MODERN RESEARCH IN THE TREATMENT OF DEMENTIA WITH TCM

Dementia and Chinese Medicine In Traditional Chinese Medicine (TCM), there is no distinction between Alzheimer’s Disease and Vascular Dementia. The symptoms of dementia fall under the category of lao nian xing chi dai and are often linked with kidney vacuity and marrow emptiness, spleen vacuity leading to internal phlegm-damp generation, ascendant liver yang, blood and/or phlegm stagnation, and toxicity.

The Kidney Engenders Marrow The brain is nourished by the kidney, and insufficiency of the kidney may lead to emptiness of the sea of marrow, manifesting in brain deterioration. Hence, treatment with kidney tonics may slow down such a process. Recommended herbs include Shu Di Huang [Cooked Rehmannia] to nourish kidney yin, Rou Cong Rong [Cistanche] to strengthen kidney yang; Wu Wei Zi to astringe kidney.

WILL EARTHING™ WORK FOR ME?

Many people report mild to dramatic improvements in their sleep / pain / inflammation / snoring / circulation / stress levels when they begin Earthing™ themselves on a regular basis. For some Earthing™ is almost a spiritual experience or an AHA moment. Having said this other customers have reported that they are disappointed because they don't notice any difference by Earthing™ themselves. I would love it if everyone could have a dramatic and obvious improvement after Earthing™, however, the truth is that Earthing™ will not reverse all health conditions for all people all the time. If you have a chronic health condition and are unsure whether you should spend money on Earthing™ products, try spending a minimum of 40 minutes a day barefoot on the Earth. This should give you an indication as to whether Earthing™ may help your particular complaint.

If you are not noticing a change from Earthing™ you don't lose heart. Earthing™ can be subtle. When I first began sleeping Earthed I noticed a lovely tingling sensation when I first got into bed and my sleep became deeper, however, over time I have grown accustomed to it and sleeping Earthed in just the norm, I don't especially notice anything now. It is however, peace of mind for me to know that Earthing™ is dropping my body voltage, protecting me from EMF’s and supplying antioxidant and system stabilizing electrons to my body. From reading the research, it seems to me that Earthing™ is beneficial for everyone, even when there is no obvious noticeable effect. For more information on Earthing™ click this link.

THE PHARMACEUTICAL INDUSTRY TOP 10 MARKETING SETTLEMENTS

To get a picture of what's been going on, FiercePharma compiled a list of top marketing settlements that the industry has made in the past 10 years. In total, drug makers have agreed to pay more than $11 billion so far for their misdoings. But the worst may yet be ahead: more than 900 whistleblower lawsuits were filed in the last year alone. Some of the most notable in history include:

2012: GlaxoSmithKline to pay $3 billion for illegal marketing of Paxil, Welbutrin and downplaying safety risks of Avanda.
2009: Pfizer pays $2.3 billion for marketing fraud related to Bextra, Lyrica and other drugs.
2012: Johnson & Johnson will pay anywhere from $1.5 to $2.2 billion for illegal marketing of Risperdal.
2012: Abbott Laboratories settles for $1.6 billion for aggressively promoting their seizure drug Depakote for off-label use in elderly dementia patients, despite lacking evidence of safety or effectiveness.

2009: Eli Lilly pays $1.4 billion for promoting Zyprexa for off-label uses, often to children and the elderly.
2011: Merck settles for $950 million to resolve fraudulent marketing allegations related to Vioxx.
2005: Serono (now Merck Serono) paid $704 million after pleading guilty to two felony charges for fraudulent marketing related to a growth hormone to treat wasting in HIV patients.
2007: Purdue Pharma paid $634.5 million for fraudulently misbranding Oxycontin, and suggesting it was less addictive and less abused than other painkillers.
2010: Allergan paid $600 million for aggressively pushing Botox for unapproved uses.
2010: AstraZeneca settled for $520 million for trying to persuade doctors to prescribe its psychotropic drug Seroquel for unapproved uses ranging from Alzheimer’s disease and ADHD to sleeplessness and post-traumatic stress disorder (PTSD).
2007: Bristol-Myers Squibb paid $515 million for illegally promoting its atypical antipsychotic drug Abilify to kids and seniors.

Can you truly trust claims from the pharmaceutical industry, when their behavior is more disgusting and unconscionable than drug dealers selling drugs on the street? http://tinyurl.com/aza5ekq

GOOD NEWS - LESS EXERCISE IS MORE

We should all exercise at least five times a week because the act of exercise itself, and the discipline involved in doing it are very healthy for both the mind and body. The added bonus for most people concerned about their appearance is that exercise also contributes to weight loss. Now the really good news for people who find it difficult to find an hour to exercise in a busy day, is that as far as weight loss goes, half an hour of exercise is just as effective.

The new study involved overweight but otherwise healthy men. Half of the men were asked to exercise for one hour every day for three months. The men wore a heart rate monitor and kilojoule counter. The rest of the men did the same thing but they only exercised for half an hour each day. The results showed that after three months the men who exercised for 30 minutes a day lost 3.6 kg of body weight, while those who exercised for a whole hour lost 2.7 kg of body weight. The men who exercised for 30 minutes a day lost 4.0 kg of fat, and the men who worked out for 60 minutes lost 3.8 kg of fat. So more muscle was added by those who exercised more but there was no significant difference in fat loss between the two groups.

THE 6 TYPES OF PILLS BIG PHARMA WANTS YOU HOOKED ON FOR LIFE

In a plea agreement with a federal court, Merck will pay a $321 million fine in exchange for a guilty plea to a misdemeanor for the illegal promotion of Vioxx for the treatment of rheumatoid arthritis, before it was approved for that use. Vioxx caused the deaths of more than 60,000 people, and was withdrawn from the market in 2004 when it became apparent that it was causing heart attacks. Ghostwritten studies appear to have been relied upon to support Merck’s claim that Vioxx was safe and effective. A 2008 editorial published in JAMA questioned whether Merck might have deliberately manipulated dozens of academic documents published in the medical literature, in order to promote Vioxx under false pretenses. Many drugs are now “marketed for perpetuity,” meaning they’re intended to be taken for life. These include ADHD drugs, antidepressants, statins, hormone replacement therapy, proton pump inhibitors, and asthma-control medicines. Sadly most of these drugs come with potential side effects that can be far worse than your original symptoms, and few of them have been definitively proven to actually provide any significant health benefits. In fact, some of these drugs have been found to worsen the very condition they’re meant to treat, and/or cause other serious diseases.

If you broke your arm and were told by the Doctor you would have to wear the plaster for the rest of your life, would you follow that foolish direction? Of course not! That would be stupid. And yet this mentality, or lack of it, is what you are expected to do when your blood pressure or cholesterol is high at the time of the test. Your body is self-healing, if given the chance. It often necessitates lifestyle changes (food intake, quitting smoking, taking exercise etc.), and stress reduction. Drug companies and Doctors don’t tell you that. If you are lead to believe that you must take your medications for the rest of your life, and you comply, both the drug makers and the Doctors prosper, at your expense. [http://bit.ly/KrxY6z](http://bit.ly/KrxY6z)

A TRIPLE-ANTIOXIDANT APPROACH MAY WORK WONDERS FOR HEPATITIS C

The current treatments for hepatitis C are seriously lacking. Interferon and antivirals have less than a 30% response rate, and if your liver is damaged enough to require a transplant, even this will not provide a cure, as the new liver will often become infected. Dr. Burton M. Berkson was among the first to discover a natural treatment regimen. He is an internist and during his training was given several patients who were expected to die from hepatitis C. His job was to merely “babysit” them in the ICU and, basically, watch them die. He did not do that, but rather called his associate at the National Institutes of Health and used a combination of three natural antioxidants. These three patients, who were not expected to live more than a few weeks, completely recovered. What were the antioxidants? Alpha-lipoic acid, Silymarin (milk thistle) and Selenium. Each possesses antiviral, free radical quenching and immune-boosting qualities. Dr. Berkson wrote: “The triple antioxidant combination of alpha-lipoic acid, silymarin and selenium was chosen for a conservative treatment of hepatitis C because these substances protect the liver from free radical damage, increase the levels of other fundamental antioxidants, and interfere with viral proliferation. The 3 patients presented in this paper followed the triple antioxidant program and recovered quickly and their laboratory values remarkably improved. Furthermore, liver transplantation was avoided and the patients are back at work, carrying out their normal activities, and feeling healthy. The author offers a more conservative approach to the treatment of hepatitis C, that is exceedingly less expensive.

One year of the triple antioxidant therapy described in this paper costs less than $2,000, as compared to more than $300,000 a year for liver transplant surgery. It appears reasonable, that prior to liver transplant surgery evaluation, or during the transplant evaluation process, the conservative triple antioxidant treatment approach should be considered. If there is a significant betterment in the patient’s condition, liver transplant surgery may be avoided.”

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**


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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”.