Welcome along to the 50th WELLNESS Newsletter that I have published. Let me know if there are topics you would like information on. Many of my articles are based on questions from my clients.

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HEADACHES MAY BE CAUSED BY COMMON NUTRITIONAL DEFICIENCIES

Nutritional deficiencies can play a major role in headaches and migraines. According to experts like Dr. Robert Barry, one particularly important underlying problem involved with migraines is mitochondrial dysfunction. Ubiquinol—the reduced form of Coenzyme Q10—plays a vital role in ATP production, which is the basic fuel for your mitochondria. Your body does produce ubiquinol naturally. In fact, it is the predominant form in most healthy cells, tissues and organs. However, with rampant pollution and poor diet, mitochondrial dysfunction has become increasingly common, warranting supplementation with either ubiquinol or CoQ10. One study published in the journal Neurology found that CoQ10 was superior to a placebo in preventing migraines and reducing severity. Of the patients who received 100 mg of CoQ10 three times a day, 50 percent reported significantly reduced frequency of headaches compared to only 14 percent of those who took the placebo. Other research has shown that ubiquinol, the
Vitamin D deficiency can also play a role. According to research presented at the 50th Annual Meeting of the American Headache Society (2010), nearly 42 percent of patients with chronic migraine were deficient in vitamin D. The study also showed that the longer you suffered from chronic migraines, the more likely you are to be vitamin D deficient.

Other vitamin deficiencies linked to headaches include vitamins B2 (riboflavin), B6, B12, and folic acid. A 2009 study evaluated the effect of 2 mg of folic acid, 25 mg vitamin B6, and 400 micrograms of vitamin B12 in 52 patients diagnosed with migraine with aura. Compared to the placebo group, those receiving these supplements experienced a 50 percent reduction in migraine disability over a six-month period. Previous studies, such as a 2004 study in the European Journal of Neurology, have also reported that high doses of B2 (riboflavin) can help prevent migraine attacks. For example, in one study patients who received 400 mg riboflavin per day experienced a 50 percent reduction in migraine frequency after three months.

Magnesium can also be a helpful supplement for headache and migraine sufferers, as it helps relax blood vessel constriction in your brain. The best magnesium supplement I know of is magnesium threonate as it penetrates cell membranes, including the mitochondria. No other magnesium supplement does this. Interestingly, some of the best drugs used to treat migraines are calcium channel blockers, and that is how magnesium works. Supplemental magnesium would be FAR safer than a calcium channel blocker. http://tiny.cc/kdj99w

**FINGER LENGTH A 'POINTER' TO OSTEOARTHRITIS**

Our fingers could be more important than we think. New research has revealed that the length of a person's finger could become a 'pointer' to their risk factor in developing osteoarthritis (OA) later in life. The ratio of index finger to ring finger (2D:4D) has been correlated with rates of total knee replacement in a study led by Dr Yuanyuan Wang from Monash University's Department of Epidemiology and Preventive Medicine. The study was based on data collected from more than 14,000 middle aged and elderly people who had their finger lengths evaluated. "The results were consistent when the ratio was examined both on the right and left hand, with the risk of developing osteoarthritis later in life about 40 percent higher with a ratio of 0.1 longer."

**WHY PREGNANT WOMEN SHOULD NOT DRINK COFFEE**

Research has shown that coffee—in moderation—may have a number of health-promoting properties. These therapeutic benefits do NOT apply to pregnant women, however. A recent observational study looking at data for nearly 60,000 women found that coffee and other caffeinated beverages increased the odds of delivering a low birth weight baby and/or extended the time of gestation.

Every 100 mg of caffeine consumed by the mother per day equated to a nearly one ounce reduction in the baby’s weight at birth. Every 100 mg of caffeine also increased the length of the pregnancy by five hours. When the source of the caffeine was coffee, the length
of the pregnancy was extended by eight hours for every 100 mg of caffeine. In previous research, mice given caffeine during pregnancy produced embryos with a thinner layer of tissue separating some of the heart's chambers than the group that was not given caffeine. Long term, this resulted in a 20 percent increase in body fat in males, and a 35 percent decrease in cardiac function.

http://tiny.cc/6f4cbx

WHAT ARE THE HEALTH BENEFITS OF OREGANO?
Oregano contains vitamins A, C, E, and K, as well as fiber, folate, iron, magnesium, vitamin B6, calcium, and potassium. Oregano has anti-inflammatory, antimicrobial, and anti-fungal effects, and may kill MRSA, listeria, and other pathogens. Oregano essential oil may be useful for respiratory ailments like colds and flu. Adding oregano to meat before cooking may help reduce the amount of toxic compounds created by the cooking process.

Antifungal, Antibacterial, and May Even Kill MRSA
Carvacol and thymol, two phytochemicals in oregano, are powerful antimicrobials. Research has shown essential oils from oregano may kill the foodborne pathogen *Listeria* and the superbug MRSA (making it a useful addition to hand soaps and disinfectants). According to one of the researchers involved in the MRSA study: “We have done a few preliminary tests and have found that the essential oil from the oregano kills MRSA at a dilution 1 to 1,000. The tests show that the oil kills MRSA both as a liquid and as a vapour and its antimicrobial activity is not diminished by heating in boiling water.” Studies have also found essential oils of oregano to be useful against certain Candida species.

Useful for Upper Respiratory Infections
Oregano also has potential anti-viral activity, and a spray containing aromatic essential oils from five plants, including oregano, was found to significantly relieve symptoms “immediately” in those with upper respiratory infections. If you come down with a cold or the flu, oregano oil can also be useful. Generally, the higher the carvacrol concentration, the more effective it is. Interestingly, oregano encourages sweat production as a mode of detox, and ingesting it may help your body to get rid of unwanted phlegm in your lungs. http://tiny.cc/kh4cbx

YOUR CIRCADIAN RHYTHM MAY CONTROL CERTAIN GENES
Circadian rhythms—the 24-hour cycles known as your internal body clock—are involved in everything from sleep to weight gain, mood disorders, and a variety of diseases. Your body actually has many internal clocks—in your brain, lungs, liver, heart, and even your skeletal muscles—and they all work in concert to keep your body running smoothly by controlling temperature and the release of hormones. They may also play a critical role in the expression of your genes, for better or for worse.

For instance, one study found that the circadian clocks of mice control an essential immune system gene that helps their bodies sense and ward off bacteria and viruses. When levels of that particular gene, called toll-like receptor 9 (TLR9), were at their highest, the mice were better able to withstand infections. Interestingly, when the researchers induced sepsis, the severity of the disease was dependent on the timing of the induction. According to the authors, this may help explain why septic patients are known to be at higher risk of dying between the hours of 2 a.m. and 6 a.m. Separate research also found that when participants cut their sleep from 7.5 to 6.5 hours a night, there were increases in activity in genes associated with inflammation, immune excitability, diabetes, cancer risk, and stress. From the results of this study, it appears as though sleeping for an extra hour, if you’re getting less than seven hours of sleep a night, may be a simple way to boost your health. But the opposite also holds true in that getting just one hour less sleep a night may raise your risk of multiple chronic diseases.

http://tiny.cc/jm4cbx

DISRUPTED SLEEP SPEEDS UP CANCER
Disrupted melatonin production caused by lack of sleep, or exposure to light at night, has also been shown to increase cancer risk. Melatonin inhibits the proliferation of a wide range of cancer cell types, as well as triggering cancer cell apoptosis (self-destruction). The hormone also interferes with the production of new blood vessels by tumors (angiogenesis) required for their rapid growth. Not to mention, poor sleep is associated with an increased risk of insulin resistance and weight gain, which also contribute to cancer development.

In 2007, the World Health Organization (WHO) even announced a decision to classify shift work as a “probable carcinogen.” That puts the night shift in the same health-risk category as exposure to such toxic chemicals as trichloroethylene, vinyl chloride, and polychlorinated biphenyls (PCBs). If this isn’t a testament to the importance of maintaining a normal sleep-wake cycle for human health, I don’t know what is! http://tiny.cc/8n4cbx

FISH OIL CITED IN DRAMATIC HEALING AFTER SEVERE BRAIN TRAUMA
Animal-based omega-3 fat, such as krill oil, is essential for optimal health, and particularly critical for brain health. It even offers hope for healing and restoring brain function after a traumatic brain injury. Low concentrations of EPA and DHA have been shown to result in an increased risk of death from all causes and accelerate cognitive decline. Recent research suggests that fish oil can help slow down age-related brain atrophy. Older women with the highest levels of omega-3 fatty acids had better preservation of their brain as they aged than those with the lowest levels, which might mean they would maintain better brain function for an extra year or two. Previous research has also confirmed the beneficial effect of omega-3 fat on brain function in youngsters, concluding that DHA intake is a robust modulator of functional cortical activity. [http://tiny.cc/cr4cbx]

**HOW THE CDC TRANSFORMED 21 RAW MILK ILLNESSES INTO 20,000**

There were 21 reported illnesses linked to raw milk in Minnesota from 2001 to 2010, but a new CDC study claims more than 20,500 Minnesotans were actually sickened. If a person was sickened by campylobacter, E. coli O157:H7 or salmonella during the study period, and had drank raw milk in the week before, the illness was blamed on raw milk (even though many foods could have caused the illness). Even using the above criteria, this only raised the illness to 530, which were then multiplied based on an assumption that the illnesses were underreported. The CDC continues to put out incredibly misleading data regarding raw milk, misleading the public that all raw milk is dangerous, when it fact it’s typically safer than pasteurized milk when it comes from a high-quality source. [http://tiny.cc/rv4cbx]

**RESEARCH CLAIMS AN APPLE A DAY IS COMPARABLE TO DAILY STATIN USE**

In related news, a recent study published in the British Medical Journal (BMJ)16 found that simply eating an apple a day might help prevent cardiovascular-related deaths in those over 50 to a similar degree as using a daily statin. This reminds me of the recent analysis17 that found exercise is just as potent as medications for pre-diabetes and heart disease. In fact, the evidence was so strong, the researchers suggested that drug companies ought to be required to include exercise for comparison when conducting clinical trials for new drugs. Perhaps diet ought to be a standard comparator as well?

As reported by Medical News Today, there’s plenty of research suggesting that statins will reduce your risk of a vascular event like heart attack and stroke, even if you don’t have an underlying risk of cardiovascular problems. Such questionable research is being used to push for more widespread use of the drugs. But just how valuable is such research, once you compare it to something as simple as adding an apple to your diet? “...[T]he investigators decided to see how widespread use of statins would impact the rate of vascular mortality in the over-50 UK population, and they compared this with the effects of apple consumption... From their calculations, they found that if 17.6 million people in the UK took a statin a day, this would reduce the number of vascular deaths by 9,400. If the whole over-50 UK population (22 million) ate an apple a day, this could reduce the annual number of vascular deaths by 8,500. But the researchers took into account the side effects of statin use, stating that prescribing a statin to everyone over the age of 50 could lead to over 1,000 extra cases of muscle disease (myopathy) and more than 10,000 additional cases of diabetes...” [http://tiny.cc/4w4cbx]

**AROMATHERAPY CAN HELP REDUCE ANXIETY**

Many natural essential oils have anxiety-inhibiting effects, including sweet orange, bergamot, and lavender. One systematic review of aromatherapy among people with anxiety symptoms showed that most of the studies indicated positive effects to quell anxiety. Essential oils can be inhaled indirectly using a room diffuser, massaged into your skin (diluted in a carrier oil), or inhaled directly using an individual essential oil inhaler. Aromatherapy has also shown promise for pain relief, nausea, vomiting, memory, and migraine headaches. [http://tiny.cc/t8pdcx]

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