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. This edition focuses on Children’s Health.

If you enjoy reading this WELLNESS Newsletter please “Like” us using any (or ALL) of the social networking site buttons above. Please feel free to make comments and/or Share the Newsletter.

**PROBIOTICS AND YOUR CHILD’S HEALTH**

Too many carbohydrates in the form of sugar and grains is very unbalancing for your gut flora. Sugar is “fertilizer” for pathogenic bacteria, yeast, and fungi that can set your immune system up for an easy assault by a respiratory virus. Most people don’t realize that 80% of your immune system actually lies in your gastrointestinal tract. That’s why controlling your sugar intake is crucial for optimizing your immune system.

Additionally, making sure you’re ingesting plenty of beneficial bacteria in the foods you eat (specifically fermented foods) is also crucial. In one study, 3- to 5-year-old children who received either a single strain or combination of beneficial bacteria called probiotics twice a day for six months had:

- Reduced fever by 53 percent and 73 percent respectively.
- Decreased coughing by 41 percent and 62 percent.
• Reduced runny noses by 28 percent and 59 percent.
• Reduced antibiotic use by 68 percent and 84 percent (which is a major gain in and of itself because antibiotics are vastly overused in children and also devastate your gut flora).

It’s worth noting that each mouthful of fermented food can provide trillions of beneficial bacteria—far more than you can get from a probiotics supplement, which will typically provide you with colony-forming units in the billions. I thought this would be a good analysis, so I tested fermented vegetables produced with our probiotic starter culture to determine their probiotic potency and was astounded to discover they had 10 trillion colony-forming units of bacteria. Literally, one serving of vegetables was equal to an entire bottle of a high potency probiotic! Fermented foods also give you a wider variety of beneficial bacteria, so all in all, it’s a more cost effective alternative. Fermenting your own foods can provide even greater savings, and is actually easier than you might think. http://tiny.cc/yai99w

**17 CHILDREN DIE AFTER RECEIVING HEPATITIS B VACCINE**

Over a period of two months, eight infants in China died within hours, and in some cases minutes, of receiving hepatitis B vaccines. Nine other deaths among Chinese children aged 5 and younger were also recently reported following hepatitis B vaccination. Six of the deaths occurred in infants who had received the vaccine made by Shenzhen Kangtai Biological Products, while two occurred after hepatitis B vaccine produced by drug maker Beijing Tiantan Biological Products. Health authorities in China have since launched an investigation and have suspended the use of millions of doses of hepatitis B vaccine made by Shenzhen Kangtai. Serious questions regarding effectiveness, low transmission rates among babies and the steep risk of side effects make the hepatitis B vaccines use very hard to justify for healthy newborns. http://tiny.cc/mfi99w

**ADHD EXPERTS RE-EVALUATE ZEAL FOR DRUGS**

In 1999, an $11-million study came to the conclusion that medication was superior to behavioral therapy for treating ADHD. The study is widely used by pharmaceutical companies, insurance companies and school systems to promote the use of ADHD drugs over therapy. The study’s co-authors, and subsequent research, are now saying that the study oversold medications’ benefits while unfairly discrediting behavioral therapy. If your child has behavioral problems, nutritional factors should also be addressed. If your child struggles with behavioral difficulties, whether he or she has been diagnosed with ADHD or not, I strongly recommend addressing the following seven factors: Too much sugar, Gluten sensitivity, Too few beneficial bacteria, Animal-sourced omega-3 deficiency, Food additives and GMO ingredients, Exposure to EMF’s and Other Toxic Exposures. http://tiny.cc/t1i99w

**10 MINUTES THAT COULD SAVE YOUR CHILD’S LIFE**

This was published on Jan 11, 2014. Mobiles 'cooking the brain'; brain tumors become children's number one killer illness; and leaked industry memo admits 'war-gaming' the science. Seek truth from facts with former senior White House adviser Devra Davis, Story leak editor Anthony Gucciardi, 'cell phone survivor' Bret Bocook, Microwave News editor Louis Slesin, top radiation biologist Dariusz Leszczynski, and Ellie Marks, whose husband Alan's suing the industry for his brain tumor. http://www.youtube.com/watch?v=tbplD0xH0og&feature=youtu.be

**EPIDEMIC OF INFANTILE RICKETS MAY HAVE PUT THOUSANDS OF INNOCENT PARENTS IN JAIL FOR CHILD ABUSE**

Thousands of child abuse cases may in fact be misdiagnosed cases of rickets, caused by either vitamin D deficiency or aluminum adjuvants in vaccines, or both. Vitamin D deficiency is a hidden problem that can actually cause bones to appear as if they’ve been broken on an x-ray, which is a sure diagnosis of abuse to the inexperienced eye. Risk factors in pregnancy that set up the baby with rickets include low vitamin D, poor calcium status, excess body weight, and heavy antacid use. Calcium carbonate (the active ingredient in TUMS and many other antacids) actually causes rickets due to its phosphate-binding properties. Infant rickets perfectly mimics child abuse. Making matters worse, the baby will have virtually no symptoms—until their bones fracture. One symptom reported in the older rickets literature, however, is head-sweating.

Vitamin D deficiency can cause physiological symptoms that cleverly mimic child abuse. The challenge that we have in contemporary society is that an entire industry has been built up around protecting children from child abuse, and it’s firmly entrenched in these flawed views. Many times they’re operating under insufficient or inadequate information, outdated information, or a combination of all of them.

Dr. Ayoub says, “There is a link between risks of bleeding in the brain and rickets. It’s a little bit more
than just bone health. Again, it's not one thing; it's not so straightforward. But the old pathology literature, even pre-1900 in the French literature, [indicate] hemorrhage in the brain, over the convexities of the brain, the subdural compartment. They didn't use [the term] 'subdural hematomas.' They used 'pachymeningitis hemorrhagica interna.” It was the term from the old literature. It was very common in rickets.

Tragically, infant rickets perfectly mimics child abuse. Making matters worse, the baby will have virtually no symptoms—until their bones fracture. One symptom, however, reported in the older rickets literature is head-sweating. "I would be very concerned if a baby is perspiring heavily at night, especially around the face, head, and neck," Dr. Ayoub says. "They're described as soaking their pillows. They had to change the sheets, because they're so wet. That's one of the odd, lesser-known signs of infantile rickets. Upper respiratory tract infections and sinus infections are very prevalent in this group of babies as well."

http://tiny.cc/n24cbx

**EAR TUBES MAY NOT HAVE LONG-TERM BENEFITS FOR KIDS WITH EAR INFECTION**

Ear tubes are sometimes recommended to help prevent short-term hearing loss in children with chronic ear infections, which potentially could cause developmental problems. The surgical placement of ear tubes in children with chronic ear infections showed no evidence of long-term benefit for speech or academic development. Side effects were common in ears with tubes, including ear discharge and calcification of tissue in the middle ear, which can lead to hearing loss. Adenoidectomy, a procedure often done at the same time as ear tube placement, also carried a risk of harm, including an increased risk of postsurgical hemorrhage. http://tiny.cc/dy4cbx

**EAR INFECTIONS ARE THE MOST COMMON REASON FOR ANTIBIOTIC USE IN CHILDREN**

...But they certainly shouldn’t be. Both the American Academy of Pediatrics (AAP) and the American Academy of Family Physicians have recommended since 2004 that doctors hold off on prescribing antibiotics for ear infections, at least initially. But even as the number of certain types of ear infection cases have decreased in recent years, the number of antibiotics prescribed have held constant. AAP recommends that doctors give parents the option of letting their children fight the infection on their own for 48-72 hours, only starting antibiotics if the symptoms do not improve. This is because many ear infections are caused by viruses, which antibiotics are useless against. And even the US Centers for Disease Control and Prevention (CDC) notes that: “Ear infections will often get better on their own without antibiotic treatment... Taking antibiotics when they are not needed can be harmful, and may lead to unwanted side effects like diarrhea, rashes, nausea, and stomach pain. More severe side effects may rarely occur; these include life-threatening allergic reactions, kidney toxicity, and severe skin reactions. Each time you or your child takes an antibiotic, the bacteria that normally live in your body (on the skin, in the intestine, in the mouth and nose, etc.) are more likely to become resistant to antibiotics.”

Research conducted nearly 20 years ago showed that the routine use of antibiotics for ear infections not only produces little benefit but also contributes to the spread of drug-resistant bacteria. So if your child has an ear infection, watchful waiting is a solid strategy to try before asking your doctor for a prescription. The majority of kids will get better in 48-72 hours with no antibiotics necessary. If your child is not improving or is getting worse after 72 hours, then antibiotics may be required in some severe cases. http://tiny.cc/dy4cbx

**CAN EAR INFECTIONS BE PREVENTED?**

Ear infections are often preventable, and food allergies are one of the number one modifiable causes, especially if your child has a chronic infection. Many children will find relief by:

- Following the nutrition plan and cutting out grains and sugars (including soda and fruit juice).
- Avoiding pasteurized milk. Consumption of dairy products, particularly pasteurized dairy, is a culprit for many children.
- Avoid sugars and fruit juices, which will impair your child’s immune response and make them more susceptible to these types of infections.
- If your child is consuming any wheat products you might consider eliminating them if they have had recurrent infections, as subclinical gluten intolerance can be a factor contributing to this problem. Wheat and gluten are particularly problematic for most children and eliminating them many times miraculously cures the problem. Additionally, breastfeeding for at least six months has been linked to fewer ear infections in infants and babies. Exposure to second-hand cigarette smoke also increases the risk of ear infections in children, so make sure your kids are kept away from cigarette smoke. Also, if you bottle-feed your baby, do so only in an upright position. Bottle-feeding while lying down is associated with an increased risk of ear infections.

http://tiny.cc/dy4cbx
NATURAL OPTIONS FOR EAR INFECTION TREATMENT

The following natural options work remarkably well in treating acute ear infections:

1. **Acupuncture and moxibustion** are very beneficial to boost the immune system and clear blockages around the ear, and is helpful at relieving pain and reducing stress in children affected by an ear infection.

2. **Make garlic ear drops.** Ear drops that include extracts of garlic may help reduce the pain of middle-ear infections in children. You can make your own at home by crushing a clove of FRESH raw garlic and dissolving it in some olive oil. Put a few drops of oil in the ear canal, as long as the ear drum is not perforated.

3. **Use breast milk for ear drops.** If you have access to breast milk, put a few drops of breast milk in the ear canal every few hours. This usually works to clear up the infection within 24 to 48 hours and is far safer, less expensive and a better solution than putting your child on antibiotics.

4. **Use coconut oil ear drops** so long as the ear drum is not perforated. Coconut oil has both antimicrobial and anti-viral properties. Place a couple of drops of coconut oil into each ear canal. If the coconut oil has solidified, you can easily liquefy it by placing a small amount in a shot glass or other small container and placing it into a cup of hot water.

5. **Consider chiropractic.** Many, but not all, chiropractors are trained in adjustments that can actually open up the Eustachian tube and allow it to drain properly. This relieves the pressure build up and the pain and allows the conditions that cause the infection to dissipate. Somewhat similar to draining a swamp and the mosquito epidemic disappears.

6. **Apply an onion poultice.** Application of warmth behind the ear can be used to mobilize the post-auricular lymph chain and vasculature and to draw congestion away from the inflamed area of the middle ear. To do this, heat half of an onion in a toaster oven for a few minutes, until it is warm but not intolerably hot. You could test it by applying to your own ear or inner forearm for several seconds. Next, wrap the onion in cheesecloth or thin dishcloth, and apply the largest side (the cut side, for maximum surface area) to the area just behind the ear. [http://tiny.cc/dy4cbx](http://tiny.cc/dy4cbx)

THE NEW #1 REASON DOGS VISIT VETS, AND HOW TO TREAT IT AT HOME

In 2012, Veterinary Pet Insurance (VPI) policyholders spent over $58 million treating the 10 most common health conditions in pets. The number one reason dogs visited the vet was for allergic dermatitis (allergies). The average cost of a vet visit for an allergic dog was $96. The number two reason for canine vet visits in 2012 was otitis externa (inflammation of the outer ear and ear canal); hot spots came in at number three. Dogs with allergic dermatitis should be transitioned to an anti-inflammatory diet, provided with appropriate supplements, given frequent foot soaks and baths, and their indoor environment should be kept as allergen-free as possible. The best way to help dogs with frequent bouts of otitis externa is to keep the ears free of wax and debris, which for some pets may mean daily cleaning. Dogs that suffer hot spots need to have their wounds carefully and thoroughly treated, and the root cause of the hot spots must be identified and resolved.

For more detailed information on how to treat these canine conditions at home see the following link: [http://tiny.cc/ht5cbx](http://tiny.cc/ht5cbx)

All the best wishes from Linda and myself.

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