

**This edition -
ALTERNATIVE
MEDICINES!**

Pancreatitis Supporters Network

July/August 1997

SPECSAVERS

Highly Recommended

As a result of her pancreatitis Margaret has developed diabetes which has caused her eyesight to alter. About 4 weeks prior to the onset of diabetes she made a routine visit to her optician, a branch of Specsavers, and ordered new glasses as her prescription had changed slightly. Then diabetes made a big change and the glasses were practically useless. Specsavers have been most helpful throughout, firstly they diagnosed diabetes during her re-test. They then suggested she return for another test later. In the meantime Margaret was out of commission

Retreat at Burrswood

Following surgery to create an internal bypass for a pancreatic cyst and removal of her gall bladder, Margaret was ready for a period of convalescence. Her husband Jim also felt like some rest and relaxation too.

With the approval of her doctor it was

decided that a short break at Burrswood would be ideal.

Burrswood is a Christian Centre for Medical and Spiritual Care located at Groombridge, near Tunbridge Wells in Kent.

Care is provided for a wide range of medical, orthopaedic and post-op-

erative conditions as well as for those suffering from anxiety, depression and stress related problems.

Admission is subject to patients being referred by their consultant or GP. Length of stay is usually limited to three weeks although this may be extended in certain circumstances.

The Chinese Way to Health?

I am often asked about diet and lifestyles by many of the callers concerning our shared condition Pancreatitis. I have no solution but have been told about a pair of books one of our Internet users has tried - he feels successfully and I am therefore passing on this information to the rest of you.

As always we cannot recommend anything and **INSIST** that you only undertake any changes after discussion with your GP, Specialist or Dietician.



These books are BOTH by Daniel Reid and published by Simon & Schuster.

The Tao of Health, Sex and Longevity - A modern, practical approach to the ancient Way.

Also:

Guarding the Three Treasures - The Chinese Way of Health.

To quote one extract from Guarding the Three Treasures:

"Spleen and Pancreas

These organs are actually large glands which produce and secrete vital enzymes as required by the body. Diets consisting of overcooked and processed foods divert so many enzymes into the stomach and intestines for digestion that immunity is

having her pancreatic surgery so there was a further delay in having a further eye test. New lenses were then ordered and fitted to her glasses while she waited. Specsavers have made no charge for any of these tests or the new lenses and have written to Margaret's doctor advising her of their findings. The doctor is now arranging further specialist examination of Margaret's eyes.

All in all we cannot speak too highly of our treatment by Specsavers. We have no connection with them other than being fairly recent customers.

This is the sort of information we are interested in. Is there any other Company you would like to recommend? If yes drop me a line. [Editor]

Burrswood is a charity administered by the Dorothy Kerin Trust. The Trust is named after the founder. Fees are charged, but for those unable to afford these, the Trust operates a Bursary Fund. Full medical insurance cover can be claimed in appropriate circumstances.

Medical facilities and care are provided by resident doctors and nursing staff as well as visiting consultants, counsellors and chaplains. There is a church integral with the main building and frequent services are held. For those not requiring medical care Chapel House is available for people needing rest or for a personal retreat.

We arrived at Burrswood in the afternoon and were immediately impressed by the beautiful surroundings and atmosphere of calm. The buildings are surrounded by some 200 acres of grounds which contain formal gardens and good footpaths as well as ponds and a tennis court.

The original very large house was added to by Dorothy Kerin the founder, who also built the adjoining church. There is a very modern wing linked to the main building containing counselling and treatment rooms as well as an excellent hydrotherapy pool and a cafeteria open to visitors and residents

We were

welcomed at the reception desk and then shown to the medical wing by one of the many helpers. Margaret's room contained a single bed, washbasin, easy chair, antique chest of drawers, a wardrobe, writing bureau and chair as well as bed-side cabinets, bookcase, bedtable, telephone and colour television set equipped with headphones. The view from her window over the gardens and beyond was magnificent. There was a welcoming card and fresh flowers. While she was unpacking the staff nurse called to introduce herself and to conduct hospital type admission tests and procedures, she was followed shortly after by another nurse who enquired about meal

Chinese Medicine Continued...

compromised owing to insufficient supplies of enzymes for antioxidant and other immune functions."

In the Tao of Health Sex and Longevity it states:

"...Inflammation of the pancreas due to excess demand for pancreatic enzymes in the stomach."

String beans (bulk or juice): rich in potassium, help restore deficient pancreas exhausted by excessive demand for insulin and other enzymes."

I must mention here that

this particular book is quite explicit in some areas and it may be found to be too much for some people in its graphic descriptions. Also it describes a very strenuous exercise plan and other routines that should not be undertaken **WITHOUT** prior consultation with your GP.

I would advise people who are interested in this type of lifestyle to take these books out from their local Library in the first instance as they are not cheap! Both in the £13 bracket! ALSO, they are written in what we, in the Western World would find to be quite

flowery language.



preferences, eg., meals in room or dining room/ special diets etc. Breakfast is served in bed for everyone. My room in an adjoining building known as Chapel House had similar facilities.

Soon after we arrived Margaret was seen by a doctor who checked her medical history and ensured that her medication needs were looked after by the nursing staff. The nurses were most attentive and ensured that her tablets were always available on time. Unable to sleep on the first night Margaret pressed the call bell and a nurse arrived with a very welcome cup of tea. This is apparently all part of the service.

A typical day for us commenced with breakfast in bed. We

then met in a very large sunny room known as the study and read newspapers which had been delivered to our rooms, until coffee was served in the main drawing room at 11am. After that we walked in the garden or swam in the pool if this was not occupied by too many patients receiving treatment, until lunch-time. Lunch was served in a very pleasant dining room by equally pleasant staff. The food was excellent and wholesome.

Choices were available and extra helpings were always on offer. After lunch and coffee, more reading. We often retired to another beautiful drawing room

situated in Chapel House in the afternoons. To make a change we sometimes sat in a summerhouse in the garden.

Afternoon tea and cakes were served at 4pm in the main drawing room.

This was a good opportunity to chat to some of the other residents, all of whom we found to be very pleasant and interesting to talk to.

This and perhaps another stroll in the gardens kept us going while we awaited supper at 6.45pm followed by a cup of coffee before retiring to our rooms.

Spiritual care is constantly available as Burrswood is committed to bringing together medicine and Christiani-

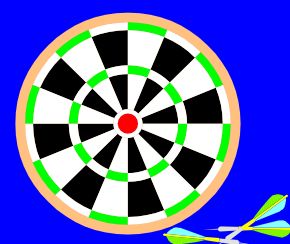
WITH GRATEFUL THANKS!

Yet again we have to say a big thanks to the work of:

Wendy Coady
and
The Southampton Ladies Darts League

for their wonderful cheque! This year they gave us £631!

Liz and her sister went down on my behalf to collect the cheque in Southampton which was presented to her during the evenings festivities!



I would like to add her thanks for the welcome and generosity of the Ladies there, Thanks

Snippets/Fundraising

It is with great embarrassment that I put this section in but Liz insisted I tell you all about the award I and the Network have received.

Recently I won the 'Local Hero' Award from Allied Domeq and actually appeared in the Local Newspaper - The Birmingham Evening Mail.

Thanks to Mrs Pamela Skippen for her Bric-a-Brac and small change she keeps for us. It all

adds up!

Thanks also to Mr & Mrs Carse again for their Bric-a-brac.

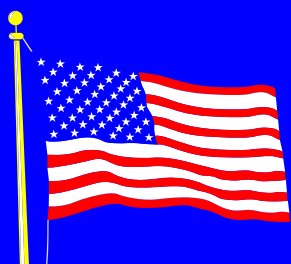
If anyone knows of any Companies willing to donate surplus goods, we can arrange collection.

We have always a need for

The lengths some people go to to pay their membership!

Imagine my surprise when one of the people I had been corresponding with on the internet said they were coming to the UK and even just 6 miles away at that and wanted to visit! This was the case with Doug Nelson and his wife Betsy! We all met up and after exchanging gifts and various photos of the event we went out for a meal. Doug even took the opportunity of using my computer to let others on the internet know of his visit and what was happening.

At the end of it all Doug paid for two years membership! I have heard of some people going to extreme lengths to pay their membership due to the problems of getting Sterling but Doug has beaten you to date! Where did Doug come from to pay his membership?



ty. However, although the religious side of Burrswood is not forced upon anyone. The caring attitude of everyone of the staff and helpers is very beneficial to all.

We thoroughly enjoyed our five days at Burrswood and both benefited from the care and relaxation. I can thoroughly recommend it to anyone needing to recover from illness or just to unwind and take stock.

General enquiries about Burrswood can be directed to:

The Admissions
Secretary
Burrswood
Groombridge
Tunbridge Wells
Kent

Telephone:
01892 863637

or Direct Line:

Telephone:
01892 863818

Fax - 01892 862597

Pancreatic Pen Friends:

The following would appreciate writing to others about Pancreatitis (This is a feature I hope to have in each Newsletter):

Ms Barbara Lane
139 Ebenezer Street
Hilltop
West Bromwich
West Midlands
B70 0HY

I would appreciate it if at least some of you respond to this request. It has proved immensely popular on the Internet and I would like to see the same happen here.

Thank you.

AGM Meeting - Notification

I am sorry that we had to re-schedule the AGM due to travel problems. PLEASE try if you can to attend and LET ME KNOW beforehand either by letter or phone to know we will have enough of you attending.

15 Mayfield Court
59(b) Mayfield Road
Moseley
Birmingham
B13 9HS
TELEPHONE/FAX 0121 449
0667

The date of the meeting is:

FRIDAY 15th August 1997

E: TIM
7:30pm
The
Venue is as
usual:

We have to adopt the new Constitution that the paid up membership voted for. So it is important we get a quorum. Obviously if you are outside of Birmingham it is difficult and I quite understand.

TEXAS!!!!