Acupuncture may finally be poised to earn some long-sought respect from the medical establishment, and perhaps better insurance coverage, with a new clinical trial showing that the technique works better than a sham treatment to relieve not just pain but other symptoms that are less subjective to measure. The small but well-designed study, published Monday in the *Archives of Internal Medicine*, involved 68 Japanese patients with difficulty walking and breathing from a chronic lung condition. Half were randomly assigned to have acupuncture with hair-thin needles that penetrated the skin, to press on certain pressure points, while the other half had fake treatments using blunt needles that didn’t pierce the skin.

After 12 weeks, those who received the real acupuncture were able to walk and breathe more easily during a six-minute walk test, while those who had the fake treatments experienced no improvement in their previous walking test scores. The paper suggests acupuncture may be a potential treatment for lung disease.
for a lung condition, called chronic obstructive pulmonary lung disease (COPD), that doesn’t have many effective treatments to halt the lung deterioration that leads to the need for an oxygen tank for breathing and eventually can be fatal.

The study is “thoughtful and methodologically rigorous, indicating that acupuncture creates significant improvement for patients with COPD across a range of patient-centered and physiologic outcome measures over and above standard care,” wrote George Lewith, a researcher from the University of Southampton, in an editorial that accompanied the study. Having research studies that document effectiveness for specific acupuncture techniques, however, might help convince some acupuncturists, especially those affiliated with academic teaching hospitals, to follow standard techniques proven effective by research.

A large review of clinical trials testing acupuncture against sham treatments for arthritis, back pain, and other chronic pain conditions is slated to be published soon, according to Vitaly Napadow, an assistant professor of radiology at Massachusetts General Hospital, and it clearly shows that the real pinpricks are better than the fake ones. Interestingly, it also found that even fake treatments work better than other placebos, such as a doctor visit without touching any pressure points. Another review of 21 studies recently published online found that acupuncture was effective at combating nausea after surgery, and others show acupuncture can help alleviate migraines, reduce acute pain, and improve outcomes of in vitro fertilization.

How acupuncture works depends on whom you ask. Chinese philosophers believe the body has an energy flow that runs like rivers, or meridians, which can get blocked up as if behind a dam at certain points, leading to illness. The needle treatment unblocks this dam making the body healthy again. Western scientists, however, hypothesize that acupuncture likely works by stimulating the central nervous system at various pressure points, releasing chemicals into the muscles, spinal cord, and brain. These chemicals may alter the brain’s perception of pain or release other chemicals that influence self-regulating systems like breathing or digestion. “Usually the benefits don’t occur after one treatment,” Napadow said. “It requires a minimum once-a-week treatment for several weeks, but some practitioners advise twice a week for those in severe pain.” Reference: http://thenaturalmedicalhealthwell.com/acupuncture-toowoomba/acupuncture-in-toowoomba-for-copd/

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MAKE MINCEMEAT OF CANCER CELLS WITH THE CURCUMIN IN TURMERIC

To get the full benefits that curcumin has to offer you need to understand that it is very poorly absorbed. You simply can't blindly choose a supplement and expect to achieve the results described in this paper. There is extensive research going on by a number of organizations to provide a commercial product. You can look for a turmeric extract that contains 100 percent certified organic ingredients, with at least 95 percent curcuminoids. The formula should be free of fillers, additives and excipients (a substance added to

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the supplement as a processing or stability aid), and the manufacturer should use safe production practices at all stages: planting, cultivation, selective harvesting, and then producing and packaging the final product. Unfortunately, at the present time there really are no concentrated commercial formulations available.

Keep in mind that concentrated curcumin is really only needed by people who seek to use it as a drug, in which case you need it in very high doses in order to achieve therapeutic effect. The most classic case would be those using it to treat, not prevent, cancer. If you do not have cancer, then using a turmeric supplement is sufficient. According to Dr. William LaValley, one of the leading cancer physicians, typical anticancer doses are up to three grams of good bioavailable curcumin extract, three to four times daily. One work-around is to use the curcumin powder and make a microemulsion of it by combining a tablespoon of the powder and mixing it into 1-2 egg yolks and 2 teaspoons of melted coconut oil. Then emulsify the mix with a high speed blender.

Another strategy that can help 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. After boiling it for ten minutes you will have created a 12 percent solution that you can drink once it has cooled down. It will have a woody taste. The curcumin will gradually fall out of solution however. In about six hours it will be a 6 percent solution, so it’s best to drink the water within four hours.

http://bit.ly/L5VR3c

CHANGE OF SEASON TUNE-UP
It is hard to believe that Autumn is nearly here already. Summer came with a vengeance and left so quickly. Subsequently, this is a time of major change in natural climatic variables, and many of my patients have already had flare-ups of pre-existing medical conditions including sinus problems, eczema and other symptoms due to the change-of-season. The Nei Jing (an ancient Chinese medical reference book) states “treat the body, before it gets sick”. Disease prevention is the fundamental part of Traditional Chinese Medicine (TCM) ideology. The Nei Jing further 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 Qi (energy) is strong and dynamic, it is more difficult for us to get sick, and if we do suffer some health setback, we generally recover much more speedily. In TCM ideology the Lung is the first line of defense because the lung controls the skin in which there are pores which open and close. Many disease-causing 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.

Scientific Research confirms 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, sciatica, lupus, colds, infections, etc. Having only four Change-of-Season (COS) maintenance treatments per year effectively improves your general health and wellbeing throughout the rest of the year. So if you would like your COS Tune-Up now, give Linda a call on (07) 4636 6100 to book your acupuncture appointment, and get your health on track with ANTRAC.

LADIES PLEASE CHECK OUT MY LATEST YOUTUBE VIDEO. GUYS CAN TOO OF COURSE!
The video is about how Earthing™ inside your home is the equivalent of a trip to the Day Spa, ONLY way more PERMANENT. My latest YouTube video is only 10 minutes long and is called “IS EARTHING aka GROUNDING BEHIND the HEALING POWER of MINERAL SPAS?” I am working on a follow-up video that is even more informative as a How To have your own inexpensive Day Spa at home.

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.

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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”.

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