WHEN WAS THE LAST TIME YOUR BARE FEET ACTUALLY TOUCHED GREEN GRASS OR THE SEASHORE?

Today, more than ever before, our lives are spent bathed 24/7 in EMF’s (Electro Magnetic Fields) from modern technology. These EMF sources include our mobile phones, computers, wireless technology, electrical appliances, and interference currents from wiring behind walls and dimmer switches that you cannot even see and generally are not even aware of. Our modern busy lifestyles prohibit most people spending any time in direct contact with the Earth. To find out more about how heavy metal toxicity raises your risk of electromagnetic sensitivity, click this link.

We wear rubber and synthetic footwear and live and sleep in houses which insulate us from direct contact with the Earth. When disconnected from the Earth’s natural energy, free-radicals build up in our body, and cause inflammation which is the start of many diseases. Earthing yourself for as long and as often as possible every single day, as Nature intended, could dramatically reduce inflammation and enable your body to return to its normal grounded electrical state, better able to self-regulate and self-heal, especially for the 8 hours every night that we should be asleep. Modern state-of-the-art Earthing Substitute Products (ESP’s) have been developed so that we can take advantage of Earthing while we are working at our computers, watching TV, driving our cars. The most salubrious and beneficial Product of all is for one third
of our life, while we are sleeping and our body is naturally healing. When using a substitute Earthing product YOU are directly connected to the power of the Earth. ANTRAC is now a reseller of the full range of Earthing Substitute Products (ESP’s) to bring the healing power of the Earth INSIDE for your convenience.

CALL Linda NOW on (07) 4636 6100 for information on these truly healing products.

WHAT MUMS SHOULD KNOW ABOUT INFANT FORMULA
Many well-intentioned moms unknowingly add to their baby's toxic load by feeding them contaminated, chemical-laden infant formulas (in plastic bottles) during their first months of life. The pre-mixed liquid formulas are typically packaged in cans that are lined with BPA, and this is actually one of the foods most likely to be contaminated with this developmental toxin. Some of the greatest concern surrounds early-life exposure to BPA, which can lead to chromosomal errors in the developing fetus, triggering spontaneous miscarriages and genetic damage. Exposure to only 0.23 parts per billion of BPA is enough to disrupt the effect of estrogen in your baby's developing brain. It's also important to avoid giving your child soy infant formula, as the high concentrations of manganese it contains can lead to brain damage in infants and altered behaviors in adolescents. Researchers have found that soybean plants lift up manganese in the soil and concentrate it, so that its use in soy-based infant formula can result in as many as 200 times the level found in natural breast milk. Experts believe that such high concentrations could pose a threat to the immature metabolic systems of babies up to 6 months of age. The other significant issue is the estrogen in soy. A soy-fed baby receives the equivalent of five birth control pills' worth of estrogen every day! These babies' isoflavone levels were found to be from 13,000 to 22,000 times higher than in non-soy-fed infants.

One of the best gifts you can give your child is to start out their life with a sound nutritional foundation, and the best way to do this is by breastfeeding. While any amount of breastfeeding is better than none at all, it is clearly to your advantage, and best for your baby's health, to breastfeed exclusively, meaning no other food or water is supplemented, for at least the first 6 months. Then, at the age of 6 or 9 months, you can begin to supplement with solid foods (while still continuing to breastfeed). If for some reason you’re not able to breastfeed, or you have adopted your baby, your next best option is to make a healthy infant formula using raw milk. You can find home-made formula recipes here. http://tinyurl.com/y8ugs6j

COULD YOUR ANNUAL DOCTOR’S VISIT CAUSE MORE HARM THAN GOOD?
In a startling reversal of years of pressing healthy and symptom-free men to get routine PSA prostate tests, U.S. health officials now say these tests do more harm than good. The United States Preventive Services Task Force (USPSTF) has given the prostate-specific antigen test (PSA test) a "D" rating, meaning that "there is moderate or high certainty that the service has no net benefit or that the harms outweigh the benefits". The screening is no longer recommended as a routine test for men of any age, following a review of research that shows only zero to one out of every 1,000 men who are screened would actually benefit from the exam, while many others would suffer from the side effects of unnecessary treatments, ranging from impotence to death. USPSTF is not suggesting the PSA screening never be used, just that it shouldn’t be offered to every man at his yearly visit; the test would still be available as individual cases dictate, such as if a man is symptomatic or has a very high risk of aggressive prostate cancer. http://tinyurl.com/78of4r9

HOW YOUR GUT FLORA MASSIVELY INFLUENCES YOUR HEALTH
Research shows that your gut flora can affect numerous processes in your body, including your metabolism, energy production, nutrition, and genetic expression. Your intestinal microflora is unique, although you will likely have one of three general “communities” of bacteria. This microbial balance is exceptionally sensitive to environmental conditions, beginning at birth. Children who are born with severely damaged gut flora are not only more susceptible to disease; they’re also more susceptible to vaccine damage. Choice of foods can alter your microflora in a matter of days, for better or worse. The ideal way to optimize your gut flora is to include fermented foods in your daily diet. While most probiotic supplements contain no more than 10 billion colony-forming units, one serving of fermented vegetables can contain 10 trillion colony-forming units of bacteria. Fermented foods also give you a wider variety of beneficial bacteria, so all in all, it’s your most cost effective alternative. For information and a video on fermented foods click this link.

DIET, AND DOCTOR- AND DRUG-AVOIDANCE CAN HELP YOU BE HEALTHIER AND LIVE LONGER
Rosario Schielzeth, from Sarasota, Florida in the USA turned 104 in June. She credits her long life to a good diet and avoiding doctors. Avoiding drugs and the conventional medical system is a good idea if you want to live a long and healthy life. According to data collected by the National Center for Health statistics,
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”.

poisoning by prescription drugs have now surpassed car accidents as the leading cause of accidental death in the United States. Similar figures are likely for Australia. The most commonly abused prescription pain killers like OxyContin, Vicodin, Xanax, and Soma now cause more deaths than heroin and cocaine combined.

Avoid Prescription Drugs. Do your homework. You can start on the site in the link below by using the search engine at the top of the page, which links to previous articles written over the past 15 years. Just type in the name of the drug or condition you are taking it for, and you will likely come up with dozens if not hundreds of pages of information that will help you develop a strategy to stop using the drugs by changing your lifestyle to take control of your health.

http://tinyurl.com/6vfg4pj

PET VACCINES MAY BE HARMFUL
A beloved family cat in Colorado is dying of a type of cancer very likely caused by a vaccine. Hozart, who belongs to the Gorden family of Colorado Springs, has developed vaccine-associated sarcoma (VAS), probably as the result of a feline leukemia vaccination. The Gordens have spent thousands of dollars to save their pet, but things don’t look good for Hozart. The family wishes they had been told the risks vs. benefits of the vaccines he was given. They had no idea the FeLV vaccine is linked to cancerous tumors in cats. Nor did they know indoor-only cats like Hozart have no need for the vaccine. http://tinyurl.com/7hkcel3

Rabies vaccines (which Hozart was given at the same time) have also been linked to VAS in cats, but since those vaccines are required by law, our recommendation is to never give more than one vaccine at the same time. Whether your pet is a cat or a dog, it’s important to learn about veterinary vaccines, which are core, which are non-core, which vaccines your pet truly needs, and how often.

IF YOU LOVE YOUR DAUGHTER, AVOID TOXIC GARDASIL
A recent study published in the Journal of the Royal Society of Medicine brings the issue of highly questionable vaccine trial standards to the fore yet again. It’s worth noting that the HPV vaccine was yet another fast-tracked vaccine, which has devastated the lives of thousands of young women and their families since its premature release in the US. Back in April 2011, India called a halt to trials of the Human Papilloma Virus (HPV) vaccine Gardasil after four young girls died and 120 suffered serious adverse effects. The decision was the result of a civil society-led investigation that highlighted serious ethical violations. In India, civil society groups have long been voicing their concerns regarding the safety and efficacy of the two HPV vaccines, along with the aggressive promotion of the vaccines and the need to investigate reported deaths and adverse events post-vaccination. It has been stated that unless you have a very promiscuous daughter, there is absolutely no need to vaccinate against HPV. The only one to benefit is the drug manufacturer.

http://tinyurl.com/6n6onnx

CHECK OUT THESE ENTERTAINING YOUTUBE EARTHINGVideos
Louis has been flat out producing informative YouTube videos on Earthing. Many were inspired by his recent holiday with Linda in Bali. For more information on the theory of Earthing and Earthing Substitute Products see the video at http://youtu.be/rRnzFkPq8IU

To see a YouTube Video on how Earthing is splendid for treating leg ulcers caused by vampire fish see my YouTube video at http://youtu.be/Vhb4Zy4Uu_8

If you live in an area or country where the electrical power points are not earthed and have no earth pin and you want to see how to connect to the earth easily see my YouTube Video on this channel at http://youtu.be/TaYf1k3Zpdw

If you would like to be kept informed about Earthing PLEASE CLICK THIS LINK and then CLICK the "Subscribe" button at my YouTube Channel.

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

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