



WELLNESS

Get your health on track with ANTRAC!

ANTRAC WELLNESS News Letter_063

ANTRAC REFERRAL THANKYOU PROGRAM (ART PROGRAM)

As more than 70% of ANTRAC patients are referred by close friends or family, we want to show appreciation to BOTH our existing client and the referred client with \$10 off their next treatment. This newly implemented ART Program took effect from 1st June 2012.

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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.

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Clinic Hours:

Mon 9:30am – 5:50pm

Tue 9:30am – 5:50pm

Thu 9:30am – 5:50pm



VIETNAM HOLIDAY IS OVER

We have just returned from a well-needed break visiting Linda's Son, Dale, in Vietnam. We had a great time relaxing, shopping and catching up with family. It was Vietnamese Lunar New Year (TET) so there were many festivals, fireworks and ceremonies. During TET, Ho Chi Minh City pretty much grinds to a halt with people going back to visit their families for the week. We were very humbled to be invited to Dale's girlfriend Tram Anh's, family for Vietnamese New Year.

During the lunch, Dale was telling us all a story and mentioned that he had hopped into a taxi and instructed the driver to take him to such-and-such a street, in Vietnamese. Well, the whole family burst out laughing at Dale's pronunciation of the street. He unknowingly had badly mispronounced the name of the street and had said to the driver "Hey, look at me. I'm pooing". We could understand why the driver was aghast. Vietnamese is a very hard language to learn as it is tonal, and for example, one word can have up to 8 different meanings, depending on the tonal rendering. Many of their words sound like bells ringing. I must admit every time we hopped in a taxi with Dale after that, we asked him not to poo in the taxi. He will probably never live it down!

We were very fortunate to be invited on a Bus trip with all the extended family for the day to a beautiful beach resort a couple of hours away from Ho Chi Minh City. Experiencing the Vietnamese culture, visiting markets and eating at local Vietnamese restaurants, was certainly a highlight of our trip. There truly are some magnificent restaurants of all cuisines varieties to choose from. It was amazing to visit the New School Dale will be teaching at starting in August 2015 - the American International School. It looks like a five star resort, with marble staircases and chandeliers etc.

Unfortunately all good things come to an end. It's now it's just a memory, and back to work we go.

IMMUNOTHERAPY, NATURAL ALLOPATHIC MEDICINE AND CANCER

By Dr Marcus Sircus

There are 374 experimental cancer drugs in mid-stage trials, according to the IMS Institute for Healthcare Informatics' global outlook report published in 2014. The costs are steep. **Most of these drugs have annual costs of \$150,000**, and a slate of personalised treatments are expected to carry even higher price tags. Keytruda will cost about \$150,000, or \$12,500 a month, according to The Wall Street Journal. To use a baseline, Bristol Myers' PD-1 drug Opdivo, which received Japanese regulatory approval in July, is going

to cost the equivalent of \$143,000 for a full year of treatment.



So wide, like the Grand Canyon, is the divide that separates them from safer and less expensive natural treatments that they throw the baby out with the bathwater when they discard bicarbonate as a medicine and vital supplement. 59% of oncologists said they had no education on natural supplements, obviously because they do not want to read about such things. When asked about a hypothetical patient with a curable form of cancer, 80% of the oncologists surveyed said they would actively discourage the use of an unknown herb with chemotherapy. Considering just about every substance in the natural world is unknown to them it makes no sense to rely on oncologists to be responsible for all the components of a secure cancer treatment program.

Nelson Hultberg writes, "Pernicious drugs dominate our lives today like restrictive manacles control a southern chain gang. We are prisoners. **And it's not evils like cocaine and heroin that are the real enslavers; they control but a pittance of people. The real chains around us are fashioned by the thousands of pharmaceutical drugs that spew forth from Big Pharma's loathsome peddlers, pushing insidious addiction into the veins of our citizens via a naïve medical profession's complicity and paradigmatic falsity.**"

Hultberg believes that almost all degenerative diseases (such as arthritis, diabetes, cancer, coronaries, etc.) are of one origin. "They do not have separate causes. They stem from a deeper deleterious condition, which is what we must concentrate on if we are ever to genuinely cure the specific ailment involved. Eradicate this deeper deleterious condition, and its outward manifestation disappears."

Deeper conditions include: stress, mineral deficiencies (magnesium, selenium, iodine and bicarbonate), fast shallow breathing, too much sugar, negative emotions and mental attitudes, medical tests involving harmful radiation, mercury

contamination, lack of exercise and air pollution as well as increasing radiation in the environment.

<http://tiny.cc/qb2xux>

BREAST CANCER STEM CELLS THRIVE AFTER CONVENTIONAL CHEMOTHERAPY AND RADIATION 'THERAPIES'

A new study published in *The Journal of Steroid Biochemistry and Molecular Biology* identifies an overlooked root cause of breast cancer (cancer stem cells), as well as a natural intervention that has yet to be incorporated into the conventional standard of cancer care.

Entitled, "*Vitamin D compounds reduce mammosphere formation and decrease expression of putative stem cell markers in breast cancer*," the new study brings to the forefront the role of breast cancer stem cells (BSCs) in breast tumour formation and their progression towards malignancy and treatment resistance. For many decades it was assumed that cancer results from DNA-damaged cells succumbing to a fundamentally chaotic processes, 'going rogue' and reproducing clonally (making identical copies of one another), without an acknowledgment of the different types of cells that comprise tumours.

The most salient difference is between the cancer stem cells (sometimes referred to as 'mother' cells) which are capable of theoretically infinite self-renewal and produce all the differentiated 'daughter' cells in a tumour colony, which themselves are not capable of living indefinitely.

It is actually the existence of the much smaller number of cancer stem cells which causes cancer recurrence, as they are not only resistant to conventional chemotherapy and radiation, but their numbers can actually be increased (enriched) by these two 'therapies.' Therefore, any cancer therapy that ignores the cancer stem cell subpopulation in favour of killing the non-tumourigenic daughter cells in order to 'de-bulk' the tumour (i.e. shrink it), will not result in destroying the root of the cancer. To the contrary, **it can generate the illusion of 'remission' while in fact making the remaining tumour colony far more malignant, setting up the conditions for aggressive recurrence years later.**

The new study focused on a type of breast tissue abnormality known as ductal carcinoma in situ (DCIS), which for decades was considered cancer (constituting about 20% of all breast cancer diagnoses), but recently has been identified as a benign lesion of epithelial origin. There are cases

where DCIS progresses towards another breast abnormality known as invasive ductal carcinoma (IDC), which is considered a more serious risk. **But even IDC cases may never progress to cause symptoms, nor ever cause harm to those within which it occurs.**

Nonetheless, the conventional medical system still considers a diagnosis of either DCIS or IDC justification for aggressive interventions, e.g. lumpectomy, mastectomy, radiotherapy and chemotherapy, indicating that if there is a natural intervention to decelerate the trajectory from DCIS to IDC, especially if it focuses on targeting and/or reducing the expression and growth of breast cancer stem cells, it is of great clinical relevance.

The new study sought to determine whether vitamin D3 and an analog known as BXL0124 are capable of inhibiting the progression of DCIS to IDC, and whether this effect is mediated through an influence on breast cancer stem cells (BCSCs). The study used a mammosphere cell culture system, which is a clump of mammary gland cells that includes breast cancer stem cells along with non-stem cell breast cells.

The researchers found that when the Vitamin D compounds were administered to the mammosphere culture it was observed to undergo a transition from a state of disorganisation and irregularity in shape, to a more organised and symmetrical shape similar to spheres formed by a non-malignant, normal mammary epithelial cell line.

This **cancer-defying effect of the vitamin D compounds** was described in terms of a reduction in the so-called 'mammosphere forming efficiency (MFE).' Moreover, treatment with vitamin D compounds was found to repress cell markers associated with stem cell-like phenotype (e.g. CD44, CD49f, c-Notch1, and pNFkB), as well as pluripotency markers (e.g. OCT4 and KLF-4), another property found within cancer stem cells.

The study concluded: "Cancer progression, metastasis, and recurrence are significant problems in managing breast cancer. A significant body of evidence indicates that breast cancer stem cells drive these processes, complicating treatment strategies. A better understanding of how BCSCs drive breast cancer progression will aid in developing targeted therapies toward BCSCs. **Our present study suggests a potential treatment strategy to reduce the putative BCSC population, and therefore enhance the effectiveness of breast cancer prevention and treatment through the use of vitamin D compounds.**"

<http://tiny.cc/rd2xux>

GUIDELINES ON FAT AND CHOLESTEROL SHOULD NEVER HAVE BEEN MADE

Regarding new dietary guidelines reversing the flawed recommendations on healthy cholesterol levels, Steve Nissen, chairman of cardiovascular medicine at the Cleveland Clinic, told *USA Today*: "It's the right decision. We got the dietary guidelines wrong. **They've been wrong for decades.**" This message was echoed in *Time Magazine*, which recently reported that:

"[I]n the latest review of studies that investigated the link between dietary fat and causes of death, researchers say the guidelines got it all wrong. In fact, **recommendations to reduce the amount of fat we eat every day should never have been made.**"

Low-fat diets saw a real upswing in 1977, but according to research published in the *Open Heart* journal, led by Zoe Harcombe, PhD, there was no scientific basis for the recommendations to cut fat from our diet in the first place. What's worse, the processed food industry replaced fat with large amounts of sugar. While Dr. Harcombe shies away from making any recommendation about how much dietary fat might be ideal, she suggests that the take-home message here is to simply "eat real food."

I have to say, it's refreshing to finally see that message being repeated in the mainstream media. As reported by *Time Magazine*: "The less adulterated and processed your diet is, the more nutrients and healthy fats, proteins and carbohydrates your body will get, and the less you'll have to worry about meeting specific guidelines or advice that may or may not be based on a solid body of evidence."

<http://tiny.cc/jj2xux>

HIGH DOSE NIACIN FOR PSYCHOSIS

Before he attended medical school, Dr. Abram Hoffer, received a PhD in biochemistry specializing in vitamin B research. So when he became director of the largest psychiatric hospital in Saskatchewan, he used his knowledge to research the administration of high doses of niacin (vitamin B3) to schizophrenic patients.

Amazingly, he was able to get many of these very ill mental patients well enough to be released, get married and go on to lead normal lives. It turns out that pellagra, a disorder caused by niacin deficiency, produces the same psychiatric symptoms such as irrational anger, feelings of persecution, mania, and dementia that were found in many of these "hopelessly incurable" patients. The cure was giving them the deficient B vitamin. **Sadly, despite "performing miracles" on these hard-to-treat**

patients, Dr. Hoffer's ground-breaking research was discredited by the American Psychiatric Association (APA), which was sadly more interested in promoting toxic pharmaceutical drugs.

"As long as the patients continued to take their niacin, as well as vitamin C, they were OK. On the other hand, nowadays if psychotic patients stop their medication, they may or may not relapse. This brings up another issue; we're seeing more relapses than we used to in psychosis and depression. It may be due to the meds. Before people were on meds to the extent that they are, they would have a depressive episode, [then] recover and not necessarily have another one...But we're now having far more chronically relapsing depression and psychosis than before the introduction of medication.

Moreover, we're having more bipolar illness than we ever had. Something is going on. **The medications are actually changing the brain. This is what is so scary. We have people who start off being depressed, being put on antidepressants for their depression, end up becoming bipolar, and then they're placed on a whole cocktail of medications. And they're kept on that cocktail indefinitely, which frequently ends their ability to function normally.**" This is exactly what the western medical paradigm promotes – permanently medicate the illness rather than remedy the condition naturally. <http://tiny.cc/xk2xux>

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**

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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".