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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THE AMAZING HEALING PROPERTIES OF FERMENTED FOODS

Between the hard and fast dichotomies of cooked and raw, dead and alive, is this beautiful thing called fermented. A place where many of the digestive challenges associated with raw foods (e.g. enzyme inhibitors, anti-nutrients, lectins) are overcome in favour of not just preserving their benefits (e.g. enzyme activity, vitamin content, life energy), but amplifying them. Also overcome are the adverse consequences of cooking, e.g. enzyme destruction, vitamin activity degradation, oxidized fats, denatured proteins, etc., while still benefiting from the enhanced digestibility and assimilation that certain cooking applications offer. Fermented food is in many ways the complementary union of cooked and raw, as well as their transcendence — an image, not unlike the Tai Chi, comes to mind. In fact, fermentation has almost heretical power in the realm of both medicine and nutrition, being quite capable of literally “raising the dead,” as well, revitalising and infusing with living and breathing energy a food ingredient that has been

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cooked into oblivion, or, a human whose body has been poisoned close to the point of death with antibiotics, or similarly biocidal drugs or chemicals.

There is no lack of scientific confirmation for the indisputable value of fermented food for the promotion of health and wellbeing. In fact, one could consider fermented foods like kimchi, natto, apple cider vinegar, and even – in moderation – wine, coffee, chocolate and beer, 'medical foods' of sorts.

There are a broad range of fermented foods we could look at to illustrate their power to heal. After all, every single culture on the planet used (not a semantic coincidence:) culturing to sustain themselves. But for this short article we will focus on Asian traditional preparations, since there is already such a huge body of clinical research demonstrating their amazing health effects:

Kimchi – a probiotic strain isolated from the fermented cabbage preparation kimchi known as Lactobacillus brevis is capable of degrading organophosphorus pesticides.

Kimchi – a probiotic strain known as Bacillus pumilus found within this fermented food is capable of degrading bisphenol A, a powerful endocrine disruptive chemical.

Miso – a fermented soy food has been shown, when consumed regularly, to reduce the risk of breast cancer in women by up to 54%.

Natto – A fermented soybean extract that has been shown to suppress plaque build-up (as measured by the intima media thickness) in the arteries in an animal model. It is also capable of contributing to nerve regeneration following sciatic nerve crush injury.

This is, of course, only the tip of the iceberg when it comes to illustrating the remarkable properties of fermented food. http://tiny.cc/xx8hkx

NEW STUDY: 80% OF EARLY-STAGE BREAST CANCERS DO NOT PROGRESS TO MORE CONCERNING FORMS

Millions of asymptomatic women undergo breast screening annually because their doctors tell them to do so. Not only are these women’s presumably healthy breasts being exposed to highly carcinogenic x-rays, but thousands have received a diagnosis of ‘breast cancer’ for entirely benign lesions that, when left untreated, would have caused no harm to them whatsoever – even 20 years later. A new study published in the International Journal of Cancer titled “Is carcinoma in situ a precursor lesion of invasive breast cancer?” is bringing much needed attention to a long standing cancer myth that is harming tens of thousands of women each year: that in situ (non or slow-growing) breast lesions (carcinoma) inevitably progress to malignant cancers that will cause harm or death if left untreated through conventional methods. This is simply not true. Clearly, the notion that ductal carcinomas in situ (DCIS) and lobular carcinomas in situ (LCIS) always progress to invasive cancer, and therefore must be treated aggressively with the present-day ‘standard of care’ – lumpectomy, mastectomy, radiation, and chemotherapy – is disproved. In other words, the natural history of in situ lesions like DCIS – commonly misidentified by conventional oncologists as ‘cancers’ – indicate they progress to invasive breast cancer only 20% of the time, even after 20 years without treatment. http://tiny.cc/4z8hkx

ALMOST 20% OF FULLY VACCINATED CHILDREN WITH PERSISTENT COUGH "HAVE WHOOPING COUGH"

Twenty percent of UK children with persistent cough were diagnosed with whooping cough, including 18 percent who were fully vaccinated against it. In the US, one out of 132 whooping-cough patients, 81 percent were fully up to date on the whooping cough vaccine. Whooping cough is a cyclical disease and natural increases tend to occur every 4-5 years no matter how
high the vaccination rates are in a population. Pertussis (DTaP/Tdap) vaccines used in the U.S. and many countries lose much of its effectiveness after just three years, which is much faster than previously believed. The Tdap booster shot, recommended for older children and adults, is only 53 percent to 64 percent effective, which the researchers described as only “moderately” effective. http://tiny.cc/r18hkx

**POTENT STRATEGIES TO ADDRESS MEN’S SEXUAL HEALTH**

Men with chronic premature ejaculation may benefit from pelvic exercises, commonly used to treat incontinence. Men achieved a more than fourfold increase in stamina by the end of the three-month pelvic exercise program. Erectile dysfunction can be successfully addressed through lifestyle alterations involving weight management, proper diet, increasing your activity levels, avoiding alcohol, and improving your sleep. Among men with heart disease, 75 percent also have problems with erections. In fact, impotence can be an early warning sign of coronary artery disease. A heart-healthy lifestyle is therefore imperative. Ensuring your testosterone and human growth hormone levels are optimized—through high-intensity exercise and intermittent fasting—can go a long way toward boosting your libido and sexual performance. http://tiny.cc/928hkx

**STRATEGIES TO PREVENT HYPERTENSION**

About one in three American adults have hypertension (high blood pressure), which increases your risk for heart attack, stroke, congestive heart failure, end-stage kidney disease, and more. Elevated insulin and leptin levels are typically the cause of hypertension, so implementing strategies to normalize these levels are the first step to resolving hypertension. Consider intermittent fasting if you are overweight and have high blood pressure as this is a profoundly effective way to normalize blood pressure. Avoid processed foods, as most are loaded with sugar/fructose, processed salt, and harmful fats like trans-fat and damaged omega-6-rich vegetable oils. If you’re deficient in vitamin D, your arteries are likely stiffer than they should be, and your blood pressure may run high as a result. This holds true even if you're considered generally "healthy". http://tiny.cc/f58hkx

**DEVELOP YOUR PELVIC FLOOR**

The pelvic floor is a group of muscles and ligaments that support the bowel, bladder, uterus and vagina in women and the prostate in men. It supports the core of the body. Pelvic-floor muscles tightly cover the area between the coccyx and the pubic bone and all the organs in between, much like a protective hammock. The openings of the urethra, vagina and anus are all directly linked to and affected by the strength of pelvic floor. For example, when the pelvic floor muscles are contracted, the internal organs are lifted and tighten as a result, stopping anything travelling from the bowel or bladder, while relaxing the pelvic floor allows for a release. When these important core muscles are in a weakened state they are unable to do their jobs and the body’s normal functions can become an involuntary source of frustration, pain and embarrassment. For more information see the brilliant article written by Kate McKee at the following link: http://www.wellbeing.com.au/article/Features/Body-Health/Special-Report---Pelvic-Floor_1426

**HOW ALTERNATE-DAY FASTING CAN HELP YOU ACHIEVE YOUR WEIGHT LOSS GOALS**

Fasting is an excellent way to “reboot” your metabolism so your body can start burning fat as its primary fuel, which will help you shed your unwanted fat stores. Intermittent fasting has a far greater retention and compliance rate compared to conventional all-day fasting regimens. Many people can lose upward of 50 pounds in about six months on this regimen. Alternate-day fasting, where you consume about 500 calories on fasting days and can eat whatever you want on non-fasting days, works as well for weight loss as complete fasting, where you drink only water for 24 hours. In our ancient past, people did not have access to food around the clock. They would cycle through periods of feast and famine, which modern research shows actually has biochemical benefits. http://articles.mercola.com/sites/articles/archive/2014/06/08/alternate-day-fasting.aspx

**DENTIST OFFICES TIED TO INCREASING SONGBIRD LOSSES**

In addition to seafood, mercury is now found at alarming levels in many other species, including shorebirds, songbirds, bats, and insects. Mercury-exposed birds have reduced reproductive success even at the lowest dose of mercury exposure -- the equivalent of less than the amount found in a can of tuna). Some birds tested had mercury levels so high that 20 percent of their offspring would not survive,
while more than half of bats tested had enough mercury to cause behavioral changes.  

Dentist offices are the largest source of mercury in wastewater entering publicly owned treatment works, due to their use of mercury for amalgam fillings. About 50 percent of the mercury entering municipal wastewater treatment plants can be traced back to dental amalgam waste, making the need to phase out amalgam fillings all the more urgent. Let your dentist know that you do not want the second most toxic element on earth in your mouth. http://tiny.cc/cf9hkx

**BREAKFAST—NOT THE MOST IMPORTANT MEAL AFTER ALL...**  
Contrary to popular belief, recent research concluded that eating breakfast does not help you lose weight. Other recent research also found that eating breakfast does not improve your metabolism. Instead, it was linked to a greater overall dietary energy intake. Omitting breakfast, as part of an intermittent fasting schedule, can have a number of important health benefits, from improving insulin sensitivity to helping your body shift into burning fat instead of sugar as its primary fuel. Another recent study found that a three-day long fast can regenerate your entire immune system, even if you’re elderly, and may offer protection against the toxic effects of chemotherapy. http://tiny.cc/ep9hkx

**HEALTH PROPERTIES OF VINEGAR**  
Vinegar is rich in bioactive components like acetic acid, giving it potent antioxidant, antimicrobial, and many other beneficial properties. Vinegar is anti-diabetic and may help control blood sugar levels in people with diabetes. Vinegar also has anti-cancer properties and shows promise for helping with heart health, brain health, and weight loss. When purchasing vinegar for consumption, look for a cobweb-like substance floating in it. This is known as “mother,” and it indicates your vinegar is of good quality. If you don’t enjoy vinegar, you can consume fermented foods to get many of the same beneficial acids while also helping to recolonize your gut with beneficial bacteria. http://tiny.cc/3g9hkx

**15 HEALTHIEST FOODS TO STOCK IN YOUR KITCHEN YEAR-ROUND**  
One key aspect of eating healthy is eating non-adulterated foods—foods that are as close to their natural state as possible. If you do that, then basically everything you eat is a “superfood”. 15 food items are included. Keep these on hand so that you always have healthy key ingredients to choose from for cooking and snacking. Overall, fresh herbs and sprouted seeds, especially sunflower seeds, have the potential to dramatically boost your overall nutrition. Top protein choices include organic, pastured meats, eggs, and organic whey protein. Healthy fat items include raw dairy products, butter, macadamia nuts, avocado, coconut oil, and canned Alaskan salmon. To review all 15 foods, click the link below: http://tiny.cc/7k9hkx

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