WHY DAILY EARTHING ALONE IS JUST NOT ENOUGH

For the past 31 years I have been passionately pursuing and trialing different protocols that assist the human body’s innate ability to heal itself. It has been and continues to be a fascinating journey. While Earthing daily naturally on the ground outside or using Earthing products is one of the most powerful healing treatments that I have found so far, what I have discovered is that there is no single magic bullet that works for everyone. To find out more about Earthing check out my Website at this link. During this time I have learned that keeping healthy, happy and fit involves stacking the odds in your favour. For instance, it is not realistic to think that if you eat processed foods, don’t exercise, take lots of pharmaceutical drugs and use a mobile phone held to your head 4 hours a day that you will be OK if you sleep Earthed. Earthing yourself may relieve symptoms such as pain and inflammation. However, it is not a magic bullet that will completely counter unhealthy lifestyle choices. If you would like to enjoy good health into old age, here are my ten major recommendations for stacking the odds in your favour:

1/ Eat organic whole foods including plenty of raw food. Source as much as you can locally. The more man alters food, with pesticides, hormones, preservatives, chemicals, high temperature cooking and processing the more dangerous it becomes to our health. Diabetes, cardiovascular disease, obesity, cancer and a whole host of other disorders are more often than not, unwittingly self-inflicted through diet and lifestyle choices.

2/ Drink pure water free from chlorine, fluoride and other toxins. Use glass or stainless steel water containers instead of plastic. Water is an amazing

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ANTRAC WELLNESS News Letter_024

In this edition: p1 - Why daily Earthing alone is just not enough; p2 - Could cinnamon be used to treat multiple sclerosis (MS)?; p3 - The polio vaccine’s cancer link; Tell your doctor: “If you don’t show me this, you are breaking the law”; Women bike riders beware!

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solvent. If pure it will help cleanse your body, if impure it will deliver toxins to your cells.

3/ Exercise. Get outdoors (or indoors) and move your body. Resistance exercise is particularly important as you get older for maintaining the skeleto-muscular system and increasing Human Growth Hormone (HGH). HGH stimulates protein synthesis, which builds muscle and helps strengthen bones, ligaments, tendons and cartilage. HGH also helps burn fat by reducing energy contributions from other nutrients, such as carbohydrates. Exercises that boost HGH production can increase your energy, concentration and motivation. HGH production can also thicken hair, tighten wrinkles, reduce visceral fat and strengthen osteoporotic bones. Exercises that boost HGH production are particularly beneficial for older adults, because HGH secretions decline as you age.

4/ Use only natural (preferably organic) personal care, cleaning products and gardening products. Your skin absorbs much of what comes into contact with it and in my experience most regular household, personal care and gardening products contain harmful ingredients. Become a label detective and confirm that your food and products don’t contain nasty’s.

5/ Get plenty of sunshine (without getting burnt) and fresh air. We have become sun phobic and ironically several cancers including breast and colon cancer are linked to vitamin D deficiency. Lack of vitamin D3 has also been implicated in a whole host of other health disorders. It is a vital nutrient. Supplement if necessary.

6/ Learn techniques to manage stress such as meditation, yoga, breathing methods etc. Make no mistake, stress is a killer and our fast-paced modern living is inherently stressful for a majority of people.

7/ Avoid long-term exposure to high levels of EMF’s (Electromagnetic Fields). Areas to pay close attention to are house wiring, appliances, lighting, computers, mobile phones, tablet computers, car GPS systems, WiFi, Blue Tooth, microwave ovens and mobile phone towers. The bottom line is you don’t want to be over-exposed to any of the above if you value your health and desire increased longevity.

8/ Sleep. Studies have revealed that people with sleep disorders are more likely to suffer from disease and die prematurely. Sleep is healing and rejuvenating. Try to get to sleep by 10 pm as the 2 hours before midnight are the most important for the body.

9/ Earth yourself for a minimum of 40 minutes a day. The more you can do the better, though most people experience a noticeable improvement in health and well-being from just 40 minutes. Go for barefoot walks in the park or on the beach to soak up the Earth’s negative electrons which reset and normalise many of the bodies systems and have an antioxidant/anti-inflammatory effect. If you can’t get outdoors barefoot, use an Earthing Sleep System. This will mean you are Earthed for 8 hours every night and it is effortless. A study conducted by Dr Ghaly (published in a 2004 issue of the Journal of Alternative and Complementary Medicine) showed that sleeping Earthed also normalised cortisol (Stress hormone) levels in subjects. It also significantly increased melatonin (regulates sleep and is a powerful anti-cancer hormone) levels and improved the sleep in a majority of the participants. (See "Earthing: The most important health discovery ever?", on pages 42-45.)

10/ Use pharmaceutical drugs and medical procedures only in emergencies or as a last resort when all else fails. Most pharmaceutical drugs do not heal. They simply mask or remove symptoms without treating the underlying cause. However, they do have their place and can save lives for some people suffering from acute conditions. Where they are often more harm than good is when they are used for treating chronic long term conditions. There are obviously more precautions that you can take to maintain your health.

**COULD CINNAMON BE USED TO TREAT MULTIPLE SCLEROSIS (MS)?**

Various parts of Cinnamon are widely used in Chinese herbal medicine. This is a wonderful study and hopefully something will come out of it! That’s what scientists at Rush University Medical Center want to know, and the National Institutes of Health (NIH) has committed $750,000 over two years to fund research into the issue. “Since medieval times, physicians have used cinnamon to treat a variety of disorders including arthritis, coughing and sore throats,” said Kalipada Pahan, PhD., Floyd A. Davis professor of neurology at Rush and leader of the study. “Our initial findings in mice indicate that cinnamon may also help those suffering from MS.” In earlier published studies, Pahan has been able to show that sodium benzoate, a metabolite of cinnamon, can inhibit the expression of various pro-inflammatory molecules in brain cells and block the disease process of MS in mice. Different doses of sodium benzoate were mixed into drinking water, since it is highly soluble and non-toxic, and given to the mice. Sodium benzoate suppressed the MS clinical score by more than 70 percent and inhibited incidence of MS by 100 percent in the animal model. The Journal of Immunology previously published the results of the initial studies. The drugs currently available to treat MS cost thousands of dollars a month and have many drawbacks. According to Pahan, “These medications are expensive, have many side effects, and are only 30-40 percent effective in patients. If our study is successful, there may be a day when just a teaspoonful of ground cinnamon per day with milk, tea or honey, may help MS patients manage the disease process and significantly cut down the drug cost drastically to $10 per month per
patient.” Cinnamon is safe and has a few advantages over currently approved MS drugs. It is non-toxic and can be taken orally, rather than through painful injections. “The most devastating nature of this disease is that it affects young people just starting their careers and families,” said Pahan. “There is no other disease in the world that has such an impact on the quality of lives of young, vibrant adults. This is what motivates me to study this disease.”

http://bit.ly/KmxUDx

THE POLIO VACCINE’S CANCER LINK
You might be like me and received polio shots in the 1950’s and 60’s. Many have ended up being informed—40 years later—that many of those experimental polio shots were contaminated with a monkey virus, simian virus 40 (SV40), that causes cancer in lab animals and has been linked to brain-, bone-, lung-, and lymphatic cancers in children and adults. They weren’t told the whole truth about polio vaccine risks, and vaccine makers and health officials are still frugal with the facts when it comes to vaccine risks. Many make blanket statements saying that “vaccines are safe,” when in fact such a statement simply cannot be made without misrepresenting the facts. The truth is, vaccines are not safe for everyone and they clearly do not work for everyone. And even when they do work, you oftentimes end up with more virulent and hardy viruses.

In 2002, the medical journal *Lancet* published compelling evidence that contaminated polio vaccine was responsible for up to half of the 55,000 non-Hodgkin’s lymphoma cases that were occurring each year. Such statistics are never discussed when the success of a vaccine program is announced, yet it is a health outcome of the vaccine that should be taken into account. The puzzle began in 1994, when Dr. Michele Carbone, a Loyola University researcher, found the virus SV40, which had never before been detected in humans, in half of the human lung tumors he was studying. Since then, 60 different lab studies have confirmed the results, and SV40 has been found in a variety of human cancers. At first no one could fathom how the virus had been transmitted into the human population, but according to the developer of Merck’s vaccine program, the late Dr. Maurice Hilleman, the virus was in fact unleashed via their polio vaccine. According to the authors of *The Virus and the Vaccine*, leading scientists and government officials turned their heads to repeated studies showing that the polio vaccine was contaminated with SV40, and even today some well-known agencies continue to dismiss study results. This is disconcerting, as the virus has even been detected in children too young to have received the contaminated vaccine administered in the 50’s and 60’s. There are suspicions that the monkey virus may have been in the polio vaccine up until as late as 1999. It is because of risks like this that Barbara Loe Fisher, founder of the National Vaccine Information Center (VIC), has said: “With mounting evidence that cross-species transfer of viruses can occur, the United States should no longer be using animal tissues to produce vaccines.”


TELL YOUR DOCTOR: “IF YOU DON’T SHOW ME THIS, YOU ARE BREAKING THE LAW”
A Canadian couple is now suing three doctors and a clinic for failure to disclose the side effects associated with the HPV vaccine, Gardasil, claiming they were never told of any potential side effects. Their 14-year old daughter, Annabelle, died two weeks after receiving her second dose. http://bit.ly/KhNwuh

WOMEN BIKE RIDERS BEWARE!
For the study, researchers from Yale University School of Medicine evaluated how a bicycle was set up to see how it might affect female riders. They measured pressure generated from the seat, correlated that with handlebar height, and measured pressure and sensation in the genital region. The results showed placing the handlebar lower than the seat is associated with increased pressure on the genitals that if repeated regularly would damage nerves in the area and reduce the ability to detect vibration. The researchers say that this could potentially lead to sexual dysfunction. http://bit.ly/PMYUDy

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

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”.