HERE ARE 10 WAYS ACUPUNCTURE CAN HELP ANYONE GOING THROUGH CANCER TREATMENTS

Acupuncture treatment can help the following symptoms of cancer therapy – Fatigue, Neuropathy, Nausea/vomiting, Headaches, Body-aches, Insomnia, Surgery Prep/Recovery, Blood counts/Immune System, Depression and Hot flushes.

Although that’s the list of things most commonly treated with acupuncture, there is so much more that acupuncture can help with! The timing and frequency of treatment can vary depending on what works best with your body and your chemotherapy schedule, so be open to playing around with the timing of treatments. A good place to start is the day before your Chemo treatment. Although once a week is useful, many patients who have experienced the least side-effects of Chemo have had two treatments on the week of chemo and once a week otherwise.

While the diagnosis of Cancer will always suck, the treatment doesn’t have to. Things like mild exercise, rest, sleep, good nutrition, laughter and Acupuncture all make the Chemo journey more tolerable.

FROM DEPRESSED TO HOMICIDAL: THE "MIRACLES" OF MODERN PHARMACY

Forensic psychiatrist Dr. Yolande Lucire and pharmacogeneticist Christopher Crotty found a significant association between genetics, metabolism of psychiatric drugs, and severe "homicidal akathisia." Akathisia is a medical term describing a condition of motor restlessness, marked by anxiety, agitation, jitteriness, or the sensation of "jumping out of one's skin" and the inability to sit quietly or sleep. Akathisia
is a common side effect of neuroleptic drugs. Chronic sleeplessness itself can lead to a long list of physical and emotional symptoms.

It has long been known that many antidepressants cause akathisia, especially SSRIs (selective serotonin reuptake inhibitors), a category that includes Prozac, Paxil and Zoloft. Some researchers and physicians believe that akathisia is the chief symptom that triggers impulsive violence in certain individuals who take antidepressant drugs. This is thought to be an extreme form of akathisia. Homicidal impulses and murderous behavior due to akathisia is now being called "homicidal akathisia."

The akathisia issue first came into public view shortly after Prozac entered the marketplace in the mid-1980s, when reports of murder and suicide among patients taking Prozac were publicized by the media. Since then, there have been thousands of reports of violent behavior by individuals taking antidepressant drugs. There is even a website devoted to collecting and indexing these reports in a sortable database. The site lists more than 4,800 cases, from murder-suicides to road rage to school shootings. In spite of adamant denials by Prozac manufacturer Eli Lilly that the drug could not cause violent behavior, by early 1991 some 350 suicides by Prozac patients had been reported to the FDA. Most of the patients were NOT suicidal prior to taking the pharmaceuticals.  

http://tiny.cc/2dtvl

HOW TO ADDRESS THE ROOT CAUSE OF YOUR DEPRESSION

Energy psychology is one of the most powerful tools for resolving emotional issues—specifically a technique called EFT. The effectiveness of any energy psychology technique will be significantly improved if you combine it with the following:

1 - Dramatically decreasing your consumption of sugar (particularly fructose), grains, and processed foods. (In addition to being high in sugar and grains, processed foods also contain a variety of additives that can affect your brain function and mental state, especially artificial sweeteners.)

2 - Adequate vitamin B12. Vitamin B12 deficiency can contribute to depression and affects one in four people.

3 - Optimizing your vitamin D levels, ideally through regular sun exposure. Vitamin D is very important for your mood. One study found that people with the lowest levels of vitamin D were 11 times more prone to be depressed than those who had normal levels. The best way to get vitamin D is through exposure to SUNSHINE, not swallowing a tablet. Remember, SAD (Seasonal Affective Disorder) is a type of depression that we know is related to sunshine deficiency, so it would make sense that the perfect way to optimize your vitamin D is through sun exposure, or a safe tanning bed if you don't have regular access to the sun.

4 - Plenty of animal-based omega-3 fats. Omega-3 fats are crucial for good brain function and mental health, and most people don't get enough from diet alone. Make sure you take a high-quality omega-3 fat, such as krill oil.

5 - Evaluate your salt intake. Sodium deficiency actually creates symptoms that are very much like those of depression. Make sure you do NOT use processed salt (regular table salt), however. You'll want to use an all-natural, unprocessed salt like Himalayan salt, which contains more than 80 different micronutrients.

6 - Adequate daily exercise. Exercise is one of the best-kept secrets to preventing depression.

7 - Acupuncture has a very long track history of successfully treating depression and anxiety. An initial course of weekly treatments is required to balance the meridian energy. This is followed by extended periods between treatments. Many individuals then opt for a routine monthly acupuncture treatment to keep the meridians flowing smoothly and optimal wellness is maintained. http://tiny.cc/2dtvl

VITAMIN B12 IS ABSOLUTELY ESSENTIAL FOR OPTIMAL GOOD HEALTH IN SO MANY WAYS

Not many know it, but if you or a family member experience:

- Tiredness and feelings of weakness...
- Poor nervous system functioning...
- Less-than-optimal eye health...
- Loss of appetite and unintended weight loss...
- Occasional constipation and gas...
- Feelings of mild moodiness...
- Less-than-optimal memory...
- A tendency toward nervousness...
- Less-than-optimal balance...
- Less-than-optimal liver or heart health...
- Premature grey hair...
- Occasional digestive issues...

...you may need to supplement with vitamin B12, even if you eat foods rich in B12. Oddly enough, that wasn't a typo.

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. You see B12 needs the help of a protein in order to be absorbed. That protein is...
The Clinic is located at 216 Ramsayy 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.

**AVAILABILITY OF PREVIOUS ANTRAC WELLNESS NEWSLETTERS**

I am often asked by my patients and others how they can access my previous WELLNESS Newsletters. I upload them to the internet so they can be downloaded at any time from my website. Former issues can be accessed at the site: http://thenaturalmedicalhealthwell.com/newsletters/

**THE INVISIBLE EPIDEMIC AT HOME CAUSING HEADACHES, FATIGUE AND DEPRESSION**

Indoor air quality can be up to five times worse than outdoor air, which can have a very detrimental impact on your health. One study identified a total of 586 different chemical pollutants in the indoor air of 52 homes along the Arizona-Mexico border.

Poor indoor air quality can cause or exacerbate a number of common ailments, including asthma, allergies, headaches, memory loss, fatigue and depression. Long-term health effects from exposure to toxic airborne particles include heart disease, respiratory disease, reproductive disorders, sterility and even cancer.

Four major sources of indoor air pollution include pressed wood products, carpets, paints, and furnishings treated with flame-retardant chemicals, such as mattresses, upholstery, drapes and curtains.

Mattresses, upholstery, drapes and curtains—These are all common sources of polybrominated diphenyl ethers (PBDEs); flame retardant chemicals that have been linked to learning and memory problems, lowered sperm counts and poor thyroid functioning in rats and mice. Other animal studies have indicated that PBDEs could be carcinogenic in humans, although that has not yet been confirmed.

Your mattress may be of particular concern, as many contain not only PBDE’s, but also toxic antimony, boric acid, and formaldehyde. Shopping for a safe mattress can be tricky, as manufacturers are not required to label or disclose which chemicals their mattresses contain. However, some manufacturers now offer toxin-free mattresses, such as those made of 100% wool, which is naturally fire resistant. There are also mattresses that use a Kevlar, bullet-proof type of material in lieu of chemicals for fire-proofing. These are available in most major mattress stores, and will help you to avoid some of the toxicity.

The most effective way to improve your indoor air quality is to control or eliminate as many sources of pollution as you can by using a high-quality air purifier. There are a wide variety of devices on the market, and the technology is constantly being upgraded. At present, air purifiers using Photo Catalytic Oxidation (PCO) seems to be the best technology available. http://tiny.cc/k9ouy

**PLEASE LIKE MY FACEBOOK FAN PAGES**

I have been busy creating FaceBook Fan Pages related to health and wellness issues. Please inspect and Like my pages. All suggestions welcome.

- www.facebook.com/BreechBabyCorrectionKit
- www.facebook.com/InduceLabourKit
- www.facebook.com/QuitSmokingBook
- www.facebook.com/AlcoholAddictionRehab

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