Tulsi Tea Greatly Relieves Your Daily Stress

Revered for over 5,000 years for its wealth of health benefits, it’s sweet, spicy, rich in antioxidants, and a cinch to prepare. So cancel the negatives of your daily stress without psychotherapy, for just pennies. This ancient sacred herb helps promote your respiratory system health, supports your healthy vision, gives you antioxidant protection against free radicals, helps you alleviate minor discomfort and irritation, provides you with a calming effect and relief from occasional stress, helps bolster your immune system, may even give your stamina a boost, helps promote your healthy metabolism, balances the health of your digestive system, helps you maintain blood sugar levels in the normal range, provides you with skeletal and joint support, and aids you in supporting normal cholesterol levels. Over time, scientists have learned that Tulsi’s unique chemistry is highly complex.

The Tulsi herb contains hundreds of beneficial compounds known as phytochemicals. Phytochemicals are non-nutritive plant compounds containing protective and health promoting properties. Working together, these compounds possess potential antioxidant, adaptogenic, and immune-enhancing properties that can help promote your general health. The essential oils in Tulsi leaves are a particularly rich source of these phytochemicals. In India, the Tulsi herb has been widely known for its health-promoting properties — for body, mind, and spirit for over 5000 years. Commonly called “sacred” or “holy basil,” Tulsi is a principle herb of Ayurveda, India’s ancient holistic health system. Ayurveda means “knowledge of life” — with herbs lying at the very heart of Ayurvedic practice. Ayurvedic knowledge grew out of the wisdom of ancient rishis (sages) and yogis of India, and initially
I Strongly Recommend Avoiding These 7 Foods

Food Matters asked seven experts a simple question: “What foods do you avoid?” Here are some of their eye-opening responses:

Canned Tomatoes - An endocrinologist won’t go near canned tomatoes as the cans are lined with a resin containing BPA, and tomatoes are especially dangerous because their acid breaks the BPA down in dangerous amounts.

Conventional Beef - Conventional cattle are fed grain, corn and soy to make them fat. Studies show that grass-fed beef is higher in important vitamins, minerals and heart-healthy, anti-inflammatory fats.

Microwave Popcorn - Perfluorooctanoic acid (PFOA) lines microwave popcorn bags, and when they are heated the compound, which has been linked to infertility, leaches onto the food.

Conventional Potatoes - Non-organic potatoes are heavily sprayed with herbicides, pesticides and fungicides -- many potato growers don’t eat the potatoes they sell, but instead they grow their own separate plots without all the chemicals.

Farmed Salmon - Farmed salmon are stuffed into pens and fed chicken feathers and pellets. A scientific study on fish contamination showed high levels of carcinogens such as DDT and PCBs.

Conventional Milk - Dairy cows are fed growth hormones to maximize milk production, which results in increased udder infections and pus in the milk.

Conventional Apples - Apples are heavily and frequently doused with pesticides -- pesticides that have been linked to Parkinson’s Disease.

Herbal Relief for Painful Joints

If you have pain and discomfort in any of your joints, and worry about your hips, knees, ankles, shoulders, wrists, hands, fingers, back, neck or any other joints, this Indian herbal ingredient could change your life...

Boswellia – or Indian frankincense – is an Ayurvedic herb used for centuries in India for joint support. It
comes from the Boswellia serrata tree that grows in the dry hills of India. Traditionally, Indians have historically used the tree bark’s gummy resin, called salai guggal, for joint health.

Indian frankincense contains what scientists call boswellic acids, which can help promote a healthy immune response. With sustained use, boswellia can help maintain steady blood flow to your joints, supporting your joint tissues’ ability to boost flexibility and strength.

Boswellia supports:
- The normal functioning of your body's connective tissues
- The normal functioning of your joints
- The normal flexibility of your body
- A normal and comfortable range of motion

Boswellia has been used extensively in the Ayurveda medical system for joint support. A very beneficial Chinese Herbal Combination is zhen tong yao fang which combines Boswellia and Corydalis and 4 other powerful herbs. This combination activates blood to the joints, removes stagnation and congestion in the joints and alleviates pain.

This herbal combination conveniently called “Pain-Less Formula” is now available through ANTRAC Acupuncture Clinic for $15 per week, when a 3 month supply is purchased for $180. The herbs will be sent directly to your address within 5 days of ordering. See Linda if you wish to place an order. This formula should not be taken if you are on anti-coagulant medication or if you are pregnant.

**Do You Have PCOS and NOT Know It?**

Polycystic Ovarian Syndrome (PCOS) is the most common endocrine disorder of women, affecting as many as 1 in 10 females. PCOS can be caused by Insulin Resistance and may take the form of numerous symptoms, which vary from woman to woman.

The following is a list of the more common symptoms. Some woman may experience several of these symptoms - Weight Gain or Inability to Lose Weight, Absent or Irregular Periods, Infertility, Excess Hair Growth in the mustache and beard areas, on the arms and legs and elsewhere, Thinning Hair on the scalp, Ovarian Cysts, Fatigue - feeling tired all the time, Low thyroid function, Skin Problems - Acne, Skin tags - thick lumps of skin sometimes as large as raisins usually found in the armpits, at the bra line or neck, or Dandruff, Mood Swings, High cholesterol and High Blood Pressure, Sleep Apnea.

To diagnose PCOS, doctors use a combination of clinical symptoms (what you experience as the patient, such as excess hair growth, irregular menses, acne, skin tags, weight gain, infertility, etc.) and lab tests. While there is no cure for PCOS, the symptoms of PCOS can be managed with proper treatment by a qualified PCOS specialist. I have come across a marvelous resource that I believe is the best source of information for women with PCOS. This is especially so as the author is Australian, so she is fully conversant with the local medical system. She is a Naturopath and actually has PCOS, so knows exactly what you are going through, and how best to manage the condition.

**Australian Gynaecologists vs. Endocrinologists**

Do you really have PCOS? The answer may depend to some extent on which doctor you talk to. A study conducted in Australia showed that gynaecologists and endocrinologists who treat polycystic ovary syndrome have very different ways to diagnose and treat it.

Questionnaire results showed that the two specialty groups differed in their choice of diagnostic criteria and investigations. Endocrinologists regarded androgenization (81%) and menstrual irregularity (70%) as essential diagnostic criteria, whereas gynaecologists required polycystic ovaries (61%), androgenization (59%), menstrual irregularity (47%) and an elevated LH/FSH ratio (47%).

In investigation, gynaecologists were more likely to request ovarian ultrasound (91% vs. 44%) and endocrinologists more likely to measure adrenal androgens (80% vs. 58%) and lipids (67% vs. 34%). Gynaecologists were less likely to assess glucose homeostasis but more likely to use a glucose tolerance test to do so.

Diet and exercise were chosen by most doctors as first-line treatment for all PCOS signs and symptoms. However, endocrinologists were generally more likely to use insulin sensitizers, particularly metformin. Specifically for infertility, endocrinologists favoured metformin treatment whereas gynaecologists recommended clomiphene.

There is a lack of consensus between endocrinologists and gynaecologists in the definition, diagnosis and treatment of PCOS. As a consequence, you may receive a different diagnosis or treatment, depending on the type of specialist you consult. It’s no wonder
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.

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

To have a look at her site and examine her 3 different life-changing options click the link below. Otherwise type the following link into your browser:


I hope this information is helpful, and that it helps you “feel like a real woman again”.

Successful Book Promotion via The Chronicle
The recent No More Cravings Quit Smoking Program book promotion competition through The Chronicle was very successful. Twelve copies of the book were awarded to entrants in the competition. Hopefully there will be a dozen fewer smokers around living their life more fully without debilitating cravings. Special thanks to Erin Lorraway for all of her organizational skills in progressing the competition. Linda and I are processing the dozens of entrants that want follow-up information on the Quit Smoking Program. Instead of the normal cost of $57, while current stocks last the book is being made available for $37 + postage & handling, or $37 from the Clinic. Information on the book can be found at my new-look website at www.no-more-cravings.com

I am also proud to announce that my new NMC logo has just been completed – See below.

Winter Chills and Evil Qi Are Here
Probably by now everyone is stoking up their fireplaces or clicking on their piezo-starters on their gas heaters. I have already treated many patients with head colds and blocked sinuses, so get out your Vitamin C, Vitamin D3, Probiotics, Zinc and Echinacea. They all have proven benefits at stimulating your immune system and preventing or minimizing the nasty effects of winter-time maladies. Chicken soup is also pretty yummy, and do avoid eating too much carbohydrate including even whole-grain breads. Try to include coriander, turmeric, garlic and onion in more of your winter dishes as they have proven benefits including detoxification, and antibacterial and antiviral properties.

CALL to Secure your Winter Appointment
Many of our patients on the Wellness Integrated Management Program (WIMP) have commented about how well they are feeling most of the time once they have recognized how beneficial their regular maintenance treatment program is. It is remarkable how many patients come in for their monthly “tune-up” with “no real problems to report”, as their former aches and pains have been mostly kept completely at bay. They feel WELL, and I feel good because “I am keeping them that way”.

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

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acupuncture
www.no-more-cravings.com

that so many women aren’t sure if they have PCOS, or receive different treatments from different doctors.