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.

SOME ‘DIRTY’ THINGS THAT MIGHT BE GOOD FOR YOU

There’s a tendency in our modern culture to be obsessive about cleanliness, especially in children. But the evidence is growing that a little dirt is good for you and probably even essential to keeping your body in sound working order.

A biochemist from the University of Saskatchewan has theorized, for instance, that nasal mucus, or as it’s more commonly known, boogers, has a sugary taste that’s meant to entice you to want to eat it. Doing this, he believes, may help introduce pathogens from your
environment to your immune system, resulting in the building up of natural defenses.

Other “dirty” factors associated with a lower risk of allergic disease include having a dog or other pet in the home, attendance at day care during the first year of life, and even receiving oral dust-mite drops twice a day from the age of 6 months to 18 months. See full article at: http://tiny.cc/na00vx

STATISTICAL DECEPTION CREATES THE ‘APPEARANCE’ THAT STATINS ARE SAFE AND EFFECTIVE

A new report published in the Expert Review of Clinical Pharmacology concluded that statin advocates used a statistical tool called relative risk reduction (RRR) to amplify statins’ trivial beneficial effects. The directors of clinical trials, according to the report, have also succeeded in minimizing the significance of a large number of adverse effects of statin treatment.

So how are statistics being used to deceive you about statins’ effectiveness? **If you look at absolute risk, statin drugs benefit just 1 percent of the population. This means that out of 100 people treated with the drugs, one person will have one less heart attack.**

This doesn’t sound so impressive... so statin supporters use a different statistic called relative risk. Just by making this statistical slight-of-hand, statins suddenly become beneficial for 30-50 percent of the population.

As for side effects, the report notes that side effects are more common than the media and medical conferences report, and **the modest benefits of the drugs do not even come close to outweighing the risks, which included increased rates of: Cancer, Cataracts, Diabetes, Cognitive impairment, Musculoskeletal disorders.** The study authors noted: “In the Jupiter trial, the public and healthcare workers were informed of a 54 percent reduction in heart attacks, when the actual effect in reduction of coronary events was less than 1 percentage point...

In the ASCOT-LLA study, which was terminated early because it was considered to have such outstanding results, there were heart attacks and deaths in 3% of the placebo (no treatment) group as compared to 1.9% in the Lipitor group.

The improvement in outcome with Lipitor treatment was only 1.1 percentage point, but when this study was presented to the public, the advertisements used the inflated (relative risk) statistic, which transformed the 1.1% effect into a 36% reduction in heart attack risk.

“The inflated claims for statin effectiveness, and minimized portrayal of the adverse effects, has played a role in the health care providers and the public's enthusiasm for cholesterol-lowering drugs”, say the authors. Other scientific studies have confirmed that eating an apple per day is more beneficial than taking statin drugs. http://tiny.cc/zb00vx

EMULSIFIERS MIGHT PROMOTE INFLAMMATORY BOWEL DISEASE (IBD) - CROHN’S DISEASE AND ULCERATIVE COLITIS

More than 1.5 million Americans suffer from inflammatory bowel disease (IBD), which is an autoimmune condition that involves inflammation in your digestive tract and includes both Crohn’s disease and ulcerative colitis.

IBD sufferers have severely disrupted gut biota with different dominant species than healthy people, and those with Crohn’s and ulcerative colitis suffer from a breakdown in the mucosal lining of their gut. As reported in the journal Nature: “The intestinal tract is inhabited by a large and diverse community of microbes collectively referred to as the gut microbiota.

While the gut microbiota provides important benefits to its host, especially in metabolism and immune development, disturbance of the microbiota-host relationship is associated with numerous chronic inflammatory diseases, including inflammatory bowel disease and the group of obesity-associated diseases collectively referred to as metabolic syndrome.

A primary means by which the intestine is protected from its microbiota is via multi-layered mucus structures that cover the intestinal surface, thereby allowing the vast majority of gut bacteria to be kept at a safe distance from epithelial cells that line the intestine. Thus, agents that disrupt mucus-bacterial interactions might have the potential to promote diseases associated with gut inflammation.”

Indeed, a new animal study revealed that emulsifiers, which are “detergent-like molecules,” impact mouse gut microbiota, induce low-grade inflammation and metabolic syndrome and promote “robust” colitis in mice predisposed to the disorder. The researchers concluded: “... the broad use of emulsifying agents might be contributing to an increased societal incidence of obesity/metabolic syndrome and other chronic inflammatory diseases.”

http://tiny.cc/7c00vx
A new study provides sound evidence that one does not need to have classically defined coeliac disease (i.e. validated by HLA DQ2/8 gene tests and intestinal biopsy) in order to benefit from going gluten-free. In fact, this is why the gluten-free movement is so popular: **most people who opt out of eating gluten feel better when they abstain.**

The results clearly showed adverse effects after re-introduction of gluten following the 1 week withdrawal period: “According to the per-protocol analysis of data from the 59 patients who completed the trial, intake of gluten significantly increased overall symptoms compared with placebo (P=.034). Abdominal bloating (P=.040) and pain (P=.047), among the intestinal symptoms, and foggy mind (P=.019), depression (P=.020), and aphthous stomatitis (mouth ulcers)(P=.025), among the extra-intestinal symptoms, were significantly more severe when subjects received gluten than placebo.” Thus Gluten Avoidance Is An Evidence-Based, Precautionary Dietary Approach. [http://tiny.cc/ef00vx](http://tiny.cc/ef00vx)

**NON-VACCINATED CHILDREN ARE BEING UNFAIRLY BLAMED**

In the medical journal *Vaccine*, Dr. Gregory Poland, the journal's editor-in-chief, professor of medicine and founder and leader of Mayo Clinic's Vaccine Research Group, made public statements about the poor effectiveness of measles vaccine in the MMR shot. According to Dr. Poland, who is conducting research at Mayo Clinic to develop new measles, mumps and rubella vaccines: "...the immune response to measles vaccine varies substantially in actual field use. Multiple studies demonstrate that 2–10% of those immunized with two doses of measles vaccine fail to develop protective antibody levels, and that immunity can wane over time and result in infection (so-called secondary vaccine failure) when the individual is exposed to measles.

For example, during the 1989–1991 U.S. measles outbreaks **20–40% of the individuals affected had been previously immunized with one to two doses of vaccine. In an October 2011 outbreak in Canada, over 50% of the 98 individuals had received two doses of measles vaccine…** this phenomenon continues to play a role in measles outbreaks.

Thus, **measles outbreaks also occur even among highly vaccinated populations because of primary and secondary vaccine failure**, which results in gradually larger pools of susceptible persons and outbreaks once measles is introduced. **This leads to a paradoxical situation whereby measles in highly immunized societies occurs primarily among those previously immunized.**

**Measles virus RNA was also detected in the urine of 10 of 12 children, and ALL young adults tested, following measles vaccination.** As Sally Fallon Morell, president of the Weston A. Price Foundation, said: "The public health community is blaming unvaccinated children for the outbreak of measles at Disneyland, but the illnesses could just as easily have occurred due to contact with a recently vaccinated individual... Evidence indicates that recently vaccinated individuals should be quarantined in order to protect the public." [http://tiny.cc/pg00vx](http://tiny.cc/pg00vx)

**DISSOLVING ILLUSIONS ABOUT THE MEASLES VACCINE**

It appears that measles (MMR or MMRV) vaccinations are 14 times more deadly than actually getting naturally-acquired measles. Let me explain: Between zero and seven measles-related deaths have occurred in the U.S. since 2003, but how many measles vaccine-reaction-death reports have been recorded by the federal Vaccine Adverse Events Reporting System (VAERS) in the past 12 years?

Searching the MedAlerts database, we see that there were **98 deaths following MMR or MMRV vaccinations reported to VAERS that occurred between 2003 and 2015**. Plus, there have been **694 reports of MMR or MMRV vaccinations causing disability in that time frame.**

**It has been estimated that less than 10 percent of vaccine adverse events are ever reported to VAERS.**

Considering the fact that there were 98 measles vaccine-related deaths and 694 measles vaccine-
related disabilities reported to VAERS in the past 12 years, if only 10 percent of vaccine-related deaths and disabilities are being reported to the government, then the actual number of measles vaccine-related deaths and disabilities that have occurred since 2003 could have been as many as 980 deaths and 6,940 disabilities.

Unfortunately, many pediatricians dismiss vaccine-related health problems as a "coincidence" without any proof that is true for the individual suffering a bad health outcome after vaccination, which is one reason why there is such low vaccine reaction reporting rate in the U.S. Naturally, many doctors and health care workers are in denial.

Parents of well-nourished healthy children living in the U.S., who are weighing the measles vaccine's benefits and risks, may well be asking themselves: If I vaccinate my child, he or she may have a vaccine reaction and die. If I do not vaccinate, my child may still get sick with measles but may have a lower risk of dying." Don't believe all the faulty propaganda dispensed by the massively-profitable pharmaceutical giants along with their unnatural hazardous wares.

http://tiny.cc/yh00vx

SUGAR INDUSTRY HAS SUBVERTED PUBLIC HEALTH POLICY FOR DECADES, STUDY FINDS

The sugar industry dramatically altered and shaped the research agenda of the National Caries Program, launched in 1971 to identify interventions that would eradicate tooth decay. Unable to deny the role of sugar in dental caries, the sugar industry adopted a strategy to deflect attention to interventions that would reduce the harms of sugar consumption rather than restricting intake.

Research into fluoride has not only failed to support its purported benefits; it actually shows that the health dangers of fluoride far outweigh the marginal dental benefits it might offer. Recent research has found a strong correlation between water fluoridation and Attention Deficit Hyperactivity Disorder (ADHD).

Large sums of money have been spent, and scientific integrity has been tossed by the wayside, in order to convince you that added sugars are a "staple" nutrient that belongs in your diet; and that health problems like obesity, chronic disease, and dental caries are due to some other issue—be it lack of exercise, too much saturated fat, or lack of fluoride. SugarScience.org points out that many people are unaware of just how much sugar they're actually consuming every day, primarily because added sugars hide in 74 percent of processed foods under more than 60 different names. For a list, please see SugarScience.org's "Hidden in Plain Sight" page. http://tiny.cc/5i00vx

HOW TO ELIMINATE JUNK FOOD CRAVINGS FOR GOOD

Americans spend about $60 billion on processed snack foods each year. Recent Australian Budget findings revealed that 40% of the food bought in Australia was junk food. Processed food manufacturers go to great lengths to find the perfect blend of salt, sugar, fat, and additional flavorings to excite your brain's reward center, thereby assuring you'll be back for more.

One of the most effective strategies to eliminate sugar cravings is intermittent fasting, along with diet modifications that effectively help reset your body's metabolism to burn fat instead of sugar as its primary fuel. Replacing processed foods with homemade meals made from scratch using whole ingredients is the ideal way to ensure optimal nutrition. This will eliminate most refined sugars, fructose, and other addictive ingredients. If your carb cravings are linked to an emotional challenge, a psychological acupressure technique called the Emotional Freedom Technique can rapidly help you control your emotional food cravings. http://tiny.cc/im00vx

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".