THE NEWEST INDOOR THREAT TO YOUR PET’S WELL BEING & YOU

A 2007 study conducted at Indiana University (IU) found significant concentrations of flame retardants in the blood of pet dogs. Polybrominated diphenyl ethers (PBDEs) were discovered at levels 5 to 10 times higher in dogs, and in a previous study, 20 to 100 times higher in cats than levels found in humans in North America. Research indicates dogs metabolize the compounds faster than cats do. PBDEs are added to certain consumer products to increase the temperature it takes to make them burn. PBDEs are found in polyurethane foam products manufactured before 2005, like upholstered furniture, mattresses and pillows. They are also used in electronic equipment. Your exposure (and your pet's) to PBDEs can come from your bed, your living room couch, the padding beneath your carpet, or the seat covers in your vehicle. Other possible sources in your home are electronic components, kitchen appliances, fans, water heaters and blow dryers. You can also be exposed through cell phones, your TV or the remote control, video gear, computers, printers, copiers, scanners, faxes and even toner cartridges.

PBDEs leak from products when, for example, a TV or computer heats up during use, when a mattress is slept on, or when products containing the compounds begin to deteriorate. Some excellent tips to avoid exposing yourself and family members (including the four-legged variety) to PBDE-containing products. 1 - Exercise caution with foam items. Replace any item in which the foam is exposed or misshapen (an indicator the foam is breaking down and releasing toxic compounds into the environment). 2 - Use only vacuums with HEPA filters. 3 - Replace rather than
reupholster foam furniture. Even PBDE-free furniture can contain other types of fire retardants with potentially harmful effects. 4 - Remove old carpet with care. The padding beneath may contain PBDEs. 5 - When buying a new product, ask what type of fire retardant it contains. Try to avoid purchasing items containing BFRs. Go with less flammable materials, for example, cotton, wool and leather. Keep in mind that ‘natural’ latex foam and natural cotton are flammable and by law require the addition of a fire retardant. 6 - Avoid processed pet food altogether by feeding your four-legged family members a balanced species-appropriate homemade diet.


THIS POPULAR MOISTURIZER APPLIED TO MICE FOR 17 WEEKS PRODUCED 69% MORE TUMORS. SO BE CAREFUL!

Moisturizing Creams with Mineral Oil Can be Tumorigenic. The featured study, published in the Journal of Investigative Dermatology, found that commonly used moisturizing creams containing mineral oil are tumorigenic when applied topically to UVB-pretreated high-risk mice. What this means is that these creams and lotions can increase the rate at which skin tumors form.

Alternate names for toxic Mineral Oil include: Adepsine oil, Albolene, Drakeol, Lignite oil, Liquid paraffin, Paraffin oil, Mineral seal oil, Petrolatum, White oil and heavens forbid Baby oil. Many women who breastfeed apply cream to their breasts without too much consideration for what's in it. Hopefully, you now will not be one of them. Studies have actually found that mineral oil paraffins can bioaccumulate in both fat tissue and human breast milk. According to the authors of one 2008 study: "Mineral paraffins might be the largest contaminant of our body, widely amounting to 1 gram per person and reaching 10 grams in extreme cases." It's believed that your baby may receive about one percent of the mineral paraffin accumulated in your body and breast milk.

"Beside exposure of babies via human milk, the intake by direct licking off salves (in the worst case consisting of Vaseline) from the breast of their nursing mothers may be much higher. In a worst case situation, daily intake from breast care products by babies is estimated to reach 40mg/kg body weight. The concern is a valid one, especially because mineral oil has been linked to no less than 23 different diseases including autoimmune diseases and a number of different cancers. With that in mind, please avoid using creams and lotions that contain mineral oil (especially Vaseline) on your breasts while you're still breastfeeding. It would also be wise to avoid putting baby oil on your baby's skin, as most baby oil brands contain straight mineral oil! Two great all-natural moisturizers are pure emu oil, and pure coconut oil. Coconut oil has been used to moisturize skin for ages, and is also a potent source of the beneficial fat lauric acid. Ask yourself, "Would I eat this?"

Look for products that are fragrance-free. One artificial fragrance can contain hundreds - even thousands of chemicals, and fragrances are a major cause of allergic reactions. Pay attention to the order in which the ingredients are listed. Manufacturers are required to list ingredients in descending order by volume, meaning the first few ingredients are the most prominent. If calendula extract is the last ingredient in a long list, your calendula body wash isn't very natural. Stick to the basics. Do you really need 20 products to prepare for your day? Simplify your life and rescue your bank account. Buy products that come in glass bottles rather than plastic, since chemicals can leach out of plastics and into the contents. Bisphenol A (BPA) is a serious concern; make sure any plastic container is BPA free. Look for products that are made by companies that are earth-friendly, animal-friendly and green. Reference: http://bit.ly/q6YA1W

TAKE 4.5 GRAMS OF THIS EACH DAY TO PREVENT OR FIGHT ASTHMA

Conjugated linoleic acids (CLA) may improve the airway hyper-reactivity in asthmatics, according to the results of a new study. A dose of 4.5 grams of CLA each day produced significant reduction in airway hyper-responsiveness. It also had favourable effects on body weight. CLA is a fatty acid, which is found in ruminant meat and dairy products. Average intake of CLA has fallen over the years due to changes in the Western diet. Grass fed chickens, eggs and meat are much higher in CLA than grain-fed produce.

NutritionalIngredients reports: "A significant body of science supports the potential of the ingredient to enhance lean body mass and aid in body sculpting. The new study ... is the first to report that the ingredient may also have benefits for overweight asthmatics."

Reference: Clinical and Experimental Allergy 40(7): 1071-1078; July 2010.

Traditional Chinese Herbs can also help treat chronic asthma. A very good formula is ChinaMed Lung Function 2, Rehmannia, Codonopsis and Inula Flower (fu zhen ding chuanfang). This combination is formulated with 12 different TCM herbs and promotes normal, healthy lung function and alleviates bronchial cough. It is tonic, adaptogenic (helps you cope better),
antitussive (cough suppressant), anticitarrhal (decongestant), and expectorant (promotes the secretion of sputum). The most economical way to treat chronic asthma is to purchase three months supply of this formula at a time. The herbal remedy can be ordered through Linda at ANTRAC Acupuncture Clinic – 4636 6100. The natural treatment costs approximately $15 per week. Caution to those on anti-coagulant medications – heparin, warfarin or aspirin.

ACUPUNCTURE IS VERY EFFECTIVE FOR HEADACHES

Headaches can be debilitating, and those that suffer from them often suffer silently. Acupuncture is an ancient Chinese practice that employs needles on the skin to restore the body from symptoms of illness, injury and disease, and is very beneficial at treating all types of headaches. Traditional Chinese Medicine (TCM) is founded on the principle that energy channels (meridians) run all over the body, nourishing tissues with energy (Qi). When blocked, this energy is obstructed and prevented from nourishing the tissues, which may result in poor states of physical, emotional and mental health.

How Can Acupuncture Help With Headaches?
Acupuncture works to relieve the frequency and severity of headache symptoms by: 1 - Treating the brain’s neural pathways and by altering the activity of the brain’s limbic system, which can control our perception of pain. 2 - Reducing symptoms of physical, emotional and mental stress and 3 - Clearing any blocked energy causing the headache itself.

Acupuncture Points for Headaches
A professional acupuncturist will work through your diagnosis with you to develop a suitable treatment plan according to your headache symptoms. The practitioner will first determine where energy is blocked according to the exact location and type of headache being experienced. Only then will they address and needle the appropriate acupuncture points accordingly (in order to restore energy flow). Most acupuncturists will focus on points on the head and neck, but due to dilation in the already enlarged blood capillaries, this may cause the headache to worsen at which point the Acupuncturist will focus instead on acupuncture points on the hands, arms, legs and feet. A professional acupuncturist will treat different points around the body depending on the type of headache being experienced.

Headaches at the top of the head - These headaches are often dull and may indicate a deficiency in liver qi (energy) and blood reaching the brain.

Headaches on both sides of the head - These headaches are most often associated with blocked liver energy, and may be throbbing and sharp in character.

Headaches on the forehead - These headaches are thought to indicate either stomach deficiencies, phlegm congestion of the head or from exposure to too much wind.

Occipital headaches - Usually coupled with stiffness in the back and neck, this type of headache is often caused by stagnant kidney energy.

Entire head headaches - Acute whole-head headaches are sharp and severe in character and are thought to be due to the invasion of external wind. Chronic whole-head headaches are thought to be due to a deficiency in kidney energy and may be accompanied by a feeling of emptiness in the head.

How Many Treatments Will I Need?
The number of acupuncture treatments required to treat acute headaches will differ between individuals. For chronic headache conditions however, treatments up to several months may be recommended.


COMING SOON – WELLNESS WEBINARS!

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