HOW ACUPUNCTURE HELPS WITH HEADACHES?

Acupuncture works to relieve the frequency and severity of headache symptoms by treating the brain’s neural pathways and by altering the activity of the brain’s limbic system, which can control our perception of pain. Acupuncture also reduces symptoms of physical, emotional and mental stress, and clears any blocked energy in the body that may be resulting in the headache itself.

A professional acupuncturist will work through your diagnosis with you to develop a suitable treatment plan according to your headache symptoms. The practitioner will first determine where energy is blocked according to the exact location and type of headache being experienced. Only then will they address and needle the appropriate acupuncture points accordingly (in order to restore energy flow). Most acupuncturists will focus on points on the head and neck, but due to dilation in the already enlarged blood capillaries, this may cause the headache to worsen at which point the Acupuncturist will focus instead on acupuncture points on the hands, arms, legs and feet. An acupuncturist will treat different points around the body dependant on the type of headache being experienced.

Headaches at the top of the head are often dull and may indicate a deficiency in liver qi (energy) and blood reaching the brain. Headaches on both sides of the head are most often associated with blocked liver energy, and may be throbbing and sharp in character. Headaches on the forehead are thought to indicate either stomach deficiencies, phlegm congestion of the head or from exposure to too much wind. Occipital headaches are usually accompanied with stiffness in
the back and neck. This type of headache is thought to be caused by the manifestation of stagnant kidney energy. Acute entire head headaches are sharp and severe in character and are thought to be due to the invasion of external wind. Chronic whole-head headaches are thought to be due to a deficiency in kidney energy and may be accompanied by a feeling of emptiness in the head.

How Many Treatments Will I Need? - The number of acupuncture treatments required to treat a headache will differ between individuals. For chronic headache conditions however, treatments up to several months may be recommended. Initially, about 7 weekly treatments are required to balance acupuncture meridians, and markedly reduce occurrence. Generally, the time between treatments is increased to fortnightly for a few treatments, and then increased to monthly to ensure they do not recur. Every person is individual and the treatment course may vary accordingly. http://bit.ly/R16ydM

ANCIENT HERB PROVEN TO BE A POTENTIAL CURE FOR ALZHEIMER'S

Studies on mice suggest ashwaganda extract may reverse memory loss and improve cognitive abilities in those with Alzheimer's disease. Ashwaganda worked by boosting a protein in the liver, which enters the bloodstream and helps clear amyloid from the brain. Past research also revealed ashwaganda may help manage cell damage in the brain, offering even more potent antioxidant activity than vitamins A, C, and E. Other strategies that are protective against Alzheimer's disease include dietary changes, optimizing vitamin D levels and regular exercise.

Another Ancient Herb for Alzheimer's...

Curcumin is more effective in inhibiting the formation of the protein fragments than many other potential Alzheimer's treatments. The low molecular weight and polar structure of curcumin allows it to penetrate the blood-brain barrier effectively and bind to beta amyloid. Alzheimer's symptoms caused by inflammation and oxidation are eased by curcumin's powerful antioxidant and anti-inflammatory properties. People with Alzheimer's tend to have higher levels of inflammation in their brains, and curcumin is most known for its potent anti-inflammatory properties. The compound has been shown to influence the expression of more than 700 genes, and it can inhibit both the activity and the synthesis of cyclooxygenase-2 (COX2) and 5-lipoxygenase (5-LOX), as well as other enzymes that modulate inflammation.

http://bit.ly/HloDQx

FALLING FOR THIS MYTH COULD GIVE YOU CANCER
Science has shattered the Central Dogma of molecular biology, proving that determinism—the belief that your genes control your health—is false. You actually have a tremendous amount of control over how your genetic traits are expressed, by changing your thoughts and altering your diet and your environment. In 1988, the experiments of John Cairns demonstrated even primitive organisms can evolve “consciously,” as DNA changes in response to its environment. The cell’s “consciousness” lies in its membrane, which contains receptors that pick up various environmental signals. This mechanism controls the “reading” of the genes inside the cell. The work of Dr. Bruce Lipton and other epigenetic researchers shows that the “environmental signals” also include thoughts and emotions—both of which have been shown to directly affect DNA expression.

Contrary to the Newtonian belief in your body as a biological machine, epigenetic science reveals that you are an extension of your environment, which includes everything from your thoughts and belief systems, to toxic exposures and exposure to sunlight, exercise, and, of course, everything you choose to put onto and into your body. Epigenetics shatters the idea that you are a victim of your genes, and shows that you have tremendous power to shape and direct your physical health. In 1988 the experiments of John Cairns, a British molecular biologist, produced compelling evidence that our responses to our environment determine the expression of our genes. A radical thought, for sure, but one that has been proven correct on multiple occasions since then. Cairns took bacteria whose genes did not allow them to produce lactase, the enzyme needed to digest milk sugar, and placed them in petri dishes where the only food present was lactose. Much to his astonishment, within a few days, all of the petri dishes had been colonized by the bacteria and they were digesting lactose. The bacterial DNA had changed in response to its environment. This experiment has been replicated many times and they have not found a better explanation than this obvious fact—that even primitive organisms can evolve consciously.

The best way to prevent cancer and numerous other diseases is to maintain a natural healthy gut microflora by consuming several home-made fermented foods every day. And NO for you blokes, that does not include beer. Sorry about that! [http://bit.ly/HvL8xW](http://bit.ly/HvL8xW)

**THE HIDDEN CAUSE OF PSYCHIATRIC DISORDERS INCLUDING OCD, THAT ALMOST NO ONE CONSIDERS**

The National Institute of Mental Health (NIMH) is launching a study to see whether Streptococcus bacteria, which cause strep throat, may also be responsible for obsessive-compulsive disorder (OCD) in children. While many tend to assume that you have no control over psychiatric problems such as OCD, it’s important to realize that your lifestyle can override genetic predispositions and may be part of the underlying cause of the chemical imbalance or dysfunction giving rise to your psychiatric symptoms.

You have two brains: one inside your skull and one in your gut. Both are created from identical tissue and are connected via your vagus nerve. Your gut actually produces more of the neurotransmitter serotonin—thought to play an important role in OCD—than your brain does, so maintaining a healthy gut may have tremendous benefit for your psychological health. One of the best ways to optimize your gut flora is to regularly consume traditionally fermented foods, such as cultured vegetables. These foods are very easy to make at home and are very inexpensive. In spite of that they could change your life or that of a loved one. Dr. Campbell-McBride’s GAPS Nutritional Protocol (which is detailed in her book, Gut and Psychology Syndrome), heavily promotes the consumption of traditionally fermented foods. Her life-changing book can be purchased securely through the Amazon Bookshop using the link: [http://amzn.to/HSjmKW](http://amzn.to/HSjmKW) Information on fermenting foods at home can be found at the following link: [http://bit.ly/HFVQBR](http://bit.ly/HFVQBR)

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