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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ACUPUNCTURE REDUCES MALIGNANT BONE CANCER TUMOR GROWTH AND LUNG METASTASIS

New research finds acupuncture effective in reducing malignant bone cancer tumor growth when applied in early stages. Acupuncture was also shown to reduce lung metastasis when applied in an early stage of development. The University of Minnesota and Medical College of Wisconsin researchers suggest that the ability of acupuncture to reduce bone tumor growth and lung metastasis may be related to its ability to reduce tumor associated inflammation.

The investigators studied the effects of acupuncture on osteosarcoma, a highly malignant form of bone cancer. Electroacupuncture was applied to laboratory mice with osteosarcoma at acupuncture point ST36,
Zusanli. The investigators became interested in this research, in part, as a result of other research demonstrating acupuncture's regulatory effects on angiogenesis, the development of new blood vessels. The investigators note that this regulatory effect may “alter tumor vasculature” thereby affecting “tumor progression and metastasis.”

Electroacupuncture was applied at 4HZ with a 100 microseconds pulse width for 30 minutes for each acupuncture session. Notably, the investigators discovered that no studies documented that acupuncture increases tumor growth. The researchers concluded from this most recent study that acupuncture “was found to reduce both bone tumor growth and lung metastasis” and this may be related to acupuncture’s ability to affect tumor associated vasculature, lymphatics and nerve innervation. Reference: http://tiny.cc/0q8b5w

BRILLIANT EARTHING™ / GROUNDING DOCUMENTARY WILL BE TAKEN DOWN 26/10/2013
Do you want to improve your health simply and inexpensively, whatever your health concern, be it autism, pain, inflammation or sleep disorder. Check out this Earthing™ / Grounding documentary. It is excellent. It will be a VERY rewarding 1h 15 m for you and your family. Unfortunately, we only have it for a short time until October 26th 2013, and then it will be taken down. http://tiny.cc/4cac5w

DO NOT BE MISLEAD! HIGH CHOLESTEROL LEVELS MAY BE PROTECTIVE AND HEALTHY
Any discussion of statins would be incomplete without a discussion of cholesterol – the supposed ‘villain’ that these drugs mercilessly lower. Many buy into the conventional belief that lower cholesterol equals a lower risk of heart disease, but this is not always the case. And, in fact, high cholesterol levels are indeed protective in some cases, whereas low cholesterol levels are very clearly linked to chronic disease. Writing in Open Journal of Endocrine and Metabolic Diseases (OJEMD), researchers explained: “Cholesterol is crucial for energy, immunity, fat metabolism, leptin, thyroid hormone activity, liver related synthesis, stress intolerance, adrenal function, sex hormone syntheses and brain function. When prescribing HMGCoA reductase inhibitors [statins] one needs to be cognizant of the fact that the body had increased its’ cholesterol as a compensatory mechanism and investigate accordingly.

We seem to have fallen into the marketing trap and ignored the nigling side effects with regard to the HMGCoA reductase inhibitors. The only statin benefit that has actually been demonstrated is in middle-aged men with coronary heart disease. However, statins were not shown to best form of primary prevention.

... In actual fact, high cholesterol levels have been found to be protective in elderly and heart failure patients and hypo-cholesteremic [low cholesterol] patients had higher incidence of intra-cerebral bleeds, depression and cancer. ... We are observing the revealing of the utmost medical tragedy of all time. It is unprecedented that the healthcare industry has inadvertently induced life-threatening nutrient deficiency in millions of otherwise healthy people. What is even more disparaging is that not only has there been a failure to report on these negative side-effects of statins, there has actually been active discouragement to publish any negative studies on statins.” This is, in large part, why so many people are completely unaware that statin drugs have been directly linked to over 300 side effects. http://tiny.cc/ts8b5w

SCIENCE NOW SHOWS THAT CHOCOLATE MAY BE GOOD FOR YOU
Five chemical compounds contained in raw, unadulterated chocolate are highlighted to show exactly what they are and how they work. First, antioxidant polyphenols that neutralize free radicals provide some of the most compelling aspects of eating chocolate because they can reduce processes associated with the development of diseases like Alzheimer’s, heart disease and cancer.

Second, chocolate contains anandamide, named after the Sanskrit word for “bliss,” which is a neurotransmitter in the brain that temporarily blocks feelings of pain and anxiety. The caffeine and theobromine in chocolate have been shown to produce higher levels of physical energy and mental alertness while, counter-intuitively, lowering blood pressure in women. Chocolate’s heart-friendly properties may be due to the presence of epicatechins, antioxidants which are found in higher concentrations in darker and raw forms. Studies showed that one-and-a-half ounces of dark chocolate a day for 2 weeks reduced stress hormone levels. Remember the highly processed, oversweet forms of chocolate do not contain these benefits. http://tiny.cc/ju8b5w

POSSIBLE EARLY INDICATOR OF ALZHEIMER’S DISEASE
In a recent study patients coming to an Alzheimer’s clinic for assessment also sat down with a physician who had a closed container with 14 grams (one
It was found that patients in the early stages of Alzheimer’s showed a dramatic difference in detecting odour between the right and left nostril. In people with Alzheimer’s the left nostril did not detect the smell of the peanut butter until it was on average 10 cm closer than the for the right nostril. In people with other types of dementia there was no difference between the left and right nostril. Among patients with mild cognitive impairment, which can signal early Alzheimer’s, around 40 per cent showed the left nostril being worse than the right at detecting the smell. One of the first parts of the brain to lose function in Alzheimer’s is the front of the temporal lobe. This is involved in forming new memories but it also evolved from the system that detects smells. The peanut butter test is not definitive for a diagnosis of Alzheimer’s but taken in context of other signs it could be an early indicator that might allow intervention as soon as possible for this troubling condition.

REFERENCE: http://tiny.cc/3w8b5w

GENERAL ANESTHESIA COULD INCREASE RISK OF DEMENTIA IN ELDERLY BY 35 PERCENT

Research suggests that being exposed to general anesthesia can increase the risk of dementia in the elderly by as much as 35 percent. The research was presented at this year’s annual congress of the European Society of Anesthesiology (ESA). As reported by Medical News Today: “Postoperative cognitive dysfunction, or POCD, could be associated with dementia several years later. POCD is a common complication in elderly patients after major surgery. It has been proposed that there is an association between POCD and the development of dementia due to a common pathological mechanism through the amyloid β peptide. Several experimental studies suggest that some anesthetics could promote inflammation of neural tissues leading to POCD and/or Alzheimer’s disease (AD) precursors including β-amyloid plaques and neurofibrillary tangles.”

In this study, participants aged 65 and over were followed for a total of 10 years. Participants exposed to at least one general anesthetic over the follow-up had a 35 percent increased risk of developing a dementia compared to those who were not exposed to anesthesia. According to lead researcher Dr. Francois Sztark: “These results are in favor of an increased risk for dementia several years after general anesthesia. Recognition of POCD is essential in the perioperative management of elderly patients. A long-term follow-up of these patients should be planned.” http://tiny.cc/ky8b5w

ACUPUNCTURE HELPS SICK TURTLES BACK TO GOOD HEALTH

Two endangered sea turtles that are shells of their former selves after getting stranded on Cape Cod during a cold spell are getting some help easing back into the wild -- from an acupuncturist.

Dexter and Fletcher Moon, juvenile Kemp's Ridley sea turtles, remained calm as acupuncturist Claire McManus gently tapped more than a dozen needles into their grayish-green, leathery skin during a therapy session intended to decrease inflammation and swelling on their front flippers, restore a full range of motion on those limbs and help the animals regain their appetites. “There aren’t a lot of people doing sea turtle acupuncture,” said McManus, who works...
alongside a vet to find parts of the marine mammals' bodies corresponding to locations where acupuncturists put needles to treat front limbs. "There is not a whole lot of literature out there on turtle acupuncture, so I'm basing it on how we treat other animals and humans." McManus uses particularly thin needles for sea turtle acupuncture. "The needles are tiny, like having a mosquito bite. You notice there's no blood," McManus said. "You can probably fit four or five of these needles inside the type of a needle you'd use to draw blood, so they didn't really feel it."  
http://tiny.cc/laac5w

**CASE HISTORY – ACUPUNCTURE TREATMENT OF SEVERE TREMOR**

A retired male Alex (not his real name), (born 1944) presented with severe shaking hands when they were outstretched in front of him. His hands had shaken since he was at school and he had to press his wrist with the other hand to steady his hand while writing. The more Alex concentrated the worse the tremor became. The tremor had worsened over the last 5 years and he was tested for Multiple Sclerosis, but that diagnosis was negative. The medical diagnostic conclusion was that Alex had a tremor of unknown origin. The tremor was worse with stress and when he was upset. In 1994, when he was 50 years old, Alex had a grand mal seizure and has been medicated with Tegretol ever since. Five years ago his pituitary gland was removed as a tumour had developed and had wrapped around the carotid artery. He was later diagnosed with epilepsy in 2009. Alex also suffered with prostate problems.

More recently, in May 2013, he had dizzy turns and he had another grand mal seizure in July 2013. His high blood pressure was a concern too. Alex's dad also suffered from “the shakes” and high blood pressure throughout his life. Alex had difficulty finding words, writing clearly, managing his knife and fork effectively, and doing up his buttons because of the tremor.

On examination, the tremor in the left arm and hand was worse, with the hand tremor movement distance being about 15 mm. It was about 5 – 10 mm on the right hand. Resistance testing showed that Alex had normal muscle strength in his arm and hand muscles.

At the initial treatment session, the Chinese Scalp Acupuncture (CSA) treatment zones treated included [Chorea / Tremor] [Right Middle 2/5 Sensory] and [Praxis]. After the first treatment the tremor in both hands improved markedly, and especially in the right hand. Alex reported that he needed to urinate less frequently, and that his writing had greatly improved, and did not have jagged outbreaks in the letters, due to the tremor. He further reported that he was able to do up his buttons more easily and had better control of his eating utensils. Alex also felt that his memory had improved and he could find words more easily.

Subsequent CSA zones that I treated included [FMSA] [Vascular Dilation] [Head] and [Thoracic]. At each session, the scalp needles were inserted while Alex was seated on a chair. During every treatment, as soon as the SCA needles were inserted and stimulated, Alex felt very tired, and I would then assist him to the treatment table where he would lie down and quickly fall asleep.

By treatment 4, Alex’s writing was better than mine, with no jagged outbreaks along the letters. He commented that his drooling from the corner of his mouth had stopped. (He had not mentioned that he had ever drooled previously). His Blood Pressure had improved markedly too, coming down from 182/92 to 157/87. Alex further commented that his wife had said that his eyes were brighter. Overall, the right hand tremor was estimated to be about 90% better while the left hand tremor was about 75% better. He is much more confident and performing activities that formerly would have impeded him due to the tremor. Note that all of these improvements have occurred after 4 CSA treatments over 4 weeks with a condition that has been there all his life, but especially exacerbated over the last 5 years. I am confident that there is still a strong likelihood of further neurological improvement.

For more information on acupuncture or Earthing™, or to make an acupuncture 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”.