**DANGEROUS DUST IN THE WORKPLACE**

There are a few well known health hazards in the workplace, including dust. New research has shown that this dust can be harbouring some seriously harmful stuff. The “stuff” in question is polybrominated diphenyl ether (PDBE). PBDEs are flame retardants that were once widely used in computers and other electrical equipment, as well as in the polyurethane padding frequently used in office furniture, chairs, and carpeting. The problem with PBDEs is that in recent times a type called penta-PBDE has been linked to changes in thyroid hormone levels, impaired fertility in women, lowered testosterone levels in men, and developmental deficits in children.

PBDEs have a long half life, meaning that they take ages to break down, and people will continue to be exposed for many years. 31 separate offices in the city of Boston in the United States were tested. Staff working in the offices were also tested. Every single office showed PBDEs present in the office dust, even offices in a new building with brand new office furniture. So all workers were exposed but workers who washed their hands four or more times per day, when compared to workers who washed their hands less often, had lower levels of penta-PBDEs on their hands and three times lower concentrations of penta-PBDEs in their blood. There was a wide variation in levels of PBDEs across the offices but the handwashing link remained. So there you have another reason, aside from avoiding the flu, to soap, scrub, and rinse.


**DO YOU HAVE PAINFUL, BLOCKED OR INFECTED SINUSES?**
Dusty work places and modern office spaces can cause sinus congestion which leads to painful, blocked sinuses and possibly even sinus infections. We all know that a bath or shower gently rinses all of the dirt and debris off our skin. Imagine being able to do that to internal contaminated sinus linings and spaces. Well you actually can do that.

The Ayurvedic Neti Pot does just that, and is ideal for flushing accumulated debris and allergens away from the sensitive mucosal lining, allowing the mucosal membranes to return to the normal protective function that Nature intended. Warm water at body temperature that is the same salinity as our body fluids and blood leads to a soothing relaxing cleansing process as the rinse solution passes through the sinuses from right to left then left to right. After the treatment you feel like you have been to a pristine pine forest in the Rocky Mountains. The sinus irrigation process takes only a few minutes. **What are you waiting for?** Beautiful pottery Neti Pots are available from ANTRAC Acupuncture Clinic for $70 which includes the ebook “Nasal Irrigation for ALL Sinus Problems” valued at $37.

**WHY FOOD ADDICTIONS CAN BE AS STRONG AS DRUG ADDICTIONS**

A recent study found that extracts of wheat grains and potato tubers contained pharmacologically active benzodiazepines which have a high affinity to the central type benzodiazepine receptors (BZR) in the mammalian brain. According to the study diazepam and several other related chemicals were found in wheat and potato tubers. Note that diazepam is marketed as Valium. The chemicals are most likely produced inside the plant tissue. This points to a possible source for the previously reported presence of benzodiazepine in the brains and peripheral tissues of several animal species and man. Its effects within the brain may be one reason why intense food addictions can be as strong as drug addictions. Research on rats has also shown that food, in particular sugar, may be more addictive than cocaine. In the study, when rats were allowed to choose either sweetened water or cocaine, an astonishing 94 percent of rats chose the sweet water. Interestingly, separate research revealed that limiting carbs in your diet helps to lessen cravings for carb-heavy and starchy foods. Reference: Biochemical Pharmacology October 1988; 37(19): 3549-3559

**“EVERY OTHER DAY DIET” (EODD) BOOK FOR HEALTHY WEIGHT LOSS**

I get asked almost every second day about weight management. After 30 years in the Health Industry I believe that the best weight management program is discussed in the ebook The Every Other Day Diet” by Jon Benson. Essentially you can eat your favourite foods every second day. The other day you eat according to SNAPP – Shake, Nuts, Apples, Protein and Produce. It is easy to follow and very healthy.

It is a brilliant weight-loss and nutritional system. The cost is approximately $47, and it is worth every cent for the convenience and practicality of it. The link to buy the ebook Every Other Day Diet is as per below: http://fab408tetqky4nd7d73lpzap21.hop.clickbank.net/

There is a 15 minute video which is very informative. You can click on the 5 buttons to move backwards and forwards through the video.

**EAT LESS WITH A BIG FORK!**

Researchers had people attend a popular Italian restaurant and gave half of the subjects small forks while the other half were given big forks. The researchers found that fork size effected how much the people ate. Those given large forks ate significantly less than those with small forks. When people visit a restaurant they have a well-defined goal of satiating their hunger. To achieve this goal they are willing to invest effort and money. Research data has confirmed that the physical signal that you are full often comes with a time lag, so people generally keep eating
Beyond satiety. A larger fork means bigger mouthfuls resulting in a clearer visual signal by food being removed from the plate, so that it is more obvious when the goal of satiation has been met. The answer to putting on weight from too much dining out may be to bring a bigger fork with you. Other research has confirmed that using a smaller plate also helps prevent overeating. Talking a lot while eating also slows you down and makes you feel satiated sooner. REF: http://www.wellbeing.com.au/newsdetail/Bring-a-big-fork_000448

**WHAT ACUPUNCTURE POINTS ARE USED FOR WEIGHT LOSS?**

When acupuncture is being used to treat weight loss, acupuncture points in the ear are generally used for both weight loss and the general detoxification of the body. During treatment, the acupuncturist places five needles in each ear. Out of these needles, four directly correspond to specific organs in the body – the kidneys, lungs, nervous system, and liver. The fifth needle is used for relaxation. Once the acupuncture treatment starts, the body is stimulated to produce endorphins. Endorphins are the “feel good chemicals” in the body that help to combat the cravings for carbohydrates in the body, reduce the person’s appetite, and also help with withdrawal symptoms if weight loss is related to drug abuse (smoking, alcohol etc).

Points on the body can also be used. This is why it is so important to have a detailed consultation with your acupuncturist. The acupuncturist needs to know your eating habits in order to ascertain digestive problems as well as your appetite. They will also check your pulses or use an AcuGraph scientific instrument to determine your energy status in all 12 meridians on both sides and measure the state of the stomach energy. The tongue is also checked for cracks and yellow or white coatings. These provide clues to the person’s condition and the reasons for gaining weight.

The very fine painless needles are inserted into the ear at certain acupuncture points and these include:

- **Mouth** – this point relates to an impulsive eater that is also a chain smoker.
- **Stomach** – this point relates to a person that is obese (eating even when the stomach is full).
- **Lungs** – this point relates to people that are addicted to food.
- **Endocrine** – this point relates to those that gain weight due to water retention.
- **Shen Men** – this point relates to the psychological reasons for anxiety, frustration and loneliness.

- **Spleen** – this point relates to hormonal and sugar imbalances.
- **Kidney** – this point relates to the nervous system and water retention.
- **Thyroid** – this point relates to a slow metabolism.


**TRADITIONAL CHINESE MEDICINE HERBAL FORMULA FOR WEIGHT MANAGEMENT**

One of the best herbal combinations for weight management is the ChinaMed formula called “Weight Management” or jian fei jiang zhi fang. It is a blend of 13 Chinese herbs that “remove Phlegm-Damp”, remove retained fluid and stagnation and stimulate Liver function to assist with correct metabolism of fats and calories. Herbal treatment coupled with acupuncture, and proper attention to lifestyle factors, specifically diet and exercise is essential. The addition of this herbal formula provides a crucial supporting factor. Three months supply at a time of this formula can be ordered through Linda at ANTRAC Acupuncture Clinic – 4636 6100.

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