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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KIMCHI - THE FOOD THAT DETOXES PESTICIDES MAY PREVENT PARKINSON’S DISEASE

Kimchi is a fermented food that can help you improve your gut health. It is a traditional Korean dish made from fermented vegetables and a spicy blend of chili peppers, garlic, scallions and other spices. It’s common to find kimchi at almost every Korean meal, where it is served alone as a side dish, mixed with rice or noodles, or used as an ingredient in soups or stews.

A study took a look at the action of microorganisms in the degradation of the organophosphorus insecticide chlorpyrifos during kimchi fermentation. During the fermentation of kimchi, the insecticide degraded rapidly until day 3, and had degraded completely by day 9. Four lactic acid bacteria were identified as being responsible for the effect. According to the study, as reported by Green Med Info: “[The bacteria] were identified as Leuconostoc mesenteroides WCP907, Lactobacillus brevis WCP902, Lactobacillus plantarum WCP931, and Lactobacillus sakei WCP904. [The
insecticide] could be utilized by these four strains as the sole source of carbon and phosphorus.”


11 COMMONLY USED PESTICIDES LINKED TO PARKINSON’S, EVEN AT LOW LEVELS

Last year, UCLA researchers linked a fungicide known as benomyl to Parkinson’s disease. The chemical was banned by the US Environmental Protection Agency (EPA) after it was determined to be a potential carcinogen. That study found that benomyl blocks the aldehyde dehydrogenase (ALDH) enzyme. When working properly, ALDH changes aldehydes, which are toxic to dopamine cells, into less toxic compounds. When ALDH is blocked, however, this transformation does not occur, contributing to the development of Parkinson’s. For the most recent study, the researchers revealed 11 pesticides in all that inhibit ALDH and increase the risk of Parkinson’s disease. The effects were seen even with very low-level exposure – levels lower than are currently being used in everyday applications. The study’s lead author said: “We were very surprised that so many pesticides inhibited ALDH and at quite low concentrations, concentrations that were way below what was needed for the pesticides to do their job... These pesticides are pretty ubiquitous, and can be found on our food supply and are used in parks and golf courses and in pest control inside buildings and homes. So this significantly broadens the number of people at risk.”

http://tiny.cc/38ndcx

THE LINKS BETWEEN YOUR DIET AND HORMONE LEVELS IN MENOPAUSE

Your hormones have far-reaching effects in your body, and hormone deficiencies can therefore wreak total havoc on your health. Female menopause is but one scenario caused by unbalanced hormones. They also play an important role in anti-aging strategies. Hormones also appear to influence age-related cognitive decline according to both previous and more recent research. Addressing your food choices should be your first step, before you do anything else to reverse a hormone deficiency. The Paleolithic diet, which includes fermented and cultured foods, promotes healthy hormone levels, even as you age.

http://tiny.cc/t3pdcx

EMOTIONS MANIFEST IN YOUR BODY

Researchers in Finland asked 700 volunteers from Finland, Sweden, and Taiwan to think about one of 14 predetermined emotions, and then paint the areas of a blank silhouette that felt stimulated by that particular emotion. Using a second blank silhouette, they were asked to paint in the areas that felt “deactivated” during that emotion. To help them generate the appropriate emotion, they could read a short story or view a video. (If you want to try this experiment yourself, you can do so here. The online test is also available in Russian, French, and Italian.) The experiment shows that emotions do tend to be felt in your body in ways that are generally consistent from one person to the next, irrespective of your age, sex, or nationality.

http://tiny.cc/jk4cbx

HOW AVOCADO CAN HELP WITH WEIGHT MANAGEMENT

Avocados are rich in monounsaturated fat that is easily burned for energy. They also provide close to 20 essential health-boosting nutrients, including potassium, vitamin E, B-vitamins, and folic acid, and enable your body to more efficiently absorb fat-soluble nutrients in other foods. According to a recent study, eating just one-half of a fresh avocado with lunch may satiate you if you’re overweight, which will help prevent unnecessary snacking later. Even though the addition of avocado increased the participants’ calorie intake, it did not cause an increase in blood sugar levels, beyond what was observed in those eating the standard lunch. Previous research has found avocado can help reduce your cholesterol levels within as little as one week. The greatest concentration of beneficial carotenoids is in the dark green fruit of the avocado, closest to the peel, so you’re best off peeling your avocado with your hands, like a banana.

http://tiny.cc/cbodcx

LARGEST, LONGEST STUDY ON MAMMOGRAMS AGAIN FINDS NO BENEFIT

One of the largest and longest studies of mammography to date, involving 90,000 women followed for 25 years, found that mammograms have absolutely NO impact on breast cancer mortality. Over the course of the study, the death rate from breast
cancer was virtually identical between those who received an annual mammogram, and those who did not. 22 percent of screen detected invasive breast cancers were also over-diagnosed, leading to unnecessary treatment. Beware of the “new and improved” type of mammogram called 3D tomosynthesis, as it exposes you to even HIGHER doses of radiation than a standard mammogram.

The featured study, published in the British Medical Journal (BMJ), included a five-year screening period, with a total follow-up period of 25 years. The women, aged 40-59, were randomly assigned to receive either five annual mammography screens, or an annual physical breast examination without mammography. Over the course of the study, 3,250 of the women who received mammography were diagnosed with breast cancer, compared to 3,133 in the non-mammography group. Of those, 500 women in the mammography group, and 505 in the control group, died from the disease.

However, after 15 years of follow-up, the mammography group had another 106 extra cancer diagnoses, which were attributable to over-diagnosis. As previously explained by Dr. Otis Webb Brawley, chief medical officer of the American Cancer Society, the term "overdiagnosis" in cancer medicine refers to: "...a tumor that fulfills all laboratory criteria to be called cancer but, if left alone, would never cause harm. This is a tumor that will not continue to grow, spread and kill. It is a tumor that can be cured with treatment but does not need to be treated and/or cured."

Similar results were found in a 2009 meta-analysis by the Cochrane Database Review, which found that breast cancer screening led to a 30 percent rate of over-diagnosis and overtreatment, which actually increased the absolute risk of developing cancer by 0.5 percent. The review concluded that for every 2,000 women invited for screening throughout a 10-year period, the life of just ONE woman was prolonged, while 10 healthy women were treated unnecessarily. http://tiny.cc/s5pdcx

**HOW TO PREVENT A HANGOVER**

Drinking alcohol can cause high levels of the breakdown product acetaldehyde to accumulate in your body. Acetaldehyde is up to 30 times more toxic than the alcohol itself and may be responsible for many hangover symptoms. Taking a combination of N-acetyl cysteine (NAC), B vitamins, milk thistle, and vitamin C before you drink may help to stave off a hangover. Staying hydrated, drinking in moderation and only on a full stomach are also important. Hangover remedies to try include bone broth for minerals, coconut water for electrolytes especially potassium, eggs for natural cysteine and ginger for nausea. http://tiny.cc/10h99w

**WHY CONVENTIONAL MEDICINE WON’T ALLOW CANCER TO BE CURED**

Over the last 100 years, a number of natural cancer treatments have been developed and used successfully to treat patients in the US and other countries. All have been vehemently discounted, silenced, and pushed under the rug by the medical monopoly, with physicians and researchers attacked, smeared, sent to prison, and professionally ruined for daring to defy the medical establishment.

A fascinating documentary exposes the corruption of the cancer industry and the extreme measures they will undertake to discredit, imprison, and professionally destroy any physician who treats cancer patients naturally. Click the following link. http://www.youtube.com/watch?feature=player_embedded&v=gWlrNjicM

**VITAMIN D DEFICIENCY LINKED TO DEPRESSION, PAIN, INFLAMMATORY BOWEL DISEASE, AND BREAST CANCER**

Vitamin D influences over 10 percent of your genes. Vitamin D deficiency is epidemic across the world and could be contributing to hundreds of common health problems. There are 33,800 medical papers on vitamin D, and this veritable mountain of research shows that vitamin D has far-reaching benefits to your physical and mental health. Recent research found significant interaction between vitamin D levels and inflammatory bowel disease. Vitamin D supplementation has also been found to reduce both depression and pain in diabetic women. Studies show that vitamin D has tremendous protective effects against a variety of different cancers, including pancreatic, lung, ovarian, breast, prostate, and skin cancers. http://tiny.cc/z3h99w

**HOW DOES FOOD IMPACT YOUR MOOD?**

Individual food choices may make a difference in how you feel mentally and emotionally from day to day. Mood-boosting foods include dark chocolate, purple berries, coffee, bananas, omega-3 fats and turmeric (curcumin). Foods linked to poor mood include sugar, wheat (gluten) and processed foods. A whole-food-based diet, including fermented foods to optimize your gut flora, will support positive mood and mental health. http://tiny.cc/v5h99w

**GLAXO WILL FINALLY STOP PAYING DOCTORS TO PROMOTE DRUGS**
Drug giant GlaxoSmithKline has announced it will no longer pay health care professionals to promote its products or the diseases they treat to “audiences who can prescribe or influence prescribing”. Glaxo also plans to stop compensating its sales representatives based on the number of prescriptions that doctors write. Some experts believe the changes are designed to deflect attention away from recent scandals involving the company, including a $3-billion fraud settlement in 2012 and ongoing bribery allegations in China. In 2014, drug and medical device companies will be required to report and disclose all payments to physicians and the information will be displayed in an online government database that you will be able to search. You can also search ProPublica’s database to see the disclosed payments made to physicians in your state. [http://tiny.cc/0hi99w](http://tiny.cc/0hi99w)

**MSG MAY HARM FERTILITY**

MSG - monosodium glutamate - is a ubiquitous flavoring agent that you may want to avoid if you are trying to conceive, especially if you or your partner have been diagnosed with infertility. MSG is found in many brands of potato chips, seasonings, packaged soups, and fast foods. It is especially prevalent in Chinese and Asian soups, foods and seasonings. Think noodle broths and instant miso soups. Vietnamese Pho soup, although delicious, almost always had MSG added.

Although the link between fertility and MSG deserves deeper investigation studies do show need for concern. In one study published in Neurobiology and behavior - MSG was found to increase fertility problems in rats when they were fed MSG daily. When male rats consumed MSG prior to mating their success rates were below 50% whereas the MSG-free rats had 92% success rate when mating. In addition to fertility concerns, the offspring of MSG-fed rats were shorter, their testicles weighed less and they quickly became overweight. In yet another study one group of animals (mice) were given MSG daily while a similar group were not. The MSG treated animals were also shorter and became overweight quickly even though they consumed less food. This study found that female MSG-treated animals experienced far more infertility, failing to conceive after repeated matings. "The finding that neuronal necrosis can be induced in the immature mouse brain by 0.5 mg/kg of MSG raises the more specific question whether there is any risk to the developing human nervous system by maternal use of MSG during pregnancy."

MSG is a substance that it may be wise to minimize or avoid when trying to conceive, however, it is not always easy to identify MSG on food labels. The presence of MSG may be indicated by the following:

- **Autolyzed yeast, Maltodextrin and Hydrolyzed pea protein and other hydrolyzed proteins.** Avoiding MSG in Chinese and Asian restaurants can be tricky: a restaurant may not consciously “add” MSG to your food, but the various pre-made seasonings and sauces that they purchase to cook with may already contain MSG. [http://www.bellaonline.com/articles/art172629.asp/zzz](http://www.bellaonline.com/articles/art172629.asp/zzz)

**SOME LAXATIVES PROVE DEADLY**

The FDA issued a warning about the use of saline laxatives after 13 deaths, and 54 reports of adverse events, were reported following their use. Saline laxatives that contain the active ingredient sodium phosphate may lead to dehydration, abnormal levels of electrolytes, kidney and heart problems, and death. Most overdoses occurred by taking a single dose that was higher than recommended or taking more than one dose in one day. Stimulant laxatives may decrease your colon's ability to contract, leading to dependence over time. Constipation can usually be treated and prevented naturally by increasing fiber from vegetables in your diet and making other lifestyle changes.

If you were to take one supplement for constipation, magnesium would win hands down. In fact many popular constipation remedies, like milk of magnesia, consist of magnesium. Since most people are deficient in this important mineral that would be a good choice. Also if you are taking calcium, stop that, as calcium will constipate you. [http://tiny.cc/nfj99w](http://tiny.cc/nfj99w)

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

**MISSION STATEMENT:**

“I aim to get my patients as WELL as possible, as quickly as possible, and then keep them WELL”.

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.

**4636 6100**


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