HAPPY NEW YEAR

Louis and Linda wish you all the very best wishes for the New Year, with 2013 being the Chinese Year of the Water Snake. Did anyone else think that 2012 shot by faster than normal or am I alone? I was just getting use to writing 2012 on my cards, with 2011 often appearing before I corrected it. We hope that you are all refreshed and ready to face another year. It will be fascinating to see what it holds in store.

ACUPUNCTURE PREVENTS HEART ATTACKS?
– NEW RESEARCH

New research concludes that acupuncture improves heart rate variability (HRV). HRV is the variation in time between heart beats and is an index of the body’s ability to maintain control of the heart beat rate and rhythm through vagus nerve activity. Reduced HRV is linked to mortality after myocardial infarction, congestive heart failure and diabetic neuropathy. Based on the HRV evidence, the researchers state that acupuncture may synchronize the two branches of the autonomic nervous system (ANS) - the sympathetic and parasympathetic nervous systems.

In other recent research, acupuncture at acupoint CV17 has been proven to benefit the heart by increasing heart rate variability (HRV). This research demonstrates that acupuncture at CV17 is able to activate the autonomic nervous system to control the heart rate by increasing vagal activity.

Get your health on track with ANTRAC!

ANTRAC WELLNESS News Letter_029

In this edition: p1 - Happy New Year; Acupuncture prevents heart attacks? – new research. p2 - Earthing a.k.a. Grounding comes with many health benefits; US health officials admit this needless procedure could give women deadly blood clots; 30 truly unique and clever names for your new dog or cat. p3 - 40 women with breast cancer had this “cosmetic ingredient” in their breast cancer tissues; Vitamin D3 might slash breast cancer risk by 77 percent.

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In other recent research, acupuncture at acupoint CV17 has been proven to benefit the heart by increasing heart rate variability (HRV). This research demonstrates that acupuncture at CV17 is able to activate the autonomic nervous system to control the heart rate by increasing vagal activity. Other recent
research demonstrates that acupuncture has “an antiarrhythmic effect” in the treatment of atrial fibrillation (A-fib). In the study, acupuncture points P6 (Neiguan), HT7 (Shenmen) and UB15 (Xinshu) demonstrated clinical efficacy in the reduction of A-fib. In related current research from the University of California, acupuncture has been shown to reduce high blood pressure (hypertension), protect heart tissue from damage and to reduce arrhythmias. Investigators from the University of California in both Irvine and Los Angeles “have shown that electroacupuncture stimulation activates neurons” in specific brain regions thereby reducing hypertension. The researchers successfully mapped the brain network stimulated by acupuncture and demonstrated that acupuncture reduces high blood pressure (HBP) by down regulating pathological excesses emitted by the sympathetic nervous system. The acupuncture points in the study proven to have this effect are located on the arm: P5, P6, L110 and L111.

Heart disease is the number one cause of death worldwide. These findings demonstrate that acupuncture is a successful tool in benefitting the heart. Acupuncture has been proven to prevent heart tissue damage, reduce arrhythmias such as atrial fibrillation and acupuncture has been shown to reduce high blood pressure. Reference: http://thenaturalmedicalhealthwell.com/resources/acupuncture-prevents-heart-attacks/

**EARTHING HEAVEN**

"We promise the Earth, and then we deliver".

**EARTHING A.K.A. GROUNDING COMES WITH MANY HEALTH BENEFITS**

You can simply Earth yourself by:

- Going barefoot on the grass, beach or any land mass;
- Swimming in the ocean or in lakes; Being in contact with the ground while camping;
- Going barefoot on concrete that is laid directly on the earth (painted and sealed concrete may not be conductive);
- Wearing conductive natural-soled shoes (i.e. leather) instead of synthetic rubber/plastic shoes, or Using Indoor Grounding or Earthing Mats. The most profound benefit for your health involves sleeping on a natural cotton **Earthing Bed Sheet** at night while you sleep!

Some of the Possible Benefits from Earthing:

- Get a better night’s sleep; Defuse the cause of inflammation, and improve or eliminate the symptoms of many inflammatory related disorders; Reduce or eliminate chronic pain; Protect the body against potentially health disturbing EMF’s (Electro Magnetic Fields);
- Lower you stress levels; Thin your blood and improve blood pressure and flow; Improve circulation; Relieve muscle tension; Dramatically speed up healing; Accelerate your recovery from intense athletic activity.

ANTRAC Acupuncture Clinic is very thrilled to be able to introduce all of our patients to this ground-breaking natural health technology with Earthing education and Earthing Substitute Products (ESP’s).

**US HEALTH OFFICIALS ADMIT THIS NEEDLESS PROCEDURE COULD GIVE WOMEN DEADLY BLOOD CLOTS**

The GAVI Alliance, a public-private partnership, has launched a new initiative to vaccinate millions of people worldwide with either GlaxoSmithKline’s Cervarix or Merck’s Gardasil HPV (human papillomavirus) vaccines, despite serious safety and health concerns and lack of clinical trials proving long term effectiveness. GAVI has net assets of $2.5 billion and receives significant funding from the U.S. government, the vaccine industry, World Bank and The Bill & Melinda Gates Foundation. The HPV vaccine only protects against two strains of HPV associated with cancer (HPV-16 and HPV-18), but there are MORE THAN 100 different strains of HPV in all, and about 15 of them are known to potentially cause cancer if the infection persists. In more than 90 percent of all HPV cases, however, the infection resolves on its own and does not lead to any health complications. U.S. health officials admit that deadly blood clots, acute respiratory failure, cardiac arrest and "sudden death due to unknown causes" have all been reported to have occurred in girls and women shortly after they've received the Gardasil vaccine.

The Gardasil vaccine has already been linked to 100 reports of death, (www.MedAlerts.org) as well as more than 22,000 reports of other serious side effects, many of which have been reported to The Vaccine Adverse Event Reporting System (VAERS), such as Guillain-Barre syndrome. There are 700 reported cases of permanent disability as a result of the vaccine. The only ones to benefit from this unnecessary medical procedure are the vaccine makers.

**30 TRULY UNIQUE AND CLEVER NAMES FOR YOUR NEW DOG OR CAT**

Are you having difficulty choosing a catchy and unique name for your new pet? Check out these interesting names. Fifteen unique and clever names for your dog were found to be Sir Freaks-a-Lot, Doogie Schnauzer MD, Tinkle Bell, Rush Limbark, Dee-Oh-Gee (D.O.G.), Brad Pit, MeToo, Drama Mama, Beagle Lugosi, Dr. Love, Al Poochino, Bon Jo Flea, Admiral Toot, Fluffyfenders and Too Fancy for You.

**40 WOMEN WITH BREAST CANCER HAD THIS "COSMETIC INGREDIENT" IN THEIR BREAST CANCER TISSUES**

Recent research has detected the presence of paraben esters in 99 percent of breast cancer tissues sampled. In 60 percent of cases, all five esters were detected. Parabens are chemicals that have been shown to have estrogen-like properties, and estrogen is one of the hormones involved in the development of breast cancer. Anything you ingest, inhale, or spread on your skin can be absorbed into your body and potentially cause damage over time. Parabens can be found in a wide variety of consumer products, such as deodorants, shampoos, lotions, cosmetics, drugs, and food additives.

Recent research has confirmed the existence of a previously unknown class of cancer-causing materials that can be found in thousands of consumer products. A broad range of metals have been shown to act as “metalloestrogens” with the potential to add to the estrogenic burden of the human breast. According to recent research, women with the highest intakes of cadmium were 21 percent more likely to develop breast cancer compared to those with the lowest dietary intake. Cadmium is a carcinogenic heavy metal identified as a metal that can bind to estrogen receptors, effectively mimicking the female hormone estrogen. Food crops such as potatoes and whole grains are primary sources cadmium, but it’s also an air pollutant.  http://bit.ly/SOLdGo

**VITAMIN D3 MIGHT SLASH BREAST CANCER RISK BY 77 PERCENT**

Here is just a sampling of the studies to date showing vitamin D’s therapeutic actions against cancer:

Some 600,000 cases of breast and colorectal cancers could be prevented each year if vitamin D levels among populations worldwide were increased, according to previous research by Dr. Garland and colleagues. And that’s just counting the death toll for two types of cancer.

A large-scale, randomized, placebo-controlled study on vitamin D and cancer showed that vitamin D can cut overall cancer risk by as much as 60 percent – and up to 77 percent when only the last 3 years of data were used. This was such groundbreaking news that the Canadian Cancer Society has actually begun endorsing the vitamin as a cancer-prevention therapy. Light-skinned women who had high amounts of long-term sun exposure had half the risk of developing advanced breast cancer (cancer that spreads beyond your breast) as women with lower amounts of regular sun exposure, according to a study in the American Journal of Epidemiology.

A study by Dr. William Grant, Ph.D., internationally recognized research scientist and vitamin D expert, found that about 30 percent of cancer deaths -- which amounts to 2 million worldwide and 200,000 in the United States -- could be prevented each year with higher levels of vitamin D.

When you do supplement with vitamin D, you’ll only want to supplement with natural vitamin D3 (cholecalciferol). Do NOT use the synthetic and highly inferior vitamin D2, which is the one most doctors will typically give you in a prescription unless you ask specifically for D3. According to the most recent findings by Carole Baggerly, which involved research on nearly 10,000 people, shows the ideal adult dose appears to be 8,000 IU’s a day to get most into the healthy range.

The correct test your doctor needs to order is 25(OH)D, also called 25-hydroxyvitamin D, which is the better marker of overall D status. This is the marker that is most strongly associated with overall health.  http://thenaturalmedicalhealthwell.com/resources/vit-d-aka-vitamin-d3/

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.

☎ 4636 6100
www.no-more-cravings.com
www.thenaturalmedicalhealthwell.com

**MISSION STATEMENT:**

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