Welcome to winter! When each season changes to the next, our inner energies undergo very large changes, and if there is disharmony and energetic blockages within, disease will result. In modern times many people have been led to believe that contracting colds and flu is inevitable and resort to going for a flu shot as a preventative measure or dose up on medications in an attempt to cure colds and flu. Many people find that as they age they become more susceptible to upper respiratory tract infections. Yet, by eating correctly, eliminating harmful foods, reducing stress and getting enough sleep, and having regular acupuncture treatment the immune system can be boosted to prevent “catching” colds and the flu.

An ancient Chinese medical reference book called the Nei Jing states “treat the body, before it gets sick”. Prevention is the pivotal part of TCM ideology. The same book states that if yin and yang are balanced, vital energy is stronger and external evil (cold, wind, damp, viruses, bacteria etc.) won’t attack the body. If our vital meridian energy (Qi) is strong and dynamic, it is not easy for us to get sick, and if we do fall sick we will generally recover much more quickly.

Research shows that acupuncture treatments can increase the body’s T-cell count, as well as the number of cells that ingest and destroy bacteria, protozoa and cell debris. One study determined that white blood cell counts and mobility increased by a massive 168% within three hours after acupuncture treatment. Many people have come to realize that regular acupuncture treatments are beneficial for their asthma, allergies, rheumatoid arthritis, lupus, colds, or infections. Louis from ANTRAC has the dynamic state-of-the-art...
AcuGraph instrument which measures the energy in all your Main Meridians and then determines a treatment that will balance the meridians. So CALL 4636 6100 NOW to make an appointment to have your change of season maintenance service and tune-up.

INTRODUCING THE ANTRAC REFERRAL THANKYOU PROGRAM (ART PROGRAM)
As more than 70% of ANTRAC patients have been referred by close friends or family, Linda and I got to thinking that it would be great to show appreciation to BOTH our existing client and the referred client with $10 off their next treatment. This newly implemented ART Program took effect from 1st June 2012. So rest assured that if you referred a friend or relative to ANTRAC after the 1st June 2012 your $10 ART voucher will be in the mail. Please remember to take the voucher with you on your next consultation.

ACUPUNCTURE PROVEN TO BE BENEFICIAL FOR WHIPLASH
A new pilot study concludes that acupuncture reduces pain associated with whiplash. In this randomized controlled study, one group received acupuncture treatments at a rate of three times per week for 2 weeks and the control group was placed on a waiting list. Whiplash associated musculoskeletal disorders commonly occur due to automotive accidents and sporting incidents. Trauma to the neck leads to inflammation of the soft tissue, subluxation and displacement of cervical vertebrae and nerve root irritation. In many cases, the curvature of the spine straightens or malforms into a reverse curve formation due to the acute injury. This study concluded that, “Acupuncture treatment was associated with a significant alleviation of pain.” http://bit.ly/A9leRP

NATURAL PAIN & INFLAMMATION SOLUTIONS FOR ALL TYPES OF PAIN
Start taking a high-quality, animal-based omega-3 fat like krill oil. Omega-3 fats are precursors to mediators of inflammation called prostaglandins. The omega-3 fats EPA and DHA contained in krill oil have also been found in many animal and clinical studies to have anti-inflammatory properties.

Eliminate or radically reduce most grains and sugars (especially fructose) from your diet. Avoiding grains and sugars will lower your insulin and leptin levels. Elevated insulin and leptin levels are one of the most profound stimulators of inflammatory prostaglandin production. That is why eliminating sugar and grains is so important to controlling your pain. Optimize your internal production of vitamin D by getting regular, appropriate sun exposure, which will work through a variety of different mechanisms to reduce your pain. In the meantime, you don't need to suffer unnecessarily. Following are options that provide excellent pain relief without any of the health hazards that pain medications often carry.

Astaxanthin: One of the most effective oil-soluble antioxidants known. It has very potent anti-inflammatory properties and in many cases works far more effectively than NSAIDs. Higher doses are typically required and one may need 8 mg or more per day to achieve this benefit.

Ginger: This herb is anti-inflammatory and offers pain relief and stomach-settling properties. Fresh ginger works well steeped in boiling water as a tea or grated into vegetable juice.

Curcumin: Curcumin is the primary therapeutic compound identified in the spice turmeric. In a study of osteoarthritis patients, those who added 200 mg of curcumin a day to their treatment plan had reduced pain and increased mobility. In fact, curcumin has been shown in over 50 clinical studies to have potent anti-inflammatory activity, as well as demonstrating the ability in four studies to reduce Tylenol-associated adverse health effects.

Boswellia: Also known as boswellin or "Indian frankincense," this herb contains powerful anti-inflammatory properties, which have been prized for thousands of years. This is one of my personal favorites as I have seen it work well with many rheumatoid arthritis patients.

Bromelain: This protein-digesting enzyme, found in pineapples, is a natural anti-inflammatory. It can be taken in supplement form, but eating fresh pineapple may also be helpful. Keep in mind that most of the bromelain is found within the core of the pineapple, so consider leaving a little of the pulpy core intact when you consume the fruit.

Cetyl Myristoleate (CMO): This oil, found in fish and dairy butter, acts as a "joint lubricant" and an anti-inflammatory. I have used a topical preparation for myself to relieve ganglion cysts and a mild annoying carpal tunnel syndrome that pops up when I type too much on non-ergonomic keyboards.

Evening Primrose: Black Currant and Borage Oils: These contain the fatty acid gamma linolenic acid (GLA), which is useful for treating arthritic pain.

Cayenne Cream: Also called capsaicin cream, this spice comes from dried hot peppers. It alleviates pain by depleting the body's supply of substance P, a chemical component of nerve cells that transmits pain signals to your brain.

Therapeutic modalities such as yoga, acupuncture, meditation, hot and cold packs, and even holding hands can also result in astonishing pain relief without any drugs. http://bit.ly/JYLIIJ
YOUR GREATEST WEAPON AGAINST BREAST CANCER (NOT MAMMOGRAMS)
The Institute of Medicine is finally acknowledging the toxic effects of mammogram radiation as a significant factor in the development of breast cancer; just one mammogram can expose you to the radiation equivalent of 1,000 chest x-rays. Did you know that? Mammograms also carry an unacceptably high rate of false positives—up to six percent—which can lead to repeat screenings that expose you to even more radiation, as well as unnecessary medical procedures, including biopsies, surgery, and chemotherapy. A new study in the British Medical Journal highlights losses in quality of life related to the high rates of false positives and unnecessary treatment associated with breast cancer screening. Mammograms have been scientifically proven not to save women’s lives, and do not improve breast cancer survival rates over annual physical examination alone. Your immune system is your greatest weapon against breast cancer; research now shows that 30 percent of breast tumors go away on their own, because a healthy immune system is so adept at eradicating cancer. [http://bit.ly/JqgPZp]

WHAT CAN YOU DO TO HELP PREVENT BREAST CANCER?

Eat healthy. This means avoid sugar, especially fructose, as all forms of sugar are detrimental to your health in general and promote cancer. Also, focus on eating whole foods and fresh vegetables while avoiding cancer-causing foods.

Exercise. Research suggests that one of the most powerful ways to lower breast cancer risk substantially is through the simple act of exercise.

Vitamin D. There’s overwhelming evidence pointing to the fact that vitamin D deficiency plays a crucial role in the promotion of cancer... You can decrease your risk of cancer by MORE THAN HALF simply by optimizing your vitamin D levels with adequate sun exposure. And if you are being treated for cancer it is likely that higher blood levels—probably around 80-90 ng/mL would be extremely beneficial.

Get proper sleep, both in terms of getting enough sleep and sleeping between certain optimal hours. According to Ayurvedic medicine, the ideal hours for sleep are between 10 pm and 6 am. Modern research has confirmed the value of this recommendation as certain hormonal fluctuations occur throughout the day and night. The sleep hormone Melatonin is known to be a powerful anticarcinogen, than can be working its wonders for the 8 hours you are asleep.

Effectively address your stress. The research shows that if you experience a traumatic or highly stressful event, such as a death in the family, your risk of breast cancer is 12 times higher in the ensuing five years. So be sure you tend to your emotional health, not just your physical health.

NO ONE NEEDS DENTAL AMALGAM TO REMAIN AVAILABLE...

Dental amalgam is interchangeable with many other filling materials that do not have the toxic profile amalgam has. Just consider these disturbing facts:

- Amalgam is the MOST EXPENSIVE dental material when you count environmental costs and clean-up costs, and is the number one cause of mercury exposure for consumers.
- Mercury from dental offices is the largest source of mercury in wastewater. According to an article by Michael Bender (co-founder of the Mercury Policy Project), at least 40 percent of mercury flowing into municipal water treatment plants begins in dentist offices. And those plants are not set up to remove it, so it ends up in your fish.
- Americans and Europeans have more mercury in their mouths than exists in all products combined—more than 1,000 tons.
- Amalgams of the dead pose a risk to the living. Emissions from the combustion of mercury fillings during cremation are a significant contaminator of air, waterways, soil, wildlife and food. Seven to nine metric tons of mercury per year escapes into the atmosphere during cremations, and it is estimated that, left unchecked, crematoria will be the largest single cause of mercury pollution by 2020. [http://goo.gl/0ea6O]

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

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.

4636 6100
[www.no-more-cravings.com]
[www.thenaturalmedicalhealthwell.com]

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