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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Evolving Bacteria Outsmarts Vaccines

Over the past few years, parents of unvaccinated children have been publicly blamed for increasing cases of B. pertussis whooping cough and deaths. This despite the fact that even the Centers for Disease Control (CDC) admits that the rise in reported whooping cough cases cannot be blamed on unvaccinated children because "they are not the driving force behind the large scale outbreaks and epidemics."

Evolving Whooping Cough Bacteria Outsmarts Vaccine - As reported in the featured article, after
2012 whooping cough outbreaks, researchers turned to genetics to determine the cause. The study, published in the *Journal of Infectious Diseases*, analyzed the genomes of whooping cough bacteria, finding that the "acellular vaccine antigen encoding genes are evolving at higher rates than other surface protein encoding genes." This suggests that the disease is not being prevented with mandatory, mass vaccination programs.

According to the featured article: "The researchers said that it was happening even before countries like the United States and the U.K. switched from the whole-cell whooping cough vaccine to the acellular whooping cough vaccine, but the evolution of whooping cough bacteria has progressed more rapidly since the new vaccine was introduced a decade ago.

The researchers further added that the old whole-cell vaccine produced longer immunity to whooping cough bacteria than the current acellular whooping cough vaccine and that the current vaccine may be generating an expanded pool of carriers, particularly teenagers." In 2013, the FDA discovered that while the whooping cough vaccine may reduce symptoms in those who are vaccinated, the pertussis vaccine does not prevent infection and transmission of the disease. In fact, you can get a series of pertussis shots and still become an asymptomatic carrier who is contagious and can spread the disease to others without even knowing it. That study effectively shattered the long-held illusion of vaccine-induced herd immunity.

**Mumps Vaccine Isn't Working Well Either**

According to the CDC, one dose of the MMR vaccine has a disease prevention rate of 78 percent, so right off the bat you know it's not going to prevent disease in everyone. [Thus 22% are NOT protected.] A second dose is claimed to increase protection to 88 percent. But outbreak rates suggest the vaccine's effectiveness wears off, and might be lower than expected to begin with. In 2010, two Merck virologists filed a federal lawsuit under the False Claims Act against their former employer, alleging the vaccine maker has been lying about the effectiveness of their mumps vaccine (which is part of the trivalent MMR vaccine). The whistleblowers claimed they witnessed "first-hand the improper testing and data falsification in which Merck engaged to artificially inflate the vaccine's efficacy findings." Merck allegedly falsified the data to hide the fact that the mumps vaccine in the MMR shot has in fact significantly declined in effectiveness over the years. Unfortunately, health officials are turning a blind eye to growing suspicion that vaccines may do more harm than good, especially for individuals with both known and unknown biological high risk factors that make vaccination especially dangerous for them. **Even when the benefit is known to be negligible for some individuals or society as a whole, they still urge everyone to go ahead and "take the shot." Why?**

In late December, a 37-year old Missouri woman died from complications from the flu, despite getting the flu vaccine. After being hospitalized, she initially began showing signs of improvement, but quickly developed a staph infection that led to her death. While this tragic story is played up as evidence for how dangerous seasonal influenza can be, there are a couple of factors to take into consideration before hitting the panic button. First, this year the CDC actually issued a warning saying that the 2014/2015 flu vaccine is a poor match to the influenza A strain causing most cases of influenza this year because the H3N2 strain has mutated. **This means that this year's flu vaccine offers little protection against illness caused by the most prevalent influenza strain circulating this year.** Despite that, health officials are still urging people to get a flu shot, claiming the vaccine can make symptoms less severe.

This is ironic, considering the fact that some research suggests the flu vaccine might make you more susceptible to severe respiratory illness. In 2012, Canadian researchers found that the flu vaccine increased people's risk of getting sick with H1N1, and caused more serious bouts of illness to boot. So, could the flu vaccine itself have contributed to the woman's death? This previously unknown effect is now called "vaccine-associated enhanced respiratory disease." [http://tiny.cc/vc9ftx](http://tiny.cc/vc9ftx)

This is nothing new to complimentary health practitioners. Over the last several decades I have treated hundreds of patients that are positive that the flu shot they received to supposedly protect them, has actually given them the flu. When they report this to their doctor, they are always told that it was just a coincidence. Each such adverse reaction should be reported by the doctor, but this only happens in 1% of cases. I covered this faulty aspect of western medicine in my last Newsletter (61) under the title “Physicians fail to report up to 99 percent of all serious adverse reactions to vaccines and medications.” Reference: [http://tiny.cc/1a9ftx](http://tiny.cc/1a9ftx)

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**PARENTS DO HAVE A VACCINE ALTERNATIVE**

**BY CILLA WHATCOTT**
Lily was my third child. She was born in China, in the city of Jiujiang, in Jiangxhi Province. She was ten months old when we travelled to get her and weighed a mere 10 pounds.

Lily was beautiful. She was more like a newborn than a one year old. She could barely hold up her head and was so accustomed to being heavily swaddled in layers of clothing that she cried when the air touched her skin the first time we carefully unwrapped her. Her tiny features were so delicate. She was as quiet as a mouse. She slept through the night without a peep. She was perfect.

Looking back, I can see that Lily was suffering from "failure to thrive," or the lack of weight gain and physical growth that many orphans suffer when inadequately nurtured and underfed. Combine this with a challenged immune system and the trauma of leaving the familiarity of the orphanage, and you have a child who is very vulnerable.

Once home, the paediatrician suggested that Lily needed her vaccines; the Chinese records could not be trusted. Having never even questioned vaccines before, I agreed, and Lily was given her DPT, hepatitis B, polio, and the MMR. What I know now is that this amounts to eight separate disease agents at once, not to mention the additives in each injection. A chemical cocktail.

Shortly after, Lily's leg swelled to twice the size. She became more and more agitated, crying loudly. Long woeful shrieks were coming from her and nothing soothed her. Her temperature was 103 F. and rising. She was clearly in great distress and I ran her back to the paediatrician where she was diagnosed with aseptic meningitis. This is an inflammation of the membrane covering the brain and spinal cord. She was given IV antibiotics and her fever continued to climb to about 105 F. I tried to accept the fact that she might die and spent the next forty eight hours holding her warm, limp body and praying.

The Merck Manual is one of the world's most trusted medical references. First published in 1899, The "Merck Manual of Diagnosis and Therapy" is a concise and complete medical reference for doctors, medical students, and healthcare professionals.

From its pages I read: "Disorders and drugs are common causes of meningitis. Disorders that most commonly cause meningitis include disorders that cause inflammation, including the inflammation that occurs when the body's immune system malfunctions and attacks the body's own tissues (autoimmune disorders)." Among the culpable drugs listed are vaccines.

Eager for validation, back I went to the paediatrician, armed with my information, certain she would agree with me for unearthing the actual cause of Lily's illness. I was sadly mistaken. She informed me with complete confidence and authority that there was no connection whatsoever to the vaccines. Completely impossible. And furthermore, she delivered a terse lecture on the horrors of children dying from communicable diseases and how she had seen these horrors in the field. End of conversation. I was speechless.

In the months and years that followed, I underwent a total reorganisation of my belief system.

The stark realisation hit me that no one was going to look out for my kids as I do. It was up to me. The sheer responsibility felt overwhelming. But at the same time, it felt somehow empowering. I wasn't going to trust what someone else told me without doing my own research ever again. My choices eventually led me back to school where I spent four years earning a degree in homeopathic medicine. It was there that I learned more about how the healthy immune system operates. Homeoprophylaxis – Another choice to vaccination. To read the rest of Cilla’s story see: http://tiny.cc/jo9ftx

THE FORGOTTEN HISTORY OF VACCINATIONS YOU NEED TO BE AWARE OF

People have been scared into believing vaccines are the answer to prevent disease, but when you look at the historical evidence, the arguments used simply fall apart. There's just no question that improving your innate immune system—through reducing sugar and processed foods in your diet, improving your gut flora, leading a healthy lifestyle, and having adequate vitamin D levels, ideally through sensible sun exposure,—will provide a far more effective immune response and virtually eliminate any risk of developing a life threatening infection.

The key is to have the courage to trust in this truth—that your body is designed to maintain health. Its natural course and direction is to be healthy not sick. If you have a healthy lifestyle, exposure to nearly all of these infectious agents will ultimately make you healthy and stronger. This is similar to exercise, which actually tears your body down to make it stronger. Nature actually knows what it's doing, whereas putting chemicals into your body based on human theories (or rumors!) that are oftentimes completely wrong, is
unlikely to produce better results. As noted by Dr. Humphries: "We have a highly profitable, lucrative religion that involves the government, industry, and academia. That religion is vaccination. People believe in vaccines. They’ll tell you, they believe in vaccines. But you ask them what they know about vaccines and it will be almost nothing. In fact the people who argue the loudest usually know the least when it comes to trying to convince you to take the vaccine. That’s been my experience.

Medical schools are bereft of information on the history of vaccination, on the contents of them, and the potential problems. We have the go-to doctors, like Dr. Paul Offit, teaching doctors how to talk to vaccine-refusing parents. We have doctors like Dr. Robert Jacobson putting out PowerPoint presentations to give to doctors, literally telling them to persuade the parents rather than to inform them...

Doctors are really being systematically brainwashed. Not only that, but if doctors do start to see problems... wake up to it; do their own research, and buck the system, they risk being treated the way I was. I was well respected through the entire state of Maine. People were referring their patients to me. My colleagues would come to me with their medical problems... But once I started to argue against the practice of vaccination, I was automatically tossed into the category of a quack..."

The True Story Behind the Smallpox Vaccine
Dr. Suzanne Humphries, author of Dissolving Illusions: Disease, Vaccines, and the Forgotten History, is a nephrologist who has committed the latter part of her medical career to exposing the "lost history" of vaccinations. Regarding the original manufacture of the smallpox vaccine, she states "Basically, it was made by scraping pus off the belly of a cow," Dr. Humphries says. "Sometimes there was some goat genetic disease in there. There was horsepox mixed in there. There was sometimes human pox mixed in and some glycerin. They would shake it up; they would take kind of a prong, and puncture the skin several times...

What I didn’t realize was that there were many people who developed serious smallpox disease and died after they were vaccinated. The severity of disease was often worse in the vaccinated than the unvaccinated. There are statistics that show that the death rate was higher in the vaccinated than the unvaccinated."

The True Story Behind the Polio Vaccine
"The story behind polio is absolutely fascinating when you look at the politics that went on researching the vaccine, and how scientists were fired if they disagreed with the program going on through the National Foundation of Infantile Paralysis (NFIP) in the late 1940s and early 1950s. That was the vaccine that Jonas Salk developed," Dr. Humphries says.

Before the Salk vaccine became available, if you were admitted to the hospital any doctor could diagnose you with polio based on two physical examinations within 24 hours, to check for paralysis in one or more muscle groups. We now know that a number of viruses can cause paralysis, but back then, all instances were thought to be due to polio virus. When the polio vaccine was developed, a problem emerged. Swedish scientists were trying to tell the US scientists that formaldehyde inactivation was not going to work as planned.

Their warning, however, fell on deaf ears. This was unfortunate, as they turned out to be correct. Live poliovirus, which was put in an injectable vaccine, would appear to be inactivated right after it was made, but sometimes it would "resurrect" in the vial...

In essence, the formaldehyde did not kill off all the polioviruses being injected. As a result, more people developed paralysis from the vaccine in 1955 than would have developed it from a wild, normal natural poliovirus.

Something had to be done to make it appear as though the vaccine was working. So what they did was change the diagnostic criteria for polio. Sadly this is a very common practice in medicine. When the observations don’t fit your expectations, change or rig the system so that they do. With polio, the original criteria was two examinations within 24 hours. This was changed to two examinations within 60 days. This was helpful in cooking the books, because within 60 days, most people recover from their bout with poliomyelitis.

"All those people who were formerly called polio were no longer categorized as polio because they recovered from their paralysis within that time," Dr. Humphries explains.

In conclusion, historical data reveals that smallpox was eradicated through efforts like isolation, improved nutrition, hygiene, and sanitation. Incidence of polio was dramatically “reduced” because the disease was redefined, and serological testing was introduced— not because of success of the vaccine. The drug companies that manufacture vaccines have concealed the truth about the effectiveness of vaccines, and unfortunately
universities teach misinformation to doctors who believe they are being told the truth. To be truly informed about vaccines click the following link.

An important fact to remember is that apart from handing out prescriptions or giving vaccinations the western medical paradigm doesn’t have much else to offer outside of surgery, radiation or chemotherapy. That is why allopathic practitioners are strong advocates for vaccines. [http://tiny.cc/ecagtx](http://tiny.cc/ecagtx)

### 6 THINGS YOU DIDN'T KNOW ABOUT WATERMELON

Watermelon contains more of the antioxidant lycopene than fresh tomatoes; one cup of watermelon has 1.5 times the lycopene as a raw tomato. L-citrulline, an amino acid in watermelon, seems to protect against muscle pain. Watermelon rind is edible and actually contains more of the amino acid citrulline than the pink flesh; citrulline is converted to arginine in your kidneys, which is important for heart and immune system health. New research showed citrulline and arginine supplements derived from watermelon extract lead to significant improvements in blood pressure and cardiac stress in obese study participants. Watermelon contains cucurbitacin E, or tripterpenoid, which blocks the activity of the pain and inflammation-causing enzyme cyclooxygenase -- the same enzyme blocked by COX-2 inhibitor drugs. [http://tiny.cc/3iagtx](http://tiny.cc/3iagtx)

**SUPPORTING EVIDENCE FOR ASPARTAME-ALZHEIMER’S LINK**

Studies are starting to confirm lingering suspicions that aspartame may play a role in the development of Alzheimer’s disease. The key mechanism of harm appears to be methanol toxicity—a much-ignored problem associated with aspartame in particular. In recent research, methanol-fed mice presented partial “Alzheimer’s disease-like symptoms,” while rhesus monkeys fed methanol developed persistent pathological changes related to the development of Alzheimer’s. Humans are the only mammals who are NOT equipped with a protective biological mechanism that breaks down methanol into harmless formic acid. This is why animal testing of aspartame does not fully apply to humans. Recent research also suggests that sucralose (Splenda) may have neurotoxic effects. [http://tiny.cc/7n81rx](http://tiny.cc/7n81rx)

**DIETARY FIBER HELPS CURB APPETITE, AND PROMOTES HEART HEALTH**

Most people need upwards of 32 grams of fiber a day. Most Americans get nowhere near this amount. A recent study found that those who ate the most fiber had a 25 percent reduced risk of dying from any cause within the next nine years, compared to those whose fiber intake was lacking. Those who increased their consumption of fiber after suffering a myocardial infarction also reduced their risk of dying from any cause, including further cardiovascular events.

Research has shed new light on the mechanics behind the appetite suppressant potential of fiber. When microbes in your gut digest fiber, a molecule is released (acetate) that signals your brain to stop eating. If your gut health is compromised, fiber may feed pathogenic bacteria. Healing your gut with probiotic-rich fermented vegetables is recommended before eating a high-fiber diet. [http://tiny.cc/ppagtx](http://tiny.cc/ppagtx)

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

**MISSION STATEMENT:**

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

[http://tiny.cc/ppagtx](http://tiny.cc/ppagtx)