



# WELLNESS

Get your health on track with ANTRAC!

## ANTRAC WELLNESS News Letter\_051

### 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.

**In this edition:** **p1** – Infertility problems? Thermal paper receipts may be the source of endocrine disruptors; Up to 78% of all medical procedures are of no benefit and many actually cause harm; **p2** - Abolishing mammography screening programs? A view from the Swiss Medical Board; Chemotherapy myth shattered: toxic cancer drugs cause more cancer than they prevent; One-third of the conclusions of all research in top medical journals will be proved wrong; **p3** - Fingers provide information on predisposition to Osteoarthritis; New scientific evidence reveals shocking extent of electro-pollution damage; Common foods found to have 'powerful' anti-inflammatory properties; **p4** - One in 25 patients end up with hospital-acquired infections, CDC warns; A natural alternative for sexual erectile dysfunction (ED).



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. **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.**

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(Bachelor of Acupuncture)

## ANTRAC

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### Clinic Hours:

Mon 9:30am – 5:50pm

Tue 9:30am – 5:50pm

Thu 9:30am – 5:50pm

### INFERTILITY PROBLEMS? THERMAL PAPER RECEIPTS MAY BE THE SOURCE OF ENDOCRINE DISRUPTORS

Thermal paper typically used for receipts contains the endocrine-disrupting chemical bisphenol-A (BPA). After handling receipts, BPA was found in all study participants' urine and the concentration of BPA in the urine samples had increased as well. Past research has shown that **holding receipt paper for only five seconds** was enough to transfer BPA onto your skin, and the amount of BPA transferred increased by about 10 times if fingers were wet or greasy. Other common sources of BPA exposure include canned foods, soda cans, plastics (even some BPA-free plastics), and paper currency, which may be contaminated by receipts stored nearby (such as in your wallet).

<http://tiny.cc/1l9wfx>

## **UP TO 78% OF ALL MEDICAL PROCEDURES ARE OF NO BENEFIT AND MANY ACTUALLY CAUSE HARM**

In an attempt to determine the overall effectiveness of our medical care, the Mayo Clinic tracked the frequency of medical reversals over the past decade and published a report in the prestigious journal *Mayo Clinic Proceedings*, August 2013. **The most telling data in the report show just how many common medical treatments are not helping patients at all—or are actually harming them.** Of the studies that tested an existing standard of care, 40 percent reversed the practice, compared to only 38 percent reaffirming it. The remaining 22 percent were inconclusive.

This means that between 40 and 78 percent of the medical testing, treatments, and procedures you receive are of NO benefit to you—or are actually harmful—as determined by clinical studies. Dr. Vinay Prasad writes: *"Reversal harms patients who undergo the contradicted therapy during the years it was in favor and those patients who undergo the therapy in the lag time before a change in medical practice. Most importantly, it creates a loss of faith in the medical system by physicians and patients. The solution to reversal is upfront, randomized clinical trials for new clinical practices and a systematic method to evaluate practices already in existence."* The following 2 articles confirm this conclusion. So don't be driven by fear into getting a mammogram, that duh!! uses X-rays that are KNOWN to cause cancer to look for cancer!!

<http://tiny.cc/vq9wfx>

## **ABOLISHING MAMMOGRAPHY SCREENING PROGRAMS? A VIEW FROM THE SWISS MEDICAL BOARD**

Last year, the Swiss Medical Board, an independent health technology assessment initiative, was asked to prepare a review of mammography screening. The **team of experts on the board included a medical ethicist, a clinical epidemiologist, a pharmacologist, an oncologic surgeon, a nurse scientist, a lawyer, and a health economist.** After a year of reviewing the available evidence and its implications, they noted they became "increasingly concerned" about what they were finding. The "evidence" simply did not back up the global consensus of other experts in the field suggesting that mammograms were safe and capable of saving lives. On the contrary, **mammography appeared to be preventing only one death for every 1,000 women screened, while causing harm to many more.** Their thorough review left them no choice but

to recommend that no new systematic mammography screening programs be introduced, and that a time limit should be placed on existing programs. In their report, made public in February 2014,<sup>1</sup> the Swiss Medical Board also advised that the quality of mammography screening should be evaluated and women should be informed, in a "clear and balanced" way, about the benefits and harms of screening. The report caused an uproar among the Swiss medical community, but **it echoes growing sentiments around the globe that mammography for breast cancer screening in asymptomatic populations no longer makes sense.** <http://tiny.cc/479wfx>

## **CHEMOTHERAPY MYTH SHATTERED: TOXIC CANCER DRUGS CAUSE MORE CANCER THAN THEY PREVENT**

New research funded by the U.S. National Institutes of Health (NIH) has shattered the prevailing myth that chemotherapy drugs actually fight cancer. To the contrary, researchers from Harvard University and the University of Massachusetts, Amherst, (UMA) have found that these clinical poisons, though sometimes initially effective at stemming the growth and spread of existing tumour cells, eventually induce major stem cell damage that causes even more cancer.

"We discovered that several chemotherapeutics that stop fast growing tumours have the opposite effect on stem cells in the same animal, causing them to divide too rapidly," said Michelle Markstein, a molecular biologist from UMA and co-author of the new study. "This was a surprise, because it showed that the same drug could have opposite actions on cells in the same animal: Suppressing tumour growth on one cell population while initiating growth in another."

[http://www.theartofhealing.com.au/news\\_chemotherapy\\_myth.html](http://www.theartofhealing.com.au/news_chemotherapy_myth.html)

## **ONE-THIRD OF THE CONCLUSIONS OF ALL RESEARCH IN TOP MEDICAL JOURNALS WILL BE PROVED WRONG**

Back in 2005, Dr. John Ioannidis, an epidemiologist at Ioannina School of Medicine in Greece, showed that there is **less than a 50 percent chance that the results of any randomly chosen scientific paper will be true.** Interestingly, this is about the same ratio that the hit piece by the *Science* journalist found in the Open Access journals. But you sure didn't see him quote this information. **Within just a few years, one-third of the conclusions of all research will have been proved wrong by subsequent studies—even research that makes it into the top medical journals.** There is a

major bias toward publishing studies that show dramatic results, positive results, or results from “hot” competitive fields, and certainly studies that support their major advertisers, which are the drug companies. And it is much easier than you might think for unscrupulous researchers to massage and manipulate data in order to get the result they’re after.

Many drug studies published in leading journals are actually sponsored by drug makers and include deceptive statistical reporting and wording. Studies funded by drug companies favor drugs 80 percent of the time. **The flu vaccine is a perfect example of medical manipulation, with research concluding the effectiveness of the flu vaccines to be as low as one percent.** Yet, despite this, flu vaccines are still pushed by mainstream health officials as the “best” way to protect yourself against influenza. Valuable health care workers are even losing their jobs for refusing to accept the flu shot, despite the fact that the scientific basis for the flu vaccine is pathetically weak.

<http://tiny.cc/8iaxfx>

### **FINGERS PROVIDE INFORMATION ON PREDISPOSITION TO OSTEOARTHRITIS**

The lower the ratio between index finger (2D) and ring finger (4D), the higher the risk of developing severe osteoarthritis in the knee leading to total knee replacement. In a study published in "Rheumatology", scientists write that hormonal factors could also play a role. According to anthropological studies, men have a lower average 2D:4D finger length ratio than women. The researchers assume that hormonal factors may also play a role, which could account for the well-documented difference in prevalence of osteoarthritis between men and women.

In their study, Yuanyuan Wang and his colleagues at Monash University (Australia) assessed hand photocopies of more than 14,500 middle-aged and older people who participated in the Melbourne Collaborative Cohort Study. During the average 10.5-year follow-up, 580 people had knee replacements and 499 had hip replacements due to severe osteoarthritis. A lower 2D:4D ratio indicated a higher incidence of knee replacement, while there was no significant association with hip replacement. This was demonstrated both in the left as well as the right hand, even if the risk was higher with the right hand.

<http://tiny.cc/0adxfx>

### **NEW SCIENTIFIC EVIDENCE REVEALS SHOCKING EXTENT OF ELECTRO-POLLUTION DAMAGE**

Exposure to cell phone towers alters brain function in alarming ways, causing a lack of concentration, irritability, difficulty sleeping and lack of appetite. That's the conclusion of a new study just published by the British Medical Journal. The study, authored by Professor Enrique A Navarro, concluded that the severity of such symptoms directly correlated to cell tower exposure levels. In other words, the closer a person lives to a cell tower, the greater the severity of their symptoms. This was true regardless of race, income level and other demographics.

Cell towers, of course, broadcast and receive electromagnetic switching signals. Human biology - and the brain in particular - relies on electro-biochemical pathways for healthy function. Many scientists have long suspected that chronic exposure to low levels of EMF



pollution (electro-pollution) may interfere with the healthy functioning of the brain and body. This latest research adds yet more support to that alarming idea. It's not your imagination: Electromagnetic hypersensitivity is real. Electromagnetic hypersensitivity has long been dismissed as non-existent by some doctors and industry-funded scientists. After all, if EMF pollution from cell towers really does harm public health, then the implications are truly massive, both economically and in terms of human suffering. But electromagnetic hypersensitivity is a genuine phenomenon. People are not "inventing" side effects or symptoms. As Navarro writes in the study: The term electromagnetic hypersensitivity has been recently introduced in discussions attributing symptoms to exposure to EMFs. A review of this topic in 2010 found that 8 of the 10 studies evaluated through PubMed had reported an increased prevalence of adverse neurobehavioral symptoms or cancer in populations living at distances < 500 m from [cell phone towers]. <http://tiny.cc/6naxfx>

### **COMMON FOODS FOUND TO HAVE 'POWERFUL' ANTI-INFLAMMATORY PROPERTIES**

An international team of scientists has found a handful of common foods such as cinnamon, sweet potato and oregano to have powerful and previously unreported anti-inflammatory properties. The study, recently published in the European Journal of Nutrition, screened 115 dietary plants and mushrooms for in vitro anti-inflammatory activities. "Of the foods we tested, **onion, oregano, red sweet potato, oyster mushroom and cinnamon had the most significant anti-inflammatory properties,**" co-author of the study, Dr Lezanne Ooi said. "However we also found potent anti-inflammatory activity in lime zest, English breakfast tea, honey-brown mushroom, button mushroom, oyster mushroom, and cloves." The study also found that cooking had virtually no effect on the anti-inflammatory activity of these foods.

Dr Ooi, a neuroscientist and regenerative medicine expert who holds dual roles at the University of Wollongong's School of Biological Sciences and the Illawarra Health and Medical Research Institute, said these foods could aid in the prevention of a variety of age-related diseases. She also noted that a further study (published in Food Chemistry on 1 April) examining the anti-inflammatory properties of different types of mushrooms, revealed that raw oyster, shiitake and enoki mushrooms had significant anti-inflammatory potential. "There is increasing evidence to suggest that systemic low-grade inflammation is a contributing factor in age-related diseases, such as diabetes, Parkinson's disease, Alzheimer's disease, rheumatoid arthritis, cardiovascular disease and inflammatory bowel disease." <http://tiny.cc/qpaxfx>

### **ONE IN 25 PATIENTS END UP WITH HOSPITAL-ACQUIRED INFECTIONS, CDC WARNS**

Approximately 40,000 harmful and/or lethal hospital errors occur **each and every day** in the US. Hospitals have become particularly notorious for spreading lethal infections. According to the US Centers for Disease Control and Prevention, hospital-acquired infections now affect one in 25 patients. In 2011, an estimated 722,000 patients contracted an infection during a stay in an acute care hospital in the US; 205 Americans die from hospital-acquired infections each and every day. Some hospitals are far riskier than others. A previous analysis of 40 million Medicare patients' records from 2007 through 2009 found that one in nine patients developed a hospital-acquired infection. <http://tiny.cc/4saxfx>

### **A NATURAL ALTERNATIVE FOR SEXUAL ERECTILE DYSFUNCTION (ED)**

As far as natural alternatives go, there are many options to consider including L-arginine, an amino acid that is the precursor to *nitric oxide*, a natural compound that helps relax your blood vessels. Nitric oxide signals the smooth muscle cells in your blood vessels to relax, so that your vessels dilate and your blood flows more freely. This helps your arteries to regain their elasticity and stay free of plaque. L-arginine may also lead to increased microcirculation in genital tissues, which results in stronger erections and better sexual responsiveness, via this nitric oxide mechanism. A leading ED drug treats erectile problems by relaxing your blood vessels, which increases penile blood flow. However, the price you might pay for these ED drugs is a slew of potentially dangerous side effects. L-arginine increases the action of nitric oxide — similar to ED drugs, but without the side effects.

Scientific studies have shown that **L-arginine** can be particularly effective when used in combination with another natural agent, **pycnogenol**, which resulted in significant improvement in sexual function in men with ED, according to a Bulgarian study. Similarly, a pilot study published in the journal *European Urology* found six grams of L-arginine combined with six mg of **yohimbine**, a compound found in the herb yohimbe, was successful in treating men with ED.

<http://tiny.cc/7sbxfox>

For more information on Acupuncture or Earthing™, 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.

 **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".**