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I am sending this Newsletter sooner than normal because I will be in Texas, USA at the time of my next mail-out and did not want you to miss out on valuable health information that could benefit you or your loved ones. 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.

**COPROPHAGIA: DOES YOUR DOG HAVE THIS NASTY HABIT? WHAT TO DO...**

A health concern of many dog owners is coprophagia, which is the scientific term for stool eating. Other than a mother dog or cat who eats the feces of her litter as a protection mechanism, poop eating is considered an abnormal (not to mention repulsive) behavior. Dogs eat stool for a variety of reasons that can have either a medical or behavioral cause. Medical causes can include an enzyme deficiency, pancreatic insufficiency, intestinal malabsorption, and GI parasites. Dogs on dry food diets will often develop coprophagia as a way to make up for a chronic enzyme deficiency.

Behavioral causes can include anxiety, stress, and living in situations in which food is scarce. The...
behavior can also be learned from other dogs. A small study conducted at the University of California, Davis last year revealed that poop eaters tend to live in multi-dog households and are “greedy eaters.” Researchers concluded the habit may have developed from an innate drive to keep the den clean and protect pack members from intestinal parasites.

Tips for pet owners with coprophagic dogs include providing species-appropriate nutrition, picking up dog feces immediately, insuring your dog doesn’t have access to litter boxes, and making sure your pet gets sufficient exercise and mental stimulation.

REFERENCE: http://tiny.cc/xfs81w

**MIGRAINES - WHAT CAUSES THEM, AND HOW YOU CAN BEST ADDRESS THEM**

Migraine is one of the most common health conditions in the world—more prevalent than diabetes, epilepsy and asthma combined. An estimated 13 percent of the world’s population suffer with migraine. An observational study recently found that people who get migraines have a different blood vessel structure in their brains compared to those who do not get migraines, causing greater asymmetry in hemispheric cerebral blood flow. Environmental factors appear to play a significant role in triggering a migraine attack.

This includes certain foods and drinks, hormonal changes, stress, external stimuli like scents or lights, dehydration and changes in sleep cycle. Both aspartame and MSG are notorious for causing headaches and triggering migraines. Aspartame can also trigger other neurological symptom such as visual disturbances and tingling in the extremities. Preventing migraines begins by avoiding the triggers. Most often this means eating healthy whole foods (avoiding most processed ones) and managing your stress effectively. Following my eating plan seems to reduce migraines by about 80 percent.

Acupuncture is also very successful in helping to treat migraines. Give us a call if you want more information about acupuncture treatment for migraines.

REFERENCE: http://tiny.cc/jhs81w

**WHY YOU SHOULD AVOID AFTERNOON SURGERY**

A study conducted by Duke University researchers found that adverse events related to surgical anesthesia were more frequent for surgeries started between 3 pm and 4 pm than they were for those that began early in the morning, at 7 am. Adverse events such as nausea, vomiting and postoperative pain were more common in the afternoon surgeries, as were administrative delays, such as waiting for laboratory test results, doctors running late and rooms not being ready on time, all of which have the potential to ultimately increase adverse events.

Natural dips in circadian rhythm, fatigue, and shift changes may all play a part in why afternoon surgeries may be more prone to adverse events. My number one suggestion is to be proactive by leading a healthy lifestyle and thereby avoiding the need to go to a hospital in the first place, unless it’s an absolute emergency and you need life-saving medical attention. Weekends and the month of July in the USA are also better off avoided. According to a 2010 report in the *Journal of General Internal Medicine*, lethal medication errors consistently spike by about 10 percent each July, particularly in teaching hospitals, due to the inexperience of new residents. Also be cautious of weekends. For more detailed information see the link: http://thenaturalmedicalhealthwell.com/resources/avoid-afternoon-surgery/

**VACCINE PROPAGANDA HEATS UP—THE LATEST SCANDALS YOU NEED TO BE AWARE OF**

Three recent studies severely challenge the claim that the flu vaccine will protect you against the flu. A multicenter study by researchers in eight European countries indicated that overall vaccine effectiveness against influenza A/H3N2 in the first months of the season was 38%, but after mid-February, it dropped to -1%. Norwegian researchers blame vitamin D deficiency for the latest flu epidemic in the Netherlands. You can prevent the flu and other flu-like diseases using dietary interventions, making sure your vitamin D and gut flora are optimized, being more meticulous about washing your hands, getting enough exercise and sleep, and taking natural antibiotics like oil of oregano and garlic. Twenty-one percent of American parents are now delaying or refusing some or all of the recommended childhood vaccines.

http://tinyurl.com/b3esh7b

**THE HEALTH BENEFITS OF MUSHROOM CONSUMPTION**

Mushrooms contain some of the most powerful natural medicines on the planet. About 100 species are being studied for their health-promoting benefits, and about a half dozen really stand out for their ability to deliver a tremendous boost to your immune system. Nine recently presented studies on mushrooms detail a wide variety of health benefits, including: improved weight management, improved nutrition, increased vitamin D levels, and improved immune system function. One of the active medicinal compounds found in Cordyceps has been identified as a potential cancer drug. More recent studies suggest it also has
potent anti-inflammatory characteristics that may be helpful for those suffering from: asthma, rheumatoid arthritis, renal failure, and stroke damage. It’s important to eat ONLY organically grown mushrooms because they absorb and concentrate whatever they grow in. Mushrooms are known to concentrate heavy metals, as well as air and water pollutants, so healthy growing conditions is a critical factor. Mushrooms that can help boost the nutrient content of your diet include: shiitake, reishi, cordyceps, turkey tail, and Himematsutake. 

REFERENCE: http://tiny.cc/1ks81w

ACUPUNCTURE TREATMENTS CAN IMPROVE TINNITUS

An Iranian study suggests that acupuncture can improve tinnitus. Fifty-four patients who suffered from tinnitus, but did not show any structural ear abnormalities, were allocated to receive either verum or placebo acupuncture (with non-penetrating placebo needles). Acupoints used included the points Yifeng SJ-17, Tinghui GB-2, Tinggong SI-19 and Ermen SJ-21, plus additional points based on each individual patient’s TCM diagnosis. Patients received 10 sessions of verum or placebo acupuncture every other day, and completed tinnitus and mental health questionnaires before treatment commenced and again after sessions 5 and 10. After the 5th and 10th sessions of treatment, tinnitus severity and loudness were found to have decreased significantly in the acupuncture group only. Quality of life also improved in the acupuncture group after treatment. 


ACUPUNCTURE PROVIDES ADDITIONAL BENEFIT FOR IBS

A large trial of acupuncture for irritable bowel syndrome (IBS) has shown that the treatment has significant benefits. British researchers enrolled 233 patients who had suffered from IBS for an average of 13 years. Half the patients received 10 weekly, individualised acupuncture sessions in addition to usual care, while the other half continued with usual care alone. Seven primary and eight secondary TCM patterns were identified among the 113 patients allocated to acupuncture. These were combined in various ways to produce unique TCM diagnoses for 84% of patients. Liver qi stagnation and damp-heat were the most commonly reported patterns. Acupuncture was administered by experienced acupuncturists, according to each patient’s individual TCM presentation. A common core of points (Hegu L.I.-4, Taichong LIV-3, Zusanli ST-36 and Sanyinjiao SP-6) was used in over 50% of treatments. Acupuncturists were also allowed to use some non-needle techniques consistent with their routine practice; most common were moxibustion (13% of patients), tuina (9%) and acupressure (6%). In addition, acupuncturists were allowed to provide lifestyle advice (with a restriction against probiotics). In total, 68% of patients received lifestyle advice, most commonly concerning diet (56%), stress management (24%) and exercise (6%). At three months from baseline, the results showed a statistically significant difference between the two groups in favour of acupuncture, with a reduction in the IBS Symptom Severity Score (SSS), a validated measure that combines the key symptoms of IBS. With successful treatment being defined as at least a 50-point reduction in the IBS SSS, the results showed a 49% success rate in the acupuncture group against 31% in the control group, which was found to persist up to 12 months. 


WALNUTS IMPROVE SPERM HEALTH

In Chinese herbal medicine, walnuts are ascribed the function of tonifying the Kidneys which, among other things, govern sexual function and fertility. Now a study has found that regular consumption of walnuts can improve sperm count, morphology, motility, vitality and chromosomal abnormalities.


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