ACUPUNCTURE REALLY CAN REDUCE STRESS LEVELS, SCIENTISTS CLAIM AFTER ALTERNATIVE THERAPY EXPERIMENT

Acupuncture really does reduce stress levels, say scientists. In the first study of its kind, a team found the ancient Chinese therapy reduces levels of a protein linked to chronic stress. Although the research was carried out on rats, researchers say it might help explain the sense of well-being many people receive from after a few treatments with acupuncture therapy.

If their findings are replicated in human studies, it could offer a proven treatment for stress. The U.S. study tested the effect of acupuncture on blood-levels of the protein neuropeptide Y (NPY), which is secreted by the sympathetic nervous system in humans. This system is involved in the ‘flight or fight’ response to acute stress, resulting in constriction of blood flow to all parts of the body except to the heart, lungs and brain (the organs most needed to react to danger).


MAJOR TROUBLE AHEAD - IF YOU DON'T FIX THIS DEADLY DEFICIENCY

The American Heart Association’s (AHA’s) position on omega-6 fats runs counter to the vast majority of scientific research that supports the health benefits of lowering your omega-6 fat intake, and raising your omega-3 intake. Research shows that omega-3 fat deficiencies can lead to increased inflammation in your body, which predisposes you to chronic diseases like diabetes, allergies, and problems with mood and memory. The types of omega-3 and omega-6 fats you consume matters as much as the ratio. All dietary fats...
should come from whole foods that are organic, unprocessed, unrefined, and non-GMO; the AHA fails to address this important fact.

Your primary sources for both omega-3 and omega-6 fats should be organic, unrefined oils such as olive oil and avocado oil, raw milk and butter, free-range eggs, grass pastured beef, and whole seeds. Oils/fats you should avoid include corn, canola, soy, and margarine. The best way to improve your omega-3 to omega-6 ratio is to eat the following types of high-quality foods:

- Unprocessed organic oils such as extra virgin olive oil, coconut oil, avocados and avocado oil, and organic butter—or better yet, raw butter from grass-pastured cows. Raw milk is also a good source of highly bioavailable omegas.
- Raw nuts and seeds, such as fresh organic flax seeds, chia seeds, sunflower seeds, sesame seeds, pumpkin seeds, almonds, and English walnuts, which are also high in omega-3’s (ALA).
- Meat from animals that are free ranging and/or grass fed, which are higher in beneficial omega-6s, such as natural CLA. If you have access to them, game meats such as venison are very high in beneficial fats.
- Egg yolks from pastured hens are rich in beneficial omega-3’s.
- Coconut oil, although not an omega-3 or omega-6 fat, is also an extremely beneficial dietary fat with an “embarrassment of riches” for your heart, metabolism, immune system, skin and thyroid. Coconut oil’s health benefits derive from its special MCFAs (medium-chain fatty acids).

http://bit.ly/wn1v5n

WORSE THAN DDT: WHEN YOU EAT THIS, IT ENDS UP LINGERING IN YOUR GUT

The major danger of genetically engineered foods may be related to the increased use of glyphosate, the active ingredient in Monsanto’s weed killer Glyphosate, which is the most common weed killer in the US and just happens to be more toxic than DDT. Roundup, can accumulate and persist in the soil for years, where it kills off beneficial microbes and stimulates virulence of pathogens.

Since organically-farmed fields are not doused with glyphosate, organic fields still contain beneficial soil bacteria that actually hinder pathogens in and on the food from multiplying out of control. This may be yet another reason why organic foods are less prone to be contaminated with disease-causing pathogens than conventionally-grown foods. When applied to crops, glyphosate becomes systemic throughout the plant, so it cannot be washed off. And once you eat this crop, the glyphosate ends up in your gut where it can decimate your beneficial bacteria. This can wreak havoc with your health as 80 percent of your immune system resides in your gut and is dependent on a healthy ratio of good and bad bacteria.

Glyphosate is a strong chelator, meaning it immobilizes critical micronutrients, rendering them unavailable to the plant. As a result, the nutritional efficiency of genetically engineered (GE) plants is profoundly compromised. Micronutrients such as iron, manganese and zinc can be reduced by as much as 80-90 percent in GE plants.


THE "NEW" WAY TO RELIEVE YOUR PET’S PAIN – CHIROPRACTIC ADJUSTMENTS

Pet chiropractic care has only seen acceptance in the traditional veterinary community for the last 15 years or so. Chiropractic uses the body’s own healing abilities and the relationship between the spine and nervous system to restore and maintain good health. Pets that can benefit from chiropractic care are often in pain from vertebral lesions known in chiropractic as subluxations.

Subluxations are corrected through a series of manipulations, or adjustments. The list of injuries, illnesses and disorders veterinary chiropractic can help is extensive and will continue to expand as more and more pet patients are treated by licensed animal chiropractors. My friends Matthew and Sharith Sippel from Coast to Country Chiropractic at Gatton are qualified animal vets. They can be contacted for information on 5462 3819.

http://bit.ly/Av5biq

AS BAD AS COCAINE AND AMPHETAMINES - WILL AUSTRALIAN AUTHORITIES NOW FORCE THIS DRUG ON YOUR CHILD?

The most commonly prescribed ADHD drug (Ritalin) can cause sudden death. Drugs prescribed for ADHD are not "mild" by any means. These are hard-core, "class 2" narcotics, regulated by the Drug Enforcement Agency as a controlled substance because they can lead to dependence. The majority of kids diagnosed with ADHD will be prescribed these potentially dangerous drugs, the most common being Ritalin.

Australia’s National Health and Medical Research Council (NHMRC) has issued controversial draft guidelines that imply a child could be taken into protective custody if a parent refuses to give their child ADHD drugs. The original NHMRC committee
chairman, Daryl Effron, reportedly resigned because he was affiliated with drug companies that produce ADHD drugs. Ritalin is a potentially dangerous “class 2” narcotic, regulated by the Drug Enforcement Agency as a controlled substance because it can lead to dependence; other side effects include psychotic symptoms, hostility, delayed growth, heart problems and more. There are many safe and effective non-drug options for treating behavioral problems like ADHD, including changes to diet and other lifestyle interventions.

NON-DRUG OPTIONS ARE HIGHLY EFFECTIVE AT TREATING ADHD
Drugging children with narcotics to treat behavioral problems should be a very last resort. This is what makes Australia’s threat to parental rights to choose alternatives to drug so outrageous and downright dangerous to the well-being of their children! Other options exist that are far safer, and involve no drugs whatsoever! So before you consider drugs, please consider implementing the following strategies first, in addition to making sure that your child is assessed in an age-appropriate manner before labeling him or her with ADHD:

Eliminate most grains and sugars from your child’s diet. Grains and sugars both tend to cause allergies in sensitive individuals. Even organic, whole grain can cause problems in many children so it would be wise to give them a grain holiday and see if their behavior improves. A 2006 study showed that ADHD is markedly overrepresented in those with untreated celiac disease, indicating that wheat may be an especially problematic grain worth eliminating.

Replace soft drinks (whether diet and regular), fruit juices, and pasteurized milk with pure, clean non-fluoridated water.

Increase omega-3 fats by taking a high quality animal-based omega-3 fat such as krill oil. Research has confirmed that animal-based omega-3 fat can improve the symptoms of ADHD more effectively than drugs like Ritalin and Concerta.

Consider a natural drug alternative such as the pine bark extract known as pycnogenol. It is one of over a dozen natural substances that have been studied to reduce the symptoms of ADHD in children.

Minimize your use of nearly all processed fats, especially trans-fats as they disrupt nerve cell intercommunication.

Avoid all processed foods, especially those containing artificial colors, flavors and preservatives, which may trigger or worsen symptoms.

Clear your house of dangerous pesticides and other commercial chemicals. Pesticide exposure has been linked with ADHD.

Avoid commercial washing detergents and cleaning products used on clothes, and replace them with naturally derived cleaning products with no added perfumes, softeners, etc. Permanent press or stain-resistant products also contain chemicals that can initiate ADHD-like reactions in sensitive individuals.

Spend more time in nature. Researchers have found that exposing ADHD children to nature is an affordable, healthy way of controlling symptoms.

Investigate sensory therapy and emotional wellness tools. Instead of looking for a quick fix, encourage ADHD sufferers to talk, and find out what emotions are causing issues. You may want to consider the Emotional Freedom Technique (EFT) to improve emotional coping and healing. Stress is the frequently unappreciated and overlooked variable that can easily worsen ADHD. If the parents are having trouble in their relationship this can easily influence the child’s behavior.

QUIT SMOKING WEBINAR REPLAY DUE TO POPULAR REQUEST
Due to popular request I have made my “Quit Smoking Webinar” available 24/7. To watch the Webinar simple click the Link below any time and day of the week, and hey presto, you will be in. So if you know someone that would like to Quit smoking easily, please supply them the link.


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