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.

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 AMAZING MIND
Don’t delete the following just because it looks weird. Believe it or not, you can read it.

I cdnuolt blveiee tht I clud aulclty uesdnatnd what I was rdanieg. Th phaomnmeal pweor of th hmuan mnid aocdcdrg to rscheerh at Cmabrigde Uinervtisy, it deosn’t mtaer in wht oredr th ltteers in a word are, th olny iprmotnt thng is tht th frst nd lst ltteer be in th rght pclae. Th rset can b a taotl mses nd yu cn stll rd it wouthit a porblm. Ths bcsuse th huamm mnid dnos nt raed ervy ltte r by istlef, bt th wrd s wlohe. Amzanig huh?

………. This sent my Spell Check crazy!
**WHAT ARE CHERRIES GOOD FOR?**

![Image of cherries](https://via.placeholder.com/150)

The antioxidant activity of tart cherries was found superior to that of vitamin E and comparable to commercially available antioxidant products. Sweet cherries contain fiber, vitamin C, carotenoids, and anthocyanins, each of which may help play a role in cancer prevention. Tart cherries are anti-inflammatory and may help lower your risk of gout attacks and reduce pain and inflammation associated with osteoarthritis. Consuming tart cherry may help increase your melatonin levels and improve your sleep. Consuming tart cherries may activate PPAR (peroxisome proliferator activating receptors) in your body’s tissues, which helps regulate genes involved in fat and glucose metabolism. [http://tiny.cc/yfemqx](http://tiny.cc/yfemqx)

**THYROID CANCER EPIDEMIC CAUSED BY MISINFORMATION, NOT CANCER**

Did you know the vast majority of thyroid cancer diagnoses are false? And yet, the vast majority of people go ahead and get ‘treated’ anyway, with the total removal of the gland, radiation and life-long hormone replacement. Any diagnosis of cancer can be highly traumatic. Given the conventionally held view that screen-detected, early-stage lesions or tumours will inevitably grow into invasive, lethal cancers without conventional treatment, receiving a diagnosis represents a psychic wound with adverse physiological consequences that can, in and of itself, injure the patient and reduce their chances of success in treatment.

This is all the more clear in the case of over-diagnosis, where a patient’s condition is misinterpreted to be potentially fatal, when in fact, the natural history of the lesion or tumour in question is that when left untreated it will never do harm, often producing no symptoms in the life of the patient; or, where it does produce symptoms, the patient does not experience significant disability or death before other causes intervene to take their life.

A recent study published in the *New England Journal of Medicine* found that, based on data from more than 6 million Swedes 30 and older between 1991-2006, a positive diagnosis of cancer increased the risk of suicide by up to 16 fold and the risk of heart-related death up to 26.9 fold during the first week following diagnosis versus those who were cancer free. The association was prognosis correlated: the more severe and treatment-resistant the condition (e.g. brain cancer was highest), the higher the increase in both suicide and heart-related death.

We (greenmedinfo.com) have spent significant time researching and writing on the problem of over-diagnosis in the case of breast cancer, where it is now known that 1.3 million US women have been over-diagnosed for breast cancer over the past 30 years, due to misinformation-driven breast screening programs. These women, many of whom were diagnosed with ductal carcinoma in situ (DCIS), a condition now believed to be essentially benign, underwent unnecessary mastectomies, lumpectomies, radiation and chemotherapy treatments, resulting in massive psychic, financial, and health crises that should never have transpired.

Many of these women suffer from a Stockholm syndrome-like state (victim identifies with aggressor), participating in promoting unnecessary screenings and treatments to women through breast cancer-industry-funded cause-marketing campaigns as part of their ‘healing process’ — never quite appreciating the nature of their trauma, while contributing to reproducing the same violation in other women while thinking they are helping to ‘save’ lives. [http://tiny.cc/f5emqx](http://tiny.cc/f5emqx)
COMPELLING CASE STORY: MULTIPLE SCLEROSIS DIAGNOSIS DUE TO MERCURY POISONING FROM DENTAL AMALGAMS

Dental amalgam is composed of about 50 percent mercury, a well-known neurotoxin that can also damage your kidneys. Mercury vapors are readily released from the amalgam each time you eat, drink, brush your teeth, or otherwise stimulate your teeth. These vapors readily pass through your cell membranes, across your blood-brain barrier, and into your central nervous system, where it can cause psychological, neurological, and immunological problems. One woman tells her harrowing story of getting mercury poisoning from her dental amalgams, which was misdiagnosed as multiple sclerosis (MS). She completely recovered after getting the amalgams removed. Besides MS, mercury toxicity has also been linked to Alzheimer’s disease, Parkinson’s disease, and other neurological disorders. A list of common mercury toxicity symptoms is included.

http://tiny.cc/r1empx

DATA TRANSPARENCY AND THE RANDOMISED, CONTROLLED TRIAL

Two recent books have rightfully taken the pharmaceutical industry to task for hiding up to 50% of clinical trial data. One potential solution to this problem – the highly publicised UK AllTrials initiative – may actually make things a great deal worse by placing academia into the hands of pharma marketing departments. Is it time to think again about the randomised, controlled clinical trial (RCT)? The elephant in the room here is the bedrock upon which the entire discussion is built: the randomised, controlled clinical trial (RCT). Governments and health authorities love ‘em, because they appear to give clear, simple, numerical answers to tricky questions of clinical practice and drug efficacy.

Yet, when clinicians and researchers as diverse as Drs Goldacre, Gøtzsche and Healy are increasingly questioning RCTs – Prof Healy even wonders whether RCTs may be the greatest marketing scam ever devised by pharma – something’s not quite right with the mainstream narrative. Along with a growing band of academics, doctors and other health professionals, we think it’s time to look beyond the RCT and the unilateral, drug-based treatments it was originally designed to study, and which it is incapable of looking beyond. Its flaws are there for all to see, prime among them its highly artificial nature and focus on the ‘specific treatment effect’ rather than the multi-factorial, healing symphony as a whole. Options that examine treatments under real-world conditions, such as comparative effectiveness research (CER), already exist, waiting to be more widely adopted and further developed. Importantly, it is tools like CER that are best suited to assessing the multi-pronged diet, lifestyle and natural health modality-based treatment programmes that can arrest our current slide into a future marked by chronic disease. RCTs simply cannot do this. http://tiny.cc/1wemqx

OUTSPOKEN VACCINE ADVOCATE STATES MEASLES VACCINE CAN’T PREVENT MEASLES OUTBREAKS

Longtime MMR vaccine advocate Dr. Gregory Poland now says the measles-containing MMR shot often fails to protect against measles and that recently reported measles outbreaks in highly vaccinated societies occur primarily among those previously vaccinated. The MMR vaccine is unlikely to eradicate measles globally because even after two doses, nearly 10 percent of children do not have vaccine strain measles antibodies. Serious vaccine reactions continue to be reported; a new father in Australia became paralyzed after receiving a B. pertussis (whooping cough) vaccine in order to visit his newborn son in the hospital nursery. The parents of Saba Button reached a settlement with the vaccine’s manufacturer and the Australian government after it was ruled that she suffered permanent brain and organ damage after getting the Fluvax shot when she was 11 months old. If you’re a parent considering vaccination for your children, or an adult considering vaccination for yourself, you need to defend your right to exercise informed consent so you can make an independent, empowered decision to protect your health.

http://tiny.cc/ihfmqx
SWEATING OUT SADNESS: HOW EXERCISE CAN HELP THE GRIEVING PROCESS

If you’re lost in a seemingly bottomless-pit of shock and disillusionment, exercise brings a sense of purpose and focus that requires nothing more than putting one foot in front of the other. Exercise triggers the release of neurotransmitters such as endorphins, serotonin, dopamine, glutamate, and GABA, which are well-known for their role in mood control. Exercise may fight feelings of depression better than antidepressants while relieving feelings of anxiety, pain, insomnia, fatigue, brain fog, and more. Exercise can help you to regain your motivation for work and other activities while installing a greater sense of inner calm. If you’re currently grieving, you needn’t get bogged down with the details… simply get moving; any activity that appeals to you is worth it—hiking, swimming, yoga, group classes, dancing, and bicycling.

http://tiny.cc/ykfmqx

ALZHEIMER’S DISEASE—YES, IT’S PREVENTABLE!

An estimated 5.4 million Americans have Alzheimer’s disease, and an estimated 600,000 more may suffer from an often misdiagnosed subtype called “hippocampal sparing” Alzheimer’s. Since there’s no conventional cure, the issue of prevention is absolutely critical if you want to avoid becoming an Alzheimer’s statistic. Evidence points to lifestyle factors, primarily diet, as the driving forces of dementia. Fat avoidance and carbohydrate overconsumption are at the heart of the Alzheimer’s epidemic. Risk of Alzheimer’s is doubled in type 2 diabetics. Alzheimer’s has even been dubbed “type 3 diabetes,” as the disease involves a lack of brain-produced insulin. Heart disease also increases your risk of dementia, as arterial stiffness is associated with the buildup of beta-amyloid plaque in your brain, a hallmark of Alzheimer’s disease.

http://tiny.cc/hmfmqx

Cucumbers are made up of 95 percent water, making them an ideal hydrating and cooling food. Cucumbers contain an anti-inflammatory flavonol called fisetin that appears to play an important role in your brain health. Cucumbers also contain polyphenols called lignans, which may help to lower your risk of breast, uterine, ovarian, and prostate cancers. Cucumber extract helps reduce unwanted inflammation, in part by inhibiting the activity of pro-inflammatory enzymes (including cyclo-oxygenase 2, or COX-2). Cucumbers are low in calories and high in fiber, which makes them useful for both weight loss and digestive health.

http://tiny.cc/9vfmqx

NEW YEAR’S RESOLUTION

Now is the time to find out how to QUIT Smoking Easily WITHOUT cravings. The cost is $666—that is what a smoker spends in under 6 weeks if they smoke 20 cigarettes per day. Call 4636 6100 for more information.

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.

4636 6100
www.no-more-cravings.com
www.thenaturalmedicalhealthwell.com

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

http://tiny.cc/hmfmqx