ACUPUNCTURE HELPS PRESIDENTIAL HOPEFUL MITT ROMNEY’S WIFE OVERCOME MS

Presidential hopeful Mitt Romney has ties to Monsanto that go back to the late 1970's when GE crops were still in the R&D phase. However, he reportedly makes sure his own meals are nothing but organic. According to Peter Alexander of MSN Today: "On Romney Air, or Hair Force One – as Reuters’ Steve Holland like to call it – Mitt Romney has his own galley in 'forward cabin.' And, while I’ve never been invited up front, sources close to the campaign tell me the shelves are stocked with a wide variety of healthy fare. Kashi cereals, hummus, pita, as well as organic applesauce. Everything’s organic, I’m told, including the ingredients to Romney’s favorite, peanut butter and honey sandwiches."

Even more interesting, in a 2002 article about Romney’s wife, Ann, she credits a combination of organic foods and holistic medicine for turning her health around after she was diagnosed with multiple sclerosis in 1998. The profile reads in part: "...She was 49 at the time, and the disease was progressing rapidly, she says, prompting the doctors to put her on steroids, which made her so sick she could barely get out of bed. 'They were killing me,' she says of the treatment. 'You have bone loss; they are so bad for you.'

Mrs. Romney was introduced to several practitioners of holistic medicine, who persuaded her to adopt alternative therapies. She now eats organic foods and very little meat. She practices reflexology and undergoes acupuncture treatments. She credits the lifestyle with turning her health around... 'Everyone
has to find their own way,’ she says. ‘Three years ago I was really, really sick and not able to function at all. A lot of the symptoms are [now] gone…”” For more information Click here.

ARE SHOES THE MOST HEALTH-DAMAGING INVENTION EVER?

“Earthing” is the most powerful antioxidant in the Universe.

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 that are known to cause inflammation, disease, pain and aging.

“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 2 hours of continuous Earthing at a time. The entire range of EARTHING HEAVEN Products is available from ANTRAC now. Hundreds of our patients have experienced the remarkable benefits of sleeping earthed all night (one third of their lives). CALL Linda NOW on (07) 4636 6100 to find out more.

The cost of sleeping on the Half Sheet or the King Size Fitted Sheet ranges from 10 - 17 cents per night, supposing a lifetime of 5 years for the Sheets. A decent antioxidant capsule costs more than that! Technical information on the Earthing Sheets can be found here.

CELEBRITY APPEARS TO BE USEFUL TO TREAT BREAST CANCER

Apigenin, a naturally occurring flavonoid found in celery, parsley and other fruits, vegetables and herbs, slowed cancer growth and shrank cancerous tumors in animal studies. The apigenin treatment worked even on deadly, fast-growing breast tumors, inhibiting cell proliferation (growth) and reducing expression of a gene associated with cancer malignancy. Apigenin appears so promising in the fight against cancer that researchers said injections of the substance could be a safe alternative to toxic chemotherapy, as it showed no signs of side effects, even at high doses. Typically, the researchers are having trouble finding funding to continue research in humans, as pharmaceutical companies have no interest in providing funds for this potential natural cancer cure. Why would they use something natural that would only cost hundreds of dollars when they can synthesize toxic chemicals and charge tens of thousands of dollars? As the testimony of time confirms, food can have a powerful influence on serious diseases such as cancer, which is why it’s so important to consume a fresh, wholefood diet.


ASPIRIN’S MOSTLY UNRECOGNIZED CONNECTION TO SERIOUS MEDICAL PROBLEMS

Scientific studies have failed to prove that low-dose aspirin offers safe and effective protection from cardiovascular disease, despite its vast popularity among physicians. Many studies suggest it may be doing more harm than good. Aspirin seems to change the way vascular events present themselves, rather than preventing them. The number of non-fatal events may be reduced, but there is an INCREASE in sudden deaths. Aspirin may conceal a cardiac event in progress. Aspirin can lead to serious medical problems such as ulcers, gastrointestinal bleeding, and kidney failure, among others. CLICK here for more info.

HOW “EARTHING” CAN BENEFICIALLY AFFECT YOUR BLOOD

“Earthing” may actually be one of the best-kept secret strategies for preventing blood clots. In its simplest terms, Earthing (or grounding your body) is what occurs when you walk barefoot upon the Earth. There is a transfer of free electrons from the Earth to your body. And these free electrons are probably some of the most potent antioxidants known to man. These antioxidants are responsible for the clinical observations seen in Earthing experiments, such as: beneficial changes in heart rate, decreased skin resistance and decreased inflammation. Earthing has been shown to produce a number of health benefits, including decreasing pain and inflammation, improving sleep, and even slowing the aging process. One very important discovery, and one of the most recent, is that Earthing thins your blood, making it less viscous. This discovery could have profound implications for cardiovascular disease. Virtually every aspect of
cardiovascular disease has been correlated with elevated blood viscosity.

Earthing experts Dr. Stephen Sinatra and Dr. James Oschman measure blood viscosity using a method called zeta potential, which is a measure of how quickly your red blood cells migrate in an electrical field. When you ground to the earth, your zeta potential quickly rises, which means your red blood cells have more charge on their surface, forcing them away from each other. Earthing causes your blood to flow more easily and your blood pressure to drop. It follows then when your red blood cells become more electronegative they are less inclined to stick together and form a clot. They actually repel each other similar to two magnets with the same pole. Blood clots don’t have to be very big to form a mass that could kill you instantly (such as pulmonary embolus), so this is an important part of lowering your risk for heart attack, stroke, and multi-infarct dementias, where you start losing brain tissue due to micro-clotting in your brain. This is what many physicians erroneously believe low-dose aspirin is doing for you, and why it’s so widely prescribed. The problem is, as you have seen from the studies summarized above, science just hasn’t been able to prove that aspirin does what it was intended to do. Rather, studies show that aspirin has several dangerous side effects. Routine use of aspirin has been associated with the following problems: bleeding, especially in the gastrointestinal tract, duodenal ulcers, GI damage, and diverticular disease, increased risk of ER/PR-negative breast cancer in women, increased risk of kidney failure, cataracts, hearing loss and tinnitus. To see the article CLICK here.

**THE SPICE THAT IS BETTER THAN DRUGS FOR RHEUMATOID ARTHRITIS**

New research showed that curcumin, the active ingredient in the curry spice turmeric, possesses potent anti-inflammatory and anti-arthritic properties. A highly bioavailable form of curcumin was more effective in alleviating rheumatoid arthritis (RA) symptoms than the NSAID drug Voltaren. While no one in the curcumin group withdrew from the study due to side effects, 14 percent of those in the NSAID group did so, as NSAIDs often cause serious adverse effects, including ulcers and heart problems. Conventional treatment methods for RA have not been able to significantly improve the long-term outcome of this disease; however, the drug-free approach, described in detail in this article, has a 60-90 percent improvement rate.

If you want to give curcumin a try for RA, it is widely available in supplement form, but relatively high doses are required to achieve its therapeutic effects, and curcumin is generally not absorbed that well. Typical therapeutic doses are up to three grams of bioavailable curcumin extract, three to four times daily, and this is difficult to achieve using standard curcumin powders.

One alternative is to make a microemulsion by combining a tablespoon of curcumin powder with 1-2 egg yolks and a teaspoon or two of melted coconut oil. Then use a hand blender on high speed to emulsify the powder. Another strategy you can use to increase absorption is to put one tablespoon of the curcumin powder into a quart of boiling water. It must be boiling when you add the powder, as it will not work as well if you put it in room temperature water and heat the water and curcumin together. After boiling it for 10 minutes you will have created a 12% solution and you can drink this once it has cooled down. The curcumin will gradually fall out of the solution over time and in about six hours it will be a 6% solution, so it is best to drink the water within four hours. It does have a woody taste, but this is done more for therapeutic benefits than flavor. Be careful as curcumin is a very potent yellow pigment and can permanently discolor surfaces if you aren’t careful. To check out this information in detail click here.

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