

Louis Gordon (Bachelor of Acupuncture)

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Clinic Hours:

Mon 9:30am – 5:50pm
 Tue 9:30am – 5:50pm
 Thu 9:30am – 5:50pm

NASAL IRRIGATION

Coupled with a course of acupuncture Nasal Irrigation is a great way to keep your nasal sinuses in a vital healthy condition to ward off colds and flus and greatly reduce the disabling effects of sinus inflammation and irritation. ANTRAC supplies fine pottery NETI POTS and instructions to manage sinus problems easily. After 3 uses of the NETI POT you are an expert, and often breathing and sleeping better with an improved sense of smell. Nasal irrigation can help ear and eye problems and is often beneficial to minimize snoring, depending on the underlying cause.

News Letter_001

WELCOME to the first edition of the ON TRACK newsletter

Welcome to you all. I hope you are all coping well with the wintery conditions. We at ANTRAC hope to release the newsletter quarterly initially with an occasional extra edition as the need arises. The aim of the newsletter is to provide timely and informative health-related information that can help you to take control of your health to optimize your life and wellbeing. Please enjoy and pass on to friends.

Natural Tips to Boost Our Immune System During Winter

In modern times many people believe that contracting colds and flu is inevitable and resort to going for a flu shot as a preventative measure or dose up on medications in an attempt to cure colds and flu. Many people find that as they age they become more susceptible to upper respiratory tract infections.

If we are stressed, fatigued, work in a large office, take public transportation, or have school-aged children, it is important to be at our best and have our immune system functioning at its optimum. During winter many people catch the flu many times and don't completely recover, which adversely affects their sense of well being and their work suffers. The "lingering pathogen" can cause many problems to occur, such as sinus infections, pneumonia, bronchitis, asthma, kidney infection, urinary bladder infection, arthritis and glandular fever.

Many individuals in the same area, often in the same household do not fall sick. That confirms that some people do not easily get sick. This is due to their stronger immune systems and their ability to fight disease. We are all responsible for our own health and we have to take control for the responsibility of our continued health and well being. By eating correctly, eliminating harmful foods, reducing stress and getting enough sleep, and having regular acupuncture treatment the immune system can be boosted to prevent "catching" colds and the flu.

An ancient Chinese medical reference book called the Nei Jing states "**treat the body, before it gets sick**". Prevention is the pivotal part of TCM ideology. The same book states that if yin and yang are balanced, vital energy is stronger and external evil (cold, wind, damp, viruses, bacteria etc) won't attack the body. If our vital energy is strong and dynamic, it is not easy for us to get sick, and if we do fall sick we generally recover much more quickly.

Research shows that acupuncture treatments can increase the body's T-cell count, as well as the number of cells that ingest and destroy bacteria, protozoa, and cell debris. One study determined that white blood cell counts and mobility increased by 168 percent within three hours after acupuncture treatment. **Many people have come to realize that regular acupuncture treatments are beneficial for their asthma, allergies, rheumatoid arthritis, lupus, colds, or infections.**

How long has it been since you had an acupuncture booster treatment? Why not call now and make an appointment for an "acupuncture tune up", so that you are able to face Spring with a clean bill of health.

[Treating Asthma Naturally](#)

Asthma is a growing problem, both for children and adults. In fact, asthma has increased by more than 300 percent over the last 20 years. Wouldn't you like to have a simple, highly effective and incredibly inexpensive treatment for this very serious illness? Unfortunately most physicians are clueless about using vitamin D to treat asthma, but by keeping in touch with ANTRAC you can easily keep abreast of the latest that science has to offer in providing safe, inexpensive natural therapies to common problems. That is what we specialize in.

If vitamin D is indeed a major underlying cause of asthma, which it surely appears to be, many are needlessly suffering with a potentially life threatening ailment since vitamin D deficiency is easily remedied. Not to mention the fact that many are needlessly exposing themselves to the dangers inherent with the standard drug treatments for asthma. Advair, for example, contains the long-acting beta-agonist (LABA) salmeterol. A 2006 analysis found that regular use of LABAs can increase the severity of an asthma attack. Researchers estimate that salmeterol may contribute to as many as 5,000 asthma-related deaths in the United States each year. Conventional asthma treatments can also increase your risk of heart disease and osteoporosis, just to name a few.

So isn't it great to know that there is an effective, and infinitely safer, method to treat asthma?! Having regular acupuncture treatment and supplementing your health with Vitamin D can greatly reduce episodes and severity of asthma attacks.

[Study Finds Acupuncture Effective for Arthritis Pain](#)

A study funded by the National Center for Complementary and Alternative Medicine (NCCAM) and the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), both components of the National Institutes of Health, has found that acupuncture provides pain relief and improves function for people with knee osteoarthritis.

The findings of the study -- the longest and largest randomized, controlled phase III clinical trial of acupuncture ever conducted -- were published in the December 21, 2004 issue of the journal *Annals of Internal Medicine*.

The multi-site study assessed 570 people with osteoarthritis of the knee who were aged 50 or older. Participants in the study had significant pain in their knee the month before joining the study, but had not had knee surgery in the prior six months or used steroid or similar injections. None had ever had acupuncture.

By week 8, participants receiving acupuncture were showing a significant increase in function and by week 14 a significant decrease in pain, compared with the sham and control groups. These results, shown by declining scores on the WOMAC index, held through week 26.

Overall, those who received acupuncture had a 40% decrease in pain and a nearly 40% improvement in function compared to baseline assessments.

"For the first time, a clinical trial with sufficient rigor, size, and duration has shown that acupuncture reduces the pain and functional impairment of osteoarthritis of the knee," said Stephen E. Straus, M.D., NCCAM Director. "These results also indicate that acupuncture can serve as an effective addition to a standard regimen of care and improve quality of life for knee osteoarthritis sufferers". This study highlights the benefits of acupuncture only for osteoarthritis of the knee. I have a track record of over quarter of a century treating osteoarthritis of all the joints in the body. **Let me assist you to gain relief from pain and immobility due to debilitating and joy-robbing osteoarthritis in any of your joints.**

All the best wishes for your health and longevity from Louis and Linda. Cheers.

[Call now to secure your appointment.](#)

[Get your health on track with ANTRAC](#)

The Clinic is located at 216 Ramsay Street, Middle Ridge, 5 houses south of Kates' Place, directly opposite the Blue Care Nursing entrance, and beside the Story Farm Park. Parking signage is present.

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