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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**HOSPITALS ARE NOT A SAFE PLACE TO BE DUE TO MEDICAL ERRORS**

Preventable medical mistakes are the third leading cause of death in the US, right after heart disease and cancer, claiming the lives of 210,000 Americans each year. The federal government has quietly decided to “solve” the problem of hospital acquired conditions by burying the data. On the average, you have a 54 percent lower risk of dying in a five-star rated hospital.
compared to the national average. Hospitals catering primarily to Medicare patients tend to be among the worst. More than two million people are affected by hospital-acquired infections each year, and 75,000-100,000 people die as a result of those infections. Leading a common-sense, healthy lifestyle is your best bet to avoid unnecessary hospital visits. Basic tenets of optimal health are included. [http://tiny.cc/w8vamx](http://tiny.cc/w8vamx)

**DENTAL COMPOSITES FOR KIDS: EVEN WORSE THAN MERCURY AMALGAM?**

Research published in the journal *Pediatrics* indicates that some dental composites -- long promoted as overall safer than mercury-based amalgams -- are having a significant negative impact on the psychosocial functioning of children. In fact, bisphenol-A based dental restorations were found to be worse than mercury-based amalgams when it came to learning impairment and behavioral issues. The study used data from The New England Children's Amalgam Trial, which, surprisingly, found that children randomized to amalgam restorations had better psychosocial outcomes than those assigned to bisphenol-A based epoxy resin composites (bisGMA) for tooth restorations. The new analysis aimed to "examine whether greater exposure to dental composites is associated with psychosocial problems in children." Greater exposure to bisGMA-based dental composite restorations was associated with impaired psychosocial function in children, whereas no adverse psychosocial outcomes were observed with greater urethane dimethacrylate-based compomer or amalgam treatment levels. [http://www.panacea.com/wrr/au/wrr2014082103.html](http://www.panacea.com/wrr/au/wrr2014082103.html)

**JUNK FOOD: JUST AS BAD AS CIGARETTES, AND MARKETING TACTICS ALSO RIVAL THOSE OF BIG TOBACCO**

The documentary *Consuming Kids* reveals the shrewd practices of the multi-billion dollar marketing machine designed to turn your kids into loyal, lifelong consumers who will also influence how the entire family spends its money. Children aged two to 11 now see an average of more than 10 television food ads per day. Ninety-eight percent of food advertisements viewed by children are for products that are high in fat, sugar, or sodium. Most are also low in fiber. A UN official recently warned that obesity is a bigger global health threat than tobacco use, and that this fact isn’t taken as seriously as it should be. He urges nations to place stricter regulations on unhealthy foods, restrict junk food advertising, and amend agricultural subsidies that make unhealthy processed foods cheaper than healthy foods. [http://tiny.cc/iawamx](http://tiny.cc/iawamx)

**SENSELESS: AN IN-DEPTH LOOK AT THE STATE OF BICYCLING HELMET TECHNOLOGY**

Bicycle helmets are designed to prevent skull fractures in catastrophic accidents, but they do little to prevent concussions and other serious brain injuries. Bicycle helmets sold in the US are required to meet minimum standards set by CPSC, including withstands a six-foot drop test at room temperature as well as in extreme conditions. The required CPSC benchmark is based only on linear acceleration – the force of your skull hitting the pavement. It does not take into account rotational acceleration, which is linked to severity of concussions. Newer technology called MIPS (Multi-Directional Impact Protection System) and AIM (Angular Impact Mitigation) may help to reduce the risk of concussions from bicycle accidents, but the technology is still emerging. Since 1998, more than 90 percent of the people who died in bicycle accidents weren’t wearing helmets. [http://tiny.cc/9cwamx](http://tiny.cc/9cwamx)

**REASONS TO SWITCH TO GRASS-FED BEEF AND DAIRY**

Organic, grass-fed standards do not permit non-medical use of antibiotics. With antibiotic-resistant disease being a major public health hazard, buying organic meats is an important consideration. Antibiotics and hard-to-digest grains radically alter the bacterial balance and composition in the animal’s gut, thereby promoting disease. It also has a detrimental effect on the nutritional composition of the meat. Grass-fed beef tends to be leaner, and have higher levels of vitamins, minerals, and cancer-fighting CLA. It also has a healthier ratio of omega-6 to omega-3 fats. [http://tiny.cc/9cwamx](http://tiny.cc/9cwamx)
Organic farms tend to provide far more sanitary conditions overall, since the animals are not kept in overcrowded barracks day in and day out. As a result, the animals are far less likely to harbor dangerous pathogens. Raw milk from organic, grass-fed cows, and certified organic eggs from free-range hens are also healthier options due to superior nutrient content and reduced risk of contamination with drugs and pathogens. [http://tiny.cc/wewamx](http://tiny.cc/wewamx)

**ACTOS CANCER RISKS HIDDEN FROM DIabetics**

A US federal court jury in Louisiana ordered the pharma partners Takeda Pharmaceutical and Eli Lilly & Co. (LLY) to pay a combined $9 billion in punitive damages for hiding the cancer risks of their Actos diabetes drug. It was reported as possibly the “largest single award in US history over a drugmaker’s mishandling of a product”. Former Actos user Terrence Allen blamed the drug for his bladder cancer, and was earlier awarded $1.5 million compensation by the jury. More than 2,700 Actos suits have been consolidated in Louisiana for ‘pretrial information exchanges’, indicating that this is far from an isolated case. It is expected that the drug companies will appeal the jury verdict, and Takeda’s US general counsel said: “We demonstrated that Takeda acted responsibly with regard to Actos”. [http://tiny.cc/6fwamx](http://tiny.cc/6fwamx)

**CABBAGE: NATURAL MEDICINE FOR CANCER, DIABETES AND MORE**

The robust and abundant cabbage, which is closely related to other leafy green vegetables like broccoli and cauliflower, has a long history as both a food and medicine. For example, the Ancient Greeks would routinely prescribe cabbage or cabbage juice to treat constipation or mushroom poisoning, while the Ancient Egyptians consumed cabbage before meals to lower the intoxicating effects of wine. The British even brought cabbage to the trenches of World War I since its leaves helped to treat trench foot and bandage ulcers. Cabbage’s historical uses as a medicine is a testament to its dense concentrations of nutrients. In fact, cabbage shares a remarkably similar nutritional profile to broccoli, and is even proven to treat the same medical conditions. All cabbages, including white cabbages (which are the most commonly eaten cabbages), contain high concentrations of disease-fighting phytonutrients, such as polyphenols and glucosinolates. A study published in the *Asian Pacific Journal of Cancer Prevention* in 2013 found that “cabbage heads could contribute as sources of important antioxidant and anti-inflammatory related to the prevention of chronic diseases associated to oxidative stress, such as in cancer and coronary artery disease.” Of all the cabbages tested by the scientists, red cabbages contained the most antioxidants, while Chinese, Savoy and green cabbages contained the strongest anti-inflammatory properties. These results suggest that varying the types of cabbage we consume will maximize our phytochemical intake. [http://tiny.cc/vhwamx](http://tiny.cc/vhwamx)

**TO PROTECT YOUR HEART, BEWARE OF EXCESSIVE ENDURANCE CARDIO**

Research shows that regularly exercising for extended periods of time could do more harm than good—especially in those with a history of heart disease. To protect and optimize your heart health, avoid endurance-type training and focus on high intensity interval exercises instead. Research clearly shows that short bursts of intense activity is safer and more effective than conventional cardio—for your heart, general health, weight loss, and overall fitness. For optimal benefits and safety, make sure you allow your body to recover between sessions. It’s also important to give your body the nutrients it needs for repair. Fast-assimilating protein such as high-quality whey is an ideal recovery meal. Processed carbs and fructose should be avoided at all costs. [http://tiny.cc/cjwamx](http://tiny.cc/cjwamx)

**WHAT IS NON-DAIRY CREAMER MADE OF?**

Non-dairy creamer can scarcely be called “cream” at all, as it is more aptly described as a synthetic combination of chemicals, oils, sugars, and milk products. Non-dairy creamer typically contains corn syrup, partially hydrogenated oil (i.e. synthetic toxic trans fats), di-potassium phosphate, and other synthetic ingredients. Non-dairy creamer is actually highly flammable! While raw whole milk is far healthier than non-dairy creamer, research suggests that adding dairy to your coffee may interfere with your body’s absorption of the beneficial antioxidants it
contains. If you’re interested in protecting your health, drink your coffee black, without sugar, non-dairy creamer or cream, or flavorings.
http://tiny.cc/nkwamx

**FOODS TO AVOID IF YOU HAVE ACNE**

Grains (both gluten-containing and non-gluten) and sugar should be avoided if you struggle with acne. Gluten may make your gut more permeable, which allows proteins to get into your bloodstream that would otherwise have been excluded, sensitizing your immune system and promoting inflammation, which can lead to acne. When you eat starchy carbs, grains, and sugar/fructose, it causes a surge of insulin and insulin-like growth factor called IGF-1 in your body. This surge can lead to an excess of male hormones, which cause your pores to secrete sebum, a greasy substance that attracts acne-promoting bacteria. Elevated IGF-1 also causes skin cells known as keratinocytes to multiply, a process that is also associated with acne. http://tiny.cc/tlwamx

**BE CAREFUL: YOUR GARDEN HOSE MIGHT BE CONTAMINATING YOUR FOOD**

Garden hoses are not intended for drinking water, so there are no regulations about what kinds of chemicals can be in them. One-third of the hoses tested contained high levels of one or more chemicals of concern, including phthalates, bisphenol-A (BPA), flame retardants, and heavy metals. When water from a hose that was left out in the sun was tested, it contained BPA levels up to nine times higher, and phthalate levels two times higher, than federal drinking water standards. Look for garden hoses made from natural rubber or labeled “drinking water safe” or at least “lead free”. You can significantly reduce your toxicant exposure via your garden hose by letting the water run until it’s cold before using it.
http://tiny.cc/onwamx

**BACK TO EDEN—HOW SIMPLE, NATURAL METHODS CAN TAKE THE WORK OUT OF GARDENING, AND BOOST YOUR HARVEST**

Contemporary chemical-dependent farming methods strip soil of nutrients, destroy critical soil microbes, and saturate farmlands and waterways with toxic pesticides, herbicides, and fertilizers. Back to Eden reveals a simple organic gardening method that can not only transform your personal garden, but may even be part of the solution needed on a more global scale as well. By imitating nature and simply covering your garden with wood chips, you can dramatically increase yields and cut watering down to the bare minimum. Biochar may be even better, especially if added to the soil prior to planting. It needs to be activated by either combining it with compost, rock dust powder, or my favorite, human urine. Wetting the char will also ensure earthworms. One of the keys to a truly successful garden is to improve the microbiology of the soil. Adding Biochar to the soil allows microorganisms to thrive and multiply, and can double a plant’s yield. http://tiny.cc/grwamx

Linda has sold hundreds of Earthing™ products to our loyal clients. Most of them have quickly noticed improvement in their health and well-being. 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 residence.

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“I aim to get my patients as WELL as possible, as quickly as possible, and then keep them WELL”.

http://tiny.cc/tlwamx