CHINESE MEDICINE BOOSTS HEARING RECOVERY AFTER SUDDEN DEAFNESS

Intravenous administration of a natural antioxidant used in Chinese medicine significantly improves the recovery of hearing after sudden deafness (SD) compared with standard therapy, the results of a Chinese study indicate.

“The results of this study demonstrated RA [Radix Astragali] is useful for sudden deafness, and the possible mechanism may be its antioxidant property,” say Min Xiong, from Guangzhou General Hospital of Guangzhou Military Command, and colleagues.

Adding that the therapy has been employed for the management of SD in their department since 2005, the researchers note: “RA has been widely used in China for thousands of years, and no harmful side effects have been reported.”

The team treated a total of 92 patients with sudden onset of sensorineural hearing loss with intravenous dexamethasone at 0.2 mg/kg/day and hyperbaric oxygen therapy for 10 days. In addition, 46 of the patients received intravenous RA at 0.5 ml/kg/day during the 10-day treatment period. Each 10 ml
injection of RA contained 20 g of crude medication astragalus membranaceus. The researchers report in the American Journal of Otolaryngology-Head and Neck Medicine and Surgery that the average hearing gain in terms of pure tone average was significantly greater in the RA group than in patients who did not receive RA, at 36.2 versus 21.1 dB.

Furthermore, the results demonstrated that the hearing gain at 250, 500, 1000, 2000, and 4000 Hz compared with baseline was significantly greater in patients treated with RA than those who did not receive the treatment, at 46.2 versus 30.7 dB, 35.4 versus 20.1 dB, 35.6 versus 21.9 dB, 32.5 versus 18.4 dB, and 30.1 versus 17.8 dB, respectively.

“The recovery of hearing was significantly better after treatment of RA than non-treatment of RA,” the researchers report. “RA can be valuable concurrent therapy for patients with SD.”

90 PERCENT OF MELANOMA SURGERIES ARE UNNECESSARY, STUDY FINDS

A new report claims that 90 percent of melanoma surgeries are actually unnecessary removals of benign lesions, raising questions about the accuracy of the “melanoma epidemic.” The report highlights the necessity to get a second, and perhaps even a third opinion from a specialized clinic before going under the scalpel. The American Academy of Dermatology recently made the bizarre claim that “UV rays are not very efficient in creating vitamin D in the skin”.

However, no corroborating evidence has been produced to back up this provocative statement. UVB exposure has a number of other health effects unrelated to vitamin D production, including enhancement of mood and energy, melatonin regulation, suppression of MS symptoms, and the treatment of skin diseases. Exposure to UVB light may also be protective against melanoma (the most lethal form of skin cancer), whereas UVA radiation is associated with skin damage.

http://tinyurl.com/cp2phpr

EXERCISE HELPS YOUR IMMUNE SYSTEM PROTECT AGAINST FUTURE CANCERS

In a three-month long study, exercise was found to alter immune cells into a more potent disease-fighting form in cancer survivors who had just completed chemotherapy. Researchers and cancer organizations increasingly recommend making regular exercise a priority in order to reduce your risk of cancer, and help improve cancer outcomes. Exercise also lowers your risk for cancer by reducing elevated insulin levels. This creates a low sugar environment that discourages the growth and spread of cancer cells. Research has also found evidence suggesting exercise can help trigger apoptosis (programmed cell death) in cancer cells. Exercise tips for cancer patients, and other important cancer prevention guidelines are included if you follow the link - http://tinyurl.com/d2gmmnn

MENOPAUSAL WOMEN IN SPAIN CHOOSE NATURAL REMEDIES OVER DRUGS

More and more Spanish women are shunning conventional drugs in favor of natural therapies to treat menopause symptoms. According to figures released by the Spanish Association of Menopause Study (AEEM), 40% of menopausal women are now choosing non-chemical treatments. The menopause, when a woman’s body stops producing the sex hormone oestrogen, can begin as early as the age of 45 and typically causes mood swings, hot flushes and deterioration in skin quality due to collagen loss.

The AEEM is working to promote natural treatments, which are made from organic materials but imitate the effects of oestrogen, following an increase in the number of studies which prove they are safe and effective. “Along with conventional medicine there are safe and effective therapies which are completely natural,” said singer Soledad Gimenez, 49, who works to improve the public’s perception of older women.

Source: www.theolivepress.es

USE OF CHINESE MEDICINE AND SUBSEQUENT SURGERY IN WOMEN WITH UTERINE FIBROID

Background: Chinese medicine (CM) has been used to relieve symptoms relevant to uterine fibroids.

Objective: This study investigated the association between the use of CM and the incidence of uterine surgery in women with uterine fibroids.

Subjects and Methods: This retrospective cohort study extracted records for 16,690 subjects diagnosed with a uterine fibroid between 2000 and 2003 from the National Health Insurance reimbursement database. The risk factors for surgery were examined via Cox proportional hazard analysis, and the difference in incidence of surgery between CM users and nonusers was compared using incidence rate ratios (IRRs) derived from Poisson’s models.

Results: After an average follow-up period of 4.5 years, the cumulative incidence of uterine surgery was significantly lower in CM users than CM nonusers (P <
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.

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”.

WHY TAKING ANTIBIOTICS DURING PREGNANCY IS A BAD IDEA
Recent research shows children whose mothers took antibiotics during their pregnancy were more likely to develop asthma, compared to those whose mother did not take antibiotics. Children predisposed to asthma due to their mother having the condition were twice as likely to develop asthma if their mother used antibiotics during the third trimester, compared to those whose mother did not use antibiotics.

The baby gets his or her first "inoculation" of gut flora from the mother’s birth canal during childbirth, which is why a mother’s use of antibiotics during pregnancy may predispose the child to asthma and a variety of other ailments, including neurological dysfunction and autoimmune disorders.

The frivolous use of antibiotics, not just in medicine, but also in food production, is the root cause of skyrocketing antibiotic resistance. Between the years of 1993 and 2005, the number of Americans hospitalized due to the antibiotic-resistant “superbug” MRSA skyrocketed from about 2,000 to 370,000. Currently, MRSA and other antibiotic-resistant infections kill about 60,000 Americans annually, and account for billions of dollars in health care costs.

http://tinyurl.com/ale4oz2

SAFE NATURAL DEODORANT
Most underarm deodorants contain aluminium derivatives, which are known to be carcinogenic and associated with breast cancer and other cancers, and may likely contribute to Alzheimer’s disease. Before commercial aluminium-containing deodorants took centre stage, lemon juice was used as a natural underarm deodorant. It works by fighting the bacteria that cause underarm odour and by making the pH balance of your underarm skin more acidic. Why not give it a try. You may have to dilute fresh lemon juice if you have sensitive skin. The best bet is to make up your juice and dab a few drops on both wrists where women dab perfume, at night time just before going to bed. In the morning if there is no redness, swelling or whelting then it is most likely your underarms will accommodate it without any problems.


SCALP ACUPUNCTURE BENEFICIAL IN COMPLEX REGIONAL PAIN SYNDROME
Case studies of two injured American soldiers have shown that scalp acupuncture can relieve pain and restore function and sensation in complex regional pain syndrome (CRPS). CRPS can result from trauma or surgery and causes symptoms including neuropathic pain, allodynia, changes to sweating and decreased range of motion.

CRPS is often difficult to manage effectively and, if not recognised early, can result in significant debility. Two subjects who had been diagnosed with CRPS after sustaining upper extremity injuries during military operations, and who had failed to respond to conventional treatment, received Chinese scalp acupuncture (CSA) once or twice a week for one to four weeks. CSA resulted in improvement in pain scores by over 80% in both soldiers, and decreased sensory changes and improved function were also noted. Treatment response was found to be sustained at 20-month follow-up with no recurrence. (Chinese scalp acupuncture relieves pain and restores function in complex regional pain syndrome.


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