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In this Newsletter I include recent research on the treatment of neck and back pain, truth about cholesterol, Flu vaccinations, Erectile Dysfunction, treating inflammation, helping Multiple Sclerosis (MS) and the benefits of cheese. So, whatever your health interest may be, there is vital information for you.

ACUPUNCTURE AS GOOD AS NSAIDS FOR CHRONIC NECK AND LOW BACK PAIN FROM DISC PROBLEMS

Do you suffer from chronic neck or low back pain due to damaged discs? Acupuncture is a promising therapeutic option for the management of radicular pain of discogenic origin, according to Turkish researchers. Eighty patients, referring with acute...
radicular pain of either lumbar or cervical origin, were randomly assigned to receive either nonsteroidal anti-inflammatory drug (NSAID) therapy with tenoxicam (Mobiflex) or acupuncture. In patients with cervical discopathy, acupuncture was carried out at bilateral Weizhong BL-40, Fengchi GB-20 and ashi points 0.5 cun lateral to midline at the levels of C4-6 or C5-7. These patients also received intradermal needles at auricular points Shenmen and Cervical Vertebrae. In patients with lumbar discogenic pain, acupuncture needles were inserted bilaterally at Shenshu BL-23, Dachangshu BL-25, Ciliao BL-32, Weizhong BL-40, Zhishi BL-52 and Yanglingquan GB-34 bilaterally. Auricular points Shenmen and Lumbosacral Vertebrae were also stimulated using intradermal needles. The results showed that, for radiculopathy of lumbar origin, the short and long term pain relieving effects of acupuncture were similar to NSAID therapy. In cases with cervical discopathy, the pain relieving effects of acupuncture were similar to those of NSAIDs in the long term, however in the short term acupuncture was significantly more effective than NSAID therapy. (Effectiveness of acupuncture with NSAID medication in the management of acute discogenic radicular pain: a randomised, controlled trial. J Anesthe Clinic Res 2012, Mar 24;3:3).}

**ACUPUNCTURE FOR ACUTE BACK PAIN**
A Spanish multicentre trial investigating acupuncture for the treatment of acute back pain has found real, sham and placebo acupuncture to be effective, with all three better than conventional treatment alone. A total of 275 patients with non-specific acute low back pain were assigned randomly to four different groups: conventional treatment alone (advice, plus analgesics as required) or complemented by five sessions over a two-week period of either true acupuncture (a flexible, semi-standardised treatment protocol), sham acupuncture (at points considered non-specific for back pain) or placebo acupuncture (with non-penetrating needles). A positive result was judged to be a reduction in back pain disability scores of thirty-five percent or more after two weeks of treatment. Analysis of the results showed that patients receiving both true and sham acupuncture were five times more likely to have experienced a positive result at the end of two weeks. Those who had received placebo acupuncture were about 2.5 times more likely to have responded positively to treatment. (Acupuncture in patients with acute low back pain: A multicentre randomised controlled clinical trial. Pain. 2012 Sep;153(9):1883-9).

**CHOLESTEROL PLAYS KEY ROLE IN CELL SIGNALING**
Recent research revealed that cholesterol plays a key role in regulating protein pathways involved in cell signaling and may also regulate other cellular processes. It’s already known that cholesterol plays a critical role within your cell membranes, but this new research suggests cholesterol also interacts with proteins inside your cells, adding even more importance. Having too little cholesterol is actually a verifiable risk to your health and may impact your brain health, hormone levels, heart disease risk and more. Placing an upper limit on dietary cholesterol, especially such a LOW upper limit as is now recommended, is likely causing far more harm than good; cholesterol-rich foods like eggs and butter are quite healthy for most people. Drug companies have kept the lie about the danger of high cholesterol going to fill their coffers at the expense of healthy patients. Serge Gracovetsky summed it up accurately when he said “Medicine is perhaps the only human activity in which an attractive idea will survive experimental annihilation.” [http://tinyurl.com/a3tytwv](http://tinyurl.com/a3tytwv)

**FLU VACCINE MAY CAUSE THE SLEEP DISORDER NARCOLEPSY**
One of the most recent examples of the devastating harm that can occur from widespread use of a single vaccine dose are the side effects of the 2009-2010 flu vaccine, which caused some 800+ cases of narcolepsy in Sweden and other European countries.23

As reported by Reuters on January 31:24
"The findings, which have not yet been published in full, are the first firm evidence in Britain that the flu vaccine, called Pandemrix, is linked to narcolepsy cases in children. Research in Finland, Sweden and Ireland has already found clear associations... In a research summary... seen by Reuters, the British researchers say 'the increased risk of narcolepsy after Pandemrix suggests a causal association consistent with reports from Finland and Sweden.'

The abstract shows that the research team, led by Liz Miller, a consultant epidemiologist at the UK Health Protection Agency (HPA), found an almost 10-fold increased risk in cases of the sleep disorder in children seen in sleep centers who had been immunized with Pandemrix." [http://tinyurl.com/b3esh7b](http://tinyurl.com/b3esh7b)

**WHY ERECTILE DYSFUNCTION CAN SIGNAL HEART DISEASE**
Even slight problems maintaining an erection can be a sign of serious health problems elsewhere in your body, namely in your heart. Men with erectile dysfunction (ED) have an increased risk of heart-related problems, including heart failure, stroke and
heart disease, according to new research. Even among those with mild ED, the risks of certain heart problems, as well as the risk of dying prematurely from any cause, was greater than in those without.

Erectile dysfunction appears to be an important biomarker for heart disease, which means if you have it you need to get your heart health checked out right away by a qualified health care practitioner. There are a number of lifestyle choices and supplements that can contribute to restoring healthy sexual function without resorting to potentially dangerous drugs like Viagra. [http://tinyurl.com/balr697](http://tinyurl.com/balr697)

**NATURAL WAYS TO TREAT PAIN AND INFLAMMATION**

**Get Grounded or Earthed.** Lack of grounding, due to widespread use of rubber or plastic-souled shoes, is likely contributing to chronic inflammation today. When you walk on the earth barefoot there is a massive transfer of beneficial electrons that serve as potent antioxidants. Experiments show that walking barefoot upon the Earth produces beneficial changes in your body, including decreased pain and inflammation. So, do yourself a favor and put your bare feet upon the sand or dewy grass to harness the healing power of the Earth. The full range of Grounding Products can be purchased from Earthing Heaven on 4636 6100.

**Boswellia,** also known as boswellin or "Indian frankincense," is an herb that is particularly useful for arthritis pain and inflammation. [http://tinyurl.com/bmcn2xl](http://tinyurl.com/bmcn2xl)

**ACUPUNCTURE BENEFITS MS PATIENTS**

A pilot study carried out in Brail provides evidence that electro-acupuncture (EA) can significantly improve quality of life for patients with relapsing-remitting multiple sclerosis (RRMS). Thirty-one RRMS patients undergoing treatment with immunomodulators were randomly distributed into experimental and placebo groups, which received either true EA (TEA) or sham EA (SEA) once a week for 30 minutes per session, over six consecutive months. A single treatment protocol was developed for all patients, using acupuncture points reported to stimulate the immune system. For the experimental group, needles were inserted bilaterally at acupoints Zusanli ST-36, Sanjinyao SP-6, Hegu L.I.-4 and Quchi L.I.-11, with a ninth needle inserted at Yintang N-HN-3. In the SEA group, needle insertion was superficial, located one centimetre away from the points used for the TEA group and no electrical stimulation was given. TEA was found to enhance various aspects of patients’ quality of life, including a significant reduction in subjective pain and depression scores. In addition participants in the TEA group reported improvements such as better sleep and appetite, reduced incontinence and constipation, and disappearance of leg spasms during treatment. (Impact of electroacupuncture on quality of life for patients with Relapsing-Remitting Multiple Sclerosis under treatment with immunomodulators: A randomized study. BMC Complement Altern Med. 2012 Nov 5;12(1):209).

**PROTECT YOUR HEART, BRAIN AND BONES WITH CHEESE**

Cheese contains the powerful nutritional triad of calcium, vitamin D and vitamin K2, which together channel calcium into your bones and teeth while keeping it out of your arteries; this, combined with its omega-3 fats, make cheese a very heart-healthy food. The cheese you select should be made from high-quality milk, ideally raw organic milk from grass-pastured animals that are never fed grain or soy; avoid processed “cheese foods” as they contain chemical additives. Recent concerns about the salt content of natural cheese are overblown when compared to the massive sodium levels in processed food, especially when you take into account how much processed food people typically consume.

Excellent cheese picks due to their high Vitamin K2 levels are Edam, Gouda, and brie, but cheddar, Colby, hard goat cheese, Swiss and Gruyere are good choices as well. Reference: [http://tiny.cc/pmv3yw](http://tiny.cc/pmv3yw)

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