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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WHY AREN'T SHOES PREVENTING RUNNIGN INJURIES?

The main risk factor increasing your risk of suffering a running-related injury has nothing to do with footwear; it's suffering a previous injury in the last 12 months. Age, gender, fitness level, experience, weight, prior injuries, and your unique running stride can all influence your risk of a running-related injury, making it difficult to quantify the benefits or risks of footwear.

Some research suggests modern running shoes, with their heavily cushioned, elevated heels, may actually encourage runners to strike the ground with their heel first—a move that generates a greater collision force with the ground, leading to an increased potential for injury. Running-related chronic injuries to bone and connective tissue in the legs are rare in developing countries, where most people are habitually barefooted.

Pronation or “eversion” is the inward roll of the foot while walking or running. New research also revealed no significant differences in injury rates among runners with varying pronation wearing a neutral shoe, which suggests the widely held role of pronation in injury may be a myth. Research reviewed by Michael Warburton, a physical therapist in Australia, revealed:

- Running-related chronic injuries to bone and connective tissue in the legs are rare in developing countries, where most people are habitually barefooted
- Where barefoot and shod populations co-exist, as in Haiti, injury rates of the lower extremity are substantially higher in the shod population
- Wearing footwear actually increases the likelihood of ankle sprains, one of the most common sports injuries, because it either decreases your awareness of foot position or increases the twisting torque on your ankle during a stumble

One of the most common chronic injuries in runners, plantar fasciitis (an inflammation of the ligament running along the sole of your foot), is rare in barefoot populations.

Running in bare feet reduces oxygen consumption by a few percent.

http://tiny.cc/fz71rx

PHYSICIANS FAIL TO REPORT UP TO 99 PERCENT OF ALL SERIOUS ADVERSE REACTIONS TO VACCINES AND MEDICATIONS

In 1999, FDA Commissioner David Kessler, MD wrote in The Journal of the American Medical Association (JAMA) that physicians failed to report up to 99 percent of all serious adverse reactions to vaccines and medications, and it still remains that way today. At best, a maximum of 10 percent of adverse reactions are ever reported. At present, the VAERS database lists 8,000 different adverse vaccine reactions, from localized swelling and anaphylactic shock to autism, coma, and death.

According to Dr. Kessler, physicians should report when there is a suspicion that the drug may be related to a serious event; they do NOT have to establish the connection or wait for more compelling evidence. Unfortunately, most doctors today are pressured by public health officials and medical trade organizations to push vaccines and consider preventing disease through vaccines to be a primary goal of their profession. Some doctors go so far as to “fire” patients who refuse to get every government recommended vaccine even when patients report they have suffered reactions after previous vaccinations! If doctors would instead actively look for and report serious adverse health outcomes following vaccination, including hospitalizations, injuries and deaths, instead of dismissing them as a “coincidence,” it could go a long way toward building a clinical evidence base that will reveal the whole truth about vaccine risks.

http://tiny.cc/vb81rx

FRAUD IN SCIENCE? HUNDREDS OF COMPUTER-GENERATED STUDIES HAVE BEEN PUBLISHED IN RESPECTED SCIENTIFIC JOURNALS

In 2005, three MIT graduate students created a program called SCigen that randomly generates fake scientific papers. Since its inception, over 200 computer generated papers have been published in scientific journals. A French computer scientist has developed a program to detect SCigen-generated studies, which anyone can use for free to find out if a
study might be generated by a computer. Many health care professionals rely on published research to make treatment recommendations, and large numbers of patients can be affected when false findings make their way into otherwise respected journals. The prevalence of anti-scientific science is how we’ve ended up in a world of toxic chemical-based agriculture and subsidized junk food that deteriorates rather than supports health. Independent research, where funding is unrelated to findings, has become a rarity, and the end result is a dramatic deterioration of credible science.

As an example of the quick deterioration of reputable science, consider the following: between 1966 and 1997, 37 percent of scientific retractions were due to scientific misconduct, which includes data falsification or fabrication, questionable veracity, unethical author conduct, or plagiarism. Fast-forward a little more than a decade and that number skyrockets to 72 percent! The highest number of incidents of scientific misconduct occurred in the drug literature, where nearly 75 percent of the drug studies retracted between 2000 and 2011 were attributed to misconduct. Gone are the days when bad research was primarily due to honest human error, it seems.

However, traditional pay-for-access journals are not immune to publishing flawed studies. Most are also beholden to drug companies in one way or another. Investigations have repeatedly shown that studies funded by drug companies favor drugs 80 percent of the time.

This makes such conflicts of interest between Big Pharma and medical journals a major hurdle when it comes to upholding scientific excellence. Earlier this year, a study was published that showed nearly ONE MILLION Europeans were killed over a five-year span through the inappropriate prescription of beta blockers for non-cardiac surgery.

Reuters reported Amgen found in 2011 that its researchers could confirm just 6 of the 53 breakthrough cancer studies they vetted, while Bayer said in 2012 that of 67 landmark studies in oncology, women’s health, and cardiovascular disease, it could verify only 14. http://tiny.cc/lg81rx

THE TOP POWERHOUSE FRUITS AND VEGETABLES

A new study analyzed levels of 17 nutrients in food considered to be important to lower your risk of heart disease and cancer in order to determine the top powerhouse fruits and vegetables. Topping the list in terms of nutrient density are watercress, Chinese cabbage, chard, beet greens, and spinach. Organically grown vegetables may provide superior nutrition to conventionally grown varieties, but be sure they are fresh and not wilted. You can boost the nutritional value of your veggies, and the amount of veggies you consume, by giving fermenting, juicing, and sprouting a try. People who eat seven or more portions of vegetables and fruit a day have a 42 percent lower risk of dying from any cause, compared to those who eat less than one portion. http://tiny.cc/lqempx

PRESCRIPTION PAINKILLERS TAGGED AS GATEWAY DRUG TO HEROIN

As many as 1.5 million Americans were chronic heroin users in 2010. Over the past five years, heroin deaths have increased by 45 percent—an increase blamed on rise of addictive prescription drugs such as Vicodin, OxyContin, Percocet, codeine, and Fentora, all of which are opioids. The reason for the resurgence of heroin is in large part due to it being less expensive than its prescription counterparts. Prescription painkillers were responsible for 16,600 deaths in 2010; heroin was involved in about 3,000 deaths. While most opioid drug abusers obtain the drug from a friend or relative, individuals who are at greatest risk for drug abuse are just as likely to get theirs from a doctor’s prescription. If Michael Jackson chose his doctor a little more carefully, maybe he would still be alive. http://tiny.cc/ji81rx

WHAT’S THE REAL CAUSE OF HEART ATTACKS?

Bypass surgery provides minimal benefit for most people, as sites that are over 90 percent blocked in almost all cases compensate for the blockage by developing collateral blood vessels. Most heart attacks are likely caused by an imbalance in your central nervous system (CNS) and your autonomic (or unconscious) nervous system (ANS), which controls the function of our internal organs. This understanding is crucial since during the last fifty years, the pursuit of the incorrect coronary artery theory has cost this nation [USA] billions of dollars in unnecessary surgical costs, billions in medications that cause as much harm as allow for any positive benefits, and, most seriously, has led many to adopt a low-fat diet, which only worsens the problem.

The real revolution in the prevention and treatment of heart disease will come with increased understanding
of the role played by the autonomic nervous system in the genesis of ischemia and its measurement through the tool of heart rate variability (HRV). By understanding the real patho-physiological events behind the evolution of MIs (myocardial infarctions or heart attacks), we will be led to a proper nourishing traditional style of eating, the use of the safe and inexpensive heart tonic called g-strophanthin.

The known things that nourish our parasympathetic nervous system are contact with nature, loving relations, trust, economic security (a hallmark of indigenous peoples the world over) and sex—this is a whole new world of therapy for ailing hearts.

The medicine that supports all aspects of the parasympathetic nervous system is an extract from the strophanthus plant called ouabain or g-strophanthin. **G-strophanthin is an endogenous (made within us) hormone manufactured in our adrenal cortex from cholesterol and therefore inhibited by statin drugs.**

G-strophanthin does two things that are crucial in this process—two actions provided by no other known medicine. First, it stimulates the production and liberation of ACh, the main neurotransmitter of the parasympathetic nervous system; secondly, and crucially, it converts lactic acid—the main metabolic culprit in this process—into pyruvate, one of the main and preferred fuels of the myocardial cells. In other words, it converts the central poison in this process into a nutrient.

This may be what is meant in Chinese medicine when they say that the kidneys (that is, the adrenal glands, where ouabain is made) nourish the heart. Dr Mercola said “In my many years of using ouabain, I have not had a single patient have an MI while taking it. It is truly a gift to the heart”. [http://tiny.cc/zk81rx](http://tiny.cc/zk81rx)

**BIRTH IS NOT A MEDICAL PROBLEM TO BE MANAGED**

Dr Mercola stated “I am no longer interested in defending the “safety” of homebirth. Well-conducted meta-analyses have done this, such as those published in 2005 and 2013 in the *British Medical Journal* which found that those who gave birth at home had lower (by more than half) rates of severe, acute maternal morbidity, postpartum hemorrhage, and manual placenta removal”.

These statistics, and the fear-mongering rhetoric around birth, are speaking around the primary issue: **birth is not a medical problem to be managed. Women have allowed this most primal and transformative experience to be co-opted by a male-dominated paradigm of abusive interventionism.** In no way, should the burden of proof lie in defending how we have birthed for the entirety of our presence here on this planet. Birth is not about monitoring strips, pain, and Apgar scores. It is an evolutionarily orchestrated dance in a woman’s mind and body that gives way to a mother-baby dyad, a unit that must be preserved, protected, and honored. Is it possible that 1/3 of American women, now having surgical births, have lost the ability to birth as we evolved to do?

According to Dr. Stuart Fischbein, a homebirthing obstetrician, in one generation we have gone from birthing 99 percent of babies at home in 1920 to 99 percent of babies born in the hospital by 1950, and a C-section rate that has increased by 50 percent since 1996 with no improvement in neonatal mortality.

A fascinating study entitled “Cesarean delivery and hematopoietic stem cell epigenetics in the newborn infant: implications for future health?” identified significant epigenetic changes induced by vaginal birth, that were apparent as global methylation differences and even specific DNA loci that seemed to correlate with labor duration and vaginal birth. This means that **vaginal birth influences gene expression in enduring cell lines in newborns**—it’s an important part of the process! Beyond the unintended side effects of pain interventions, the interference with breastfeeding onset and potential risk for postpartum depression, a medicalized birth also disturbs and jeopardizes the health of the microbiome.

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

**MISSION STATEMENT:**

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

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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