ACUPUNCTURE MAY EASE DRY MOUTH AFTER CANCER

People with chronic dry mouth related to cancer treatment reported some improvement in symptoms like sticky saliva and dry lips after eight weeks of group acupuncture, in a new study from the UK. The study’s lead author thinks acupuncture should be offered to people with dry mouth related to radiation.

“These are patients for whom no other treatment has been helpful, and they feel better and their life has been improved as a result of this intervention,” oncologist Dr. Richard Simcock, from the Sussex Cancer Centre in Brighton, told Reuters Health.

Dry mouth is a common side effect of radiation treatment for head and neck cancers, but the only prescription drug used to treat it – known as Salagen (pilocarpine) - comes with side effects. Other options, like special toothpastes and mouthwashes, don’t always offer relief. Acupuncturists have been convinced their therapy could help these patients for years. His team’s study included 144 patients from seven UK cancer centers who had chronic dry mouth after radiation for head or neck cancer. They were all more than 1.5 years out from radiation therapy.

By the end of their acupuncture sessions, participants were between 1.65 and 2.08 times more likely to report improvements in five of six dry mouth symptoms, including having to wake up at night to drink water, than after they’d only learned about oral care. “I think it is a treatment that can and should be offered within cancer centers,” Dr Simcock said. As long as it’s delivered by a qualified practitioner, acupuncture is very safe.
SLEEPING SERENELY ON AN EARTHING “BEAUTY PRODUCT”

At a recent women’s wellness conference in Southern California, Earthing researcher and educator Christy Westen, D.C., gave a presentation about living vibrantly. She used the occasion to conduct an informal experiment, using the women in her audience as subjects, to measure how Earthing could influence the experience of vitality during the one-hour length of her talk. About 100 women in attendance filled out before-and-after questionnaires. The questionnaire asked about energy, pain, stress/irritability, mood, circulation, and flexibility. About half the audience was familiar with Earthing.

Here’s how the experiment was set up. When the women entered the hotel conference room, they received a “goody bag” containing the questionnaire, a pen, an Earthing patch and cord, and a pocket mirror that lights up. Why the mirror? So they could easily view themselves before and after the talk, and see how they looked. Once seated, they filled out the “before” section of the questionnaire asking for their subjective impressions on how they felt, using a 1-10 scale. Prior to the presentation, an Earthing wiring system had been laid out throughout the room that allowed each seated attendee to place the patch on the bottom of one foot, and then connect the cord to the room-wide system. The system was connected to grounded wall outlets. At the end of the talk, everyone filled out the “after” section of the questionnaire. The results were “phenomenal,” Dr. Westen said. They demonstrated just how rapidly Earthing can enhance a woman’s vitality, she added, and “likely a man’s as well, although guys being guys they might be more reluctant to admit it.”

Here are some of the results of the 1 hour Earthing experiment. 78% reported more energy, 60% of those with pain said they had less pain at the end, 77% reported less stress, 82% said their mood had improved, 73% thought they looked better, even from just an hour of Earthing. Keep in mind that these changes occurred within an hour of being seated on typically hard, uncomfortable conference chairs next to people you don’t know. Dr. Westen summed up the experience thusly: “As a health practitioner dedicated to helping patients feel better and become healthier, I have found that most people think that creating more vitality in life requires a ton of time, effort, and sacrifice. We have to sweat it out in the gym, strenuously try to eat the perfect diet, and offload as much stress as possible. To be sure, these are essential ingredients in a healthy lifestyle recipe, but often not so easy to accomplish. Earthing, on the other hand, requires no strain whatsoever and is, in fact, one of the easiest things you can do for your health. Until now it’s been the missing ingredient in the recipe. But now, it’s here, and scientific research is confirming its effectiveness. Just reconnect to the Earth, and even in one single hour you can feel a difference, sometimes profoundly so, and without any side effects! Make it a routine part of your life, and wow, you really put yourself on a direct path to becoming simply vibrant!” ANTRAC trades as EARTHING HEAVEN and is a reseller of Earthing Products. So, if you want further information on Earthing Substitute Products (ESP) give Linda a call on (07) 4636 6100. To see more information on the trial click this link. Just page down until you reach the article “Rapid Benefits: An Earthing 1-Hour Time Trial”. Imagine spending 8 hours a night sleeping on an Earthing Half Sheet. The cost of the Half Sheet is less than the cost of two beauty products, and will last for about 5 years or more.

MOUNTING EVIDENCE SHOWS MANY VACCINES ARE INEFFECTIVE AND CONTRIBUTE TO RISE OF OUTBREAKS CAUSED BY MUTATED VIRUSES

Recent research shows outbreaks of whooping cough (pertussis) are actually related to the pertussis vaccine itself. Eighty-one percent of 2010 California whooping cough cases in children under 18 occurred in those fully up to date on the whooping cough vaccine. Only eight percent of those stricken were unvaccinated. According to the authors, attack rates markedly increased three years after receiving the vaccine. DTaP vaccine effectiveness was only 41 percent among 2- to 7-year-olds and a dismal 24 percent among those aged 8-12. “Cocooning” vaccines does not work, a Canadian study shows. In order to prevent ONE infant death, at least one million parents and adult caregivers must be vaccinated. The US varicella vaccination program has been shown to have dramatically increased rates of shingles, while also failing to provide long-term protection from chicken pox. Researchers also concluded the vaccine is less effective than the natural immunity that existed in the general population before the vaccine. http://bit.ly/Pq0eb7

MAMMOGRAMS HAVE ‘LIMITED OR NO EFFECT’ ON BREAST CANCER DEATHS

New research showed mammograms have little or no influence on the number of women who die from breast cancer. Past research also found the reduction in mortality as a result of mammographic screening was so small as to be nonexistent—a mere 2.4 deaths
per 100,000 person-years were spared as a result of the screening. Due to false positives, leading to unnecessary and harmful invasive procedures like biopsy, surgery, radiation and chemotherapy, **mammograms often cause more harm than good.** http://bit.ly/MYGL5x

**THIS SLEEPING MISTAKE CAN DOUBLE YOUR RISK OF A HEART ATTACK**

Research by Dr. Naiman indicates that sleeping less than six hours may increase insulin resistance and diabetes. It may also double risk of angina, coronary heart disease, heart attack or stroke. The same appears to be true when you sleep more than nine hours per night. Ideally, you should sleep enough hours so that your energy is sustained through the day without artificial stimulation, with the exception of a daytime nap. Engaging in shift work dramatically increases mortality. Preliminary data shows that increasing melatonin levels during your night shift—effectively turning it into an artificial day—you can minimize some of the detrimental effects.

The data suggests that if you go back 100 years, people had a very different relationship with sleep at that time than we do now. Sleep patterns were very different. It was routine that people woke up in the middle of the night for about an hour or two. It was called night watch. Everybody did it. People also slept during the day. Think of the Yin and Yang; the white wave representing in this case waking; the dark Yin wave representing night and sleep. There is a dark Yin sphere within the white wave. This is a place of rest in the middle of waking consciousness and natural rhythms. In the middle of the dark Yin wave, there is a place of Yang, a white sphere suggesting that there is a place where a kind of waking and awareness in the middle of the night is natural. However, when we lose sight of that, we overreact to two things. We tend to overreact to being sleepy during the day, and we tend to overreact to being awake at night. And overreactions cause anxiety. http://bit.ly/PMZ8dM

**THE MICROSCOPIC ZOO WITHIN US**

There’s a microbial zoo living inside you, literally millions of microscopic organisms—more than 10,000 different kinds of them—all co-existing with each other and you. While a few of these organisms can sometimes wreak havoc with your system, the majority of these little “bugs” are good, helping you digest your food, stay protected from infections, and even keeping your immune system properly regulated to fend off autoimmune diseases like asthma, allergies, and diabetes. Your body’s “community” of microorganisms is so crucial to your health that researchers have compared it to “a newly recognized organ,” and have even suggested we consider ourselves a type of “meta-organism” -- in acknowledgment of the fact that we cannot be whole and healthy without the participation of a vast array of bacterial species and strains. In addition to avoiding unnecessary antibiotics (both medically and in your food) and antibacterial soaps, maintaining optimal gut flora, and **reseeding** your gut with fermented foods and probiotics may be one of the most important steps you can take to improve your health.

**THE SOAP YOU SHOULD NEVER USE -- BUT 75% OF HOUSEHOLDS DO**

Triclosan, a high production volume ingredient used as a bactericide in personal care products such as toothpaste and deodorant, has been linked to heart disease and heart failure in a new study. Researchers exposed individual human muscle cells (from heart and skeletal muscles) to a triclosan dose similar to everyday-life exposure, and this, too, disrupted muscle function and caused both heart and skeletal muscles to fail. Triclosan has also been linked to disruption of hormone function. Exposure to triclosan disrupts thyroid hormone-associated gene expression in frogs, even at low levels (triclosan exposure at 0.15 parts per billion was enough to disrupt a hormone-signaling system in frogs). Triclosan decreases circulating concentrations of the thyroid hormone thyroxine (T4) in rats. Triclosan is listed on product ingredient labels, so you can easily check to see if it is there before deciding on a purchase. http://bit.ly/14sSYWC

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