WELCOME to the second edition of the ON TRACK newsletter

Welcome to you all. I hope you are all coping well with the warmer months. 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.

Treating Type 2 Diabetes Correctly

People with diabetes face medical costs more than twice that of those without the illness. It increases your risk of heart disease and brings on fatal and non-fatal heart attacks, strokes and other cardiovascular events 15 years earlier than in those without diabetes, as well as significantly shortens your lifespan. Diabetics are also increasingly being misled to take statin drugs to prevent heart disease (which is strongly associated with diabetes), which adds further insult to injury. Statin drugs have been shown to actually cause heart failure and are not the right treatment for most people. These drugs offer a "cure" that is far worse than the disease.

The truly insane part of all this is that type 2 diabetes is virtually 100 percent preventable, and most people can successfully reverse the condition without any drug intervention at all. For the last 50 years, many people have been following the nutritional recommendations from agencies which advise a high complex carbohydrate, low saturated fat diet. Clearly, these recommendations are NOT working. The end result has been a 700 percent increase in diabetes in the same time frame and many have come to view diabetes as an incurable chronic disease.

Rest assured that nearly 100 % of type 2 diabetics can be successfully treated if you are willing to implement the following recommendations:

1 - If you have diabetes, you need to avoid sugar/fructose, grains (even organic, whole grains) and other starchy carbs like rice, potatoes and cereal, to get healthy. This also means avoiding most processed foods of all kinds as they are loaded with fructose. You may even need to avoid fruits until your blood sugar is under control.

2 - Exercise is an absolutely essential factor, without which you're highly unlikely to get this devastating disease under control. It is clearly one of the most potent ways to lower your insulin and leptin resistance. Typically, you'll need large amounts of exercise, until you get your blood sugar levels under control. You may need up to an hour or two a day. Naturally, you'll want to gradually work your way up to that amount, based on your current level of fitness.

3 - Eat right for your Nutritional Type. Exercising and avoiding grains and sugars might not be enough unless you balance your protein, carb and fat ratios for your nutritional typing. Louis can advise where the entire online nutritional typing test can be performed for free.

4 - Optimize your vitamin D3 levels. Maintaining your vitamin D3 levels around 60-80 ng/mL can significantly help control your blood sugar. These are the basic steps you need to take, starting today, if you have type 2 diabetes.
**TEST for Digestive System Performance**

Take This Quiz to See if You Could Use Extra Help for Your Digestive System. Simply answer “YES” or “NO” to the following 8 statements. 1 - I occasionally feel bloated after a meal. 2 - I'm over the age of 30. 3 - I occasionally feel indigestion. 4 - I sometimes have gas attacks after I eat. 5 - I eat one or more large meals each day. 6 - More than 15% of my diet is meat. 7 - I eat my food quickly. 8 - I frequently feel low in energy.

**SCORE YOUR RESPONSES** - No simple quiz can be tailored to your health, so there is no substitute for checking with your health practitioner. However, here is what your score likely indicates: 4+ ‘Yes’ Answers: suggests you might benefit from some extra help to improve your digestion and make sure you’re getting all the nutrients you need.

**Optimising the Health of your Eyes**

There are natural, common-sense strategies you can employ to help protect your healthy vision.

1 - Quit smoking, if you currently do. 2 - Care for your cardiovascular system. High blood pressure can cause damage to the miniscule blood vessels on your retina, obstructing free blood flow. 3 - Normalize your blood sugar. Excessive sugar in your blood can pull fluid from the lens of your eye, affecting your ability to focus. And, it can damage the blood vessels in your retina, also obstructing blood flow. 4 - Eat plenty of fresh dark green leafy vegetables, especially kale. Dark leafy greens with the highest amount of carotenoid substances rich in lutein and zeaxanthin improve vision health. 5 - Consume omega-3 rich foods such as fresh caught salmon – or supplement with krill oil. Lutein and zeaxanthin are found in high concentrations in the macula lutea and believed to serve two primary roles; to absorb excess photon energy, and to quench free-radicals before they damage the lipid membranes.

Lutein, zeaxanthin, and bilberry provide fabulous support for your eyes. Bilberries provide 50 times the antioxidant power of vitamin E and ten times that of vitamin C – supporting strong and flexible capillary walls. Bilberry fights free radicals in your eyes.

**A Natural Guideline for Prostate Health**

I've always been a firm believer in finding natural solutions to help improve your health. And with your prostate, it is certainly not an exception. Here are some simple steps any man can easily implement to improve his prostate health.

1 - Schedule a prostate evaluation – Getting an early assessment of your prostate health is a crucial first step in knowing where you stand. There are several tests including a physical examination, and a PSA. Your doctor can help you determine the appropriate tests or screens for you. 2 - You are what you eat. Don’t underestimate the importance of a healthy diet of unprocessed, wholesome and preferably organic foods to optimize your health. The same holds true for enhancing your prostate health. 3 - Healthy mouth = healthy body – There are toxins in your mouth, such as those released by amalgam fillings (mercury fillings) that can have a profound effect on your overall health. I would recommend you visit a holistic dentist to assess your situation. Dental flossing twice daily is very beneficial. 4 - Reduce your stress levels. 5 - Relax your muscles – Muscle tension can impact your prostate health. A regular exercise program can do wonders to help you reduce muscle tension and trigger a more positive attitude and mood. 6 - Boost your lymphatic system – Your lymphatic system is responsible for clearing your body of waste and plays an essential role in your prostate vitality. Regular exercise and drinking adequate amounts of pure, fresh water can help flush waste and toxins out of your body. 7 - Cleanse your body on the inside. I recommend Chlorella, to help promote your body's natural detoxification functions. 8 - Revitalize love and sexual activity – It’s no accident how some of the highest occurrences of less-than-optimal prostate health are found in celibate men. A healthy sex life is food for your prostate. Also, nurturing your personal relationships and love can help reduce stress as well.

**Supplements that Can Help Improve Your Prostate.** 1 - Vitamin D3: This is the main player in prostate health, without any question. Your best source is sunlight or if that is not available, a safe tanning bed. Just remember to avoid ever getting sunburned. Adult doses typically range from 5,000 units up to 20,000 units per day or more depending on your blood levels, which should be at least 50 ng/ml but ideally closer to 70 ng./mL. 2 - Vitamin K2: This is only available from bacterial fermentation (e.g. natto). Vitamin K2 is the only form of vitamin K that has been shown to help promote prostate health. 3 - Vitamin E: A 2005 study showed that men with the highest levels of alpha-tocopherol in their blood at baseline had better prostate health than those with the lowest level of the vitamin. 4 - Calcium and Magnesium: A 1998 Harvard School of Public Health study of 50,000 men found that those consuming between 1,500 and 2000 mg of calcium per day had about double the chance of having less-than-optimal prostate health as those getting 500 mg per day or less. 5 - Selenium: In a study of 1,300 older people, those who...
took 200 micrograms of selenium daily for about seven years experienced greater overall health compared to those given a placebo. Selenium is also necessary for your body to make glutathione, a very important antioxidant.

Reference: www.mercola.com

**Louis has Finally Received the Help He Needed**

While that may not sound good, it actually is. Louis now has a beautiful full-time Receptionist in Linda, his wife. Linda has been given the Induction Course and has taken to the practice like a duck to water. It now means Louis does not have to juggle needling and cupping in between taking phone calls and making appointments. This means that he is able to spend more time doing what he loves, treating his patients and applying all the skills learned at workshops attended. So when you make the next appointment you will note the cheerful voice of the new Receptionist.

**Modern Science Meets Traditional Chinese Medicine (TCM) at ANTRAC**

Louis has mastered the wizardry of the AcuGraph 4 which he has been using since the end of October 2010. The AcuGraph 4 is a computerized device to analyze and document the energetic status of your 12 Main acupuncture meridians. AcuGraph 4 is a revolution in modern acupuncture, enhancing the effect of ancient TCM techniques by applying modern science. By measuring the electrical property of 24 of your major acupuncture points, the AcuGraph 4 system analyses exactly how your body is functioning. It provides evidence-based exam data and via powerful computer-based software determines the most appropriate selection of acupuncture points to use to balance all of your energies. Similar to the diagnostic potential of X-rays, ECG’s and Blood Tests, AcuGraph 4 is equivalent to a laboratory test for acupuncture, showing which meridians are balanced and which are excess or deficient. The Beijing Zhongyi Xueyuan states “The meridians decide life and death because they regulate the Hundred Diseases, and balance out deficiency and excess. They must not be obstructed”.

**11 Ways That AcuGraph 4 Analysis Will Benefit You**

1. AcuGraph 4 intelligently analyses and measures the energy (Qi) level of each of your 12 Main acupuncture meridians and graphs the results. **The software-generated treatment then reduces your pain and improves your medical condition and boosts your energy level.**
2. Meridians that are Excess, Deficient, or have a Right / Left Split are shown in specific colours. (See Chart below)
3. AcuGraph 4 results enable the acupuncturist to provide the best treatment for you.
4. Energy in each meridian can be balanced, so **imbalances can be corrected before symptoms develop.**
5. Better-informed decisions about your condition ensure the best preventative treatment for you is possible.
6. The Personal Integrated Energetics (PIE) chart allows you to track your Health Score out of 100. **As your pain diminishes and your medical condition and energy improve your PIE Score will reflect that.**
7. You can “see the Qi” and monitor how your meridians improve as your health potential improves. (e.g. See Chart).
8. The powerful software tracks and stores all patient exams for easy comparison to track your future progress.
9. AcuGraph 4 is excellent to educate patients about their energy status at different times of day.
10. Only AcuGraph 4 gives you Evidence-Based Acupuncture documentation and tracking for superior documentation, and patient-compliance is improved.

**FREE OFFER Available For Your Wellness Integrated Management Program (WIMP)**

The AcuGraph analysis is valued at $65. Currently I am including the AcuGraph analysis for free to former patients, and I am including a FREE bound coloured Report to patients that book in before the end of January 2011.
Dr Evil and Mrs Evil win Academy Award at Byron Bay

**Louis Wins Academy Award**
Following are excerpts from the article “Louis needles his way to award” by Megan Masters which appeared in The Chronicle of 29th November 2010, page 5.

The hard work has paid off, with Mr Gordon’s practice ANTRAC Acupuncture Clinic declared the most improved health practice at the Lifestyle Practitioner Academy’s 2010 leadership awards held at Byron Bay on 13th November 2010.

The Academy attracts natural therapists of all kinds from across the country and as far away as New Zealand interested in improving their business. He was pretty thrilled with the win and said it was all about the effort he had put into expansion and improvement through training and purchasing state-of-the-art equipment. He said his AcuGraph was one of only about three in Queensland and he had also purchased a laser to treat sensitive areas like fingertips without pain.

But there is also his concept of wellness programs. Our Western cultural practices usually see us heading to a doctor or health practitioner when we’re sick, but the ancient Chinese had a different view and it was one Mr Gordon embraced. “We generally go to see someone once our problem has become acute, but back in ancient China you had your acupuncturist and if you got unwell you’d refuse to pay them,” Mr Gordon said. “In our culture we wait until a problem is acute before we treat it. “I try not to just treat someone’s problem and send them away. I prefer to maintain my work and keep people healthy.”

**MISSION STATEMENT:** “I aim to get my patients as well as possible, as quickly as possible, and then to keep them that way”.

**Call now to secure your appointment.**

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

**Get your health on track with ANTRAC**

The Clinic is located at 216 Ramsay Street, Middle Ridge, 5 houses south of Kate’s Place, directly opposite the Blue Care Nursing entrance, and beside the Story Farm Park. Parking signage is present. Follow the pavers to Entry signs to the Clinic at the rear of the house.

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