ACUPUNCTURE PRODUCES POWERFUL ANTI-INFLAMMATORY EFFECTS TO HELP OSTEOARTHRITIS

More research continues to emerge showing the pain relieving effects of acupuncture. Last summer, a National Institutes of Health (NIH) funded study shows that electroacupuncture, “inhibits osteoarthritis-induced pain by enhancing 5-HT2A/2C [serotonin] receptor activity.” Activation of this serotonin receptor produces powerful anti-inflammatory effects.

Researchers from the University of Maryland in Baltimore and Shanxi Medical University in Shanxi, China showed that electroacupuncture attenuates osteoarthritis pain by activating serotonin receptors that, “play an important role in pain modulation at the spinal level.” The researchers also discovered that electroacupuncture activates serotonergic neurons that project into the spinal cord. The researchers concluded that electroacupuncture has the ability to “induce spinal serotonin release and stimulate 5-HT2A/2c [serotonin] receptor activities at the spinal cord to inhibit osteoarthritis induced pain.” At ANTRAC Acupuncture Clinic we have ample experience at treating osteoarthritis and all other causes of pain.

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213 WOMEN WHO TOOK THIS SUFFERED PERMANENT DISABILITY

A class-action lawsuit has been filed in Australia against drug maker Merck by a young woman who suffered autoimmune and neurological health problems following injections with the HPV vaccine, Gardasil. Multiple-sclerosis-like symptoms and neurological complications, including seizures, paralysis and speech problems, are being reported by increasing numbers of girls and women following...
Gardasil vaccination. Between May 2009 and September 2010, 16 deaths occurred after Gardasil vaccination, along with 789 reports of “serious” adverse reactions; 213 cases of permanent disability; and 25 cases of Guillain Barre Syndrome. Between September 1, 2010 and September 15, 2011, yet another 26 deaths were reported. There are more than 100 types of human papillomaviruses (HPVs) and Gardasil protects against only 4 types but 90 percent of women naturally clear HPV from their bodies within two years, at which point cervical cells return to normal. The cervical cancer death rate is very low in the United States (3 per 100,000), as this cancer is usually entirely curable when detected early enough through PAP screenings, which have reduced cervical cancer rates by 70 percent in the U.S. since PAP screens have become a routine part of women’s health care.

The growing Gardasil vaccine injury toll has become too large to ignore:

1. Christina Tarsell, a 21-year-old college student majoring in studio arts at Bard College, who died suddenly and without explanation shortly after receiving the third Gardasil shot in June 2008.
2. Megan, a 20-year-old college student who died suddenly, without explanation, about one month after receiving her third Gardasil shot. No cause of death was found.

WHAT YOU SHOULD KNOW ABOUT GUT HEALTH AND AUTISM ...

In her research, Dr. Campbell-McBride discovered that nearly all of the mothers of autistic children have abnormal gut flora, which is significant because newborns inherit their gut flora from their mothers at the time of birth. Establishing normal gut flora in the first 20 days or so of life plays a crucial role in the maturation of your baby's immune system. Babies who develop abnormal gut flora are left with compromised immune systems, putting them at higher risk for suffering vaccine reactions. If your baby has suboptimal gut flora, vaccines can become the proverbial "last straw"—the trigger that "primes" his/her immune system to develop chronic health problems. In short, there is a close connection between abnormal gut flora and abnormal brain development—a condition Dr. Campbell-McBride calls Gut and Psychology Syndrome (GAPS). The best way to prevent GAPS is for the mother to avoid all antibiotics and birth control pills prior to conception and then by breastfeeding and avoiding the use of antibiotics after delivering. This is because they destroy the balance of gut florals and promote the growth of pathogenic bacteria. In addition to breastfeeding, I highly recommend the use of fermented foods and probiotics for your baby to help reduce his/her risk of GAPS. http://bit.ly/AkSgQp

Fortunately, it's possible to screen your child for GAPS before he or she is vaccinated, so that you can make a better-informed vaccination decision. Dr. Campbell-McBride describes the entire process in her book. It involves providing a detailed family health history to a knowledgeable healthcare provider, combined with stool and urine analysis, and these combine to give you a picture of your baby's gut health and overall immune status. Dr. Campbell-McBride states: "If your child has abnormal gut flora, we can assume that your child has compromised immunity, and these children must not be vaccinated with the standard vaccination protocol because they simply get damaged by it. They should not be vaccinated."

These non-invasive tests are now available in most laboratories around the world for, typically, $80 to $100 each. This cost is insignificant compared to the incredible expense of treating an autistic child, once the damage is done. Her diet also helps psychiatric disorders (ADD, ADHD, Bipolar, Depression etc) and autoimmune disorders (CFS, Fibromyalgia, MS, RA etc). Dr McBride’s life-changing book can be purchased securely for $28.85 through the Amazon Bookshop by clicking the link http://amzn.to/HSjmKW

IS NERVE DAMAGE THE RULE, NOT THE EXCEPTION WITH CHOLESTEROL MEDICATIONS?

A new study found treatment with statin cholesterol-lowering drugs caused a clinically silent but still definite damage to peripheral nerves when taken for longer than 2 years. At least 88 other studies further link statin drugs to neurotoxicity (nerve damage), including 12 studies on statin-induced peripheral neuropathy. A separate study published in the Archives of Internal Medicine revealed statins increase the risk of diabetes for postmenopausal women by 48 percent, adding to an already established body of research on their diabetogenic properties.

More than 255 million prescriptions were dispensed for cholesterol-lowering drugs in 2010, making them the most commonly prescribed type of medication in the United States; however, for the vast majority of people they are unnecessary, often causing more
harm than good. Your body needs cholesterol, and using drugs to lower it as low as it will go is not usually beneficial for your health; you can optimize your cholesterol levels so they're working in the proper balance with your body using natural lifestyle modifications. Please remember, if you are on any statin drug to reduce cholesterol, you MUST take at least 100 mg CoQ10 per day to help prevent the insidious side-effects of the statins. http://bit.ly/zizABI

**CAN THIS MINERAL IMPROVE HEARING LOSS?**

New research shows zinc supplementation may enhance the hearing recovery in cases of idiopathic sudden sensorineural hearing loss, also known as SSNHL. Patients with SSNHL who received zinc supplements along with corticosteroids had a significantly larger hearing gain, an increased percentage of recovery, and an increased rate of successful recovery compared with the control group, which received steroids only. Surveys suggest many are deficient in dietary zinc, but you have to be careful with zinc in supplement form because taking too much can interfere with your body's ability to absorb other minerals. Your diet is the best source of zinc; along with protein-rich foods like meats and fish, other good dietary sources of zinc include raw milk, raw cheese, beans, and yogurt or kefir made from raw milk. So far, in addition to zinc research suggests the following may improve recovery in cases of sudden hearing loss: Intravenous magnesium, Acupuncture and Hyperbaric oxygen therapy. http://bit.ly/xbGhWT

**BREAST CANCER AND HEART ATTACKS: A DEADLY SIDE EFFECT OF CALCIUM SUPPLEMENTS?**

Taking elemental calcium supplements (with or without vitamin D) in amounts of 500 mg or more may actually increase your relative risk of heart attack by up to 27 percent, and may even increase your risk of stroke. Taking the wrong type of calcium and in isolation, without complementary nutrients like magnesium, vitamin D and vitamin K, which help keep your body in balance, can have adverse effects, such as calcium building up in coronary arteries and causing heart attacks. Osteoporosis, as defined by DXA bone screenings using the T-score, are highly misleading, because they compare your bone density to a 25-year old (and not your age group) as the standard of normality.

Bone density and bone strength are two different things, and having highly dense bones may increase your risk of breast cancer as a woman by 300% or more. Evidence that supplementing with calcium safely prevents fractures is lacking, but plentiful research suggests calcium deposits are major contributors and even causative factors in many health conditions. In order for calcium to do your body good, it must be in a biologically appropriate form and balanced out with vitamins D and K and other important trace minerals, as part of a total nutritional plan. http://bit.ly/yB4Vg2

**NEW STUDY: PRUNES PREVENT OSTEOPOROSIS**

As Chairman of Florida State University's Department of Nutrition, Food and Exercise Sciences, Dr. Arjmandi states that he has "tested numerous fruits, including figs, dates, strawberries and raisins, and none of them come anywhere close to having the effect on bone density that dried plums, or prunes, have." As a result of the findings of this study, he recommends that all older women and men start making prunes a part of their daily diet, starting with two or three per day and gradually increasing the numbers to around ten. According to Dr. Arjmandi, this was at least partially due to the unique ability of prunes to "suppress the rate of bone resorption" (breakdown). While resorption is a continuous process, as we age, the rate at which it occurs tends to exceed the rate at which new bone growth occurs. In women, this process begins at menopause or at around the age of 55 while in men it begins at about the age of 65. Prunes may be all it takes to prevent the onset of the condition and the need to take medication to control it. http://bit.ly/zpR6FC

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