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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FIRST EVER STUDY REVEALS AMOUNTS OF FOOD DYES IN BRAND NAME FOODS

A study by Purdue University scientists reported the amounts of artificial food colors found in US foods, and revealed that many children could be consuming far more dyes than previously thought. The amounts of dyes in even single servings of some foods are higher than amounts shown to impair children’s behavior. Children could easily consume 100 mg of...
artificial color in a day, while some children may consume more than double that amount. A variety of common food dyes and the preservative sodium benzoate cause some children to become measurably more hyperactive and distractible. In 2010, most foods in the European Union that contain artificial food dyes were labeled with warning labels stating the food “may have an adverse effect on activity and attention in children,” which prompted many food manufacturers to voluntarily remove the dyes from their products. http://tiny.cc/yc3vhx

BUTTER IS BACK—PROCESSED FOODS ARE IDENTIFIED AS REAL CULPRITS IN HEART DISEASE

For the past 60 years, saturated fat and cholesterol have been wrongfully vilified as the culprits of heart disease. Refined carbs, sugar, and trans-fats found in processed foods are the real enemy—not the saturated fats found in foods such as butter, lard, or eggs. Butter, especially raw butter from grass-fed cows, is rich in beneficial nutrients including vitamins, trace minerals, CLA, and beneficial fats. A recent review found no basis for guidelines that recommend increased consumption of polyunsaturated fats to lower your cardiac risk, calling into question all of the standard nutritional guidelines related to heart health. Consumption of trans-fat radically increased in the mid-1950s. Rates of sudden death from heart disease have faithfully risen right along with trans-fat consumption. http://tiny.cc/pe3vhx

FLU DRUGS INEFFECTIVE: UK WASTE OF HALF A BILLION POUNDS

This week (April 17, 2014), the UK Guardian newspaper informed readers about the publication of papers authored by the respected Cochrane Collaboration in the British Medical Journal which reveal that the UK wasted £560 million (£680 million) on stockpiling Roche’s Tamiflu and GlaxoSmithKline’s Relenza. Both of these drugs were supposed to treat influenza, and formed the bedrock of the government’s planned response to the predicted bird flu and swine flu outbreaks in 2005 and 2009 respectively.

Now, however – after a 4-year battle with the drug companies to obtain the full clinical trials data — the Cochrane reviews reveal that neither drug is much good. Tamiflu, the review states, “modestly reduces the time to first alleviation of symptoms, but it causes nausea and vomiting and increases the risk of headaches and renal and psychiatric syndromes”. Relenza, says Cochrane, “reduces the time to symptomatic improvement in adults (but not in children) with influenza-like illness by just over half a day”.

Recognising the deficiencies of these antiviral drugs, we reviewed a range of natural strategies for avian influenza in our 2006 report. On hand to comment on the Tamiflu scandal was Dr Ben Goldacre, courtesy of a lengthy article also in the Guardian. Goldacre, you may recall, is the author of Bad Pharma, a book that took a close look at pharma’s dirty underbelly – before letting it off the hook. As we observed at the time, “The pharmaceutical industry can make a laughing stock not only of EBM [evidence-based medicine], but of mainstream medicine in general. It can kill and maim millions of people with its poisonous, smoke-and-mirrors nostrums. But because we need it so much, we’ll let it off with a slap on the wrist if it comes clean. Then we can enter some future medical Utopia by trusting the pharmaceutical industry to put in place the measures suggested by Dr G.” Those measures include Ben’s pet project, the Alltrials initiative, which seeks the publication of 100% of clinical trial data by pharma instead of the insulting 50% it currently deems appropriate: crumbs from the table. The European Union’s (EU’s) Clinical Trials Regulation will go some way to changing this situation, but only for new trials. http://tiny.cc/6g3vhx

KNOWING HOW TO PLAY THE ‘HOSPITAL GAME’ COULD SAVE YOUR LIFE

Knowing how to prevent disease so you can avoid hospitals in the first place is clearly your best bet. But knowing what to do to make your hospital stay as safe
and healing as possible is equally important. As Dr. Saul explains: "[People] need to understand that when they are faced with hospitalization, the most powerful person in the most entire hospital system is the patient. The system works on the assumption that the patient will not claim that power...A patient can say, 'No. Do not touch me.' And they can't. If they do, it's assault, and you can call the police. Now, they might say, 'Well, on your way in, you signed this form.' You can revoke your permission. Just because somebody has permission to do one thing, it doesn't mean that they have the permission to do everything.

There's no such thing as a situation that you cannot reverse... You don't want to cry wolf for no reason, but the patient has the potential to put a stop to absolutely anything. If the patient doesn't know that, if they're not conscious, or if they just don't have the moxie to do it, the next most powerful person is the spouse... If there is no spouse present, the next most powerful people in the system are the children of the patient...

You'll notice that I haven't noticed doctors or hospital administrators once. That's because they don't have the power. They really don't. They just want you to think that you do. It is an illusion that they run the place. The answer is – you do. They're offering you products and services, and they're trying to get you to accept them without question.

...[W]hen you go to the hospital, bring along a black Sharpie pen, and cross out anything that you don't like in the contract. Put big giant X's through entire clauses and pages, and do not sign it. And when they say, 'We're not going to admit you,' you say, 'Please put it in writing that you refuse to admit me.' What do you think your lawyers are going to do with that? They have to [admit you]. They absolutely have to... It's a game, and you can win it. But you can't win it if you don't know the rules. And basically, they don't tell you the rules. In [the book] Hospitals and Health, we do."  
http://tiny.cc/ni3vhx

BBC PANORAMA: “WHO'S PAYING YOUR DOCTOR?”
Most patients expect independence from their doctors, and trust that treatment decisions are always made in their best interests. A new UK BBC Panorama program, entitled “Who’s paying your doctor?”

The programme investigated or highlighted highly questionable misdemeanours such as the payment of large sums of money to medical experts to speak at industry-sponsored symposia, where they recommend particular drugs (and where financial links with pharma companies are not necessarily declared); sponsorship of doctors’ education, kickbacks given to doctors in the form of foreign trips and entertainment, payments made to doctors (i.e. bribes) for drug promotion to other doctors, and in return for increased prescribing figures, promotion of off-licence prescribing; bonus system for drug reps to encourage rule-breaking, low penalties, and a lack of transparency in respect of industry payments made to health professionals. These aren’t new pharma strategies, but it’s clear to see that Bad Pharma are still up to their usual dirty tricks.

D-MANNOSE FOR UTI PREVENTION VALIDATED IN A CLINICAL TRIAL
A new study found D-mannose worked just as well as antibiotics for preventing recurrent urinary tract infections (UTIs), with significantly fewer side effects. D-mannose is a naturally occurring sugar that sticks to the E. coli bacteria that most commonly causes UTIs,

INTERMITTENT MOVEMENT BENEFITS YOUR HEALTH. HERE’S HOW TO GET MORE OF IT INTO YOUR WORK DAY
Even if you are a fit athlete who exercises regularly, you may still endanger your health simply by sitting too much. Researchers warn that the combination of sitting too much and exercising too little can more than double the risk of heart failure in men. These risk correlations held true no matter how much they exercised. The act of standing up from a seated position has been found particularly effective at counteracting the detrimental health effects of sitting. Based on double-blind research, the minimum number of times you need to interrupt your sitting in order to counteract its cardiovascular health risks is around 35 times per day. There are plenty of ways to get movement in during your work hours. Included are tips from several sources, including video demonstrations of a sample at-work exercises you can do every 15 minutes or so.  
http://tiny.cc/2j3vhx

D-mannose worked just as well as antibiotics for preventing recurrent urinary tract infections (UTIs), with significantly fewer side effects. D-mannose is a naturally occurring sugar that sticks to the E. coli bacteria that most commonly causes UTIs,
so it can be effectively “rinsed” out when you urinate. D-mannose might also work by promoting the activation of Tamm-Horsfall protein, which plays a key role in your body’s defense against UTIs. D-mannose is the active ingredient in cranberry juice, but the amount of D-mannose in cranberry juice is significantly less than its supplement form, making cranberry juice much less effective for UTIs.

**NATURAL STEPS TO A HEALTHY URINARY SYSTEM**
The most important factor in the overall health of your urinary tract is drinking plenty of pure, fresh water every day. Adequate hydration is extremely important for preventing UTIs (not to mention, is the number one risk factor for kidney stones). As a woman, there are additional hygiene steps you can take to maintain a healthy urinary tract:

- Urinate when you feel the need. Don’t resist the urge to go.
- Wipe from front to back to prevent bacteria from entering your urethra.
- Take showers instead of tub baths. Avoid hot tubs/Jacuzzis.
- Cleanse your genital area prior to sexual intercourse.
- Avoid using feminine hygiene sprays, which may irritate your urethra, and use only white unscented toilet paper to avoid potential dye reactions, or better yet—a bidet.
- In addition, a healthy diet is key in supporting your urinary tract health. Frequent consumption of fermented foods in particular, such as kefir, sauerkraut, and other fermented vegetables, is great for your overall health—including your urinary system.

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

**SULFATE, SLEEP AND SUNLIGHT:**
**THE DISRUPTIVE AND DESTRUCTIVE EFFECTS OF HEAVY METALS AND GLYPHOSATE**

Nearly 24 million Americans suffer some form of autoimmune disease, and millions more are affected by neurological disorders. Research suggests neurological brain diseases have a common origin that begins with an insufficient supply of sulfate to the brain. Sulfate is the oxidized form of sulfur.

Systemic sulfate deficiency may be the most important factor in many of the health issues facing us today. A key role of the pineal gland is to synthesize and secrete melatonin, which controls the sleep/wake cycle. Melatonin also appears to be an important part of the sulfate delivery system. [http://tiny.cc/ao3vhx](http://tiny.cc/ao3vhx)

**LOW MAGNESIUM MAY PLAY KEY ROLE IN INSULIN RESISTANCE AND DIABETES**

Magnesium plays a key role in preventing insulin dysregulation and type 2 diabetes, according to several recent studies—yet 80 percent of Americans are likely magnesium deficient. One study found those with the highest magnesium intake reduced their risk of metabolic problems by 71 percent. Another study concluded magnesium is highly protective for those at high risk for type 2 diabetes. Inadequate magnesium intake creates a vicious cycle of low magnesium levels in your body, elevated insulin and blood glucose levels, and excess loss of magnesium in your urine. The best source of magnesium is whole, organic foods, especially dark green leafy vegetables; other good sources include seaweed, dried pumpkin seeds, unsweetened cocoa, flaxseed, almond butter, and whey. Of the many forms of magnesium supplements available today, a newer form called magnesium threonate shows particular promise due to its ability to penetrate cell membranes, even those in your brain. [http://tiny.cc/j46vhx](http://tiny.cc/j46vhx)

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