In this Newsletter I include recent research on the treatment of every type of medical condition imaginable. So, whatever your health concern might be, one of my Newsletters will contain the vital information you have been seeking.

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Linda and I had a delightful time during our 22 day holiday in Texas, USA and Mexico. The choice of healthy foods in the USA is amazing, with about 30 choices of flavored Kefir alone in one store. That means that instead of consuming 3 different fermented foods per day to get the variety of probiotic bacteria required, the Kefir ALONE would suffice as it contained 10 – 12 different bacteria. Amazing!
BLOOD FLOW CHANGES DUE TO ACUPUNCTURE DO FOLLOW TRADITIONAL POINT INDICATIONS

Japanese investigators have used colour doppler ultrasound imaging (CDI) to non-invasively evaluate haemodynamic changes caused by acupuncture. The authors hypothesised that, based on traditional point indications for Taichong LIV-3 (‘regulating the blood’ and ‘opening into the eyes’), that stimulating this acupoint would affect blood flow in the peripheral vasculature and the retrobulbar arteries (located behind the eyes). By comparison, since Zusanli ST-36 is traditionally associated with the function of organs of the gastrointestinal tract, the authors hypothesised that acupuncture at this point would affect blood flow in the superior mesenteric artery (SMA) which supplies the small intestine. They found that, in healthy volunteers, blood flow in the peripheral arteries of the upper limb was significantly lower during needle stimulation at LIV-3 compared with before, but significantly higher after needle stimulation, compared with before. LIV-3 stimulation also resulted in a significant decrease in the vascular resistance of the short posterior ciliary artery of the eye, however it had no significant effect on blood flow through the superior mesenteric artery (SMA). In contrast, stimulation at ST-36 resulted in a significant increase in blood flow through the SMA and no significant change in the vascular resistance of the retrobulbar arteries. A further experiment, carried out in 11 patients with open-angle glaucoma found that acupuncture using a previously determined protocol (BL-2, Taiyang M-HN-9, ST-2, ST-36 SP-6, KID-3, LIV-3, Fengchi GB-20, BL-18, and BL-23) led to a significant reduction in the vascular resistance of the central retinal artery and short posterior ciliary artery. Put another way, acupuncture points DO treat and affect the specific areas that the ancients had determined. (Evaluation of the effects of acupuncture on blood flow in humans with ultrasound color Doppler imaging. REFERENCE: Evid Based Complement Alternat Med. 2012;2012:513638. Epub 2012 Jun 21).

ANTIBIOTICS DURING PREGNANCY LINKED TO ASTHMA IN KIDS

Antibiotic-resistant disease is not the only danger associated with the misuse of these drugs. Excessive exposure to antibiotics also takes a heavy toll on your gastrointestinal health, which can predispose you to virtually any disease. Abnormal gut flora may actually be a major contributing factor to the rise in a wide variety of childhood diseases and ailments. For example, recent research from Denmark shows that children whose mothers took antibiotics during their pregnancy were more likely to develop asthma, compared to those whose mother did not take antibiotics. Taking other risk factors into account, the researchers estimated that children exposed to antibiotics were 17 percent more likely to be hospitalized for asthma before the age of five.

Children who were already 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. While the study cannot tell us whether the asthma was the result of the antibiotic or the infection itself, the increased asthma risk found does support the theory that probiotics — beneficial bacteria residing in your gut, which are decimated by antibiotics — play a role in the development of asthma. Co-author Dr. Hans Bisgaard told Reuters Health: "We speculate that mothers' use of antibiotics changes the balance of natural bacteria, which is transmitted to the newborn, and that such unbalanced bacteria in early life impact on the immune maturation in the newborn."

Indeed, one of the most important prerequisites for your newborn is establishing a healthy gastrointestinal tract. Regardless of age, your gut is your first line of defense in terms of immunity. The baby gets his or her dogs, as compared to a group of teens who play sports or video games instead.

The boys who spent time with the dogs brushing, feeding and playing with them reported increases in cheerful feelings, attentiveness and serenity. They also reported a decrease in feelings of sadness. Teens with ADHD, PTSD and depression also showed dramatic improvement while interacting with the dogs. Ellsworth believes dopamine is released in the teens’ brains as they await the arrival of the dogs. She believes interacting with the dogs socially may also trigger release of nature’s feel-good hormones. These responses to the dogs may help restore normal function to brain chemistry that has been altered through drug use. REFERENCE: http://tiny.cc/gpoa4w

A GROUNDBREAKING SOLUTION FOR ADHD AND DEPRESSION - AS CLOSE AS YOUR BACKYARD?

Most dog owners are aware – from personal experience and scientific research – that canines have a positive effect on human health. But a new study suggests interacting with pooches has the potential to actually alter brain chemistry. Once a week, Lindsay Ellsworth, a doctoral candidate at Washington State University, takes shelter dogs to a residential treatment center for teen boys with drug and alcohol problems. While there, she measures the mood and emotions of the teens selected to spend time with the
first "inoculation" of gut flora from the mother’s birth canal during childbirth, which is why a mother’s use of antibiotics during pregnancy can predispose the child to asthma and a variety of other ailments, as the antibiotic severely disrupts the natural microflora — in the mother’s bowels and vagina. It’s important to understand that if mother’s flora is abnormal, her baby’s flora will also be abnormal, as whatever organisms live in her vagina end up coating her baby’s body and lining his or her intestinal tract. For more information on how probiotics can benefit babies see: http://tiny.cc/lfqa4w

ARE YOU BEING POISONED BY RADON GAS IN YOUR HOME?
Radon exposure is the second leading cause of lung cancer in the United States, second only to smoking. The EPA estimates that nearly 1 out of every 15 homes has elevated radon levels, and dangerously high levels have been detected in nearly every U.S. state. A simple test can tell you whether or not your home has radon levels that pose a cancer risk to you and your family; if elevated levels are found, mitigation services may reduce levels by up to 99 percent. Radon exposure can also come from certain building materials e.g. Silicone-rich magmatic rocks, particularly granite, and especially the more exotic granites like the red, pink and purple varieties, Gypsum waste products, Cement and concrete, Pumice and Basaltic rock. If you happen to own a World War I vintage "glow in the dark" clock or watch, be aware that highly radioactive radium was used to make the luminous paint for the dials. Wearing such watches, and certainly repairing them, poses a significant risk of radon exposure. Demand for granite countertops has increased tenfold over the past decade. As their popularity has grown, so have the types of granite available. And along with increased sales volume and variety, there have been more reports of “hot” or potentially hazardous countertops, particularly among the more exotic varieties from Brazil and Namibia. http://bit.ly/QQzPDv

CANINE BLOOD DISORDER COULD BE TRIGGERED BY TOO MANY VACCINES
Immune-mediated thrombocytopenia (IMT) is a serious disease in which a dog’s body attacks its own blood platelets. Platelets are necessary for blood clotting and when a dog’s blood platelet count is low, it can lead to bruising, bleeding, anemia and other serious complications. Symptoms of IMT include lethargy, weakness, increased respiratory rate, bruising, bleeding from the mouth or nose, pale gums, and dark, tarry stools. Diagnosis involves ruling out other causes for thrombocytopenia (which means low platelet count), and underlying diseases that can have IMT as a secondary condition. IMT is a complex and variable condition, so treatment is individualized to each patient. The immune system response to blood platelets must be controlled, which typically involves administering immunosuppressive drugs. There is some controversy about what causes IMT. Holistic veterinarians, including Dr. Becker, believe vaccinations play a primary role in triggering most immune-mediated diseases, including IMT. http://tinyurl.com/au5zbbz

WHY LASER TOYS CAN BE BAD NEWS FOR YOUR PET
Dogs instinctively chase laser beams simply because they move, and movement triggers the canine prey drive. In fact, when a laser dot stimulates your dog’s predatory systems, he can’t NOT chase it. According to animal behaviorist Dr. Nicholas Dodman, laser toys are probably not a good idea for pets – especially dogs – because chasing the beam can become an obsession from which behavior problems develop. Never catching the “prey” can mess with a dog’s psyche. Alternatives to laser toys for dogs include puzzle and treat-release toys that stimulate the drive to hunt, and also deliver a reward in the end. If you’re not quite ready to put away the laser toy, you can hide dog treats around the house and occasionally focus the beam on a treat, allowing your pet to “catch” her prey. http://tiny.cc/q2oa4w

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