Can you believe it that Summer is here already. Spring 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. For info on Acupuncture in Toowoomba click this link.

**YOU CAN BE HEALED BY THE EARTH'S ENERGY FOR TEN CENTS PER DAY**

Clint Ober who discovered and pioneered the amazing discovery of Earthing has co-authored a book with American cardiologist Dr Stephen Sinatra and Martin Zucker called, “EARTHING – The Most Important Health Discovery Ever?” which discusses the science and research behind Earthing. This book is a must read and will change the way you think about standing barefoot on the earth forever. The book ($19.95) and numerous Earthing products are now available from ANTRAC Acupuncture Clinic. Ask Linda or Louis for a price list. See Earthing Products Price List here. They are incredibly inexpensive for the profound healing results you obtain. The sheets are expected to last at least 5 years, so the cost to be Earthed during that 5 years is about ten cents per day. Once they are plugged into your electrical power-point (with the switch off) you do nothing except what you would have been doing otherwise. Healing with no effort! Of course, what would be better would be to contact Mother Earth with bare flesh for at least 8 hours daily. However, most would agree that this system is more practical and practicable.

**MERCK ACCUSED OF LYING ABOUT VACCINE EFFECTIVENESS**

Two virologists have filed a federal lawsuit against Merck, their former employer, alleging the vaccine maker overstated the effectiveness of their mumps vaccine, which may have cost the US government hundreds of millions of dollars over the past decade. They claim they “witnessed firsthand the improper testing and data falsification in which Merck engaged to artificially inflate the vaccine's efficacy findings” Chatom Primary Care has also filed a federal antitrust class action lawsuit against Merck, alleging Merck went to great lengths to manipulate test procedures and falsifying results to prop up fraudulent efficacy claims, thereby maintaining its monopoly on the MMR vaccine. These two lawsuits couldn’t come at a more precarious time for Merck, as the Italian Health Ministry recently conceded the MMR vaccine caused autism in a now nine-year old boy—albeit this news has been effectively censored in the US. A recent review of the varicella (chickenpox) vaccination program in the U.S. concluded that the vaccine has not proven to be cost-effective; increased the incidence of shingles; failed to provide long-term protection from the disease it targets—chicken pox—and; is less effective than the natural immunity that existed in the general population before the vaccine. [http://bit.ly/Wf5Y0p](http://bit.ly/Wf5Y0p)

**BIG-PHARMA MORE INTERESTED IN WEALTH THAN HEALTH**

WHY did Merck heavily promote Vioxx and keep it on the market until it had killed more than 60,000 people? I warned my readers that this pain killer might be a real killer for some people, five years before Merck made its $30 billion recall! Five years they let it go, and they undoubtedly would have kept it on the market longer had the lethal dangers not become so shockingly obvious to other scientists.

After Vioxx came the HPV vaccine Gardasil—perhaps the most unnecessary vaccine ever created, and likely one of the most dangerous to boot. Merck claims their main concern is safety... They must be speaking about some parallel Universe, because ever since Gardasil's approval in 2006, reports of life-altering side effects and sudden deaths of otherwise healthy teenagers have stacked up into the thousands, yet Merck steadfastly refuses to acknowledge or address these health risks. Gardasil appears to have one of the highest risk to benefit ratios of any vaccine on the market, and India even halted Merck's post-licensing trials of the vaccine after four young participants died, yet Merck has the gall to claim that nothing is more important to them than safety. Give me a break... Actions speak louder than words, and Merck has a long paper trail of litigation highlighting the company's questionable ethics. [For more info see this link](http://bit.ly/Wf5Y0p)

**NATURE SUPPLIES CANCER-FIGHTING MEDICINES SUPERIOR TO HIGHLY TOXIC CHEMOTHERAPY DRUGS**

Chemotherapy drugs are, by their very nature, extremely toxic and typically work against your body's natural ability to fight cancer, e.g. destroying host immunity instead of supporting it. Chemotherapy destroys healthy cells throughout your body right along with cancer cells, a “side effect” that often leads to accelerated death, not healing; it is also known to encourage the growth of the treatment-resistant cells within tumors, making the cancer more deadly as a result. A handful of natural compounds have been discovered that exhibit an effect called "selective cytotoxicity," which means they are able to kill cancer cells while leaving healthy cells and tissue unharmed. Bromelain: This enzyme is extracted from pineapple stems, and is selectively cytotoxic, and was shown superior to the chemotherapy drug 5-fluorauracil in treating cancer in the animal model. Bromelain is a
proteolytic enzyme, which can be helpful in treating cancer because it helps restore balance to your immune system, among other cancer-fighting benefits. Selective cytotoxicity is indeed a property that is only found among natural compounds; no chemotherapy drug yet developed is capable of this effect. Aside from bromelain, the following natural compounds have also been found to kill cancer cells without harming healthy cells.

**Vitamin C**: Dr. Ronald Hunninghake carried out a 15-year research project called RECNAC (cancer spelled backwards). His groundbreaking research in cell cultures showed that vitamin C was selectively cytotoxic against cancer cells.

**Eggplant extract**: Solasodine rhamnosyl glycosides (BEC), which is a fancy name for extracts from plants of the Solanaceae family, such as eggplant, tomato, potato, Bell peppers, and tobacco, also impact only cancerous cells leaving normal cells alone. Eggplant extract cream appears to be particularly useful in treating skin cancer. Dr. Bill E. Cham explains: "The mode of action of SRGs [glycoalkaloids solasodine rhamnosyl glycosides (BEC)] is unlike any current antineoplastic [anti-tumor] agent. Specific receptors for the SRGs present only on cancer cells but not normal cells are the first step of events that lead to apoptosis in cancer cells only, and this may explain why during treatment the cancer cells were being eliminated and normal cells were replacing the killed cancer cells with no scar tissue being formed."

**Turmeric (Curcumin Extract)**: Of all the natural cancer fighters out there, this spice has been the most intensely researched for exhibiting selective cytotoxicity. Remarkably, in a 2011 study published in the Journal of Nutritional Biochemistry, rats administered curcumin, the primary polyphenol in turmeric, saw a decrease in experimentally-induced brain tumors in 9 out of 11 treated, while noting that the curcumin did not affect the viability of brain cells "suggesting that curcumin selectively targets the transformed [cancerous] cells."

**WHY INFORMATION ON DRUG TRIALS MAY BE FATALLY FLAWED**

In a recent review of retracted studies in the drug- and biomedical literature, drug studies were found to have the highest number of incidents of scientific misconduct. Nearly 75 percent of retracted drug studies were attributed to scientific misconduct such as data falsification, fabrication, questionable veracity, unethical conduct and/or plagiarism. Scientific fraud is on the rise. According to the most recent data, the number of scientific retractions have climbed more than 15-fold since 2001. According to a former drug company researcher, 47 of 53 landmark cancer studies published in the world’s top journals could not be replicated—a validation process that is essential to establish scientific merit. Despite retractions, fabricated research may still inadvertently live on, as it may have been cited by numerous other studies and once a finding is accepted in the medical community, it's difficult to flush out. Worse yet, according to a recent study nearly 32 percent of retracted papers were not noted as having been retracted by the journal in question, leaving readers completely in the dark. Serge Gracovetsky summed it up accurately when he said "Medicine is perhaps the only human activity in which an attractive idea will survive experimental annihilation.” Here’s more information on deceptive western medical cancer treatment.

**TWO NEW EARTHING VIDEOS**

Louis has released two new videos on Earthing. The first YouTube Video entitled “Earthing with Earthing Mat and Earthing Sheets Ideal First Aid for Burns” proves that the reason that running water reduces the damage from burns is NOT that the water is cool, but rather that the water actually transmits Free Electrons in the water that neutralize the Free Radicals responsible for the damage from the burn.

The second YouTube Video shows that you are actually Earthed while you are taking your daily shower. That’s why you feel so great after a shower. It had nothing to do with the soap. To watch that video on Earthing Products click here.

Louis and Linda extend all the best wishes for the end of year “silly season”, and we’ll see you in 2013.

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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”.