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.

RESEARCH SHOWS MIDWIFERY’S "VITAL POTENTIAL" TO SAVE LIVES

If the coverage of midwifery services around the world increased by just a quarter, it's estimated the current rate of maternal deaths could be halved by 2030, according to a major new series in leading international medical journal 'The Lancet'.

Launched overnight in London, The Lancet says the series is the most critical, wide-reaching examination of midwifery ever conducted, produced by an
international group of academics, clinicians, professional midwives, policymakers and advocates for women and children. UTS's Professor Caroline Homer, the only Australian lead author in the series, headed a study estimating the number of deaths that could be averted in 78 countries if midwifery services were scaled up.

The Lancet says this and other papers in the series show the scale of the positive impact that can be achieved when effective, high-quality midwifery is available to all women and their babies. Apart from saving lives, it also improves their continuing health and wellbeing and has other long-lasting benefits. New estimates produced for the series suggest that in the countries with the highest burden of infant and maternal deaths, over three quarters of stillbirths and maternal and newborn deaths could be prevented in the next 15 years if effective midwifery was available to all women. Even if improvements in the coverage of midwifery services were much more modest, the potential for saving lives is huge.

Barriers to wider uptake of the effective midwifery practices include a lack of understanding about what midwifery can do, low status of women in society, interprofessional rivalries and unregulated private sector care for mothers' and infants' health. To address these barriers, the series outlines a new framework describing the characteristics of care that women, babies and families need before, during, and after pregnancy. For the first time, the framework addresses not just what must be done for women and their families during this period, but how it must be done, where and by whom. The authors hope that as well as providing a blueprint for progress in improving midwifery care worldwide, the framework will also be used to evaluate success and to help build capacity in the countries most affected by maternal and infant deaths. 

http://tiny.cc/bumlix

**BENEFITS OF EARTHING DAILY**

Earthing will not protect or shield you from wi-fi or mobile phone radiation, however, it will allow your body's own electrical system to cope better with what’s being thrown at it day and night from these invisible sources. When we sleep earthed or grounded at night our body is put into the right electrical potential to heal and repair how it should do. Inflammatory build up from the positive charge of radiation (free radicals) on your body is neutralized by the negative charge (anti-oxidants) from the earth - the fire is put out before it can start smouldering and lead to a destructive bush fire, so to speak. Healthy Earthing / Grounding Products can be purchased from ANTRAC Acupuncture Clinic on 4636 6100.

**NEW RESEARCH SUGGESTS BENEFITS OF MAMMOGRAPHY MAY BE OVERSTATED WHILE RISKS ARE UNDERESTIMATED**

Two new studies cast further doubt about the effectiveness and safety of routine screening mammograms for preventing lethal breast cancer. One study finds mammogram screening has significantly increased rates of breast cancer, both early-stage (lower lethality) and later-stage (higher lethality). The decline in breast cancer mortality has resulted from more effective treatments, not earlier detection. Using mammography as a screening tool has failed miserably, increasing “overdiagnosis harm” from unnecessary treatments, surgeries and emotional stress. Even the National Cancer Institute has suggested narrowing the definition of “cancer” due to the inherent risks associated with overtreatment. There is also the fact that mammography misses 20 to 40 percent of cancers.

The second new study involved 1.8 million Norwegian women diagnosed with breast cancer between 1987 and 2010, and was published in the March 2014 issue of The European Journal of Public Health. Researchers reported "One of the most dramatic revelations of our time occurred last year when a National Cancer Institute commissioned expert panel concluded that so-called 'early stage cancers' such as Ductal Carcinoma in S itu (DCIS) are not cancer at all, but benign or indolent growths. This implies that millions of women were wrongly diagnosed with 'breast cancer' over the past 30 years, who would have been better off left undiagnosed and untreated."

All of this comes on the heels of a Canadian study that concluded annual mammography does not reduce your risk of dying from breast cancer if you’re a woman between the ages of 40 and 59. That study was published in the February 2014 issue of the British Journal of Medicine and caused quite a media stir.

http://tiny.cc/7vmlix

**STUDY FINDS TAMIFLU AND RELENZA NOT AS EFFECTIVE AS BELIEVED**

A new review on the anti-viral flu drugs Tamiflu and Relenza found the drugs shorten the duration of flu
symptoms by a piddling 16.8 hours. Tamiflu did not even reduce the number of hospitalizations. Interestingly, Relenza trials did not record this critical data. I wonder why! The effects of the drugs on pneumonia and other flu complications were unreliably reported and included limitations in diagnostic criteria, problems with missing follow-up on participants. Not only was Tamiflu pretty powerless, it was associated with nausea, vomiting, headaches, kidney problems, and psychiatric events and may induce serious heart rhythm problems. What did Hippocrates, the Father of modern medicine say - “First, do NO harm!” I guess Bad Pharma was not listening. The researchers have questioned why Tamiflu is being stockpiled by the US government, why it is classified as an “essential drug” by WHO, and even why doctors are prescribing this powerless anti-influenza drug. [http://tiny.cc/lxmlix](http://tiny.cc/lxmlix)

### CAN CAUSE VITAMIN B12 DEFICIENCY

Popular drugs to treat acid reflux take an unsuspected toll on your health, as long-term use is associated with increased risk for vitamin B12 deficiency. As your vitamin B12 levels falter, some of the initial signs will often include mood changes, such as lack of motivation or feelings of apathy. Low B12 levels can also lead to acute mental fogginess, memory troubles, muscle weakness, and fatigue. Chronic health problems of vitamin B12 deficiency include anemia, irreversible nerve damage, psychiatric problems (which may also mimic more serious mental illness), and dementia. If you have acid reflux, one of the first things you’ll want to do is to make sure you’re consuming enough beneficial bacteria (probiotics). Also, beware that taking a proton pump inhibitor may have adversely affected your vitamin B12 status. [http://tiny.cc/hu4cbx](http://tiny.cc/hu4cbx)

### MALE SCIENTISTS’ THREAT TO INTEGRITY OF RESEARCH

Stress has a pain-relieving effect, and it’s been suggested that male researchers’ presence may be stressful to animals and thereby may be decreasing pain levels in animal studies rather than the medication being tested. A new study revealed that male (but not female) researchers had a significant stressful impact on mice, triggering a 36 percent decrease in pain response. A medication that appears to be relieving pain in mice may actually be “working” due to the stress-induced pain relief that occurs when mice are exposed to male researchers.

The majority of preclinical drug research also cannot be validated, wasting resources and at times exposing study participants to unnecessary risks. In order to determine the best course of action in any situation, you’ve got to use all the resources available to you, including your own common sense and reason, true expert advice, and the experience of those you trust. [http://tiny.cc/z3mlx](http://tiny.cc/z3mlx)

### SECRETS THAT CAN HELP YOU LIVE LONGER

After investigating the blood of a woman who lived to 115 years of age, researchers suggest stem cell exhaustion may explain why people eventually die at an advanced age despite being in good overall health. Other recent research confirmed that low-intensity daily exercise leads to less disability in old age and a longer, healthier life. Being conscientious and striving for...
to do things well is a personality trait that most of the people who live the longest share.

A processed, high-sugar diet is probably the quickest route to an early death as it promotes insulin resistance, which is a primary driver of chronic disease—from premature aging to heart disease and cancer. There’s compelling evidence suggesting that having a calm mind and active body are two important ingredients for longevity. Education, and being a perpetual student, is also strongly correlated with a longer life. [http://tiny.cc/j6mlix](http://tiny.cc/j6mlix)

**HOW YOUR MICROBIOME CONTROLS YOUR HEALTH**

Your body’s diverse army of microbes is responsible for many crucial biological processes, from immunity to memory to mental health. Your enteric nervous system is your “second brain,” which plays an active role in controlling inflammation, mood, metabolism, cravings, and even “gut instincts”. When your microbiome falls out of balance, diseases can result, including type 2 diabetes, depression, anxiety, immune deficits, and even cancer. Your microbiome is under assault daily from certain foods and environmental factors, including sugar, GMOs, pesticides, pharmaceutical drugs, and others. Optimizing your internal ecosystem requires reducing these assaults, then replenishing your flora with naturally fermented foods, such as sauerkraut. [http://tiny.cc/v7mlix](http://tiny.cc/v7mlix)

**FLUORIDE CONCERNS FINALLY TAKEN SERIOUSLY**

Three of the 14 members of the Dallas city council finally agreed that water fluoridation in the city deserves a closer look. Suddenly area reporters, who had previously refused to air the ‘other’ side to the fluoridation debate, featured the news and even highlighted concerns about fluoride research findings. Researchers Grandjean and Landrigan have added fluoride to the list of 11 known industrial chemicals that harm brain development in human fetuses and infants. Once viewed as a ‘paranoid conspiracy,’ the movement against water fluoridation has gone mainstream. Since 2010, more than 135 communities have stopped water fluoridation in Canada, New Zealand and across the US. [http://tiny.cc/m9mlix](http://tiny.cc/m9mlix)

**IMPROVING YOUR SLEEP MAY BE KEY FOR PREVENTING AND TREATING METABOLIC DISORDERS**

According to recent research, poor sleep could have a significant bearing on metabolic disorders such as obesity, hypertension, and type 2 diabetes. The authors suggest that addressing your sleeping habits may be key for both the prevention and treatment of these disorders. Recent research also shows that infants who sleep less eat more, which places them at increased risk of future obesity and related health problems. A majority of Americans are not getting enough sleep, and modern technology is in large part to blame. According to a recent poll, 53 percent of respondents who turn electronics off while sleeping rate their sleep as excellent, compared to just 27 percent of those who leave their devices on. [http://tiny.cc/6xqlix](http://tiny.cc/6xqlix)

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