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WHAT IS AN EARTHING™ SLEEP SYSTEM?

Earthing™ Sleep Systems come in several varieties. There is the Recovery Bag especially for sports people or travelers. Then there is the Half Sheet to cover all beds from Single through to King size beds. There is the option of Fitted Sheets to cover all bed sizes. This option is a very common choice due to its practicality. These products are made from beautiful fine cotton and have conductive silver fibers woven through the entire part of the sleeping area of the sheets.

Lying or sleeping on these natural Earthing™ systems connects you to the healing power of the earth during sleep. Earthing™ systems are available from EARTHING HEAVEN on (07) 4636 6100. See our price list and information on all products on our Website at: http://thenaturalmedicalhealthwell.com/earthing-heaven/price-list/

Please note that Mouse Pads are discontinued.
WHY EXERCISE SHOULD BE PART OF STANDARD CANCER CARE
New research suggests oncologists are failing to properly advise their patients on the need for exercise, which some cancer organizations now believe should be part of standard cancer care. Exercising during and after cancer treatment can reduce your risk of dying from cancer; reduce your risk of cancer recurrence; boost energy; and minimize the side effects of conventional cancer treatment. Previous research has shown that breast and colon cancer patients who exercise regularly have half the recurrence rate than non-exercisers.

Exercise helps lower your cancer risk and improve outcome by normalizing your insulin levels; lowering estrogen and testosterone levels; and improving the circulation of immune cells in your blood. Another group of people often discouraged from exercise are those suffering with heart problems, but a Norwegian study suggests even high-intensity interval training can be a safe choice for patients recovering from heart attacks or heart surgery. http://tinyurl.com/9a8ap7w

NEW YORK TIMES AND WALL STREET JOURNAL WARN THAT HOSPITALS ARE KILLING US
Medical errors kill the equivalent of four jumbo jets’ worth of passengers every week, but the death toll is being largely ignored. It’s estimated that up to 30 percent of all medical procedures, tests and medications may be unnecessary – at a cost of at least $210 billion a year (plus the untold cost of emotional suffering and related complications and even death – which are impossible to put numbers on. Urgent reforms are needed to make medical care safer, and simple steps, like installing cameras in hospitals and making hospital performance/ error data public, could have a dramatic effect on patient safety. http://tinyurl.com/8dmv95l

HOW BRAIN DYSFUNCTION CAN CAUSE PSYCHIATRIC DISORDERS
Research has negated the outdated view that once you lose brain function, you cannot retrieve it. Studies into brain plasticity shows that this is not true, and that your brain can indeed recover, repair, and regain functionality that was previously lost. Brain SPECT imaging looks at how your brain works, and can be a tremendously important tool to help diagnose psychiatric problems and help determine the most appropriate treatment plan. Most cases of depression and anxiety are really symptoms of underlying brain dysfunction. For example, depression can arise if brain activity is too low or too high in your frontal lobes. A traumatic brain injury or toxic exposure can also result in symptoms of depression.

Compulsive disorders are typically associated with over-firing in your brain due to a deficit in the neurotransmitter serotonin. You can boost your serotonin levels naturally, using 5-HTP, L-tryptophan, St. John’s Wort, saffron, and exercise. http://tinyurl.com/9a58qtm

Impulsive disorders are typically associated with low activity in the prefrontal cortex, indicating you have trouble inhibiting your behavior. Boosting serotonin levels will worsen this lack of impulse control. Instead, impulsive disorders are best treated with dopamine-boosting strategies. Natural alternatives include green tea, L-tyrosine, and Rhodiola.

CHERRIES MAY HELP REDUCE RISK OF GOUT ATTACKS
In a study of over 600 people with gout, those who ate a ½-cup serving of cherries a day, the equivalent of about 10 or 12 cherries, or consumed cherry extract, had a 35 percent lower risk of a subsequent gout attack. Those who ate more cherries, up to three servings in two days, had an even lower, 50 percent reduction in risk. Cherries contain powerful compounds like anthocyanins and bioflavonoids, which are known to fight inflammation and may help lower your uric acid levels; gout occurs when the metabolic processes that control the amount of uric acid in your blood fail to do their job effectively. The stiffness and swelling are a result of excess uric-acid-forming crystals in your joints. If you have gout, it’s very important to restrict your fructose intake to below 25 grams a day, including from fruit, as fructose drives up uric acid levels in your body. http://tinyurl.com/c6e2bag

WHEN IT COMES TO WEIGHT LOSS, LESS CAN BE MORE
In a recent study, men who exercised at medium intensity for 30 minutes, several times a week, shed two pounds more weight over the course of 13 weeks than those exercising for 60 minutes at the same intensity and frequency. Evidence suggests there may be a “Goldilock’s Zone” when it comes to exercise. “Just enough” boosts your overall energy levels, spurring you to be more active during non-exercising hours (taking stairs, getting out of your office chair more frequently, walking longer distances). “Too much” exercise might actually lead to an increasingly sedentary lifestyle outside of exercise hours, likely due to a combination of exhaustion and inadvertently eating more to compensate for the high calorie expenditure during exercise.
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.

**http://tinyurl.com/cwtaesq**

**WAKING AT NIGHT TIME IS NORMAL. STRESSING ABOUT THAT WAKEFULNESS IS THE PROBLEM**

A growing body of evidence, garnered from both science and history, suggests the eight-hour sleep cycle may not be the most natural arrangement for humans after all. One experiment conducted in the 1990s, for example, seemed to indicate that when completely left to their own devices, people would sleep for four hours, then wake for one or two hours before falling into a second four-hour sleep. More recently, historians have uncovered a wealth of historical evidence that humans in fact used to sleep in two distinct segments. Evidence includes diaries, court records, medical books and literature, in which these two sleep cycles are referred to in such a way as to make it clear that it was common knowledge at the time. According to the BBC News: "... [R]eferences to the first and second sleep started to disappear during the late 17th Century. In 1667, Paris became the first city in the world to light its streets... [B]y the end of the century, more than 50 of Europe’s major towns and cities were lit at night. Night became fashionable and spending hours lying in bed was considered a waste of time.... By the 1920s the idea of a first and second sleep had receded entirely from our social consciousness."

According to Dr. Rubin Naiman, a clinical psychologist, author, teacher, and the leader in integrative medicine approaches to sleep and dreams—one of the most common symptoms of insomnia is a condition called "cognitive popcorn." This is when your mind produces uncontrollable thoughts that keep you awake, and it is one of the most common forms of mental "noise." Other forms of noise include physical noise such as pain, discomfort, indigestion, or residual caffeine from drinking coffee too late in the day, and "environmental noise," such as a snoring partner, music, lights, or a bedroom that’s too warm. **http://bit.ly/LZPJ1F**

**ARE PEOPLE WITH PETS HAPPIER AND HEALTHIER?**

In a study of ‘everyday people’ conducted by psychologists at St. Louis University and the University of Miami (Ohio), it was determined pet owners have better well-being outcomes and individual differences than folks who don’t share their lives with companion animals.

According to lead researcher Allen R. McConnell: "Specifically, pet owners had greater self-esteem, were more physically fit, tended to be less lonely, were more conscientious, were more extroverted, tended to be less fearful and tended to be less preoccupied than non-owners." **http://tinyurl.com/3ovqgho**

**EARTHING HEAVEN - HOME of Earthing™ Day Spa Substitute Systems (EDS3).**

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

**4636 6100**


**www.no-more-crazings.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”.

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