CAUTION: WEARING SHOES CAN SABOTAGE YOUR HEALTH

Your skin in general is a very good conductor. You can connect any part of your skin to the Earth, but if you compare various parts there is one that is especially potent, and that's right in the middle of the ball of your foot, a point known to acupuncturists as Kidney 1. It's a well-known point that conductively connects to all of the acupuncture meridians and essentially connects to every nook and cranny of your body.

Interestingly, grounding, or rather the lack thereof, has a lot to do with the rise of modern diseases. When walking on the earth barefoot, free electrons from the earth transfer into your body via the soles of your feet. These free electrons are some of the most potent antioxidants known to man. Lack of grounding, due to widespread use of rubber or plastic-soled shoes, may have contributed to the rise of modern diseases by allowing chronic inflammation to proliferate unchecked. Experiments have shown that free electrons from the earth cause beneficial changes in heart rate, decreases inflammation, reduces pain, promotes healthy sleep, and thins your blood, making it less viscous, which has beneficial impact on cardiovascular disease. Ideal locations for Earthing are on the beach, close to or in the water, and on dewy grass. Check out the incredible video at http://bit.ly/NvPFZU ANTRAC is now an authorized distributer of EARTHING HEAVEN Earthing Products including Universal Pads, Mouse Pads, Half Sheets and Fitted Sheets, Patches and Band Sets. Check out the Website at http://tiny.cc/earthingme

CHANGE OF SEASON TUNEUP

In this edition: p1 - Caution: wearing shoes can sabotage your health; Change of Season Tune-up. p2 - Big surprise - whooping cough spreads mainly through vaccinated populations; Is the fiberglass in your attic or walls causing cancer?; Mammography not appropriate for breast cancer screening; p3 - The root cause of anxiety and depression that few suspect; Living fermented foods are vital for your digestive and immune systems, and your mood; This popular drug creates over 60,000 new diabetics each year.
Can you believe it that Spring is here already. Winter came and went so quickly. This is a time of major change in climatic variables, and already many of my patients have had flare-ups of sinus problems, eczema and other symptoms of the change-of-season. 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 energy 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.

In Traditional Chinese Medicine (TCM) ideology the Lung is the first line of defense because the lung dominates the skin in which there are pores which open and close. Many perverse influences penetrate the body through these pores. As the Lungs are connected to the nose and throat, germs or pathogens coming in through the ears, nose, mouth and throat can easily access the lung.

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 168 percent 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. So if you would like your Change-of-Season Tune-up now, give Linda a call on (07) 4636 6100 to book your acupuncture appointment.

**BIG SURPRISE - WHOOPING COUGH SPREADS MAINLY THROUGH VACCINATED POPULATIONS**

A new study showed that 81 percent of 2010 California *B. pertussis* whooping cough cases in people under the age of 18 occurred in those who were fully up to date on the whooping cough vaccine (compared to 8 percent who had never been vaccinated). The whole cell pertussis vaccine (DPT) and the newer acellular pertussis vaccine (DTaP), which is now used in the U.S., are far from 100% effective. In the featured study of DTaP vaccine, researchers noted the vaccine’s effectiveness was only 41 percent among 2- to 7-year-olds and a dismal 24 percent among those aged 8-12. The DTaP study also suggested that the acellular pertussis (whooping cough) vaccine loses much of its effectiveness after just three years. This is much faster than previously believed, and is thought to be one reason why there have been increases in whooping cough cases in the U.S. in recent years. There is also evidence that the *B. pertussis* organism has evolved to evade widespread use of pertussis vaccine, creating a new *B. pertussis* strain that is not covered in the vaccine and is causing much more serious disease, which is considered to be another reason why *B. pertussis* whooping cough cases are on the rise. To further add insult to injury, Pertussis vaccine in the combination DPT shot for diphtheria-tetanus-pertussis that is supposed to prevent whooping cough has caused brain inflammation, permanent brain damage and death in some children since it was used on a mass basis in the U.S. starting in the late 1940’s, and DTaP vaccine has also been associated with brain inflammation, permanent brain damage and death, although it is thought to occur less frequently than for whole cell DPT vaccine. [http://bit.ly/PPhKr2](http://bit.ly/PPhKr2)

**IS THE FIBERGLASS IN YOUR ATTIC OR WALLS CAUSING CANCER?**

Fiberglass is one of the most widely used insulating materials in the world, despite concerns that it may cause cancer. The National Toxicology Program first ruled that fiberglass is “reasonably anticipated to be a human carcinogen,” then revised the ruling to include only certain glass wool fibers (those that are inhalable), which excludes fiberglass. Consumer groups are challenging the revised label, claiming the formula the EPA and NIH used to determine carcinogenicity diluted the results, making them look like fiberglass is safe when it really isn’t. Animal studies have shown that certain glass fibers can cause tumors in animals’ lungs and other tissue sites, while cell studies have shown that certain fiberglass fibers may cause damage to DNA. When working with fiberglass, choose only formaldehyde-free varieties and wear protective clothing and a respirator; even better, opt for non-toxic insulation materials made from sheep’s wool, recycled blue jeans, newspapers or other natural materials. [http://bit.ly/NVdoTc](http://bit.ly/NVdoTc)

**MAMMOGRAPHY NOT APPROPRIATE FOR BREAST CANCER SCREENING**

Studies show that surgery or needle biopsies on tiny spots seen in mammograms, and the extra radiation needed to perform these procedures, can actually increase your risk for developing breast cancer, whereas had it been left alone, it may never have developed into cancer at all. A growing body of evidence is showing that mammography leads to over-testing, over-diagnosis, and unnecessary medical procedures, particularly in dense-breasted women, who are more prone to getting false positives or false negatives on mammograms. Diet and lifestyle changes can help prevent, and in some cases even treat, all kinds of cancers, including breast cancer.
THE ROOT CAUSE OF ANXIETY AND DEPRESSION THAT FEW SUSPECT
During fetal development, one part of the developing nervous system turns into your central nervous system while the other develops into your enteric nervous system. These two systems are connected via the vagus nerve, the tenth cranial nerve that runs from your brain stem down to your abdomen. The secret to improving your mood and brain health is in your gut, as unhealthy gut flora can impact your mental health, leading to issues like anxiety, depression, autism and more. There is a close connection between abnormal gut flora and abnormal brain development, and just as you have neurons in your brain, you also have neurons in your gut -- including neurons that produce neurotransmitters like serotonin, which is also found in your brain and is linked to mood. Your gut bacteria are an active and integrated part of your body, and as such are heavily dependent on your diet and vulnerable to your lifestyle choices, including poor diet and taking antibiotics. Limiting sugar and eating traditionally fermented foods, taking a probiotic supplement and breastfeeding your baby are among the best ways to optimize gut flora and subsequently support brain health. For instance, in December 2011 the Journal of Neurogastroenterology and Motility reported the novel finding that the probiotic (good bacteria) known as Bifidobacterium longum NCC3001 has been shown to help normalize anxiety-like behavior in mice with infectious colitis.

LIVING FERMENTED FOODS ARE VITAL FOR YOUR DIGESTIVE AND IMMUNE SYSTEMS, AND YOUR MOOD
Most commercial yogurt is loaded with sugar – as in, over 30 grams for 6 ounces! This, along with the fact that commercial yogurt is pasteurized (and some also contains artificial colors and flavors), is why you should walk right on by the yogurt section at your supermarket. Watch out, too, for "light" yogurt brands that boast less sugar due to toxic artificial sweeteners. On the other hand, yogurt that is made from raw organic milk, and which you eat either plain or only minimally sweetened with some berries or liquid stevia, is a true health food. This is something you can easily do at home and use the healthiest raw ingredients, including organic grass-fed raw milk as the starter. That is why making your own probiotic yoghurt at home is the best way of knowing exactly what is in the product. Unsweetened Greek yoghurt is often the best bet. Then using it as a starter culture, add about 1 cup full to a liter of raw milk that has been warmed to room temperature as quickly as possible. Mix well and allow the mixture to incubate at about 30 degrees Celsius for 12 -24 hours. Once the yoghurt has thickened, refrigerate and enjoy the living probiotic food. A similar approach can be used for a 60 mL container of Yakult™ and a 150 mL container of Activia™ probiotic products, so that you can enjoy the diverse microorganisms that are so healthy for the digestive and immune systems. Dr Natasha Campbell McBride discusses the importance of eating fermented foods DAILY in her Gut and Psychology Syndrome book which can be purchased securely through Amazon via the link: http://amzn.to/HSjmKW Happy fermenting!

THIS POPULAR DRUG CREATES OVER 60,000 NEW DIABETICS EACH YEAR
The U.S. Food and Drug Administration (FDA) is requiring additional warning labels for the cholesterol-lowering drug class known as statins, warning that the drugs may increase your risk of liver damage, memory loss and confusion, type 2 diabetes and muscle weakness. The FDA has removed a long-standing warning advising routine monitoring of liver enzymes in people taking statins, even though the drugs are linked to serious liver damage. One in four Americans aged 45 and older take statin drugs to lower cholesterol, and many are unaware of the serious risks associated with the drugs. The majority of people taking statin drugs do not need them, and in fact are risking their health unnecessarily by doing so. Over 60,000 people EVERY year in the US will develop diabetes solely as a result of taking statin drugs. http://bit.ly/O1pe9P

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.

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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”.