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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WHY AND HOW TO SAY NO TO AN UNNECESSARY ROOT CANAL PROCEDURE

Dental procedures and materials used in them can affect your whole body, not just your teeth. Root canal treated teeth can be a direct cause of numerous degenerative diseases. After a root canal is done, the dead tooth—not sometimes, but always—becomes an environment conducive to harboring chronic infection and toxicity. Many "incurable" ailments, which have no conventionally recognized cause, can sometimes be improved or resolved by extracting the root-canalled tooth and properly cleaning the tooth socket. A tooth can become painful for a number of reasons. Before getting a root canal, make sure the problem is not somewhere else and that the pain in your tooth will not subside if you properly address that issue. This article is about saving lives not teeth.

There are at least 16 different reasons why a tooth can be sensitive or painful. Incredibly, generally the first...
option offered by your dentist is a root canal. That is a wise choice for the Dentist because of the massive profit margin. The best way to evaluate your specific pain would be with a qualified dental professional. The Hippocratic Oath says “First do no harm”. 

http://tiny.cc/qrxqgx

BEWARE: THE WORST TREATMENT OPTIONS FOR BACK PAIN ARE ALSO THE MOST COMMONLY PRESCRIBED

Despite it being so common, few people—including specialists—have a clear understanding of how to treat back pain. Typically, chronic back pain will result in a prescription for a painkiller. Surgery is another overused and largely ineffective strategy that rarely leads to full recovery. On the contrary, it’s usually the quickest route to a life of permanent disability. If you have low back pain and see different specialists, you will get different tests: rheumatologists will order blood tests, neurologists will order nerve impulse tests, and surgeons will order MRIs and CT scans.

But no matter what tests you get, you’ll probably end up with a spinal fusion because it’s one of the "more lucrative procedures in medicine," according to Shannon Brownlee, author of the book, Overtreated: Why Too Much Medicine Is Making Us Sicker and Poorer. This despite the fact that the best success rate for spinal fusions is a mere 25 percent! According to one 2011 review, more than 17 percent of patients told they needed spinal surgery actually showed no abnormal neurological or radiographic findings that would necessitate surgery. http://tiny.cc/wsxxqgx

CHIROPRACTIC CARE MAY RELIEVE PAIN BETTER THAN DRUGS

Seeing a qualified chiropractor or a doctor of osteopathic medicine (DO) is another wise option if you suffer from any type of chronic pain, including back pain. One study published in the Annals of Internal Medicine revealed that chiropractic care oftentimes provides greater relief than medication. After following more than 270 neck-pain patients for 12 weeks, researchers found that those who used a chiropractor or exercised were more than twice as likely to be pain-free compared to those who took medication. Although this study involved neck pain rather than back pain, it’s likely the results apply to back pain as well. The results showed:

- 32 percent who received chiropractic care became pain-free
- 30 percent of those who exercised became pain-free
- 13 percent of those treated with medication became pain-free

I am an avid believer in the chiropractic philosophy, which places a strong emphasis on your body’s innate healing wisdom and far less reliance on Band-Aid solutions like drugs and surgery. Chiropractic, osteopathic, and naturopathic physicians receive extensive training in the management of musculoskeletal disorders during their course of graduate healthcare training, which typically lasts anywhere from four to six years.

Due to their comprehensive training in musculoskeletal management, numerous sources of evidence have shown that chiropractic management is much safer and often more effective than allopathic medical treatments, particularly for back and neck pain. In addition, researchers have also found that chiropractic adjustments affect our bodies on a deep cellular level. This means that chiropractic care may affect basic physiological processes that influence oxidative stress and DNA repair, so in addition to addressing any immediate spinal misalignment that might cause pain, it may also address deeper dysfunction in your body. Acupuncture can be another useful approach. I am treating back and neck conditions on a daily basis with very good results. http://tiny.cc/kuxqgx

WHAT'S NEW AND BENEFICIAL ABOUT ONIONS?

Onions are rich in sulfur-containing compounds and other phytochemicals that may boost heart health, offer protection against cancer and diabetes, boost bone health, and more. Onions have a wealth of beneficial properties. They’re anti-allergic, anti-histaminic, anti-inflammatory, and antioxidant. Onions have a particularly high concentration of beneficial polyphenols, with more polyphenols than garlic, leeks,
tomatoes, carrots, and red bell pepper. Wild onions have been enjoyed since the very early ages, and were likely a staple in the prehistoric diet. 

http://tiny.cc/nzxqgx

**NEW STUDIES SHOW OPTIMIZING VITAMIN D LEVELS MAY DOUBLE CHANCES OF SURVIVING BREAST CANCER, LOWER LDL CHOLESTEROL, AND HELPS PREVENT AUTISM**

A recent meta-analysis found that breast cancer patients who had high vitamin D levels (average 30 ng/ml) were twice as likely to survive compared to women with low levels (average 17 ng/ml). Vitamin D has a number of anticancer effects, including the promotion of cancer cell death, and the inhibition of angiogenesis (the growth of blood vessels that feed a tumor). Previous research has shown that a vitamin D level of 50 ng/ml is associated with a 50 percent lower risk of breast cancer. Recent research found that vitamin D in combination with calcium appears to reduce LDL cholesterol levels in postmenopausal women. Vitamin D deficiency may cause autistic behavior through its effects on the brain hormones serotonin, oxytocin, and vasopressin, all of which are associated with social behavior.  

http://tiny.cc/f3xqgx

**'ALARMING' TREND AMONG AUSTRALIAN DIABETICS SEES LIMBS NEEDLESSLY AMPUTATED**

Thousands of Australians with diabetes are needlessly having feet and parts of their legs amputated, with just one in two attending foot clinic screenings. Queensland University of Technology (QUT) is attempting to avert the alarming trend, which has seen Australia record the second highest rate of lower limb amputations in the developed world, by offering free comprehensive foot assessments for people with diabetes. Foot disease affects more Australians than any other major diabetes complication, aside from cardiovascular disease, with about 85 sufferers having a foot or part of their leg removed each week. But Australia has just a 50 per cent screening rate for feet, with experts saying the majority of diabetes-related amputations are almost "entirely preventable" and a result of inadequate monitoring.

The Diabetes Foot Clinic at QUT is offering free annual comprehensive foot assessments for people with diabetes. Associate Professor Lloyd Reed said the assessments would include an examination of key issues known to increase the risk of diabetic foot complications, including neurological testing, vascular testing, a musculoskeletal assessment, a dermatological assessment and a comprehensive footwear assessment. Senior Research Fellow at QUT and diabetes expert Peter Lazzarini said the foot assessments and controlling glucose levels would reduce the chance of foot complications and prevent a tidal wave of health problems. "Feet screenings need to occur every 12 months, this is where podiatrists will look for early foot complications such as loss of feeling and no pain response," he said. 

http://tiny.cc/p4xqgx

**REGULAR EARTHING IS ESSENTIAL TO HELP DIABETICS’ BLOOD SUGAR**

Earthing™ products have been proven to increase peripheral circulation and the latest Earthing™ book just released has a vastly expanded cardiovascular chapter, showing Earthing’s effect on the electrodynamics of blood and the potential to improve blood flow, blood pressure, and cardiovascular health. This is an extract from the Earthing™ Book 2nd Edition: “Earthing helps control the blood glucose level. Polish Cardiologist Karol Sokal, and his neurosurgeon son Pawel have been actively researching and documenting the various effects of grounding on the physiology for more than two decades. They have made clinical observations on many hundreds of people with different conditions, including diabetes. They have reported “good things” with diabetes, and documented their findings in a 2011 study.

“We have been able to withdraw insulin for some people because they achieved a reduction in their blood sugar just from walking barefoot,” the Sokals reported. “We found that in some cases the combination of medication and grounding could even push the glucose level too low. “Imagine telling someone that if you go barefoot you may be able to reduce or withdraw your insulin...or some other medication! Yet that is what we found. It all depends on the level of glucose as to whether and when you can cut out the medication or reduce it. With oral medication, we observed that some people with diabetes could walk barefoot and not need anti-diabetic drugs like Metformin.

“One of our experiments with blood sugar showed that continuous grounding for three days and two nights was enough to decrease the level of glucose in patients who have diabetes. That result was on the basis of twelve volunteers, six of them grounded. Further research with more people would be needed to see at what point sustained grounding could
achieve a decrease in glucose enough to recommend that a doctor reduce the medication dosage. Perhaps a minimum of three nights may be enough for some people.” A large variety of Earthing™ products to use on your chair, at your computer desk, or to sleep on all night, for one third of your life is available from ANTRAC. You can even spoil your pets with the Plush Pad. Call 4636 6100 for more information.

LOW LIBIDO? 11 DRUGS THAT AFFECT YOUR SEX DRIVE
Many medications interfere with healthy sexual function and lead to side effects such as erectile dysfunction and decreased libido. Medications that may harm your sex life include antidepressants, opioid painkillers, oral contraceptives, antihistamines, anti-anxiety drugs, baldness drugs, anti-seizure medications, and more. If medication isn’t to blame for your low libido, lifestyle factors likely are. High-intensity exercise, a healthful diet, and reducing your stress levels are all necessary to have an optimally healthy sex life. http://tiny.cc/z5xqgx

ACUPUNCTURE EASES PAIN OF EMERGENCY DEPARTMENT WAITS
Emergency medicine is often described as the sharp end of healthcare. Now, Melbourne’s busiest hospital is bringing new meaning to the phrase by performing acupuncture in the Emergency Department (ED). The novel scheme, which is a potential way to free up doctors, sees acupuncture offered to patients who present with pain or nausea to the Northern Hospital ED, which treats 70,000 patients a year.

If they consent, acupuncture is performed at the bedside or in an ED cubicle, either by emergency physicians with acupuncture training, board-certified acupuncturists, or by supervised acupuncture students, in addition to usual medical care. Results from a pilot study show significant reductions in patient-reported pain and nausea after acupuncture, and high levels of patient satisfaction. Almost 70% of those who were approached consented, and 57% of those who did have acupuncture gave it 10 out of 10 on a satisfaction scale. "Acupuncture appears to be a safe and acceptable treatment for patients in an ED." RMIT University researchers wrote this week in Acupuncture in Medicine. "Acupuncture, in combination with usual medical care, may reduce pain and nausea symptoms among ED patients." http://tiny.cc/j7xqgx

PSYCHONEUROIMMUNOLOGY—HOW INFLAMMATION AFFECTS YOUR MENTAL HEALTH
There’s a bidirectional relationship between all of the major chronic diseases and psychiatric diagnoses (patients who struggle with chronic diseases are more likely to be depressed and vice versa). The role of inflammation, across these disease states, is now becoming more well-known. Depressive symptoms are the manifestation of many downstream effects on hormones and neurotransmitters, but “upstream,” there is a river of inflammatory markers. The communication between your gut and brain appears to rely, in part, on the vagus nerve, and is bidirectional in nature. Compelling research suggests your mental health can be improved by reseeding your gut with beneficial bacteria. Fermented foods are important for this.

For example, "germ-free" mice exposed to stress experienced normalization of their cortisol response after inoculation with Bifidus infantis. In a related experiment testing the stress of maternal separation, adult rodent behavior was normalized with this inoculation despite persistent cortisol changes. Lactobacilli, on the other hand, improved both parameters. In human adults with irritable bowel syndrome, depression and anxiety symptoms improved with administration of Bifidus, and in the setting of chronic fatigue, subjects experienced improvement in anxiety with Lactobacillus casei, relative to placebo. http://tiny.cc/28xqgx

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