ARE YOU OR A LOVED ONE DEFICIENT IN VITAMIN B12?

If you or a family member experience: Tiredness and feelings of weakness, Less-than-optimal eye health, Loss of appetite and unintended weight loss, Feelings of mild moodiness, Less-than-optimal memory, A tendency toward nervousness, Less-than-optimal balance, Premature grey hair, Occasional digestive issues, Suffer from sleeping difficulties... you may need to supplement with vitamin B12, even if you eat foods rich in B12. You can eat plenty of meat, poultry, lamb’s liver, brewer’s yeast, clams, eggs, herring, mackerel, kidneys, milk, dairy products, or seafood -- and still have low levels of B12. How can that be?

It could be because your body is unable to absorb it from your gut. Vitamin B12 needs the help of a protein in order to be absorbed. That protein is called intrinsic factor. The main cause of vitamin B12 deficiency is when your stomach lining loses its ability to produce intrinsic factor which is a protein that binds to vitamin B12 and allows your body to absorb it at the end of your small intestine. And the first reason to take B12 is if you are a carb type or a strict vegetarian. The use of antacids or anti ulcer drugs will also lower your stomach acid secretion and decrease your ability to absorb vitamin B12. Infection with Helicobacter pylori, a common contributor to stomach ulcers, can also result in vitamin B12 deficiency. Source the B12 from your local Health Food Shop.

BEWARE! MICROWAVE OVENS RUIN FOOD VALUE

Microwave oven should be used as little as possible for a number of reasons. Microwaved food has been associated with the following problems:
• Causes your food to vibrate at very high frequencies, changing your food’s chemical structure, structurally deforming its molecules and potentially making nutrients unrecognizable and unusable by your body.
• Creates the formation of free radicals and carcinogenic molecules.
• May result in actual changes to cellular DNA.
• May corrupt or destroy biophotons (sun-derived light energy in living food).

MICROWAVE OVENS AND PLASTICS DO NOT MIX
One of the greatest concerns about microwave ovens is what happens to plastics and the food they contain when you heat them. When you put “microwave safe” plastic into your microwave oven, you’re not going to see it bubble or melt, or see sparks fly or smell toxic fumes. You won’t see or taste plastic particles in your food. As the microwave heats the plastic, the chemical bonds break silently and invisibly. If your plastic is scratched or worn, the degradation is worse.

Researcher and BPA expert Frederic vom Saal of the University of Missouri has discovered during his decade of research that "there is no such thing as microwavable plastic." His studies revealed leaching of BPA from all plastics tested. Vom Saal’s studies showed that BPA is released when any BPA-containing plastic is exposed to heat, such as from dishwashers and hot food. For example, in 2007, polycarbonate drinking bottles were shown to release BPA 55 times more rapidly when exposed to boiling water. Some studies have also detected leaching at room temperature. Although sometimes the amount of BPA leaching out is incredibly small (40-60 parts per trillion, or ppt), several peer-reviewed studies found harm to laboratory animals at levels even lower than that—as low as 25 ppt.

WHAT SHOULD YOUR BABY’S FIRST SOLID FOOD BE?
An advertising blitz in the 1950s hoodwinked the public into believing babies needed highly processed rice cereal. Almost every childcare book offers the same advice about a baby's first solid meal—start them first on rice cereal mixed with breast milk or formula. This has been the standard line for 60 years now. Remarkably, there is no scientific basis for this recommendation—none at all.

According to Stanford University pediatrician Dr Alan Greene, other than breast milk or formula, rice is the number one source of calories for infants in their first year of life—and this is a nutritional disaster. The notion originated in the 1950s when baby food companies launched an advertising blitz trumpeting the benefits of white rice cereal. White rice is a refined carbohydrate, one of the highly processed, nutritionally devoid foods that have been linked to increased rates of heart disease, insulin resistance, eye damage and cancer in adults, and are nutritionally worthless for infants as well. Feeding infants cereal has been associated with an increased risk of type 1 diabetes and may prime your baby for a lifetime of carb cravings for white bread, cookies and cakes.

So What Should Your Baby's First Solid Food Be?
So what’s a better option? ....Egg yolk. According to the Weston A. Price Foundation, egg yolk should be your baby’s first solid food, starting as early as 4 months, whether your baby is breastfed or formula-fed. Egg yolks from free-range hens contain the special long-chain fatty acids so critical for the optimal development of your child’s brain and nervous system. Although egg yolks are excellent, be aware that egg whites may cause an allergic reaction, so they’re best avoided until your child is at least one year old. If you want some simple recipes and guidelines about how to feed your toddler, refer to this link - http://articles.mercola.com/sites/articles/archive/2010/12/20/get-the-white-out-of-babys-first-foods.aspx.

ACUTE ECZEMA
Acute eczema is a reaction in the skin that causes inflammation of the skin surfaces, triggered by dryness, scratching or contact with an irritant or allergen. Eczea is often used interchangeably with dermatitis, which may begin as an acute reaction and worsen to chronic skin condition. Proper management and treatment can make life bearable for people suffering from this condition. What is required to effectively treat the condition is a medication that detoxifies, is anti-inflammatory and antipruritic (stops the itching). A formulation of choice is Smilax & Lonicera (ACUTE ECZEMA) formula which contains 13 herbs, 3 of which specifically address the dreadful itching associated with eczema. Eczea is often a difficult skin condition to treat or control, and herbal treatment for several months is necessary. We will post to your address a supply of the formula for 78 days for the cost of $180 (POSTAGE & HANDLING FREE), which is only $16.15 per week. [RING LINDA on 07 4636 6100]. For treatment of the condition it is beneficial to avoid coffee, hot spices, deep fried foods, fatty foods and alcohol.

BATHING IN BLEACH AIDS ECZEMA
Dr Amy Paller advises that taking a bath with bleach at the same concentration of a swimming pool twice a week helps to reduce eczema flare-ups in children. It works because the bleach kills the bacteria Staphylococcus aureus which is strongly associated...
with flare-ups. She advises to use 1 teaspoon of 6% bleach per 1 gallon (4.55 litres) of water. Ref – Good Health August 2011.

**ANTRAC WELLNESS FACTS**

**MOWING THE GRASS REDUCES STRESS**
University of Queensland researchers advise that the scent of freshly cut grass can dampen a person’s response to stress. Grass contains stress-relieving chemicals that are released when the grass is cut. If you don’t have a lawn to mow, don’t worry. The researchers are so confident about their findings that they have developed a relaxing, grass-smelling scent called SerenaScent. (See [www.serenascent.com.au](http://www.serenascent.com.au)). Ref – Good Health August 2011.

**COLD SHOWERS ARE A NATURAL ANTIDEPRESSANT**
According to a trial in Virginia Commonwealth University School of Medicine in the US, Dr Nikolai Shevchuk reported that subjects with mild depression who took one or two cold showers daily found their mood improved. She believes that the high density of cold receptors in the skin send a massive amount of electrical nerve impulses from the peripheral nerves endings to the brain where mood-boosting endorphins cause the anti-depressive effect. What a perfect way to finish mowing the grass. You will feel less stressed less depressed and very happy because the yard looks so good. Ref – Good Health August 2011.

**COUNT YOUR MOLES AND COUNT YOUR BLESSINGS**
A study at King’s College at London studied more than 1,800 twins and found individuals with a high number of moles have longer telomeres. Telomeres are bundles of DNA at the end of our chromosomes in all cells. These telomeres help protect chromosome ends and have been likened to the protective plastic tips on shoelaces. Telomeres get shorter as we age, and this is linked to the ageing of our organs – heart, bones, muscles and arteries. The researchers found that people with more than 100 moles have longer telomeres than others with fewer moles, and this may delay aging by six to seven years. Lead researcher Dr Veronique Bataille suggests that while moley people have a slightly increased risk of melanoma, they have a reduced incidence of aging with lower incidence of age-related osteoporosis and heart disease. Ref – Good Health August 2011.

**HOW THREE DOCTORS REDUCE THEIR INCIDENCE OF CANCER**
1 - Five serves of coloured veges and two serves of coloured fruit is suggested by Dr Cate Lombard. They provide phytochemicals and fibre to protect the bowel. Psyllium husk is a great way to boost your fibre intake, and keeping frozen cherries and blueberries in your freezer for ready access makes this easy. But remember fresh is best when they are in season. 2 - Associate Professor Richard Bittar, brain surgeon and Director of Precision Neurosurgery advises that there is evidence linking long-term frequent use of mobile phones to brain tumours. He says “I use landline where possible”. Otherwise he uses text messages and speaking on handsfree. 3 - Professor Graeme McIntosh advises that selenium has the potential to cut colon cancer risk in half, and also is protective against lung and prostate cancer. Brazil nuts are the richest source of selenium. Three Brazil nuts a day will give you a dose of 100 micrograms per day. It is safe to take up to 200 micrograms per day. Ref – Good Health August 2011.

**YUMMY SUPER FOOD**
Research has confirmed that Maple syrup is a superfood containing more than 50 beneficial substances, some with properties similar to berries, tea and other star super-foods, which include anti-inflammatory or antioxidant properties. Purchase only pure maple syrup. Healing has never been more fun. Ref – Good Health August 2011.

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

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.

☎4636 6100
[www.no-more-cravings.com](http://www.no-more-cravings.com)

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

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