ACUPUNCTURE MAY BOOST IN-VITRO FERTILIZATION SUCCESS

Researchers looked at birth rates and found that 35 percent of the women who received acupuncture had a baby compared with 25 percent of women in the control groups, which is a 40% increase in success. Researchers are unsure as to why acupuncture may help a woman conceive with IVF, but they note that there is some evidence that suggests needle stimulation may improve blood flow to the uterus. Scientists are still researching if acupuncture treatments could cause the uterine wall to be more receptive to the embryo. Acupuncture is generally safe with few side effects including bruising at the needle site. When it comes to helping couples fall pregnant, I regularly race in to see Linda (my wife) and excitedly tell her that “I just got another woman pregnant”. Fortunately, she knows what I mean and doesn’t hit me.

$29 BILLION REASONS TO LIE ABOUT CHOLESTEROL

The current value of the cholesterol-lowering drug industry is estimated at around $29 billion, but research suggests the drugs have little beneficial effects, and can often cause more harm than good. Much of what is commonly believed about high cholesterol and how it relates to saturated fats, heart disease and strokes is wrong as scientific research linking high cholesterol to heart disease is actually very weak. Statin drugs can wreak havoc with your health, and there’s compelling evidence that most people who currently take them simply do not need them. The best ways to optimize your cholesterol levels and your heart health have to do with lifestyle measures, including eating healthy saturated fats. It’s now
known that your liver makes about 75 percent of your body's cholesterol. That's right! Even if you didn't eat any cholesterol, you would still have cholesterol in your body, which is a good thing considering it's needed by every single one of your cells to produce cell membranes. [http://bit.ly/ztZIFy]

**Dutch get it right and recognize saturated fat is not a problem**

New research from the Netherlands shows dietary intake of saturated fatty acids is associated with a modest increase in total cholesterol, but not with heart disease. New research shows that replacing dietary saturated fats with carbohydrates IS associated with an increase in heart disease risk.

Saturated fats are good for you; your body cannot function without them and studies that claim they cause heart disease are based on flawed data. To reduce your risk of numerous chronic disease, buck the incorrect dietary dogma that saturated fats are bad for you; instead, increase your intake of healthy fats (including saturated fats) and reduce your intake of carbohydrates (grains, sugar and fructose).

The demonization of saturated fat began in 1953, when Dr. Ancel Keys published a paper comparing saturated fat intake and heart disease mortality. His theory turned out to be flimsy, to say the least, but the misguided ousting of saturated fat has continued unabated ever since. Keys based his theory on a study of seven countries, in which higher saturated fat intake equated to higher rates of heart disease. However, he conveniently ignored data from 16 other countries that did not fit his theory. Had he chosen a different set of countries, the data would have shown that increasing the percent of calories from fat reduces the number of deaths from coronary heart disease. When you use good science and honesty and include all 22 countries for which data was available at the time of his study, you find that those who consume the highest percentage of saturated fat have the lowest risk of heart disease. Fancy that. You have been blatantly lied to. [http://bit.ly/xxC5In]

**Why sugar makes you tired**

Initially, sugary foods seem to give your body a burst of energy, but it is illusory energy, generated by a quickening of the metabolism as the body attempts to process the excessive amount of sugar it has been given. Following that initial "sugar rush," though, natural processes occur that actually make you feel tired, lethargic and even want to sleep. When the sugar is absorbed by the blood stream, the blood sugar levels in the blood stream spike. The spike in the blood sugar level causes the pancreas to release insulin as a counter-measure to abnormally high blood sugar levels. In the brain, the production of a chemical called orexin, which is linked to alertness, is inhibited, causing lethargy or drowsiness. Next time you're feeling tired and get a craving for a candy bar, remember that the initial "rush" will be followed by a crash and that longer term, you are damaging your health. "An apple a day keeps the doctor away" is not just a quaint old-fashioned slogan, it's sound advice. Throw in some berries, a banana and maybe some diced pawpaw and treat yourself to a fruit salad that will not only make you feel better now, but also help protect your long term health as well. [http://bit.ly/zYQlX6]

**The hangover tree**

Some interesting research has come to light; so serious in fact that it has been published in the *Journal of Neuroscience*. While this new discovery may do something to ease a hangover the real news is that it might also offer some help in resisting alcohol in the long term. The "discovery" is really no discovery at all, since in Asia it has been used to treat hangovers for 500 years. Now however, scientific understanding is discovering what the seed of a tree called Japanese Raisin Tree (Hovenia dulcis) can do. Researchers from the University of California decided to investigate the plant because they noted that when people consumed alcohol along with food cooked using Hovenia seeds as a spice, they seemed to avoid getting drunk.

After conducting many tests the researchers settled on a compound from the seeds called dihydromyricetin (DHM) as the active component that yielded the effect. They then gave alcohol to one group of rats but no DHM and to another group of rats gave alcohol laced with DHM from Hovenia. The researchers noted that drunk rats behave very much like drunk humans although, one assumes, with less of a propensity to sing John Farnham songs.

They found that those given DHM had less of a dependency on alcohol and consumed less than did other rats. This is promising in terms of treating alcohol dependency but the question then becomes what is DHM doing? Investigations showed that DHM stops the effect that alcohol has on receptors in the brain for a neurotransmitter called gamma-amino-butyric acid (GABA). Alcohol’s effect on these GABA receptors is to slow brain cell activity therefore reducing the ability to communicate and so increasing sleepiness; DHM blocks this effect. Given that DHM does not seem to impact the liver or blood sugar levels, it would seem unlikely that all effects of a hangover would be eradicated by this herb. However, it might diminish drunkenness and could reduce the morning after effects. After all, 500 years of usage would suggest there is something to it. The more
important thing though is that Hovenia might have something to offer in treating alcohol abuse which is estimated to affect more than 76 million people worldwide. It is an exciting finding and it is beautifully poetic in that the cure for feeling “seedy” should come from a seed.  

**HOW TO GENTLY CLEANSE YOUR PET’S BODY OF TOXINS**

Many chronic health problems in pets – everything from itchy skin to tummy upsets – are in part due to the toxins that dogs and cats are exposed to in their daily lives. The biggest toxic offenders for pets come from their environment, their diet, and from vaccines and other drugs. Lowering the amount of toxins your pet is exposed to involves cleaning up his environment (indoors and outside), feeding an unprocessed, species-appropriate diet, and avoiding all unnecessary vaccinations, drugs, and pest and parasite preventives. For example it may be that Fido or Fluffy develop a skin condition that you do not connect with the house being sprayed for ants and cockroaches in the last week or so! There are many natural detoxifying agents that can help support and promote the healthy functioning of your pet’s toxin-removal organs, including the all-important liver and kidneys. It’s important to consult your holistic vet about what natural detoxifiers are right for your dog or cat, appropriate doses, and what to expect from them.


**EAT MORE CELERY AND CAPSICUM TO PREVENT COLON CANCER**

Luteolin is a flavonoid found in celery, capsicum, thyme, and chamomile tea. It has been shown previously to be strongly anti-inflammatory as well as being an antioxidant. Now a new study has shown that it has anti-cancer properties as well. Colon cancer is the second most common cause of cancer-related death in the world. What has been shown previously is that cancerous colon cells have elevated levels of a hormone known as insulin-like growth factor 2 (IGF-2) when compared to normal colon cells. These raised IGF-2 levels are thought to drive the uncontrolled cell division and cancer growth. What these researchers have found is that when exposed to luteolin the cancerous colon cells stopped secreting IGF-2 and within two hours there was also a drop in the number of receptors (IGF-1) to which IGF-2 attaches to exert its effects. The net result is that luteolin shut down all signalling pathways within colon cells that are activated by IGF-1 in cancer. The researchers said that a fuller understanding of how luteolin works in the body may lead to the development of a chemopreventive agent.


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**SCRATCH THAT ITCH**

What causes an itch, and are all itches the same? According to a new piece of research the pleasure achieved by scratching an itch depends very much on where the itch occurs. Cowhage (Mercuria pruriens) is a tropical vine that produces seed pods which carry spiky hairs that can produce intense itching. Researchers placed these Cowhage seed pods on volunteers, either on their ankles, forearms, or backs. They left the pods there for 45 seconds and then evaluated the intensity of the itch and the pleasure achieved by scratching the area for 30 seconds at five minute intervals. The evaluation was done using a standardised visual scale that measures itch intensity from zero (not itch) to ten (unbearable itch).

The results showed that itch was perceived most intensely on the back and ankle while itching and scratch relief were less intense on the forearm. Additionally, scratching the ankle gave a longer lasting pleasure sensation than on the other two sites. This all suggests that while we know small nerve fibres are involved in itching, there must be specific nerve fibres involved in the pleasure of being scratched and these must be differently distributed at sites around your body. Understanding this better could lead to better ways to treat skin conditions involving itching.

http://bit.ly/IwXThD

All the very best wishes for your optimal 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.

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**MISSION STATEMENT:**

“I aim to get my patients as WELL as possible, as quickly as possible, and then to keep them WELL”.