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In this Newsletter I include recent research on the treatment of every type of medical condition imaginable. So, whatever your health concern might be, there is vital information here for you or for one of your loved ones.

**ACUPUNCTURE SOOTHER DRY EYES**

Acupuncture out-performs artificial tears in the treatment of dry eye syndrome, according to South Korean researchers. The team enrolled 150 patients with moderate to severe dry eye in a multi-centre randomised controlled trial. Participants were randomly allocated to receive either acupuncture treatment (at Zanzhu BL-2, Yangbai GB-14, Sizhukong SJ-23, Chengqi ST-1, Fengchi GB-20, Hegu L.I.-4, Quchi L.I.-11, Yintang N-HN-3 and Shangxing DU-23), or to an active control group that received treatment with artificial tears (sodium carboxymethylcellulose), for four weeks. At the end of the treatment period both groups showed similar improvement in subjective dry eye symptom scores and quality of life. However, tear film break-up time (an objective ophthalmological test for assessing tear film stability) was found to have increased significantly following acupuncture, compared with artificial tears. In addition, eight weeks after the end of treatment, the acupuncture group
demonstrated a significant improvement in dry eye symptoms compared with the artificial tears group. (Acupuncture for the treatment of dry eye: a multicenter randomised controlled trial with active comparison intervention [artificial teardrops].


**ACUPUNCTURE WITH DEQI CAN IMPROVE MUSCLE RECOVERY IN BELL’S PALSY**

Acupuncture that elicits the sensation of deqi can improve facial muscle recovery, disability and quality of life for patients with Bell’s palsy. In a randomised controlled trial, Chinese researchers compared the efficacy of weak versus strong acupuncture stimulation in a group of 338 patients presenting with unilateral facial-nerve weakness within 168 hours of symptom onset. Patients were randomly assigned to a deqi or control group. Both groups received acupuncture based on TCM principles. Acupoints included Yangbai GB-14 (affected side), Dicang ST-4 (affected side), Jiache ST-6 (affected side), Xiaguan ST-7 (affected side), Yifeng SJ-17 (affected side) and Hegu L.I.-4 (contralateral). In the deqi group, needles were manipulated manually until deqi was achieved, whereas in the control group, needles were inserted without any manipulation. Both groups received twenty 30-minute treatment sessions (five sessions per week for four weeks). All patients also received prednisone as a basic treatment. At six-month follow-up, facial nerve function, disability and quality of life were all found to be significantly better in patients in the deqi group than in the control group. In addition, the more intense deqi sensations were associated with better therapeutic results. (Effectiveness of strengthened stimulation during acupuncture for the treatment of Bell palsy: a randomized controlled trial.

Reference: CMAJ. 2013 Apr 2;185(6):473-8).

**GOOD TEETH LEADS TO GOOD MEMORY**

A healthy mouth and healthy teeth has been linked to a range of other positive health outcomes and now a new study has even suggested that keeping our teeth and gums healthy can protect against Alzheimer’s Disease. This was established by researchers who examined brain tissue donated by patients with dementia and compared it to brain tissue from patients without dementia. Their analysis showed that the brains of patients with dementia showed the presence of products from the bacteria *Porphyromonas gingivalis*. This is the first time that *P. gingivalis* has been documented in the brains of people with dementia and Alzheimer’s. This bacterium is frequently associated with chronic gum disease and the bacteria enter the blood stream from activities like eating, tooth brushing, and invasive dental treatment.

The theory of these researchers is that every time the bacteria reach the brain they trigger an immune response by already sensitised brain cells causing them to release chemicals that kill neurons eventually leading to confusion, worsening memory, and eventually dementia. Whether unhealthy teeth and gums can cause Alzheimer’s in an otherwise healthy person remains to be seen but there certainly seems to be a link of some sort at play. At the least this is another motivation to brush and floss, provided you can remember to do it of course! Reference: http://www.wellbeing.com.au/newsdetail/Good-teeth-good-memory_000989

**AVOID PRESCRIPTION DRUGS AND LIVE LONGER**

Avoiding drugs and the conventional medical system is a good idea if you want to live a long and healthy life. According to data collected by the National Center for Health statistics, poisoning by prescription drugs has now surpassed car accidents as the leading cause of accidental death in the United States. The most commonly abused prescription painkillers (including OxyContin, Vicodin, Xanax, and Soma) now cause more deaths than heroin and cocaine combined.

Making sure your doctor is properly accredited is also important when you seek medical care. According to a book about degree mills, there are well over 5,000 doctors operating with fake medical degrees in the U.S., and people have died as a result. Additionally, more than half of all PhD degrees in the U.S. are reportedly fakes. http://tinyurl.com/af5h72f

**THE ONSLAUGHT OF THE “EMFS”**

Today, every person on the planet is enveloped in radioactive electromagnetic field (EMF) pollution or "electrosmog". Where does it come from? For starters, let's look at your home. The wiring in your walls and outlets create an ever-present electromagnetic field in the room. Nearby power lines radiate even more EMF exposure into your home. Household appliances and lighting, especially "energy-saving" computers, refrigerators, plasma TVs, compact fluorescent light bulbs, and dimmer switches produce a particularly harmful dose of EMFs. When these energy-efficient electronics and appliances tamp down the electrical current, they create a wildly fluctuating and potentially dangerous electromagnetic field.

High-frequency voltage transients, or "dirty electricity,” results and radiates into your home. These EMFs can also back up along your wiring all the way to...
the utility, infecting every energy customer in between. Add in all the everyday things you use – alarm clock, electric razor, hair dryer, electric toothbrush – and you're literally cluttering your living environment with toxic doses of EMFs. http://tinyurl.com/acfufh4

PRESCRIBED DRUGS NOW SHOWN TO BE KILLING PATIENTS
The US FDA is investigating a potential link between a commonly used class of diabetes drugs known as DPP-4 inhibitors and pre-cancerous changes to the pancreas. Additionally, previous studies have also indicated a connection of thyroid, colon, melanoma, and prostate cancer. FDA is adding a new heart-risk warning to the label of Zithromax (Z-Pak), a commonly used antibiotic used to treat bronchitis, pneumonia and other serious infections that can trigger lethal heart arrhythmias.

Research found that Zithromax increases your chances of dying from a cardiovascular event by 250 percent within the first five days of usage, compared to taking amoxicillin. Those who already have heart problems are at even greater risk of dying from the drug, which parallels Vioxx that had killed 60,000 people by the time it was removed from the market in 2004. All antibiotics, and especially the more potent ones like the Z-Pak, decimate your gut flora, which in turn leaves you with a sorely weakened immune system until the beneficial bacteria in your gut has time to repopulate. If you must use an antibiotic, make sure to reseed your gut with probiotics, either from fermented foods or a high-quality probiotic supplement. http://tiny.cc/hpes1w

WOMEN BEWARE: MOST FEMININE HYGIENE PRODUCTS CONTAIN TOXIC INGREDIENTS
When chemicals come in contact with your skin, they are absorbed straight into your bloodstream without filtering of any kind, going directly to your delicate organs. Feminine hygiene products such as tampons and sanitary pads are an oft-ignored source of a variety of potentially toxic ingredients, including genetically modified organisms and pesticides.

Manufacturers of tampons and sanitary pads are not required to disclose the ingredients used in their products. One conventional sanitary pad contains the equivalent of about four plastic bags. A number of plasticizing chemicals have been linked to endocrine disruption and disease processes associated with heart disease and cancer. Conventional tampons and pads may also contain dioxins, synthetic fibers and petrochemical additives. Tampons can react with bacteria in your body to create the ideal environment for bacteria to flourish, triggering potentially fatal toxic shock syndrome (TSS). http://tiny.cc/jres1w

DOES A PEPPER A DAY KEEP PARKINSON’S AWAY?
Surprisingly, despite the dramatically increased risk of cancer and related adverse health effects associated with smoking cigarettes, smoking has actually been found to be associated with a reduced risk of Parkinson’s disease, a neurodegenerative disorder of the central nervous system. The most obvious symptoms of Parkinson’s are movement-related, e.g. shaking and rigidity. This apparently beneficial link with smoking is often attributed to the neuroprotective effect of the nicotine in cigarettes. Certain foods contain natural amounts of nicotine, including peppers, which researchers recently found may also reduce the risk of Parkinson’s.

Eating peppers – but not other vegetables in the Solanaceae family -- was associated with a 19% lower risk of Parkinson’s disease in a new study. The association was strongest among those who had never smoked, and it’s thought the nicotine naturally found in the peppers may have a neuroprotective benefit. Although Parkinson’s disease is said to have no known cause, eating a varied whole-foods diet that includes healthful veggies like peppers appears to be one simple way to lower your risk. Avoiding exposure to environmental toxins like pesticides, industrial solvents and mercury is also important in avoiding Parkinson’s. http://tiny.cc/3ves1w

For more information on acupuncture or to make an appointment give us a call on 4636 6100.

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”.