WARNING!! – ARE YOU TAKING THE DIABETES DRUG AVANDIA?

Are you taking the diabetes drug Avandia? A 2007 study in the New England Journal of Medicine linked Avandia to a 43 percent increased risk of heart attack, and a 64 percent higher risk of cardiovascular death, compared to patients treated with other methods! See the article “The Worst Drug Fraud in History? Do You Still Trust Them with Your Life?” See the full article at http://tiny.cc/jbbgd

ONLY 6% OF DRUG ADVERTISING MATERIAL IS SUPPORTED BY EVIDENCE

In 2011 prescription drug overdoses replaced car accidents as the No. 1 reason for accidental deaths in the U.S., with painkillers topping the list. “It’s scandalous how this happens”, Dr. Dean says, “because when it’s all said and done, the advertising and marketing aren’t even based on science!”

According to a study published in 2004 in the British Medical Journal (BMJ 2004;328:2) "...only 6 percent of drug advertising material is supported by scientific evidence. Therefore, most of what you read about a drug is pure fiction, and doesn't help a person to make an informed choice about what they are taking, what it will do, and how it may harm them. Drug companies are making claims based on lies.” The British Medical Journal said "High amount of misinformation puts patients’ health at risk" because "doctors tend to base their decisions on the information and advertising material sent out by drug companies."

That's right. Doctors rely on drug companies to tell them how to treat their patients, and with what drug. What's disturbing is that drug studies often result in bias favoring the sponsoring company, meaning that
what your doctor is learning from drug reps may be highly slanted toward you getting a prescription for something that has little or no science behind it.

See article at http://tiny.cc/yg6lo

**TREATMENT OF OSTEOARTHRITIS (OA) IN CHINESE MEDICINE**

How is OA typically understood in Chinese medicine? The term ‘osteoarthritis’ did not exist in ancient Chinese medical texts, although there were descriptions of diseases that were very similar in terms of clinical characteristics. In general, OA is usually categorised as ‘bi syndrome’ (painful obstruction syndrome), and more specifically, ‘bi syndrome of bone’. In modern texts, the term ‘bi syndrome’ describes conditions of pain, soreness or numbness of muscles, tendons and joints as a result of invasion of external pathogenic wind, cold and/or dampness.

An Australian study found that as many as 40 per cent of OA sufferers used CAM (Complementary and Alternative Medicine) including acupuncture. A systematic review indicated that the incidence of adverse effects associated with the herbal medicine treatment of OA appeared to be low, and that herbal medicine may offer a much-needed alternative for individuals with long-term chronic OA, rather than pharmaceutical drugs, with nasty side-effects. Herbal medicines are also commonly used for rheumatic conditions.

Only one study published in English has investigated the efficacy of moxibustion therapy in OA, and reported that 75 per cent of patients gained moderate clinical improvements - with patients consuming less analgesics and anti-inflammatory drugs during the trial. Chinese studies of moxibustion found that moxibustion significantly improved symptoms of OA in comparison with controls. Reference: http://tiny.cc/gvutg

**AVOID ARTIFICIAL SWEETENERS**

Artificial sweeteners are used as a low calorie option to sweeten foods and beverages. Although they do make things taste sweet without the added calories (which sugar provides) they do come with a host of side effects. Aspartame is the most commonly used artificial sweetener and it has a neuro-toxic effect on the brain so it’s linked to a host of disease states such as Alzheimer’s, brain tumours, headaches, dizziness and depression. Other artificial sweeteners include saccharin, cyclamate, alitame, sucralose, acesulfame-K and neotame. The interesting thing about artificial sweeteners is that most people are attracted to them because they are providing us with a lower calorie option, which means less weight gain. However, they have a strong effect on our neuro-chemistry which affects our moods. We can end up craving more carbohydrates. If we don’t burn these carbohydrates then we put weight on.

There are several healthy options. Stevia: a South American herb which is 300 times sweeter than sugar, and zero calories. Raw honey: nice and natural, plus a great source of minerals and has potent anti-bacterial properties. Coconut sugar and nectar: is hot on the market right now. It has a low glycemic index and tastes great! Give it a whirl next time you’re baking as it’s a great sugar substitute! http://tiny.cc/zi4pn

**CANCER TREATMENTS: CHEMO OR NATURAL?**

Contrary to ‘conventional wisdom,’ chemotherapy is rarely the best option for cancer treatment as it typically doesn’t cure cancer or extend life. Dr. Ralph Moss, who is the author of eight books on cancer treatment, has reviewed thousands of studies as part of the research for his books -- and he has NOT found one single good study showing that chemo cures cancer or extends life.

What chemo does do, however, is expose your body to toxins that kill all cells that multiply and divide rapidly. This includes not only cancer cells, but also other rapidly multiplying and dividing cells, such as bone marrow, reproductive system cells and hair follicles. These are powerful drugs that present an assault on your system -- one that your body must then overcome along with the cancer.

The top 12 cancer prevention strategies include:

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. If you take oral vitamin D and have cancer, it would be prudent to monitor your vitamin D blood levels regularly.
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.)
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 program.
8. Reduce exposure to environmental toxins - pesticides, herbicides, household chemical cleaners, synthetic air fresheners and air pollution.
9. Limit your exposure and provide protection for yourself from EMF (See below) 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. Have a tool to permanently reprogram the neurological short-circuiting that can activate cancer genes. Even the CDC states that 85 percent of disease is caused by emotions. Energy psychology seems to be one of the best approaches and my particular favorite tool, is the Emotional Freedom Technique.
12. Eat at least one-third of your food raw.
Reference: [http://tiny.cc/clm8f](http://tiny.cc/clm8f)

**THE SILENT ENEMY AT HOME HARMING YOUR HEALTH DAILY...**

Many still do not realize that they’re chronically exposed to something that can deteriorate their health, and, unless it’s identified and remediated, can lead to premature death—an exposure that is completely invisible, tasteless, and odourless. There are Five Primary Sources of Electromagnetic Field Exposure that surround you on a daily basis:

1 - Electric fields: These are the fields that emanate from anything that has voltage; basically anything electric, such as lamps, electrical wiring, outlets, extension cords, electrical appliances, and power outlets. Electric fields can affect the electrical communication in your body, such as your brainwaves, or the ability of your neurons to fire and communicate. Health problems that can manifest as a result to this type of EMF exposure include neurological and behavioral changes, altered cell growth, cell mutations, fibromyalgia, chronic fatigue, and even cancer.

2 - Magnetic fields: The Environmental Protection Agency (EPA) has labeled magnetic fields a class 3 carcinogen. These fields can occur when there is an imbalance in the electrical wiring, and around electrical motors such as the motor in your refrigerator. A MAJOR source of magnetic fields is next to the main power meter for your house. You definitely want to avoid sleeping up against a wall that has a power meter on the outside. Electric clock radios can also generate magnetic fields. Fortunately, the effect drops off dramatically with distance, so simply putting some distance—typically about five or six feet—between yourself and the source is usually sufficient to drastically reduce or eliminate the danger.

3 - Power lines, whether above- or underground.

4 - Metal plumbing: Yes, older metal plumbing frequently carry a current.

5 - Wireless communications: This includes wireless power meters (so-called SmartMeters), cell phones, cell towers, wireless routers, and cordless phones. Most of these types of technologies expose you to both electric- and magnetic fields. According to Vickie Warren, a researcher in the area, cordless phone bases are a MAJOR source of exposure, and should never be kept in your sleeping area. While the handset is a source of exposure while you’re talking on the phone, the base transmits constantly, whether the phone is in use or not. Still, it’s best to use the speaker phone or a headset when using a cordless phone because the thermal impact of the antenna can also cause problems, particularly if you’re frequently on the phone or talk for long periods of time.

All the very best wishes over the festive season and the New Year for your optimal wellness and longevity from Louis and Linda.