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 clients. Most have quickly noticed improvement in their health and well-being. For more information on Acupuncture or Earthing™, or to make an appointment give us a call on 4636 6100.

**In this edition:**
- p2 – Can this reveal the quality of your eyesight?
- Autism symptoms related to aluminum, acetaminophen, and glyphosate exposure;
- Coconut oil is a superfood;
- Revelations from the women’s health initiative;
- Massive study finds home births safe for low-risk pregnancies;
- Why you should put avocado on your burgers;
- 1 in 5 elderly patients injured by medical “care”.

Get your health on track with ANTRAC!
CAN THIS REVEAL THE QUALITY OF YOUR EYESIGHT?
Researchers from the Massachusetts Institute of Technology (MIT) created a hybrid image titled “Marilyn Einstein” to help you determine if you have good vision. If your eyesight is good, you should be able to see a detailed picture of Albert Einstein when viewing the picture close up.

As the image gets further away and/or smaller (or if you squint your eyes), an image of Marilyn Monroe will appear. If you have vision problems, you may only be able to see Marilyn Monroe. How did you fare? For more information on this topic see the link:
http://tiny.cc/5957wx

AUTISM SYMPTOMS RELATED TO ALUMINUM, ACETAMINOPHEN, AND GLYPHOSATE EXPOSURE
Dr. Stephanie Seneff discusses her research into vaccines and neurological damage. In 2012, she published a study linking symptoms of autism to aluminum adjuvants and acetaminophen exposure. According to the abstract: "Our results provide strong evidence supporting a link between autism and the aluminum in vaccines. A literature review showing toxicity of aluminum in human physiology offers further support. Mentions of autism in VAERS increased steadily at the end of the last century, during a period when mercury was being phased out, while aluminum adjuvant burden was being increased.

Using standard log-likelihood ratio techniques, we identify several signs and symptoms that are significantly more prevalent in vaccine reports after 2000, including cellulitis, seizure, depression, fatigue, pain and death, which are also significantly associated with aluminum-containing vaccines. We propose that children with the autism diagnosis are especially vulnerable to toxic metals such as aluminum and mercury due to insufficient serum sulfate and glutathione. A strong correlation between autism and the MMR (Measles, Mumps, Rubella) vaccine is also observed, which may be partially explained via an increased sensitivity to acetaminophen administered to control fever."

In 2014, she published a paper in the journal Toxicology, which addresses the toxic effects of aluminum on biological systems. The paper notes that aluminum, while severely toxic by itself, also forms "toxic complexes" with other hazardous elements, including fluorine, and the hazards are compounded when it interacts with mercury, lead, and glyphosate. Dr. Seneff has also published groundbreaking research explaining how glyphosate, the active ingredient in Monsanto's broad-spectrum herbicide Roundup, promotes chronic disease. With regards to the MMR vaccine, Dr. Seneff hypothesizes that the glutamate in the vaccine is another major part of the problem, over and above the effects of the aluminum.

"Glutamate is toxic to autistic kids, because they don't have enough manganese," she says. "So when that extra glutamate is injected in through the vaccine, it goes to the brain, because of the influence of glyphosate. Glyphosate actually opens up the barriers—the gut barrier and the brain barrier—to allow [toxins] to get in... The two are working synergistically... The glyphosate is depleting the manganese, which is causing the glutamate to be toxic, and the glyphosate is causing the glutamate to go into the brain..."

There's also synergistic harm going on between glyphosate and aluminum. Glyphosate chelates aluminum, effectively "hiding" the aluminum molecule inside the glyphosate molecule. When "caged" within glyphosate in this way, the aluminum gets even easier access to sensitive areas because, as mentioned, glyphosate opens up your gut- and brain barriers. Aluminum also piggybacks on your iron transport system, so it has many "helpers" allowing it to get around unimpeded. Glyphosate also brings aluminum into your pineal gland, which may account for why sleep disorders are so common among those with neurological disorders like autism and dementia.
http://tiny.cc/nb67wx

COCONUT OIL IS A SUPERFOOD
Jon Benson has run across some VERY interesting studies recently on the relationship between coconut oil (or any type of coconut fat, including coconut milk and cream) and how it can affect your body fat... The findings may surprise you!

A 2009 study published in the Journal Lipids consisted of testing the effects of either 2 tablespoons of coconut oil or 2 tablespoons of soybean on a group of 40 women over the span of 28 days. Results showed that the group that ate the coconut oil had a decrease in abdominal fat, while the soybean oil group actually showed a slight increase in belly fat. Additionally, the group that ate the coconut oil showed increased HDL ‘good’ cholesterol levels, while the soybean oil group had decreased HDL cholesterol and increased LDL ‘bad’ cholesterol.

The Journal of Nutrition published a study where researchers investigated all studies relative to medium
chain fatty acids (MCFAs) that are abundant in coconut fat and weight management. The studies showed that diets rich in fats such as those found in coconut oil prompted a boost in metabolism, increase in energy, decrease in food consumption, reduced body weight and lower body fat mass. The study authors highly recommend using oils that contain MCFAs, such as coconut oil, as a tool to drop extra abdominal fat, manage a healthy weight, and even as a way to treat obesity.

Yet another study that assessed body weight and fat storage relative to three different types of diets including a low-fat diet, high-fat diet with long chain fatty acids (LCFAs) and a high fat diet with MCFAs.

In order to bring about weight gain, caloric intakes were adjusted for the diets. At the end of the research period (which lasted 44 days), the low-fat diet group stored an average of 0.47 grams of fat per day, the LCFA group stored 0.48 grams of fat per day, and the MCFA group only stored a mere 0.19 grams per day (despite purposely increasing calories). Those in the MCFA group (coconut fat) had a 60 percent reduction in body fat stored compared to the other diets. Another added bonus of consuming organic coconut oil (and coconut cream or milk) is that it tends to make us feel fuller for longer.

Studies indicate that MCFAs help increase feelings of fullness and lead to a reduction in calorie intake when compared to the same amount of calories from other fats. When MCFAs are metabolized, ketone bodies are created in the liver – these have been shown to have a strong appetite reducing effect helping you to lose fat faster.

If you thought from reading about how using coconut oil daily for helping to reduce abdominal fat is pretty incredible, you’re going to be blown away by the powerful health benefits of coconut oil at the link below...

9 MORE reasons to use DAILY coconut oil

REVELATIONS FROM THE WOMEN'S HEALTH INITIATIVE

The Women’s Health Initiative (WHI) is a landmark trial showing that hormone therapy with estrogen and progestin in women who had not had a hysterectomy dramatically increased strokes, dementia, and breast cancer. WHI also found that in women diagnosed with breast cancer, multivitamins with minerals reduces the risk of dying from the disease. Another study confirmation demonstrated sedentary behavior such as prolonged sitting, independent of regimented exercise, is a potent predictor of cardiovascular diseases.

Estrogen alone is not protective for stroke, dementia, or many of the other things that happen to women as they age. We know you certainly shouldn’t take it to prevent disease. That's what the hope was initially—that [hormone therapy] would prove to be a preventive measure, but it isn’t.”

There are three types of estrogens commonly used in bio-identical hormone replacement therapy: estrone, estradiol, and estriol. Estriol is considered the safest of the three and is the most commonly prescribed. It has been used safely for decades, and Dr Mercola believes it’s particularly useful when you’ve had a hysterectomy.

Dr Mercola also recommends using natural progesterone in lieu of synthetic progestins, which were used in the Women’s Health Initiative study. There’s reason to believe that synthetic progestins (like Provera) are problematic. Natural progesterone is made from a substance called diosgenin, which is commonly extracted from wild yams or soybeans. Even though it may be extracted from soy it is a highly purified hormone and there are absolutely no remnants of soy substances that would lead to any problem. To learn more, please refer to this previous article on the use of natural progesterone.

When researchers looked at women who were already diagnosed with breast cancer, they found that multivitamins with minerals did protect against mortality from breast cancer. Vitamin D3 is especially important in this regard. http://tiny.cc/qd67wx

MASSIVE STUDY FINDS HOME BIRTHS SAFE FOR LOW-RISK PREGNANCIES

The largest study ever performed on home births was published in 2014 in the Journal of Midwifery & Women’s Health and involved almost 17,000 cases. The study overwhelmingly confirmed across-the-board health benefits for low-risk mothers choosing to give birth at home with a midwife.

Of particular note is a Cesarean rate of 5.2 percent, compared to the national average of 31 percent for full-term pregnancies. The data also included women who transferred to the hospital during a planned home birth, resolving a common concern about home birth. Vitamin D3 is especially important in this regard. http://tiny.cc/qd67wx

The vast majority of studies over the past 15 years have shown that attended planned home births are...
safer than hospital births for low-risk pregnancies. Professional midwives are actually very well trained and prepared to handle medical emergencies, which happen less often than the media would have you believe.

The few studies deeming home births less safe included high-risk births in the mix—preterm deliveries, breech deliveries, unattended home births, etc. When those high-risk cases are filtered out of the data, home births are found to be safer than hospital births.

A home birth is an excellent option for low-risk births, but there are cases in which a hospital birth is more appropriate. Four life-threatening complications, outlined below, occur more often with high-risk pregnancies. Because they are medical emergencies, they have better outcomes if they happen to occur in a hospital. This is why it’s critically important that you have a solid emergency plan as part of your home birth plan. That said, as a matter of keeping things in perspective, although these crises do occur, they are more rare than babies who end up injured or dying from medical interventions or hospital errors.

The four life-threatening complications are Cord prolapse, Ruptured uterus, Amniotic fluid embolism (AFE) and Placental abruption. http://tiny.cc/8e67wx

WHY YOU SHOULD PUT AVOCADO ON YOUR BURGERS

The next time you’re in the mood for a grass-fed burger, add a few thick slices of avocado. One study found that eating one-half of a medium avocado with a hamburger significantly inhibited the production of the inflammatory compound Interleukin-6 (IL-6), compared to eating a burger without fresh avocado.

According to lead author David Heber, MD, PhD, the findings offer "promising clues" about avocado’s ability to benefit vascular function and heart health. In fact, there's good reason to add avocado to virtually any meal, as their healthy fats are vital for optimal brain function, and the prevention of degenerative brain disorders like Alzheimer’s disease. As noted in Scientific American: "The brain thrives on a fat-rich, low carbohydrate diet, which unfortunately is relatively uncommon in human populations today," reports David Perlmutter, author of Grain Brain. "Mayo Clinic researchers showed that individuals favoring carbohydrates in their diets had a remarkable 89 percent increased risk for developing dementia as contrasted to those whose diets contained the most fat.

Having the highest levels of fat consumption was actually found to be associated with an incredible 44 percent reduction in risk for developing dementia.” ...‘Good' fats include monounsaturated fats, found abundantly in olive oil, peanut oil, hazelnuts, avocados, and pumpkin seeds, and polyunsaturated fats (omega 3 and omega 6), which are found in flaxseed oil, chia seeds, marine algae oil, and walnuts.” http://tiny.cc/8f67wx

1 IN 5 ELDERLY PATIENTS INJURED BY MEDICAL “CARE”

The results of a study published in the Journal of Patient Safety: September 2013 - Volume 9 - Issue 3 - p 122–128 were a bit disconcerting. Among more than 12,500 Medicare patients (with an average age of 76) the study found that nearly one in five suffer from medical injuries when receiving care. Those who had experienced a medical injury had a death rate nearly double those who had not, along with greater use of medical services and increased health care costs in the year following the injury. Two-thirds of the injuries occurred during outpatient care (such as doctor’s offices) rather than in hospitals. The often-preventable injuries were the direct result of medical care or management, not a result of the patient’s underlying condition. Past research has suggested at least 210,000 Americans are killed by preventable hospital errors each year. http://tiny.cc/cj67wx

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”.