USING THE EARTH TO REDUCE STRESS

Before I had even heard of “Earthing” I often noticed that when I sat or walked (barefoot) on the Earth, in a matter of minutes a lovely feeling of relaxation and calmness would come over me. For this reason I am not surprised by the results of a study that shows that in many cases Earthing dramatically reduced the more active Alpha, Beta and Delta brain waves in the Left hemisphere of subjects, and increased the more relaxing Theta brain waves. Interestingly, the study also measured micro-currents in the trapezius muscles of subjects. The trapezius muscles run from the base of the skull to the shoulder blade and are one of the first places that the body registers tension and stress. Depending on the subjects’ state (over-stimulated or under-stimulated) some subjects experienced an increase in electrical activity after being Earthed and others a decrease. The report states: "Substantial changes occurred in both left and right trapezius muscles of many of the subjects after being Earthed. The stressed or sympathetically “charged” individual will tend to relax; the person who tends toward excessive parasympathetic activation might be stimulated, and therefore display increased tension in their musculature." What this indicates is that for many people Earthing "normalises" body functions including the parasympathetic nervous system, cortisol levels and blood pressure to name a few. It makes perfect sense that the Earth’s massive and inexhaustible supply of electrons has a balancing effect on our body’s delicate electrical system. We just have to get connected.

Here are links to two detailed (and quite medically complex) reports of the experiments discussed above.

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ANTRAC WELLNESS News Letter_025

In this edition: p1 - Using the Earth to reduce stress; p2 - Nearly 1 in 2 Americans are now victims of this heartless drug marketing ploy; Hardens your arteries - odds are 6 in 10 you’re consuming this poison ingredient daily; Modern medical “care” is a leading cause of death; 99% of breast cancer tissue contained this everyday chemical (not aluminum); p3 - Hospitals are not a safe place to be!; Heart surgeon speaks out on what really causes heart disease.

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1/ The effect of Earthing (grounding) on human physiology Part 1 - Read report #1 HERE

2/ The effect of Earthing (grounding) on human physiology Part 2 - Read report #2 HERE

NEARLY 1 IN 2 AMERICANS ARE NOW VICTIMS OF THIS HEARTLESS DRUG MARKETING PLOY

The off-label use of the dangerous cancer drug Avastin for macular degeneration appears to be based on one study, which showed Avastin worked just as well as Lucentis—a licensed but more expensive eye drug. Meanwhile, numerous studies exist demonstrating the treatment potential of astaxanthin for this eye disorder. Astaxanthin may in fact be one of the most powerful nutrients ever discovered for eye health, and it costs pennies on the dollar compared to either drug. The “health” strategy of focusing solely on toxic drugs for the treatment of symptoms exacts a high price, both in terms of dollars and in actual health status.

A new study found that newborns suffering from withdrawal symptoms due to their mothers’ use of prescription painkillers tripled between 2000 and 2009. Health-care costs to treat these addicted babies rose from $190 million to a whopping $720 million. There are two effective marketing strategies employed by drug companies on a regular basis, and they include convincing you that drugs you used to take only when you needed them are now everyday "prevention" necessities in the form of a prescription; and convincing you that just being at risk for a chronic disease means you should be taking a drug for the disease. The success of these two strategies arises from the fact that YOU are the one who then demands it from your doctor. Furthermore, the treatment goal of most advertised drugs is to keep taking them for life. http://bit.ly/JYWxtf

HARDENS YOUR ARTERIES - ODDS ARE 6 IN 10 YOU'RE CONSUMING THIS POISON INGREDIENT DAILY

Recent research shows that fluoride may be associated with an increased risk of heart disease as it causes hardening of your arteries. Fluoride is a cumulative poison—approximately 98 percent of the fluoride you ingest in water is absorbed into your blood through your gastrointestinal tract, from where it then enters and accumulates in your body’s cellular tissues, including your kidneys, teeth and bones, pineal gland, and the walls of your blood vessels. Common health hazards of fluoride include reduced IQ, increased lead absorption, dementia, bone fractures, dental and skeletal fluorosis, immune system disruptions, and many other health problems. It’s important to understand that the “fluoride” added to your drinking water is not the natural mineral, nor a pharmaceutical grade fluoride. Instead, the fluoride compound most commonly used is the toxic waste product from phosphate fertilizer plants. Hydrofluorosilicic acid is one of the most reactive chemicals known to man. Its toxicity is well known in chemical circles. It will eat through metal and plastic pipes, and corrode stainless steel and other materials. It will dissolve rubber tires and melt concrete. That is why it is safest not to drink reticulated fluoridated water from your taps. http://bit.ly/JeQbEE

MODERN MEDICAL “CARE” IS A LEADING CAUSE OF DEATH

Medical care is actually one of the leading causes of death in the U.S., with medical errors, adverse drug reactions, and hospital-acquired infections killing an unacceptable number of Americans each and every day! Drug-related ER visits jumped by more than half between 2004 and 2008, stirring health officials to look for ways to stop what has become a near-epidemic that often ends in death. And when you consider that 2.7 million of those visits involved prescriptions for largely preventable health issues, you can't help but wonder why we have strayed so far from true health care in lieu of health treatments. You may be tempted to point your finger at your physician. After all, he or she is on the "front lines" doing most of the prescribing and advising. But whether or not doctors succeed in upholding the Hippocratic Oath -- the promise to Do No Harm -- is not always entirely in their own hands. The conventional medical system is simply not designed to give them that freedom. It's VITAL that you understand that regardless of their personal opinions, many times they're simply not allowed to offer you any other alternatives than what the "standard protocol" demands. As written on GreenMedInfo.com:

"Within our present dominant medical system, healing has not simply been forgotten but intentionally exorcized as it represents the antithesis of perpetual profitability which requires the incurability of the human body. Were the truth be told, and the body’s self-regenerative capabilities acknowledged, the entire superstructure of drug-based medicine and hundreds of billions of dollars in revenue it generates annually, would crumble overnight." http://bit.ly/KKhUL1

99% OF BREAST CANCER TISSUE CONTAINED THIS EVERYDAY CHEMICAL (NOT ALUMINUM)

Estrogens, whether synthetic or natural are a primary risk factor for breast cancer. Approximately 20 different studies have established that parabens have
estrogenic activity, which makes them relevant when it comes to estrogen-sensitive breast cancers. Recent research found higher concentrations of parabens in the upper quadrants of the breast and axillary area, where antiperspirants are usually applied, suggesting they may contribute to the development of breast cancer. One or more paraben esters were detected in 99 percent of the tissue samples collected from mastectomies. In 60 percent of the samples, all five paraben esters were present. Overall, topical application of personal care products containing parabens appear to be the greatest source of exposure to these estrogen-mimicking chemicals, far surpassing the risk of the aluminum in antiperspirants. Aluminum chloride—the active ingredient in antiperspirants—has been found to act similarly to the way oncogenes work to provide molecular transformations in cancer cells. Like parabens, aluminum salts also mimic estrogen, and bioaccumulate in breast tissue, which can raise your breast cancer risk. Despite the fact that parabens are used in such a wide variety of products, their safety is primarily based on a rat study from 1956. According to a recent review, modern toxicology studies are lacking, and not a single study on the chemicals’ carcinogenity follow acceptable regulatory standard carcinogenity study protocols.


HOSPITALS ARE NOT A SAFE PLACE TO BE!

A study published in 2011 in the American Journal of Infection Control found that more than 60 percent of healthcare workers' uniforms tested positive for potentially dangerous bacteria, including germs that cause pneumonia, bloodstream infections and drug-resistant infections such as MRSA. The samples were obtained from the sleeves, waists, and pockets of 75 registered nurses and 60 physicians at a busy university-based hospital. Eleven percent of the bugs were resistant to multiple front-line antibiotics. This study suggests healthcare workers’ attire may be one surprising route by which pathogenic bacteria are transmitted from staff to patients.

Am J Infection Control September 2011

HEART SURGEON SPEAKS OUT ON WHAT REALLY CAUSES HEART DISEASE

Dr. Dwight Lundell said “We physicians with all our training, knowledge and authority often acquire a rather large ego that tends to make it difficult to admit we are wrong. So, here it is. I freely admit to being wrong. As a heart surgeon with 25 years of experience, having performed over 5,000 open-heart surgeries, today is my day to right the wrong with medical and scientific fact.” Animal fats contain less than 20% omega-6 and are much less likely to cause inflammation than the supposedly healthy oils labelled polyunsaturated. Forget the "science" that has been drummed into your head for decades. The science that saturated fat alone causes heart disease is nonexistent. The science that saturated fat raises blood cholesterol is also very weak. Since we now know that cholesterol is not the cause of heart disease, the concern about saturated fat is even more absurd today. If the balance shifts by consuming excessive omega-6, the cell membrane produces chemicals called cytokines that directly cause inflammation. Today's mainstream American diet has produced an extreme imbalance of these two fats. The ratio of imbalance ranges from 15:1 to as high as 30:1 in favor of omega-6. That's a tremendous amount of cytokines causing inflammation. In today's food environment, a 3:1 ratio would be optimal and healthy. The cholesterol theory led to the no-fat, low-fat recommendations that in turn created the very foods now causing an epidemic of inflammation.

Mainstream medicine made a terrible mistake when it advised people to avoid saturated fat in favor of foods high in omega-6 fats. We now have an epidemic of arterial inflammation leading to heart disease and other silent killers. What you can do is choose whole foods your grandmother served and not those your mom turned to as grocery store aisles filled with manufactured foods. By eliminating inflammatory foods and adding essential nutrients from fresh unprocessed food, you will reverse years of damage in your arteries and throughout your body from consuming the typical American diet.


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