dietary supplements. The MCA should await sight of the Commission's thinking before considering the introduction of legislation.

An Alternative Way Many speakers in the Parliamentary debate on dietary supplements on 10th March 1999 suggested the setting up of a third way, a classification between foods and medicines for dietary supplements. The rigid barrier between foods and medicines is no longer credible under current legislation. *We have just heard that Baroness Hayman is asking the MCA to look at this as a solution to the problem of classifying herbal remedies.*

Rewording MLX 249 could be rewritten with a specific clause excluding safe vitamins, minerals and herbal products, which make no medicinal claim, from the definition of a medicine. The clause could include guarantees that food supplements at all currently available dosages will remain available to the public.

MLX 249 is an important piece of proposed legislation that could affect our future ability to purchase natural health supplements. For the benefit of yourself, your family and the future health of us all, **please act once again** – even though you may already have written to your MP.

We know that thousands of letters of opposition to MLX 249 have arrived at the offices of the Medicines Control Agency and the Department of Health, and there is already good cross party support in the House of Commons and the House of Lords but **still** the Government intends these proposals to become law within weeks.

If in doubt, you could write a very simple letter to your MP at the House of Commons asking for a guarantee that you will be able to carry on obtaining your vitamins, minerals and herbs as you have been doing up to now. You need reassurance that food supplements like these will not be reclassified as “medicines” and need a product licence in the future.