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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**BEING HONEST CAN IMPROVE YOUR HEALTH**

People who told only the truth for five weeks had an average of seven fewer symptoms, such as sore throats, headaches, nausea, and mental tension, than the control group. The average person lies about 11 times a day, and will slip in at least two dishonesties in a 10-minute conversation. Honesty really is the best policy, and you can take the five-week sincerity...
challenge to see if it makes a difference in your health and well-being. If you find lying has become a habit, you can break it by prominently displaying your new moral code: honesty is the best policy; people reminded of moral codes tend to lie less.

**If Your Doctor Lies It Can Impact Your Health, Too**

While telling lies may negatively impact your health, so too can being lied to—especially when you’re lied to by your physician. The Charter on Medical Professionalism, which is endorsed by more than 100 professional groups worldwide, "requires openness and honesty in physicians’ communication with patients." Yet, when a study in *Health Affairs* presented data from a survey of nearly 1,900 physicians to see how well they follow this principle... the results were less than impressive, to put it mildly:

- One-third of physicians did not completely agree with disclosing serious medical errors to patients.
- One-fifth did not completely agree that physicians should never tell a patient something untrue.
- Forty percent believed that they should hide their financial relationships with drug and device companies to patients.
- Ten percent said they had told patients something untrue in the previous year.

While most of the physicians surveyed did agree that they should "fully inform patients of the risks and benefits of interventions" as well as "never disclose confidential information to unauthorized persons," in their entirety the findings cast serious doubt about the trustworthiness of the doctor-patient relationship. As the researchers stated: "Our findings raise concerns that some patients might not receive complete and accurate information from their physicians, and doubts about whether patient-centered care is broadly possible without more widespread physician endorsement of the core communication principles of openness and honesty with patients." [http://tiny.cc/gmqdnx](http://tiny.cc/gmqdnx)

**FULL FAT DAIRY MAY REDUCE YOUR RISK OF DIABETES AND OTHER HEALTH PROBLEMS**

Most mainstream dietary advice recommends low-fat or non-fat dairy. But a growing number of experts argue that it’s far healthier to eat and drink whole, full-fat dairy products. Recent research found that those who ate eight portions of full-fat dairy products a day cut their risk of diabetes by nearly 25 percent, compared to those who ate fewer portions. A previous study proposed that it’s the palmitoleic acid, which occurs naturally in full-fat dairy products, that protects against insulin resistance and diabetes. Previous studies have also shown that consuming full-fat dairy may help reduce your risk of cancer, weight gain, and heart disease. Research also backs up the suggestion that butter is a health food. Fat levels in your blood are actually lower after eating a meal rich in butter than after eating one rich in olive oil, canola oil, or flaxseed oil. [http://tiny.cc/uoqdnx](http://tiny.cc/uoqdnx)

**WHY SO MANY MIXED MESSAGES ON MAMMOGRAM BENEFITS?**

- Earlier this year, one of the largest and longest studies of mammography to date -- involving 90,000 women followed for 25 years was presented in the *British Medical Journal*. The study found that mammograms have no impact on breast cancer mortality. REFERENCE:BMJ 2014; 348 doi: http://dx.doi.org/10.1136/bmj.g366 (Published 11 February 2014)
- A Cochrane Collaboration review also found no evidence that mammography screening has an effect on overall mortality.
- The Swiss Medical Board found mammography appeared to be preventing only one death for every 1,000 women screened, while causing harm to many more.
- Increasing waist size over 10 years increased the risk of breast cancer by up to 77 percent, according to new research.
- Obesity, including abdominal obesity, is driving up rates of breast cancer, and sugar is driving up rates of obesity; limiting sugar (and grains) in your diet is an important tool for breast cancer prevention. [http://tiny.cc/iqqdnx](http://tiny.cc/iqqdnx)

**BIG PHARMA CHEATS AND LIES ABOUT THE SAFETY AND EFFICACY OF TRIVALENT MEASLES, MUMPS, AND RUBELLA (MMR) VACCINE**

In 2010, two Merck virologists filing a federal lawsuit under the False Claims Act against their former employer, alleging the vaccine maker lied about the effectiveness of their mumps vaccine (which is part of the trivalent measles, mumps, and rubella (MMR) vaccine). The whistleblowers, Stephen Krahling and Joan Wlochowski, claimed they witnessed "firsthand the improper testing and data falsification in which
Merck engaged to artificially inflate the vaccine's efficacy findings."

They charged that Merck used improper testing techniques; manipulated testing methodology; abandoned undesirable test results; falsified test data; and failed to adequately investigate and report the diminished efficacy of its mumps vaccine. They also claim Merck falsely verified that each manufacturing lot of mumps vaccine would be as effective as identified in the labeling; falsely certified the accuracy of applications filed with the FDA; falsely certified compliance with the terms of the CDC purchase contract; and mislabeled, misbranded and falsely certified its mumps vaccine, among other violations.

Merck allegedly falsified the data to hide the fact that the mumps vaccine in the MMR shot has significantly declined in effectiveness. By artificially inflating the mumps vaccine efficacy, Merck was able to continue selling MMR vaccine in the US and maintain its monopoly over the mumps vaccine market in the US and other nations that purchase Merck's MMR vaccine. This is the main point of contention of a second class-action lawsuit, filed by Chatom Primary Care2 in 2012. US District Court Judge C. Darnell Jones has now given both of these lawsuits the green light to proceed.

Also noteworthy is the fact that the Department of Justice (DOJ) has gone on record disputing Merck's apparently false assertions that DOJ previously investigated the issue and declined to join in the lawsuit because it found no wrongdoing by Merck.

**SHOULD PARENTS BE ALLOWED TO DECIDE ABOUT VACCINES?**

There are health risks associated with vaccines, and vaccines don’t always work. Despite that, the editorial board of a USA national newspaper recently declared that you should not be free to make vaccine choices for yourself or your children. If you are a parent and follow the federally recommended vaccine schedule, your child will receive no less than 69 doses of 16 vaccines between day of birth and age 18. Up to 15 of those vaccines are mandated in different states.

Despite having the highest vaccination rate using the most vaccines mandated by law of any nation on earth, American children are among the sickest in the developed world. Mounting evidence shows that vaccinated people can spread infectious diseases even though they have been vaccinated. Vaccinated people can also still get infected because a) most vaccine-acquired artificial immunity is temporary, and b) microbes can evolve to evade vaccines.

For example, 97 percent of those who contracted mumps during the outbreak in Ohio, USA, earlier this year were fully vaccinated against the disease. Some are quick to say that "sure, vaccinated people can contract the disease—if exposed; which is why no one should be allowed to opt out of vaccination."

However, when a vaccinated person can contract the disease *from another vaccinated person*... this entire argument clearly falls apart.

According to an April 7 report by WCPO News, the VAERS database has received more than 31,000 reports of adverse reactions to the HPV vaccine Gardasil. This is up from May 13, 2013, at which point VAERS had received 29,686 adverse event reports (including 136 deaths, 922 reports of disability, and 550 life-threatening adverse events). Is it reasonable to doubt the safety and efficacy of Gardasil?

http://tiny.cc/xpqrnx

Remember that your doctor took the Hippocratic Oath to “First, do NO harm.” Serge Gracovetsky said “Medicine is perhaps the only human activity in which an attractive idea will survive experimental annihilation.”

**AGRICULTURAL PESTICIDES LINKED TO NON-HODGKIN LYMPHOMA**

Pesticide exposure has been linked to a number of chronic and devastating diseases, including Parkinson’s, DNA damage, and cancer. A recent meta-analysis, which included 44 papers exploring the impacts of pesticide exposure on non-Hodgkin’s lymphoma, concluded there appears to be a strong link between the two. Phenoxy herbicides, including 2,4-D and dicamba, are clearly associated with three
distinct types of non-Hodgkin’s lymphoma (NHL). The strongest evidence is reported for glyphosate and B cell lymphoma. Mounting research reveals that glyphosate may be one of the most toxic chemicals ever to enter our food supply. Some scientists believe it may be even more toxic than DDT. Carbamate insecticides, organophosphorus insecticides, and the active ingredient lindane—an organochlorine insecticide also used to treat head lice—were also positively associated with NHL. [http://tiny.cc/w8rdnx](http://tiny.cc/w8rdnx)

**WHY WE LAUGH**

Humans are born with the ability to laugh, and laughter acts as a universal language across all cultures. Social laughter is 30 times more frequent than solitary laughter, likely because laughter developed as a way to strengthen group bonds and emotional relationships. Laughter follows jokes only about 10-20 percent of the time. In most cases, laughter follows a banal comment or only slightly humorous one, which signals that the person is more important than the material in triggering laughter. Laughter may reduce stress hormones and boost your immune function, while also inducing optimistic feelings and offering pain relief. [http://tiny.cc/zcsdnx](http://tiny.cc/zcsdnx)

**WHAT IS BOK CHOY GOOD FOR?**

Bok choy contains powerful antioxidants like vitamins A and C and phytonutrients such as thiocyanates, lutein, zeaxanthin, isothiocyanates, and sulforaphane, which stimulate detoxifying enzymes and may protect against breast, colon, and prostate cancers. One cup of bok choy contains only about 20 calories, but its high levels of dietary fiber will fill you up, making it an excellent food for weight loss. Bok choy contains anti-inflammatory compounds including thiocyanate, an antioxidant that’s been found to protect cells from inflammatory substances produced in response to injury or infection in your body. Sulforaphane in bok choy and other cruciferous vegetables has been found to significantly improve blood pressure and kidney function. Bok choy contains healthy amounts of B vitamins, including folate, vitamin B6, vitamin B1, and vitamin B5. [http://tiny.cc/ofsdsn](http://tiny.cc/ofsdsn)

**SPRING HAS SPRUNG!**

I get very excited in Spring time. Days get longer, the weather gets warmer, flowers start to bloom, and I create a long list of things I want to accomplish. According to Traditional Chinese Medicine, whenever there is a seasonal change, the energetics in the atmosphere shift and the qi in our body shifts as well. You can think of the world as a macrocosm, and the body as a microcosm. The changes that occur in the universe naturally occur in our bodies, and our body is going to shift into the energy of Spring whether we want it to or not. This is a perfect time to have a Change of Season Tune-up, to ensure your 24 meridians are all harmonized, so call now – 4636 6100.

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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**MISSION STATEMENT:**

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