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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THE FORGOTTEN ORGAN – YOUR GUT MICROBIOTA

It helps to view your body as a “super organism” composed of a diverse array of symbiotic microorganisms. Proper balance of these microbes is essential for optimal physical and psychological health.

Recent research suggests that many people are deficient in beneficial gut bacteria, making it a very important consideration if you’re not feeling well, physically or psychologically. Gut bacteria influence the processing and utilization of dietary nutrients; help protect against food borne disease, and can impact drug efficacy. Recent research claims chemotherapy drugs need certain gut bacteria in order to work.

Certain microbiota and beneficial bacteria have been found to produce beneficial psychotropic signals such as serotonin and dopamine. Such “psychobiotics” may soon be used in lieu of drugs to treat psychiatric illness. Researchers have identified specific gut bacteria that correlate with rheumatoid arthritis (RA). In the 80s, Dr. Brown suggested RA was caused by a mycoplasma. [link]

In this edition: p1 – The forgotten organ – your gut microbiota; How biological farming can improve your food supply; What is cinnamon good for?; Magnesium for better health; Bone broth - one of your most healing diet staples; Study calls into question effectiveness of Hepatitis B vaccine for newborns; Science review confirms that Splenda is toxic; Intermittent fasting is a powerful tool for weight loss; Cell phone use linked to lower grades, anxiety, and much worse...

Get your health on track with ANTRAC!

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ANTRAC REFERRAL THANKYOU PROGRAM (ART PROGRAM)

As more than 70% of ANTRAC patients are referred by close friends or family, we want to show appreciation to BOTH our existing client and the referred client with $10 off their next treatment. This newly implemented ART Program took effect from 1st June 2012.

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Clinic Hours:
Mon 9:30am – 5:50pm
Tue 9:30am – 5:50pm
Thu 9:30am – 5:50pm

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HOW BIOLOGICAL FARMING CAN IMPROVE YOUR FOOD SUPPLY

The entire food chain is connected to soil health, from plant and insect health, all the way up to animal and ultimately your health. We’ve come to appreciate that the maintenance of intestinal flora is really essential for your health just as it is in the soil.

The root ball of the plant is the “gut” or intestinal tract of the plant. In botanical terms, it’s called the rhizosphere, and it houses microbes just like your gut does, provided the soil system is healthy. Biological farming helps keep the planet healthy by sequestering carbon in the soil. It also prevents the loss of topsoil and increases the soil’s water-holding capacity, which provides natural drought resistance. It also helps reduce and boosts nutrient uptake in the plants.

http://tiny.cc/ic9b9w

WHAT IS CINNAMON GOOD FOR?

Cinnamon provides high amounts of calcium and fiber. One teaspoon provides a whopping 22% of the daily recommended value in manganese. What does manganese do for you? A lot, actually. Manganese is a trace mineral that helps the body form strong bones, connective tissues, and sex hormones, and coagulates the blood properly. It helps metabolize fat and carbohydrates, regulate blood sugar, absorb calcium, and is essential for optimal brain and nerve function. As if that’s not enough, it’s also a component of the antioxidant enzyme superoxide dismutase, which helps neutralize free radicals that can damage cell membranes and DNA. Proper levels of manganese have been linked to the prevention of diabetes, arthritis, epilepsy, and even PMS.

Touching on a few more benefits, the oils in cinnamon give it three distinct health benefits: cinnamaldehyde, cinnamyl acetate, and cinnamyl alcohol. Platelets help blood coagulate to keep blood from flowing too freely when an injury occurs, but cinnamaldehyde helps prevent it from coagulating too much. Another advantage is its antimicrobial activity. When researchers tested the effects of just a few drops of cinnamon oil on three ounces of refrigerated carrot broth, the growth of the foodborne pathogenic Bacillus cereus was inhibited for 60 days. But the B. cereus flourished in the same amount of carrot broth without the cinnamon, despite refrigeration. The ancient Egyptians, used cinnamon as an antimicrobial in their mummification processes.

Just smelling cinnamon or chewing cinnamon gum is enough to boost brain activity, according to another study. In fact, test scores were higher, and memory, visual recognition, and motor speed were greatly enhanced in individuals who took a whiff of cinnamon, compared with individuals who smelled jasmine, peppermint, or no fragrance at all.

http://tiny.cc/0e9b9w

MAGNESIUM FOR BETTER HEALTH

An estimated 80 percent of Americans are deficient in magnesium. The health consequences of deficiency can be quite significant, and can be aggravated by many, if not most, drug treatments. Magnesium performs a wide array of biological functions, including activating muscles and nerves and creating energy in your body by attaching adenosine triphosphate (ATP). Magnesium is very important for heart health. Excessive amounts of calcium without the counterbalance of magnesium can lead to a heart attacks, strokes, and sudden death. An ideal ratio between calcium and magnesium is thought to be 1:1. The recommended daily dose is around 700 milligrams of each. Anytime you're taking any of the following: magnesium, calcium, vitamin D3, or vitamin K2, you need to take all the others into consideration as well, as these nutrients work synergistically with one another.

Chlorophyll has a magnesium atom in its center, allowing the plant to utilize the energy from the sun. Seaweed and green leafy vegetables like spinach and Swiss chard can be excellent sources of magnesium, as are some beans, nuts and seeds, like pumpkin, sunflower and sesame seeds. Avocados also contain magnesium. Juicing your vegetables is an excellent option to ensure you’re getting enough magnesium in your diet. http://tiny.cc/ig9b9w

BONE BROTH - ONE OF YOUR MOST HEALING DIET STAPLES

Bone broth contains valuable minerals in a form your body can easily absorb and use, including calcium, magnesium, phosphorus, silicon, sulfur, chondroitin, glucosamine, and a variety of trace minerals. The gelatin found in bone broth is a hydrophilic colloid. It attracts and holds liquids, including digestive juices, thereby supporting proper digestion. Bone broth also inhibits infection caused by cold and flu viruses, for example, and fights inflammation, courtesy of anti-inflammatory amino acids such as arginine. Making your own bone broth is very cost effective, as you can make use of left over carcass bones that would otherwise be thrown away. Making your own broth is quite easy. See http://tiny.cc/ei9b9w

STUDY CALLS INTO QUESTION EFFECTIVENESS OF HEPATITIS B VACCINE FOR NEWBORNS

http://tiny.cc/ic9b9w
Hepatitis B vaccine was not effective in preventing asymptomatic occult HBV infection in babies, which may occur in up to 40 percent of babies born to hepatitis-B-positive mothers. Hepatitis B is a primarily blood-transmitted adult disease associated with risky lifestyle choices such as unprotected sex with multiple partners and intravenous drug use involving sharing needles. Hepatitis B is not primarily a "children's disease" or one that is a common threat to newborn babies in the U.S. Any protection offered by the hepatitis B vaccine may wane by the time a child reaches his or her teenage years - the time when acquiring a hepatitis B infection may be more likely.

More than 1,500 deaths have been reported in the U.S. following hepatitis B shots and at least 60 serious health problems or adverse unintended consequences have been associated with hepatitis B vaccination. [http://tiny.cc/5k9b9w](http://tiny.cc/5k9b9w)

### SCIENCE REVIEW CONFIRMS THAT SPLENDA IS TOXIC

Sucralose, marketed under the brand name Splenda, is a best-selling artificial sweetener around the world. An in-depth scientific review of sucralose (Splenda) reveals an extensive list of safety concerns, including toxicity, DNA damage, and heightened carcinogenic potential when used in cooking. When heated, Splenda releases chloropropanols, which belong to a class of toxins known as dioxins. Dioxin—a component of Agent Orange—is among the most dangerous chemicals known to man.

Sucralose can destroy as much as 50 percent of your microbiome (bacteria in your gut). What’s worse, it appears to target beneficial microorganisms to a greater extent than pathogenic and other more detrimental bacteria. Both animal and human studies have shown that Splenda alters glucose, insulin and glucagon-like peptide-1 (GLP-1) levels, thereby promoting weight gain, insulin resistance, and type 2 diabetes. The adverse effects of sucralose are oftentimes misdiagnosed or overlooked entirely because the side effects are so varied and mimic common ailments. [http://tiny.cc/5k9b9w](http://tiny.cc/5k9b9w)

### INTERMITTENT FASTING IS A POWERFUL TOOL FOR WEIGHT LOSS

Intermittent fasting or “scheduled eating” is a powerful strategy for shedding excess weight and reducing your risk of chronic diseases like diabetes, heart disease, and cancer. Three major mechanisms by which fasting benefits your body include increased insulin sensitivity and mitochondrial energy efficiency; reduced oxidative stress; and increased capacity to resist stress, disease, and aging.

A recent human study confirmed that intermittent fasting was actually more effective for weight loss and improving insulin resistance than daily calorie restriction. Intermittent fasting can also dramatically boost human growth hormone production, reduce inflammation, and lessen free radical damage—all of which have beneficial effects on your health. To get started, consider skipping breakfast, and avoid eating at least three hours before you go to sleep. This should effectively restrict your eating to an 8-hour window or less each day. [http://tiny.cc/po9b9w](http://tiny.cc/po9b9w)

### CELL PHONE USE LINKED TO LOWER GRADES, ANXIETY, AND MUCH WORSE...

Researchers report that frequent cell phone use appears to be associated with reduced academic performance, anxiety and unhappiness in college students. In 2011, the World Health Organization/International Agency for Research on Cancer classified radiofrequency electromagnetic fields as “possibly carcinogenic to humans” (Class 2B). Since then, additional research has further strengthened evidence for a link between cancer and radiofrequency fields—demonstrating both the initiation and promotion of carcinogenesis—and some experts believe RF fields could warrant a 2A or “probable carcinogen” classification. Scientists have also found that microwaves transmitted by cell phones and other wireless devices can harm blood cells, cause nerve-cell and DNA damage, trigger Alzheimer’s, cause decreased bone density, and more. See more information at the link: [http://tiny.cc/ym9b9w](http://tiny.cc/ym9b9w)

For more information on Acupuncture or Earthing, [www.thenaturalmedicalhealthwell.com](http://www.thenaturalmedicalhealthwell.com), 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 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 keep them WELL.”