The following case history was told by acupuncturist Kimberly Thompson. “Recently I had a patient come in as a referral from her OB/GYN. She was 35 weeks pregnant and her baby was “Frank Breech.” Her doctor told her that she would probably have to have a c-section, but that she might consider seeing an acupuncturist first. She asked her doctor if acupuncture really works for turning breech babies, and got this answer: “I don’t know for sure, but you might as well give it a try because it can’t hurt.”

It is typical to treat with moxa for up to 10 days at Bladder 67 to turn a breech baby, which was my planned protocol. When she arrived she was complaining of low back pain and heart burn, so I decided to graph her, just for fun and see what was showing up energetically. This is what her graph looked like:

The graph looked like it had characteristics of a belt block, so I decided to look at the upper/lower body ratios. AcuGraph was a very helpful tool for me to see that she was leaning toward excess energy in the lower body. Typically I would have only done the
moxa, but opening up a belt block made perfect sense for this patient. It would be awfully hard for a baby to turn if the energy were blocked in the middle of the body.

I needed TE 5 and GB 41 and then did 20 minutes of moxa at BL 67. She came back two days later and her graph was greatly improved!

This patient continued with moxa at home for the next 5 days. When Mom called me, giggling with excitement, to say that the baby had turned and was in perfect position for labour, I just smiled. I smiled again when the OBGYN asked for a stack of my business cards. Another day in the life of an acupuncturist…. Life is good!

Like Kimberly, I have had the pleasure of helping breech babies turn on numerous occasions in the past. If more information is required, I can email you an informative document.

**TREATING CANCER NATURALLY**

Not long ago, researchers at the world-renowned University of Texas MD Anderson Cancer Center published a groundbreaking scientific review of their favorite anti-cancer nutrient -- curcumin. Curcumin, along with several other nutrients, is remarkable in that it can actually tell the difference between a healthy cell and a cancer cell.

According to Wellness Resources, here is how the researchers explained their interest in curcumin:

“... Curcumin (diferuloylmethane) ... is one of the most powerful and promising chemopreventive and anticancer agents ... How curcumin exerts its powerful anticancer activities has been thoroughly investigated, and several mechanisms of action have been discovered ... curcumin exerts its biological activities through epigenetic modulation.” In other words, curcumin changes the regulation of DNA to help kill cancer. Cancerous cells, like all other cells in your body, cannot thrive without the oxygen and nutrients supplied by your capillaries. Excessive angiogenesis (too many blood vessels) promote diseases such as cancer. Most of us actually carry around microscopic cancer cell clusters in our bodies all the time. The reason why we all don’t develop cancer is because as long as your body has the ability to balance angiogenesis properly, it will prevent blood vessels from forming to feed these microscopic tumors. Trouble will only arise if, and when, the cancer cells manage to get their own blood supply, at which point they can transform from harmless to deadly.

Curcumin currently has the most evidence-based literature supporting its use against cancer than any other nutrient. Best of all, curcumin appears to be safe in the treatment of all cancers. Researchers have found that curcumin can affect more than 100 different pathways, once it gets into the cell.

According to Dr. William LaValley, one of the leading medicine cancer physicians, typical anticancer doses are up to three grams of good bioavailable curcumin extract, three to four times daily. One work-around is to use the curcumin powder and make a microemulsion of it by combining a tablespoon of the powder and mixing it into 1-2 egg yolks and a teaspoon or two of melted coconut oil. Then use a high speed hand blender to emulsify the powder.

**TOP 12 CANCER PREVENTION STRATEGIES**

1. Reduce or eliminate your processed food, fructose and grain carbohydrate intake.
2. Normalize your vitamin D levels by getting plenty of sunlight exposure and consider careful supplementation when this is not possible.
3. Control your fasting insulin and leptin levels. (Improved insulin and leptin control is the natural outcome of reducing or eliminating fructose, grains, and processed foods from your diet.)
4. Normalize your ratio of omega-3 to omega-6 fats by taking a high-quality krill oil or fish oil and reducing your intake of most processed vegetable oils.
5. Get regular exercise. One of the primary reasons exercise works is that it drives your insulin levels down. Controlling insulin levels is one of the most powerful ways to reduce your cancer risks.
6. Get regular, good sleep.
7. Eat according to your nutritional type. The potent anti-cancer effects of this principle are sorely underappreciated. However, some cancer specialists are now using nutritional typing as an integral part of their cancer treatments.
8. Reduce your exposure to environmental toxins like pesticides, household chemical cleaners, synthetic air fresheners and air pollution.
9. Limit your exposure to EMF produced by cell phone towers, base stations, cell phones and WiFi stations.
On May 31, 2011, the International Agency for Research on Cancer (IARC), an arm of the World Health Organization (WHO), declared that cell phones are "possibly carcinogenic to humans."

10 - Avoid frying or charbroiling your food. Boil, poach or steam your foods instead.

11 - Energy psychology seems to be one of the best approaches and the Emotional Freedom Technique is very powerful. German New Medicine is another powerful tool.

12 - Eat at least one-third of your food raw.

Source: [http://tinyurl.com/3v9u37b](http://tinyurl.com/3v9u37b)

**96 PERCENT OF CHRONIC SINUSITIS SUFFERERS ARE MISDIAGNOSED**

The vast majority of people suffering from chronic respiratory infections are not aware that their problem is related to mold exposure. And unfortunately, their physicians are also unaware, making appropriate treatment impossible.

In addition to minor or major respiratory problems, molds can also cause a multitude of other problems, including skin rashes, gastrointestinal problems, genitourinary problems, immunosuppression, and hemorrhage. The most common places for indoor mold to take hold are Bathrooms and kitchens, especially under sinks—particularly leaky ones, behind or under appliances that hide slow plumbing leaks (refrigerators, dishwashers, washing machines, etc.) Roof leaks, around windows where condensation collects, and high humidity areas of your home, such as basements. Often, the first sign of a mold problem is a "musty" odor.

One study found that even Christmas trees can breed mold, quietly releasing millions of spores into the room and causing allergies and asthma attacks. Millions of mold spores may even be hiding in your pillows. You could already be "sleeping with the enemy." Mycotoxins are produced by moulds. They are fat-soluble and readily absorbed by your intestinal lining, airways and skin. Some are so poisonous that they have been studied and developed as biological warfare agents as far back as the 1940s. Aflatoxin and trichothecenes are prime examples.

Mayo Clinic researchers say they have found the cause of most chronic sinus infections—an immune system response to fungus. The Mayo Clinic study suggests that 96 percent of the people who suffer from chronic sinusitis are "fungal sensitized," meaning they have immune responses triggered by inhaled fungal organisms. Yet, most doctors continue to believe that fungi are an uncommon cause of respiratory infections, accounting for less than 10%. In most cases, antibiotics are not effective for chronic sinusitis because they target bacteria, NOT fungi. Antibiotics and steroids can actually worsen fungal-related infections by destroying your body's natural biological terrain, creating an internal incubation ground for fungi. An enormous number of chronic sinus infections are being misdiagnosed and mistreated!

**HOW CAN YOU REMOVE MOULD FROM YOUR SINUSES NATURALLY?**

Nasal Irrigation is an ancient Ayurvedic method used to flush noxious and toxic debris (pollens, dust, environmental chemicals and mould spores) from the sinuses using warm water and sea salt. The process is refreshing and takes only 5 minutes. I have been experimenting with the method for over a decade, and have determined several natural substances that can be added to the Neti Pot saline solution (See photo) that greatly assist at eliminating mould spores and toxins that are inhaled from the air breathed in contaminated areas. I supply beautiful Neti Pots for $70 and include an ebook valued at $37 for FREE. After a course of acupuncture treatment and using the Neti Pot many of my patients say “Nasal Irrigation has changed my life”. You could be one of them. **Call 4636 6100 NOW** and be free from sinus problems. Ref: [http://tinyurl.com/3eq9ofg](http://tinyurl.com/3eq9ofg)

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

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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.”