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## ASTHMA & DIABETES ARE PREVENTABLE DISEASES

6 messages

Annalisa Landymore-Lim &lt;annalisalandymorelim@gmail.com&gt;

Tue, Feb 27, 2024 at 5:59 AM

To: katrina.turrill@reachplc.com, newsdesk@sunday-times.co.uk, newsdesk@independent.co.uk, scot.news@express.co.uk, ben.borland@reachplc.com, douglas.dickie@reachplc.com, exclusive@the-sun.co.uk, tips@dailymail.com, reporters@sundaymail.co.uk, scoops@sundaymirror.co.uk, mirrornews@mirror.co.uk, sunday@dailystar.co.uk, news@skynews.com, denis.campbell@observer.co.uk, chris.evans@telegraph.co.uk, home.news@thetimes.co.uk, hugh.pym@bbc.co.uk, fergus.walsh@bbc.co.uk, nick.triggle@bbc.co.uk, media@gatesfoundation.org, Media Enquiries <media.enquiries@hse.gov.uk>, enquiries@stv.tv, press\_enquiries@channel4.co.uk, yourstory@itv.com, roula.khalaf@ft.com, readerseditor@dailyrecord.co.uk, readerseditor@thecourier.co.uk, AYR REPORTER <reporters@dailyrecord.co.uk>, scoop@thesun.co.uk, news@sundayherald.com, news@theherald.co.uk, editor@theedinburghreporter.co.uk, editor@pressandjournal.co.uk, scotsman.editor@scotsman.com, newsdesks@scotsman.com, pschiefmedicalofficer@gov.wales, newsdesk@walesonline.co.uk, editor@swanseabaynews.com, joanne.ridout@walesonline.co.uk, independent.letters@independent.ie, ec.news@ncjmedia.co.uk, scoop@sundaysun.co.uk, leeds.live@reachplc.com, wayne.ankers@reachplc.com, helen.dalby@reachplc.com, newsdesk@men-news.co.uk, thepost@mrn.co.uk, graeme.brown@reachplc.com, sundaymercury@sundaymercury.net, richard.porritt@archant.co.uk, newsdesknorfolk@newsquest.co.uk, news@theargus.co.uk, recteam@newsquest.co.uk, digital.editorial@belfasttelegraph.co.uk, r.livingstone@belfastmediagroup.com, sheena.mcstravick@belfastlive.co.uk, a.neeson@belfastmedia.com, editor@inverness-courier.co.uk, yp.newsdesk@ypn.co.uk, reporters@aberdeenlive.news, webnews@metro.co.uk, info@cornerstonevision.com, news@plymouthherald.co.uk, newsdesk@devonlive.com, alex.richards01@reachplc.com, newsdesk@bournemouthcho.co.uk, tellmeyourstory@hastingsinfocus.co.uk, cornwalllive@reachplc.com, editorial@cornish-times.co.uk, news@oxfordmail.co.uk, gazette\_newsdesk@thisissessex.co.uk, basildon.echo.editor@newsquest.co.uk, southendtalkingnews@gmail.com, content@thebristolcable.org, newbookanad@reachplc.com, martin@bristol247.com, ben.fishwick@dailyecho.co.uk, news@liverpool.com, editor@sheffieldtribune.co.uk, victoria@sheffieldtribune.co.uk, telegraph@jpress.co.uk, newsdesk@nottinghampost.com, news@peterboroughtoday.co.uk, news@gazettemedia.co.uk, hannah.chapman@nqyne.co.uk, news.carlisle@cnmedia.co.uk, dgnews@s-un.co.uk, news@kilmarnockstandard.co.uk, newsdesk@thepress.co.uk, news@cwherald.com, editorial@blackpoolgazette.co.uk, nigel.burton@newsquest.co.uk, newsdesk@telegraphandargus.co.uk, gavin.foster@newsquest.co.uk, newsdesk@nne.co.uk, accringtonobserver@menmedia.co.uk, editor@westcoasttoday.co.uk, editor@nosn.co.uk, alan.hendry@hnmedia.co.uk, david.scott@hnmedia.co.uk, newsdesk@cambridge-news.co.uk, editor@whfp.com, keith.mackenzie@whfp.com, news@perthshireadvertiser.co.uk, news@perthnow.com.au, editorial@camdennewjournal.co.uk, gavin.ledwith@jpimedia.co.uk, newsdesk.scarboroughnews@nationalworld.com, sam.linfoot@localiq.co.uk, news@thehullstory.co.uk, claire.lewis@nationalworld.com, yorkshirelive@reachplc.com, news@lpnnews.com, debbie.butler@nationalworld.com, newsdesk@grimsbytelegraph.co.uk, richard.duggan@newsquest.co.uk, newsdesk@theboltonnews.co.uk, mkbucks.newsteam@jpress.co.uk, editor@northantsnews.co.uk, news@thelincolnite.co.uk, gary.pearson@newsquest.co.uk, newsdesk@leicestermercury.co.uk, yep.newsdesk@ypn.co.uk, news@coventrytelegraph.net, esstarservice@expressandstar.co.uk, cheshire.news@reachplc.com, doncaster.today@nationalworld.com, liz.nice@newsquest.co.uk, news@stratford-herald.com, newsdesk@derbytelegraph.co.uk, newsdesk@swindonadvertiser.co.uk, editorial@lutonnews.co.uk, timothy.lethaby@newsquest.co.uk, newsdesk@westonmercury.co.uk, mkbucks.newsteam@nationalworld.co.uk, news@worcesternews.co.uk, news@northantslive.news, news@southmanchesternews.co.uk, southern-newsdesk@nationalworld.com, news@thecourier.co.uk, editorial@falkirkherald.co.uk, news@stirlingobserver.co.uk, editorial@alloaadvertiser.co.uk, "CONTACTUS, England (NHS ENGLAND - X24)" <england.contactus@nhs.net>, maria.breslin@reachplc.com, Pharmacovigilanceser <vigilanceservice@mhra.gov.uk>, "National Institute for Health and Care Excellence (NICE)" <nice@nice.org.uk>, Editor inbox <editor@bnf.org>, the.president@rcp.ac.uk, president@rcgp.org.uk, Press Office <press.office@rcpch.ac.uk>, Press <press@rcgp.org.uk>, Daniel Openshaw <Daniel.Openshaw@rcgp.org.uk>, NIHR Evidence <Evidence@nih.ac.uk>, Press.Office@rpharms.com, ceu@gov.scot, cmo@gov.scot, andrew.gregory@theguardian.com, gregor.smith@glasgow.ac.uk, media@rcp.ac.uk, John Pritchard <johnpritchard@btinternet.com>, Annalisa Landymore-Lim <annalisalandymorelim@gmail.com>

**From:**

Dr Lisa Landymore-Lim  
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**ORCID.org:** 0009-0004-5707-7217  
(for information about my degrees)

**NHS PROFESSOR SIR STEPHEN POWIS NATIONAL MEDICAL DIRECTOR ENGLAND, AMANDA PRITCHARD, RICHARD MEDDINGS, RICHARD BARKER, ANDREW MORRIS**

BNF KATE TOWERS  
ROYAL PHARMACEUTICAL SOCIETY - DEPUTY CEO KAREN BAXTER, CEO PAUL BENNETT, KATE TOWERS

SCOTTISH GOVERNMENT JASON LEITCH, CAROLINE LAMB, PAUL JOHNSTONE, GREGOR SMITH please

**EDITORS** - DUE TO NEW COMMITMENTS I AM NOW CONTACTING THE REGIONAL PAPERS, BUT YOU MAY PUBLISH ANYTHING YOU LIKE FROM MY WEBSITE INCLUDING EXTRACTS ONLY FROM ANY OF MY 4 PAPERS SO LONG AS THERE IS:

**1. A FRONT PAGE HEADLINE**

**2. MY NAME IS MENTIONED ON THE FRONT PAGE** (simply because I have more diseases to 'expose' and the public might pay more attention if I am linked to asthma and diabetes and I may wish to contact the media to find people with certain diseases like cystic fibrosis etc - I have no ego). Please would you use Lisa Landymore-Lim. I am a medical scientist and gained my degrees from the University in Sussex in 1983 and 1988. Searching my ORCID number will give you more details.

**3. MY WEBSITE [www.poisonousprescriptions.com](http://www.poisonousprescriptions.com) IS MENTIONED ON THE FRONT PAGE** (because it has my 4 papers on my 'Asthma & Diabetes' page and a lot of other juicy information, including a contact box on every page and a short questionnaire for any parents who have children with congenital diseases, as I believe that there are many that are caused by drugs).

It also reveals that about 300 respiratory (lung) and diabetes professors (small % are senior consultants) from top universities around the world (mainly from the USA, Australia, UK, Singapore) dare not answer my few quick questions about asthma and diabetes.

Probably because after reading my papers they believe that asthma and diabetes are caused by antibiotics and diabetes. For diabetes there are some other drugs as well.

To assist you, in case it's useful I will even attach MS WORD versions so that you may easily take extracts.

HOWEVER, DUE TO ARRANGEMENTS WITH THE SUNDAY TIMES/TIMES AND SUNDAY TELEGRAPH/TELEGRAPH YOU MAY NOT PUBLISH MY PAPERS IN FULL AS CHRIS EVANS, TONY GALLAGHER AND BEN TAYLOR, EDITORS OF THESE PAPERS HAVE ARRANGED TO DO SO IN THE SUNDAY PAPERS.

**NEW EDITORS** - AS I AM 'FLYING SOLO' I WAS PLANNING TO CONTACT THE REGIONAL PAPERS AFTER THE MAJOR PAPERS HAD PUBLISHED, SO I WILL GIVE YOU NOTES THAT MIGHT HELP YOU AS THERE ARE SEVERAL STORIES TO COVER.

I SUGGEST THAT YOU RUN WITH ASTHMA FIRST, THEN DIABETES AND THEN THE BRITISH NATIONAL FORMULARY (BNF) THAT DOCTORS USE TO PRESCRIBE THE DOSE OF THE MOST POPULAR ANTIBIOTIC AMOXICILLIN. THE DOSE WAS DOUBLED IN 2015 AND FOR KIDS OF CERTAIN AGES IT HAD ALREADY BEEN DOUBLED IN 2010. IT'S NO WONDER WE HAVE NEW CHILDREN'S HOSPITALS OPENING UP - NICE NEW ONE IN ABERDEEN.

I have had to approach the media as the Chief Medical Officers (CMOs) of England and Scotland who are both doctors do not want to help me to inform the public. I have been trying for months without success so I finally wrote to Amanda Pritchard, as she is the head of the NHS. However she too does not want the public to be informed and I have even contacted the CMOs of Wales and Northern Ireland sending them my papers but they too do not want to know.

However, Professor Stephen Powis the NHS National Medical Director agrees with me that asthma and diabetes (that is both insulin and non-insulin dependent diabetes, the first requires insulin injections and the second tablets which have side-effects) are caused by medical treatment (they are iatrogenic diseases).

He also agrees with me that the dose of the most frequently prescribed antibiotic amoxicillin is way too high. On my website this BNF fiasco is discussed in full in my paper which looks at the dose from 1981-2023. A cockup because different committees discuss the dose for adults and children and they don't seem to consider what the dose has been in the past, except for the dose in the year in which they meet.

Unfortunately, he can be constrained by Amanda Pritchard, but I believe that because it has been two months since I first contacted Amanda and the media have been contacted, he is prepared to speak as he should do as he is medically qualified, whereas Amanda is an Arts graduate who has foolishly given pharmacists the power to prescribe several drugs like amoxicillin for just a sore throat.

So at present it is up to the media to warn the public that antibiotics can cause hay fever, food allergies, asthma and diabetes and about the BNF Fiasco. It might take many courses because antibiotics can bind to food thereby reducing the dose if you have eaten or drunk certain products. The toxic effects as I am sure you can appreciate are dose and duration dependent. Take more of a poison and you are more likely to suffer the toxic effects or take a lower dose but take it for longer then you are likely to fall victim.

**If you publish anything, please could you email me the title of the paper and date and if possible a photo of the article**, as I won't be able to buy papers from anywhere except London. I would like a copy and might put them on my website as I'm sure the Australian media articles and short TV News interview that is on my homepage got the interest of the major UK newspapers as I went public about antibiotics causing asthma and diabetes in 1994, but the news didn't reach the UK. I've always been self-funded which has cost me a couple of hundred thousand including lost wages, but I believe that I might just have a donation from the SUN in the near future ;)x

News articles on my website (that is extremely full at present) would be useful as it might take repeated exposure in the media to get the BNF and Royal Pharmaceutical Society to meet to discuss the amoxicillin overdosing as they are liable and doctors or patients might want to sue them.

I have been communicating with them for many months but they don't want to do anything, despite the fact that they can publish changes to the dose and warnings online in an instant. NICE and the MHRA also remain silent and the MHRA even has CAS a Central Alerting System despite the fact that this is the world's biggest drug disaster to date as I'm sure you can appreciate.

I withdrew the submission of my four papers which are on my website from the medical journal The Lancet in December, because it transpired that the editor Richard Horton has an agenda. He has always wanted to publish them but he wanted to time the publication to fit in with his lease which is not due to expire yet and whether or not his wife wanted him back as he wants to live in a larger apartment. I had said that he could have a room at my place in Scotland as I have three rooms as he communicated that he had 6 months to live back in October as he had melanoma stage 4 and had coded that he had no home to go to. My papers have not been given a final decision following appeals or an ombudsman submission after at least 4 -5 months so I know that he wants them. I have a LANCET page on my website.

Please feel free to contact me if you have any questions or would like me to take a look at what your journalist has written just in case they are feral and don't want the news to come out so don't do a good job, because they have 'killed' their kids who now suffer from hay fever or asthma etc.

Even the ITV Director of News in London didn't receive lots of my emails because they were filtered out by staff - he only discovered the problem after I called in to make a delivery.









I've been up since 1:40 so please forgive me if punctuation etc is missing. If you publish I'll follow-up with you at a later date with more awesome stories...possibly one about why babies on formula milk often puke up. At present, only Aptamil who won't answer my questions about additives in their products is on my website, but others will follow when I have time. There are also other stories that I have planned.

Thank you for your time.

Lisa

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### 8 attachments

-  **ANTIBIOTICS CAUSE ASTHMA.pdf**  
267K
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To: annalisalandymorelim@gmail.com

Tue, Feb 27, 2024 at 5:59 AM



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Last-Attempt-Date: Mon, 26 Feb 2024 21:59:42 -0800 (PST)

----- Forwarded message -----

From: Annalisa Landymore-Lim <[annalisalandymorelim@gmail.com](mailto:annalisalandymorelim@gmail.com)>

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alan.hendry@hnmedia.co.uk, david.scott@hnmedia.co.uk, newsdesk@cambridge-news.co.uk, editor@whfp.com, keith.mackenzie@whfp.com, news@perthshireadvertiser.co.uk, news@perthnow.com.au, editorial@camdennewjournal.co.uk, gavin.ledwith@jpimedia.co.uk, newsdesk.scarboroughnews@nationalworld.com, sam.linfoot@localiq.co.uk, news@thehullstory.co.uk, claire.lewis@nationalworld.com, yorkshirelive@reachplc.com, news@lpnnews.com, debbie.butler@nationalworld.com, newsdesk@grimsbytelegraph.co.uk, richard.duggan@newsquest.co.uk, newsdesk@theboltonnews.co.uk, mkbucks.newsteam@jpress.co.uk, editor@northantsnews.co.uk, news@thelincolnite.co.uk, gary.pearson@newsquest.co.uk, newsdesk@leicestermercury.co.uk, yep.newsdesk@ypn.co.uk, news@coventrytelegraph.net, esstarservice@expressandstar.co.uk, cheshire.news@reachplc.com, doncaster.today@nationalworld.com, liz.nice@newsquest.co.uk, news@stratford-herald.com, newsdesk@derbytelegraph.co.uk, newsdesk@swindonadvertiser.co.uk, editorial@lutonnews.co.uk, timothy.lethaby@newsquest.co.uk, newsdesk@westonmercury.co.uk, mkbucks.newsteam@nationalworld.co.uk, news@worcesternews.co.uk, news@northantslive.news, news@southmanchesternews.co.uk, southern-newsdesk@nationalworld.com, news@thecourier.co.uk, editorial@falkirkherald.co.uk, news@stirlingobserver.co.uk, editorial@alloaadvertiser.co.uk, "CONTACTUS, England (NHS ENGLAND - X24)" <england.contactus@nhs.net>, maria.breslin@reachplc.com, Pharmacovigilanceser <vigilanceservice@mhra.gov.uk>, "National Institute for Health and Care Excellence (NICE)" <nice@nice.org.uk>, Editor inbox <editor@bnf.org>, the.president@rcp.ac.uk, president@rcgp.org.uk, Press Office <press.office@rcpch.ac.uk>, Press <press@rcgp.org.uk>, Daniel Openshaw <Daniel.Openshaw@rcgp.org.uk>, NIHR Evidence <Evidence@nihr.ac.uk>, Press.Office@rpharms.com, ceu@gov.scot, cmo@gov.scot, andrew.gregory@theguardian.com, gregor.smith@glasgow.ac.uk, media@rcp.ac.uk, John Pritchard <johnlpritchard@btinternet.com>, Annalisa Landymore-Lim <annalisalandymorelim@gmail.com>

Cc:

Bcc:

Date: Tue, 27 Feb 2024 05:59:21 +0000

Subject: ASTHMA & DIABETES ARE PREVENTABLE DISEASES

----- Message truncated -----

Mail Delivery Subsystem <mailer-daemon@googlemail.com>

Tue, Feb 27, 2024 at 5:59 AM

To: annalisalandymorelim@gmail.com



## Address not found

Your message wasn't delivered to **scoop@sundaysun.co.uk** because the address couldn't be found, or is unable to receive mail.

[LEARN MORE](#)

The response was:

550 5.1.1 The email account that you tried to reach does not exist. Please try double-checking the recipient's email address for typos or unnecessary spaces. For more information, go to <https://support.google.com/mail/?p=NoSuchUser> a17-20020ac2505100000b00512b78a2d72sor1379503lfm.2 - smtp

Final-Recipient: rfc822; [scoop@sundaysun.co.uk](mailto:scoop@sundaysun.co.uk)

Action: failed

Status: 5.1.1

Diagnostic-Code: smtp; 550-5.1.1 The email account that you tried to reach does not exist. Please try 550-5.1.1 double-checking the recipient's email address for typos or 550-5.1.1 unnecessary spaces. For more information, go to 550 5.1.1 <https://support.google.com/mail/?p=NoSuchUser> a17-20020ac2505100000b00512b78a2d72sor1379503lfm.2 - gsmtp

Last-Attempt-Date: Mon, 26 Feb 2024 21:59:43 -0800 (PST)

----- Forwarded message -----

From: Annalisa Landymore-Lim <[annalisalandymorelim@gmail.com](mailto:annalisalandymorelim@gmail.com)>

To: [katrina.turrill@reachplc.com](mailto:katrina.turrill@reachplc.com), [newsdesk@sunday-times.co.uk](mailto:newsdesk@sunday-times.co.uk), [newsdesk@independent.co.uk](mailto:newsdesk@independent.co.uk), [scot.news@express.co.uk](mailto:scot.news@express.co.uk), [ben.borland@reachplc.com](mailto:ben.borland@reachplc.com), [douglas.dickie@reachplc.com](mailto:douglas.dickie@reachplc.com), [exclusive@the-sun.co.uk](mailto:exclusive@the-sun.co.uk), [tips@dailymail.com](mailto:tips@dailymail.com), [reporters@sundaymail.co.uk](mailto:reporters@sundaymail.co.uk), [scoops@sundaymirror.co.uk](mailto:scoops@sundaymirror.co.uk), [mirrornews@mirror.co.uk](mailto:mirrornews@mirror.co.uk), [sunday@dailystar.co.uk](mailto:sunday@dailystar.co.uk), [news@skynews.com](mailto:news@skynews.com), [denis.campbell@observer.co.uk](mailto:denis.campbell@observer.co.uk), [chris.evans@telegraph.co.uk](mailto:chris.evans@telegraph.co.uk), [home.news@thetimes.co.uk](mailto:home.news@thetimes.co.uk), 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<vigilanceservice@mhra.gov.uk>, "National Institute for Health and Care Excellence (NICE)" <nice@nice.org.uk>, Editor inbox <editor@bnf.org>, the.president@rcp.ac.uk, president@rcgp.org.uk, Press Office <press.office@rcpch.ac.uk>, Press <press@rcgp.org.uk>, Daniel Openshaw <Daniel.Openshaw@rcgp.org.uk>, NIHR Evidence <Evidence@nihr.ac.uk>, Press.Office@rpharms.com, ceu@gov.scot, cmo@gov.scot, andrew.gregory@theguardian.com, gregor.smith@glasgow.ac.uk, media@rcp.ac.uk, John Pritchard <johnlritchard@btinternet.com>, Annalisa Landymore-Lim <annalisalandymorelim@gmail.com>

Cc:

Bcc:

Date: Tue, 27 Feb 2024 05:59:21 +0000

Subject: ASTHMA & DIABETES ARE PREVENTABLE DISEASES

----- Message truncated -----

Mail Delivery Subsystem <mailer-daemon@googlemail.com>

Tue, Feb 27, 2024 at 5:59 AM

To: annalisalandymorelim@gmail.com



## Address not found

Your message wasn't delivered to **mkbucks.newsteam@nationalworld.co.uk** because the address couldn't be found, or is unable to receive mail.

### LEARN MORE

▲ *This link will take you to a third-party site*

The response from the remote server was:

550 5.1.1 Recipient not found.

Final-Recipient: rfc822; [mkbucks.newsteam@nationalworld.co.uk](mailto:mkbucks.newsteam@nationalworld.co.uk)

Action: failed

Status: 5.1.1

Remote-MTA: dns; [smtp.secureserver.net](https://www.secureserver.net). (92.204.80.0, the server for the domain [nationalworld.co.uk](https://www.nationalworld.co.uk).)

Diagnostic-Code: smtp; 550 5.1.1 <[mkbucks.newsteam@nationalworld.co.uk](mailto:mkbucks.newsteam@nationalworld.co.uk)> Recipient not found.

<[https://www.secureserver.net/help/fix-rejected-email-with-a-bounce-error-40685?pl\\_id=1592&prog\\_id=domainspricedright#irbpl\\_id=1592&prog\\_id=domainspricedright#irb](https://www.secureserver.net/help/fix-rejected-email-with-a-bounce-error-40685?pl_id=1592&prog_id=domainspricedright#irbpl_id=1592&prog_id=domainspricedright#irb)>

Last-Attempt-Date: Mon, 26 Feb 2024 21:59:47 -0800 (PST)

----- Forwarded message -----

From: Annalisa Landymore-Lim <[annalisalandymorelim@gmail.com](mailto:annalisalandymorelim@gmail.com)>

To: [katrina.turrill@reachplc.com](mailto:katrina.turrill@reachplc.com), [newsdesk@sunday-times.co.uk](mailto:newsdesk@sunday-times.co.uk), [newsdesk@independent.co.uk](mailto:newsdesk@independent.co.uk), [scot.news@express.co.uk](mailto:scot.news@express.co.uk), [ben.borland@reachplc.com](mailto:ben.borland@reachplc.com), [douglas.dickie@reachplc.com](mailto:douglas.dickie@reachplc.com), [exclusive@the-sun.co.uk](mailto:exclusive@the-sun.co.uk), [tips@dailymail.com](mailto:tips@dailymail.com), [reporters@sundaymail.co.uk](mailto:reporters@sundaymail.co.uk), [scoops@sundaymirror.co.uk](mailto:scoops@sundaymirror.co.uk), [mirrornews@mirror.co.uk](mailto:mirrornews@mirror.co.uk),



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