

Postbag

Your Letters



"scientific" tone of Professor Mr Government Adviser. It's self empowering - and that is so important.

I had my first Applied Kinesiology session with Christopher Asdill-Smith (he's much more approachable than his name might suggest !), and found it an excellent start. I've known several top AK practitioners in the States, and he's well up there with them. Very knowledgeable on the body's chemistry, on his testing procedures, experienced. He even, so it seems, has his own large, tailor-made range of remedies called Metabolics. So I'll see - if in six months improvements start to happen, maybe in a year I'll be able to write you a rave article. AK (which is much, much more than simplified muscle testing, though that is its basis) is a fascinating way of working. Very much the opposite to the usual shotgun approach of swallowing as many pills as one can afford.

Best wishes

Stewart Edwards

On my wavelength

Dear New Pathways,
This magazine just gets better and better. You do a fantastic job. It's weird reading the magazine though as it's all the articles I read through my email and all the topics and subjects I explore daily anyway, talk about of my wavelength!

Best wishes,

**Sylvia Brown,
Sheffield**

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* Ed: You can read about Sylvia Brown in 'Reach for the skies' on pages 16 & 17.

What dose of B12?

Dear New Pathways, My husband has an injection of 1000mcg B12 once a month. But reading 'New Pathways' this does not seem enough. However, my doctor says we must be careful not to overdose. If my husband continues to have an injection once a month, how much more would he need if we tried the spray?

Mrs J. Parson, London.

Ed replies: Some experts say there is no known unsafe dose of B12. Others say you can safely take 500mcg a day if you have no absorption problems. If you do, you can take more. With MS, the risk seems to be under-dosing due to problems with B12 absorption.

The Lipopure B12/Folic Acid spray contains 480 mcg B12 per squirt. 1 or 2 squirts per day under the tongue, plus the B12 injection, is fine. For other products and suppliers, see NP Nov/Dec issue p 20 & p 26.

Some nutritional doctors use massive doses of intravenous B12 in treating MS. Dr Patrick Kingsley in Loughborough gives his MS patients between 5,000 and 10,000mcg each treatment.

Council took away my orange badge

Dear New Pathways, I wonder if anyone else has had their orange/blue badge taken away from them? Mine has been after eight years and it has had a profound effect on my lifestyle. My life has gone down the tube ever since it was taken away.

My routine was to leave the house early and go swimming,

then on to yoga carrying all my equipment in the boot of my car, then doing some shopping.

Now, if I want to go to the local pool, my only option is to go on two buses. But waiting half an hour at the bus stop is too tiring for me. I am unable to carry my equipment or go shopping and am utterly exhausted.

I have to do my exercises at home, which is not nearly as good socially or therapeutically.

My local council, the London Borough of Camden, has tightened up its rules on who gets an orange/blue badge. When my badge came up for renewal, I was sent to an independent doctor for a medical who said I was not entitled to the badge because I could walk a little, and the badge is only for people who cannot walk AT ALL.

My own GP is aghast at what has happened, but has no say in this. I have even taken it up with my MP, and my case has gone to Appeal.

The trouble with MS is that they do not take fatigue into account. We don't fall into any of their categories.

This letter is to warn other people with MS to take a wheelchair, stick, or walking frame when you have a medical. If you don't, you could lose your badge.

June Brett,

Hampstead, north London.

Reply from Camden Council:

We are sorry to hear June Brett feels her disabled badge was taken away unfairly. The number of disabled drivers badges has increased greatly in the UK. Between 1987 and 1997 it went up from 673,000 to 1,638,000. Local authorities, especially those in inner London (where parking pressures are greatest), need to ensure that only people who qualify under the statutory scheme are issued with these badges.

At Camden we have a mobility panel which includes

