MIGRAINE SUFFERERS GREATLY HELPED BY ACUPUNCTURE

Migraines are common and recurrent, and treatments to prevent migraines are often not well tolerated due to significant side effects. A new study suggests that acupuncture may be useful in helping to prevent recurrence of migraines. In Traditional Chinese Medicine, migraine headaches are thought to be caused by the stagnation of Qi (pronounced “chee”), or life force, leading to an upsurge of energy to the head via the meridians that travel along the side of the body. Treatment is directed towards driving the excess energy downwards, away from the head. These headaches are believed to be triggered by the emotion anger, and, interestingly, stress is recognised as a common trigger for migraines. Initially 6 to 10 treatments are required at weekly intervals. After the frequency and intensity of the migraines have reduced the treatments are spread out to fortnightly, then 3-weekly, until monthly tune-ups allow the sufferer to live a life mostly free from migraines. I have been helping migraine sufferers live a life mostly free of migraines for 3 decades. So join the queue.

THE MAJOR CAUSE OF BREAST CANCER ALMOST EVERYONE IGNORES

The FDA secretly monitored the personal e-mail of a group of agency whistleblowers for two years. All of the monitored employees worked in the office responsible for reviewing medical devices, including those for cancer screenings and were expressing concerns over several devices. Some of the employees were harassed and/or terminated, and six of them are now suing the agency. There’s a lot of compelling evidence that the dangers of mammography are being...
covered up, and that a Congressional hearing is overdue.

While roughly 15 percent of women in their 40’s detect breast cancer through mammography, many other women experience false positives, anxiety, and unnecessary biopsies as a result of the test, according to the data. In fact, a full decade ago, a Danish study published in the prestigious medical magazine The Lancet concluded that previous research showing a benefit of mammograms was flawed and that widespread mammogram screening is unjustified. According to the Cochrane Collaboration, for every 2,000 women getting mammography screening over the course of 10 years, just ONE woman will have her life prolonged. Meanwhile, 10 healthy women, who would not have been diagnosed with cancer had it not been for the mammography screening, will be misdiagnosed as having breast cancer, and will be treated unnecessarily. http://bit.ly/xfCi8v

CANCER ALERT: BEWARE OF THESE 5 HOME APPLIANCES

The British organization Power Watch, founded by Alasdair Philips, is committed to uncovering the specific details of how electromagnetic fields (EMFs) affect your health and how you can practically protect yourself against detrimental effects. While the international safety standard for power fields, such as those emitted from overhead power lines, is set at 1,000 milliGauss, more than 20 studies have linked exposure at a mere 4 milliGauss to childhood leukemia. Certain home appliances are particularly troublesome, in terms of the EMF emitted, such as electric heaters, electric stove rings, microwave ovens, electric blankets, and hair dryers.

Under current guidelines, we are now allowed to expose ourselves to one billion-billion-billion-fold more energy within a particular part of the electromagnetic spectrum than our ancestors were exposed to 100 years ago. Therefore, it is prudent to reduce your EMF exposure as much as you can, particularly where you sleep, and to try to make your home into an “EMF safe zone” to allow your body to rest and restore from the daily assault of radiation. Overhead or underground power lines aren't the only source of potentially hazardous EMFs. In your home, the following items are particularly troublesome and should be used with care: Electric storage radiators (heaters), Electric stove rings, Microwave ovens, Electric blankets and Hair dryers. As for hair dryers, Mr. Philips brought up a surprising point, and that is that hair dryers are most dangerous when used later in the evening, as the magnetic field produced near your head is enough to shut down your brain’s production of melatonin, which has been acknowledged as a radioprotective anticancer agent. Short-term, it can also disrupt your sleep cycle.

And with respect to microwaves, standing a foot away from your microwave oven while it’s running can expose you to upwards of 400 milliGauss, and remember, a mere 4 milliGauss has been firmly linked to leukemia. It would certainly be wise to avoid letting your children stand near the microwave when it's running, and avoid it yourself as much as possible—especially if you're pregnant. http://bit.ly/xzosyu

THIS “FORBIDDEN INDULGENCE” COULD ACTUALLY SPARE YOU A HEART ATTACK

The Weston A. Price Foundation has warned the U.S. Food and Drug Administration (FDA) that plans for dietary salt restriction pose a serious threat to human health. High-quality salt is essential for life, but in the United States it has been vilified as a cause of high blood pressure and heart disease; these latter claims have failed to be proven conclusively, as have many purported benefits of a low-salt diet. Recent research has linked salt restriction with increased heart failure and insulin resistance leading to diabetes. The best salt for your health is natural and unrefined, not heavily processed (which is the type used in most processed foods). I personally recommend Himalayan salt as it is full of 84 essential trace elements, and makes everything very yummy. http://bit.ly/x6FQ8t

97% OF TERMINAL CANCER PATIENTS PREVIOUSLY HAD THIS DENTAL PROCEDURE...

During a root canal, there is no way to sterilize your tooth; after the root canal, dangerous bacteria hide out in the tooth and are unreachable with antibiotics. Root-canaled and filled teeth harbor bacteria that morph into very toxic forms, which then can migrate to other tissues in your body and cause serious medical conditions, including diseases of your heart, kidneys, bones, and brain. There is no other medical practice that permits leaving a dead body part inside your body, because it triggers your immune system to attack. If you have a diseased tooth, or if you've already had a root canal, I highly recommend consulting a biological dentist about having it extracted.

More than 25 million root canals are performed every year in the USA. Root-canaled teeth are essentially “dead” teeth that can become silent incubators for highly toxic anaerobic bacteria that can, under certain conditions, make their way into your bloodstream to cause a number of serious medical conditions—many
not appearing until decades later. Most of these toxic teeth feel and look fine for many years, which make their role in systemic disease even harder to trace back. Sadly, the vast majority of dentists are oblivious to the serious potential health risks they are exposing their patients to, risks that persist for the rest of their patients' lives. The American Dental Association claims root canals have been proven safe, but they have NO published data or actual research data to substantiate this inaccurate claim.

There may also be a cancer connection. Dr. Robert Jones, a researcher of the relationship between root canals and breast cancer, found an extremely high correlation between root canals and breast cancer. He found the following disturbing correlation in a five-year study of 300 breast cancer cases: 93 percent of women with breast cancer had root canals!


THESE FOODS HAVE 'INVISIBLE THORNS' WHICH CAN RIP APART YOUR INSIDES

The phrase 'you are what you eat' is now applicable in the field of biological science more so than ever, with research finding that what you eat can immensely impact your genetic expression. New research has found that microscopic RNA in certain non-organic plant foods, including rice, wheat and potatoes, can build up in your body, even after being cooked and digested, which could be affecting your risk of developing cancer and other diseases. This is the first time research has shown that "plant micro-RNAs are primarily acquired orally, through food intake". Rice, wheat, spelt, and rye, have high levels of defensive glycoproteins known as lectins. Lectins are capable of disrupting the health of the creatures that consume them, often piercing through the protective coating of their digestive tracts, and gaining entry into systemic circulation. Lectins were first discovered in castor bean casings, which contain the lectin ricin. Ricin is so toxic that only a dose the size of a few grains of salt can kill an adult if injected or inhaled. In fact, the US military investigated it for potential military use in the First World War. Like micro-RNA, lectins are capable of directly affecting gene expression within cells. Research is increasingly showing that eating grains may interfere with your health in a complex, and usually significantly negative and destructive way.


GARDASIL LINKED TO BLOOD CLOTS, MISCARRIAGES AND DEATHS

Since its approval, there have been at least 3,461 filed complaints of adverse reactions to the Gardasil vaccine. According to the "Vaccine Adverse Event Reporting System," as of January 31, 2010, there have been 49 U.S. reports of death among females who have received Gardasil. According to Judicial Watch, several instances of blood clots were reported to have occurred after the administration of Gardasil. Other side effects including paralysis, Bells Palsy, Guillain-Barre Syndrome, and seizures were also reported. Our Gardasil side effect attorneys believe that even these Gardasil adverse event reports could be underestimating the true number of serious Gardasil side effect incidents that have actually occurred.

Gardasil has also been linked to an increased instance of fainting following administration of the vaccine. From 2002-2004 there were a total of about 50 reports of vaccine-related fainting. But from 2005 until last July, reports of vaccine-related fainting spiked to about 230. About 180 of those cases followed a shot of Gardasil, according to the CDC. The Gardasil side effect reports also include 28 women who miscarried after receiving Gardasil. Most disturbing among the Gardasil side effect reports are those that involve the deaths of young women. Three young women in the US died shortly after receiving Gardasil, while two other women in Europe also died after the vaccine was administered. Despite all of these reports, Merck continues to market Gardasil as virtually side-effect free. http://bit.ly/KL9cR

Thanks for the positive comments regarding the contents of the WELLNESS Newsletters. Remember, I try to find articles about issues that you raise with me, so let me know if you would like information on any particular topic.

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