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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NEW FILM “SECOND OPINION” EXPOSES THE TRUTH ABOUT A 40-YEAR LONG COVER-UP OF LAETRILE CANCER TREATMENT

A new documentary chronicles how a major cancer research center covered up positive studies about Laetrile in the 1970s, as told by insider Ralph Moss. New York’s Memorial Sloan Kettering Cancer Center brushed positive Laetrile studies under the rug, bowing to politics and conflicts of interest. Laetrile, banned in the US since 1963, is made from amygdalin, a natural compound derived from the seeds of many fruits such as apricot pits. Sloan Kettering’s highly
respected cancer scientist Kanematsu Sugiura found that Laetrile significantly reduced the spread of lung cancer in mice. Contemporary Laetrile studies support Dr. Kanematsu’s findings, but Sloan Kettering still refuses to acknowledge the truth about the cover-up.

**SLOAN KETTERING’S BOARD INCLUDED DRUG AND PETROCHEMICAL INDUSTRY BIG-WIGS**

According to Ralph Moss, the Laetrile cover-up really only makes sense when viewed through the lens of “the politics of cancer.” According to Moss: “The individuals on Sloan Kettering’s Board of Directors were a ‘Who’s Who’ of investors in petrochemical and other polluting industries. In other words, the hospital was being run by people who made their wealth by investing in the worst cancer-causing things on the planet.” The Board was dominated by CEOs from top pharmaceutical companies that produce cancer drugs, whose interest was in promoting chemotherapy and undermining natural therapies. For example, both the Chairman and Vice President of Bristol-Myers Squibb (the world’s leading manufacturer of chemotherapy drugs) occupied high positions on the Board. Of the nine members of the hospital’s powerful Institutional Policy Committee, seven had ties to the pharmaceutical industry. Even the hospital itself invested in stock of these drug companies. The Board also included directors of the biggest tobacco companies in the US—Phillip Morris and RJR Nabisco.

Moss writes: “With this background in mind, it should come as no surprise to learn that Sugiura’s findings did not please his employer. What goes on inside the laboratories is generally of little interest to board members. It is assumed that, whatever it is, it will result in a new patented drug that will keep the cash flow moving in their direction. They were slow to pick up on the implications of Sugiura’s work, but when they did, all hell broke loose in the board room. If a cure for cancer were to be found in an extract from the lowly apricot seed, it would be a terrible economic blow to the cancer-drug industry.”

Related to this is one very telling quote that comes near the end of the film, attributed to William W. Vodra, the former Associate Chief Counsel for Drugs at the USFDA: “Nobody is going to pay $70,000 for a new cancer drug if they can buy Laetrile for 75 cents.” The Sloan Kettering Board likely realized that Laetrile offered no hope as a profitable cancer treatment—so it had to be squelched.

“Everyone should know that the “war on cancer” is largely a fraud, and that the National Cancer Institute and American Cancer Society are derelict in their duties to the people who support them.” – Dr Linus Pauling (x2 Nobel Prize winner). [http://tiny.cc/pilynx](http://tiny.cc/pilynx)

**TURMERIC COMPOUND BOOSTS REGENERATION OF BRAIN STEM CELLS, AND MORE**

Curcumin, a bioactive ingredient in the curry spice turmeric, exhibits over 150 potentially therapeutic activities. Curcumin is capable of crossing the blood-brain barrier, which is one reason why it holds promise as a neuroprotective agent. Recent animal research suggests another bioactive compound in turmeric called aromatic-turmerone can increase neural stem cell growth in the brain by as much as 80 percent at certain concentrations. The findings suggest aromatic-turmerone may help in the recovery of brain function in neurodegenerative diseases such as Alzheimer’s and stroke. Previous research has also shown that curcumin may help inhibit the accumulation of destructive beta-amyloids in the brain of Alzheimer's patients, as well as break up existing plaques. Curcumin also has the most evidence-based literature supporting its use against cancer of any other nutrient studied, including vitamin D. [http://tiny.cc/fkiynx](http://tiny.cc/fkiynx)

**STUDY WARNS THAT LOSING YOUR SENSE OF SMELL MAY MEAN YOU MAY NOT LIVE LONGER**

New research shows that the sense of smell is a powerful “canary in the coalmine” for predicting your future longevity, and if you lose yours, it’s a very bad sign. People with an inability to smell (known as anosmia) were more than four times as likely to die in five years compared to those with a healthy sense of smell. Specifically, 39 percent of the participants who failed a smell test died in the next five years, compared to 19 percent of those who had moderate smell loss and 10 percent of those with a healthy sense of smell. Loss of sense of smell was a stronger predictor of death than even a diagnosis of cancer, heart failure, or lung disease. Loss of olfactory function may “serve as a bellwether for slowed cellular regeneration or as a marker of cumulative toxic environmental exposure”.

As The Guardian reported: “The tip of the olfactory nerve, which contains the smell receptors, is the only part of the human nervous system that is continuously
regenerated by stem cells. The production of new smell cells declines with age, and this is associated with a gradual reduction in our ability to detect and discriminate odors. Loss of smell may indicate that the body is entering a state of disrepair, and is no longer capable of repairing itself.

The olfactory nerve is also the only part of the nervous system that is exposed to the open air. As such, it offers poisons and pathogens a quick route into the brain, and so losing smell could be an early warning of something that will ultimately cause death.” People who exercise are less likely to lose their sense of smell with age than those who do not. Zinc supplementation may also help the condition. http://tiny.cc/2lynx

3 FOODS WE WERE TOLD NOT TO CONSUME, THAT ARE FANTASTIC FOR OUR HEALTH

There are numerous examples of foods we were told not to consume, but are now at the top of grocery lists thanks to a savvy public who are no longer fooled by irresponsible recommendations based on corporate greed. We have become more informed on the downfalls of short-sighted advice from old-school nutritionists, who really had very little understanding of nutrition at all.

1. Coconut Oil - Coconut oil was demonised for years because of its high saturated fat content. In fact, coconut oil has one of the richest sources of saturated fat known to man, with almost 90% of its fatty acid profile being saturated. Most of the saturated fatty acids are medium chain triglycerides, which assimilate well in the body. Lauric acid is the chief contributor, with more than forty percent of the share, followed by capric acid, caprylic acid, myristic acid and palmitic. The health benefits of coconut oil include hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV and cancer, dental care, and bone strength. These benefits can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antimicrobial, antioxidant, anti-fungal, antibacterial and soothing properties.

Many health organizations still advise against the consumption of high amounts of coconut oil due to a lack of understanding of the benefits of specific saturated fats as described above. The United States Food and Drug Administration, World Health Organization, International College of Nutrition, the United States Department of Health and Human Services, American Dietetic Association, American Heart Association, British National Health Service, and Dietitians of Canada still advise against the consumption of coconut oil.

2. High Fat Foods - Government claims based on “their own science” concludes that it’s best to avoid fat because of its extra calories – and saturated fats raise the risk of heart disease. You still see this on most food pyramids regulated by government policy on diet and nutrition. However, just as mandated healthcare policies fail at the federal level, so do those related to nutrition. This low-fat mantra has been questioned for years by clinicians and nutritional scientists – not least because it has failed to halt the obesity epidemic. The fact is, contrary to official advice by our diet dictocrats, high-fat diets lower blood sugar, improve blood lipids, and reduce obesity.

Experts say the belief that high-fat diets are bad for arteries is based on a faulty interpretation of scientific studies and has led to millions of people being ‘over-medicated’ with statin drugs. One of the problems is that there is consistent inverse association in the percentage of energy coming from fats and sugars. Research published in the journal Critical Reviews in Food Science and Nutrition shows why people find it hard to follow government guidelines to cut their fat and sugar intake at the same time — a phenomenon known as the sugar-fat seesaw. Research from the Hebrew University of Jerusalem shows that a carefully scheduled high-fat diet can lead to a reduction in body weight and a unique metabolism in which ingested fats are not stored, but rather used for energy at times when no food is available. The results were published in The FASEB Journal under the title “Timed high-fat diet resets circadian metabolism and prevents obesity”. Faced with mounting evidence, Swedish dietary experts recently made a dramatic U-turn, recommending a low-carb, rather than low-fat, diet for weight loss. The bombshell came from the Council on Health Technology Assessment, which advises the Swedish government. Based on a review of 16,000 studies, it said the best sorts of food for losing weight were high fat foods which could include oils like olive and coconut.

Doctors (that are aware of recent research) insist it is time to bust the myth of the role of saturated fat in heart disease. Cardiologist Aseem Malhotra says almost four decades of advice to cut back on saturated fats found in cream, butter and less lean meat has ‘paradoxically increased our cardiovascular risks’.
So the rules are being rewritten: to lose weight, cut down on carbs and eat more fat. So what, precisely, is behind this new thinking? It comes down to the effect different foods have on your hormones. The most important of these hormones, and the one that’s crucial for weight loss, is insulin. Insulin is the hormone that controls fat storage. A high-carb diet increases the amount of glucose in the bloodstream, which in turn means you produce more insulin. The more insulin the body produces, the more fat gets stored. When the body is exposed to a high-carb low-fat meal, the pancreas works hard at overshooting the secretion of insulin which then causes the excess to be stored as fat. A low-carb and high-fat diet means less insulin, making it easier to lose weight because less fat is then stored. [http://tiny.cc/0nijynx]

3. Salt - The pharmaceutical industrial complex has had great influence in scientific journals, medical literature and consequently Physicians in promoting the idea that salt is a baddy. Contrary to public perception, the reason the mantra of “eat less salt” has been advocated so strongly in past decades was due to the higher risk associated with cardiovascular disease. Even a recent report commissioned by the Center for Disease Control (CDC) stated that salt is no longer considered a substantial health hazard. What the CDC study reported explicitly is that there is no benefit, and may be a danger, from reducing our salt intake below 1 tsp per day. A recent study by researchers at the University of Glasgow has revealed that low chloride levels in the blood is an independent indicator of mortality risk in people with hypertension.

   The key is to know the difference between a good salt and bad salt. Table salt is recrystallised, whereas a brine solution is treated with chemicals that precipitate most magnesium and trace minerals. During the drying process, an anti-caking compound is added to the brine and these agents often use sodium ferrocyanide, tricalcium phosphate, calcium or magnesium carbonates, fatty acid salts (acid salts), magnesium oxide, silicon dioxide, calcium silicate, sodium aluminosilicate, and calcium aluminosilicate. The ferrocyanide and aluminosilicate compounds are of most concern, and the iodisation of salt, especially as it is used in processed food, poses real problems for those who are sensitive to iodine. The problem is not salt, it’s the type of salt we use. It takes just half an hour for one meal high in table salt to significantly impair the arteries’ ability to pump blood around the body, alarming research has shown. Blood flow becomes temporarily more restricted between 30 minutes and an hour after food has been consumed.

   Many experts argue that good salt (Himalayan / Celtic) could be just what we need for healing, health and longevity. “These mineral salts are identical to the elements of which our bodies have been built and were originally found in the primal ocean from where life originated,” argues Dr Barbara Hendel, researcher and co-author of Water & Salt, The Essence of Life. “We have salty tears and salty perspiration. The chemical and mineral composition of our blood and body fluids are similar to sea water. From the beginning of life, as unborn babies, we are encased in a sack of salty fluid.” Mineral salts, says Dr. Hendel, are healthy because they give your body the variety of mineral ions needed to balance its functions, remain healthy and heal. These healing properties have long been recognised in central Europe. At Wieliczka in Poland, a hospital has been carved in a salt mountain. Asthmatics and patients with lung disease and allergies find that breathing air in the saline underground chambers helps improve symptoms in 90 percent of cases. Dr. Hendel believes too few minerals, rather than too much salt, may be to blame for health problems. Regarding medical misinformation that is still being propagated, Serge Gracovetsky said: “Medicine is perhaps the only human activity in which an attractive idea will survive experimental annihilation.”

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