ACUPUNCTURE PRODUCES POWERFUL ANTI-INFLAMMATORY EFFECTS TO HELP OSTEOARTHRITIS

More research continues to emerge showing the pain relieving effects of acupuncture. 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.”

YOU COULD SAVE A LIFE - LEARN SARVER HEART CENTER’S CPR TECHNIQUE IN 6 MINUTES

Every three days, more Americans die from sudden cardiac arrest than the number who died in the 9-11 attacks. You can lessen this recurring loss by learning Continuous Chest Compression CPR, a hands-only CPR method that doubles a person’s chance of surviving cardiac arrest. It’s easy and does not require mouth-to-mouth contact, making it more likely bystanders will try to help, and it was developed at the University of Arizona College of Medicine. "This video is worth sharing," said Gordon A. Ewy, MD, director of the UA Sarver Heart Center and one of the research pioneers who developed this method.

http://tinyurl.com/2fx8r59
Every single piece of electrical and electronic equipment MUST be grounded (or Earthed) to ensure its safety and operational integrity. The human body is a seething mass of neurons that coordinate and synchronize the two major electrical components of our body, the sympathetic and the parasympathetic nervous system. But since everyone wears synthetic soled shoes since the 1960’s we are no longer Earthed. Recent scientific research now confirms that “Earthing” prevents the build-up of electrical stress and free-radicals in your body. “Earthing” literally takes the harmful electrical charges out of your body and back into the Earth. At the same time your body becomes saturated with free electrons which are abundantly present on the surface of the Earth and neutralises your damaging free-radicals. “Earthing” is the most powerful antioxidant in the universe. Your body immediately equalises to the same electrical energy level as the Earth. How simple and natural is that? Interestingly, from an oriental TCM perspective, most of my patients are considered Earth Deficient. Note: For healing to take place you must allow at least 30 minutes of continuous Earthing at a time.

When was the last time your bare feet actually touched green grass or the seashore? Today, more than ever before, our lives are spent bathed 24/7 in EMF’s (Electro Magnetic Fields) from modern technology. These EMF sources include our mobile phones, computers, wireless technology, electrical appliances, and interference currents from wiring behind walls and dimmer switches that you cannot even see and generally are not even aware of. Our modern busy lifestyles prohibit most people spending any time in direct contact with the Earth. We wear rubber and synthetic footwear and live and sleep in houses which insulate us from direct contact with the Earth. When disconnected from the Earth’s natural energy, free-radicals build up in our body, and cause inflammation which is the start of many diseases. Earthing yourself for as long and as often as possible every single day, as Nature intended, could dramatically reduce inflammation and enable your body to return to its normal grounded electrical state, better able to self-regulate and self-heal, especially for the 8 hours every night that we should be asleep. Modern state-of-the-art Earthing Substitute Products (ESP) have been developed so that we can take advantage of Earthing while we are working at our computers, watching TV, or driving our cars. The most salubrious and beneficial of all is for one third of our life, while we are sleeping and our body is naturally healing. When using an ESP YOU are directly connected to the power of the Earth. Clint Ober who discovered and pioneered the amazing discovery of Earthing has co-authored a book with American cardiologist Dr Stephen Sinatra and Martin Zucker called, “EARTHING – The Most Important Health Discovery Ever?” which discusses the science and research behind Earthing. This book is a must read and will change the way you think about standing barefoot on the earth forever. The book ($19.95) and numerous Earthing products are now available from ANTRAC Acupuncture Clinic. Ask Linda or Louis for a price list. They are incredibly inexpensive for the profound healing results you obtain while standing or laying on them. Once they are inserted into your electrical power-point (with the switch off) you do nothing except what you would have been doing otherwise. Healing with no effort! Of course, what would be better would be to contact Mother Earth with bare flesh for at least 8 hours daily. However, most would agree that this system is more practical and practicable.

You can simply Earth yourself by:
- Going barefoot on the grass, beach or any land mass;
- Swimming in the ocean or in lakes;
- Being in contact with the ground while camping;
- Going barefoot on concrete that is laid directly on the earth (painted and sealed concrete may not be conductive);
- Wearing conductive natural-soled shoes (i.e. leather) instead of synthetic rubber/plastic shoes, or Using Indoor Grounding or Earthing Mats. The most profound benefit for your health involves sleeping on a natural cotton Earthing Bed Sheet at night while you sleep!

Some of the Possible Benefits from Earthing:
- Get a better night’s sleep; Defuse the cause of inflammation, and improve or eliminate the symptoms of many inflammatory related disorders; Reduce or eliminate chronic pain; Protect the body against potentially health disturbing EMF’s (Electro Magnetic Fields); Lower you stress levels; Thin your blood and improve blood pressure and flow; Improve circulation; Relieve muscle tension; Dramatically speed up healing; Accelerate your recovery from intense athletic activity.

Linda and I are very thrilled to announce we are now authorized resellers of this ground-breaking natural-health technology including Earthing education and Earthing Substitute Products (ESP) - Fitted sheets, Half sheets, Throw blankets, Universal mats for PC use etc, Mouse pads, Auto seats, Patches & Test kits.
THE CANCER INDUSTRY IS FRAUGHT WITH CORRUPTION...

There's plenty of damning information out there that can, and ultimately will, be used to call for a congressional hearing on the mammography cover-up. As far back as 1974, Professor Malcolm C. Pike at the University of Southern California School of Medicine warned the National Cancer Institute (NCI) that a number of specialists had concluded that "giving a woman under age 50 a mammogram on a routine basis is close to unethical." In the 1990's, Dr. Samuel Epstein warned about the dangers of mammography, stating: "The premenopausal breast is highly sensitive to radiation, each 1 rad exposure increasing breast cancer risk by about 1 percent, with a cumulative 10 percent increased risk for each breast over a decade’s screening... The high sensitivity of the breast, especially in young women, to radiation-induced cancer was known by 1970. Nevertheless, the establishment then screened some 300,000 women with X-ray dosages so high as to increase breast cancer risk by up to 20 percent in women aged 40 to 50 who were mammogramed annually." Thermal imaging is a better option as it is non-invasive and does not require carcinogenic radiation to get a result. It really is a “no-brainer”. [http://bit.ly/HExc7H]

COULD A VITAMIN ACTUALLY HELP PSYCHOSIS? ...YES!

In recent years, there has been a massive increase in off-label use of atypical antipsychotics. While most are only approved for the treatment of serious mental illnesses such as schizophrenia, this class of drugs is now increasingly prescribed for ailments such as anxiety, insomnia, and behavioral problems in children. The dubious diagnosis of “pediatric bipolar disorder” has fueled the use of antipsychotic drugs in young children. Last year, the Harvard psychiatrist (psychiatrist Joseph Biederman and two of his lawless protégés, Thomas Spencer and Timothy Wilens) who fabricated the pediatric bipolar diagnosis a decade ago were disciplined for conflicts of interest after it came to light they’d received millions of dollars in undeclared drug company monies. The investigation also unearthed evidence of commercially-driven corruption of the research produced by these pathetic psychiatrists. Unfortunately, doctors around the world have been massively influenced by the falsified reports of these shameful mercenary villains, who have been responsible for doctors prescribing unnecessary, expensive dangerous drugs to innocent children. But take heart. A real doctor, Dr. Andrew Saul has written a new book, “Niacin: The Real Story: Learn about the Wonderful Healing Properties of Niacin”. He co-wrote the book with Abram Hoffer M.D., Ph.D., who published over 600 reports and articles as well as 30 books. His work led to the use of niacin for schizophrenia and as a cholesterol treatment. Dr. Hoffer died in 2009 at the age of 91, but he successfully treated many thousands of patients with high dose niacin for psychotic disorders. He presented evidence to support treating most psychotic disorders as a vitamin B3 deficiency. Considering it is very inexpensive and has virtually no dangerous side effects it would certainly be worth a consideration for anyone who has a family member with this mental health challenge. I would also highly recommend picking up this $12 book at Amazon and learning more about its use. The book can be purchased securely through the Amazon Bookstore by clicking the following link: [http://amzn.to/HfgsFK]

THE HEART DISEASE SCAM THAT GENERATES BILLIONS EVERY YEAR... AND MAY COST YOU YOUR LIFE

According to an analysis of eight clinical trials involving over 7,000 people, angioplasty offers no benefit compared to less invasive treatment of heart disease. If you have stable heart disease, research shows that your initial treatment should usually be lifestyle changes. But less than half of heart disease patients are treated using lifestyle changes prior to undergoing angioplasty. As an invasive surgery, angioplasty carries a serious risk of side effects, including heart attack, blood clots, kidney damage and death. Heart disease is often preventable and treatable with lifestyle changes; only after exhausting lifestyle strategies should more invasive options, like drugs and angioplasty, even be considered. [http://bit.ly/I5Wfx8]

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