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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comments and/or Share the Newsletter.

9 THINGS EVERYONE SHOULD KNOW
ABOUT FARMED FISH

About half of the world’s seafood now comes from fish
farms, including in the US, and this is expected to
increase. Levels of omega-3 fats are reduced by about
50 percent in farmed salmon, compared to wild
salmon, due to the use of grain and legume
feed.

Farmed salmon may spread diseases to wild
populations, interbreed with wild species, threatening
the wild gene pool with irreversible biopollution.

Fish farms may drive small fish like sardines (used for
farmed fish feed) to extinction. Fish farms, or
aquaculture, has been deemed both ecologically and
economically unstable, with “an unequal tradeoff
between environmental costs and economic benefits”.

High levels of contaminants are common in farm-
raised salmon; the Norwegian Health Department
went on the record recently warning against eating
too much farmed salmon for this reason.

http://tiny.cc/tih99w
ACUPUNCTURE CAN EASE SIDE EFFECTS OF CANCER DRUGS

Acupuncture helped to significantly improve menopausal symptoms among women taking estrogen-lowering drugs for breast cancer. Patients who received traditional acupuncture and those patients who received a sham acupuncture procedure experienced similar symptom reductions. This could be a demonstration of the placebo effect in action, or the slight pricking of the skin involved in the sham procedure may have caused actual physiological changes. Acupuncture has been safely used for thousands of years to treat dozens of health conditions, including chronic pain, nausea, high blood pressure, and more. Acupuncture appears to work equally well with skin-penetrating needles or acupressure (the use of pressure to stimulate acupuncture points).

NEW STUDY VALIDATES EFT’S EFFECTIVENESS

Energy psychology uses a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over 5,000 years, but without the invasiveness of needles. Recent research found that, compared to the control group, it significantly increased positive emotions, such as hope and enjoyment, and decreased negative emotional states like anger and shame.

Another recent review found statistically significant benefits in using energy psychology for anxiety, depression, weight loss, PTSD, phobias, athletic performance, cravings, pain, and more. A review published in the American Psychological Association’s journal found that EFT "consistently demonstrated strong effect sizes and other positive statistical results that far exceed chance after relatively few treatment sessions". Check out how to easily perform EFT by watching the two short videos at the following link.

http://tiny.cc/m7h99w

HOSPITAL ROOM LIGHTING MAY WORSEN YOUR MOOD AND PAIN

Hospital patients are exposed to insufficient levels of light, disrupting both their circadian rhythms and sleep cycles. Light-deprived patients had fragmented and low levels of sleep, and those with the lowest exposures to light during the day reported more depressed mood and fatigue. Inadequate bright-light exposure has a far-reaching impact on your most critical bodily functions, including your ability to heal.

Exposure to night-time light may also hinder the production of the hormone melatonin, which is very important for immune health. If you or a loved one is confined to a hospital room, move to areas with brighter natural light as much as possible, or bring in some full-spectrum light bulbs, and wear an eye mask at night to block night-time artificial light exposures.

http://tiny.cc/inh99w

ATTENTION ASTHMATICS

Mouth breathing during exercise may increase your risk for asthma and cardiac problems. Close to 80 percent of the Western population breathes incorrectly with habits such as breathing through your mouth instead of your nose, using the upper chest, and having noticeable breathing during rest. Your nose is the only organ able to properly prepare the air you breathe; mouth breathing leads to over-breathing, chronic hyperventilation, depleted carbon dioxide levels, reduced blood circulation and narrowing of the airways. Mouth breathing and resultant over-breathing elevates your blood pressure and heart rate and worsens asthma, allergies, rhinitis, sleep apnea, and deprives your heart, brain and other organs of optimal oxygenation.

Over-breathing and hyperventilation during exercise can lead to reduced performance, and can also cause vasoconstriction, which increases your risk for arrhythmias and heart problems, even if you have none of the usual cardiac risk factors. A simple technique called Buteyko breathing can help restore normal breathing patterns, improve the delivery of oxygen to tissues and organs, increase the oxygen carrying capacity of your blood, and radically improve your overall health and fitness. There is a fine short video discussing the correct effective breathing technique you should use. Click the following link.

http://tiny.cc/bph99w

DIET AND EXERCISE MAY IMPACT YOUR KIDNEY STONE RISK
Kidney stones form when minerals in your urine crystallize, forming a "stone." Typically, compounds in your urine inhibit these crystals from forming. Some people form stones when their urine contains more crystal-forming substances. The stone-forming chemicals are calcium, oxalate, urate, cystine, xanthine, and phosphate. This can happen when your urine is highly acid or highly alkaline. Sometimes, the underlying cause is a metabolic disorder or kidney disease, although certain drugs, such as Lasix (furosemide), Topomax (topiramate), and Xenical, can also promote kidney stones.

Women who exercised had up to a 31 percent lower risk of kidney stones, according to new research. Those who ate more than 2,200 calories per day increased their risk of kidney stones by up to 42 percent. Not drinking enough water is a common cause of kidney stones. Lifestyle factors, such as eating too much fructose and not exercising, can significantly impact your kidney stone risk. For more information click the following link. [http://tiny.cc/hrh99w](http://tiny.cc/hrh99w)

**WHAT ARE THE HEALTH BENEFITS OF CARROTS?**
The nutrients in carrots may provide protection against heart disease and cancer while helping to build strong bones and a healthy nervous system. Carrots contain falcarinol, a compound that may stimulate cancer-fighting mechanisms. The consumption of carrots has also been associated with a lower risk of heart attacks in women. Cooking carrots may help to boost their antioxidant levels and overall nutritional value. So go and munch on a juicy carrot. Or better still, why don’t you ferment them? To do so, see the following article. [http://tiny.cc/suh99w](http://tiny.cc/suh99w)

**FERMENTING FOODS—ONE OF THE EASIEST AND MOST CREATIVE ASPECTS OF MAKING FOOD FROM SCRATCH**

90 percent of the genetic material in your body is not yours but belongs to the bacteria that outnumber your cells 10 to 1. These bacteria have enormous influence on your digestion, detoxification and immune system. Fermented foods are an essential factor if you want to optimize your health and prevent disease. The culturing process produces hundreds if not thousands of times more of the beneficial bacteria found in typical probiotics, which are extremely important for human health as they help balance your intestinal flora, thereby boosting overall immunity.

When fermenting vegetables, you can either use a starter culture, or simply allow the natural enzymes in the vegetables do all the work, a.k.a “wild fermentation”. When fermenting foods, make sure to avoid plastic and/or metal containers. Good options include glass jars, ceramic crocks, and wooden barrels. Any food can be fermented, although some are tastier than others. Caution must be heeded when fermenting meats, but any vegetable can certainly be safely fermented, and are among the absolute safest foods there is in terms of food borne illness. [http://tiny.cc/hxh99w](http://tiny.cc/hxh99w)

Just last weekend, I put down a few batches of fermented vegetables including carrots, celery, coriander, sliced onion and kohlrabi in one glass jar and sliced par-cooked organic beetroots in another glass jar. But my crowning achievement, hopefully, was my fermented Bunya nuts in a jar all by themselves. My family had been to the Bunya Mountains 2 weeks previously for a weekend retreat, and I found 4 large Bunya pines, which I deseeded.

For more information on Acupuncture or Grounding / Earthing™, or to make an acupuncture appointment give us a call on 4636 6100.

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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”.