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.

ANTI-CANCER BENEFITS OF AVOCADO

In this edition: p1 – Anti-Cancer Benefits of Avocado; p2 - Cabbage Beats Chemo for Cervical Cancer; Vitamin K2: The Missing Nutrient for Heart and Bone Health; Antibiotics During Infancy May Lead to Permanent Alterations in Metabolism; p3 - Social Anxiety Disorder Linked to High Serotonin Levels, Throwing Treatment With SSRI’s into Serious Question; Lignans: The Gentle Way to Prevent Breast Cancer; FDA Finally Bans Trans Fats; p4 - Head Of Centers For Disease Control and Prevention Now Head Of Merck Vaccines. Huh! Doctors Also Share Blame...; Viagra Frisky Might be Melanoma Risky.
Avocatin B, a type of fat found in avocados, was found to combat acute myeloid leukemia (AML), which is a particularly rare and deadly form of cancer. The avocado fat was able to wipe out the leukemia stem cells while leaving healthy cells unharmed. Avocados are also rich in cancer-fighting carotenoids, which are most plentiful in the dark-green portion of the flesh that’s closest to the skin.

http://tiny.cc/m0bt0x

**CABBAGE BEATS CHEMO FOR CERVICAL CANCER**

Mainstream medicine's cancer treatments of radiation and chemotherapy are far from a cure. But new research shows some common vegetables may be more effective in battling cancer. "Why? The answer has to do with cancer stem cells (CSCs) that chemo and radiation can't touch.

In a study published in the journal *Cancer*, UCLA researchers showed that radiation actually makes breast cancer cells MORE malignant. They found that radiation kills about half of the tumour cells treated. But radiation also transforms other cells into "induced breast cancer stem cells." Though cancer stem cells make up less than 5 percent of a tumour, they can regenerate the original tumour. In fact, these new stem cells are up to 30 times more likely to form tumours compared to cancer cells that didn’t get radiation. CSCs can also migrate through blood vessels spreading cancer to secondary locations. Chemo works the same way. It kills only the less harmful cancer cells. The cells that are left are more the lethal CSCs that are resistant to traditional treatments.

Now researchers from South Dakota State University have found that a compound in cruciferous vegetables like broccoli, cabbage, and cauliflower may target those cancer stem cells. In fact, it may help prevent the recurrence and spread of some cancers. The compound is called phenethyl isothiocyanate (PEITC). When the researchers added PEITC to a Petri dish with human cervical cancer stem cells about 75 percent of the stem cells died within 24 hours.

PEITC is found in cruciferous vegetables. Studies show it has anti-inflammatory powers. It has also been shown to have chemo-preventive activity against a range of cancers including colon, prostate, breast, cervical, ovarian, and pancreatic and is currently in clinical trials for lung cancer. *Broccoli has been shown to kill the stem cells that make cancer immortal.*

Cruciferous vegetables were originally named for the way their flowers seemed to form a cross or crucifix shape. But they are also known as "brassica" vegetables. The most common cruciferous vegetables you'll find in the supermarket include: Arugula, Bok choy, Broccoli, Broccoli sprouts, Brussels sprouts, Cabbage, Cauliflower, Collard greens, Kale, Mustard greens, Radishes, Rutabagas and Watercress.

These vegetables have also been found to improve survival rates in ovarian cancer patients. They contain another cancer-protective compound called sulforaphane which improves the liver’s ability to detoxify carcinogens and other toxins. Other foods found to target cancer stem cells include: *Curcumin*, a compound found in the spice turmeric, which can target brain cancer stem cells. Combining *curcumin* with *piperine*, a compound in black pepper, helps prevent breast cancer stem cells from renewing themselves. **EGCG**, a compound in green tea, stops prostate cancer stem cells from renewing themselves. And combining **EGCG** with **quercetin**, a compound found in onions and apples, stops cancer stem cells from migrating and invading other tissues.

http://tiny.cc/i1bt0x

**VITAMIN K2: THE MISSING NUTRIENT FOR HEART AND BONE HEALTH**

Vitamin K2 is every bit as important as vitamin D for protecting your heart and bone health; it’s essential for activating enzymes involved in transporting calcium from your arterial walls to your bone. A recent study found statins may increase calcification in the arteries; another found statins deplete your body of vitamin K2, suggesting this may be a mechanism by which statins harm your heart. The quartet of calcium, vitamin D, K2, and magnesium all work together synergistically, and should ideally be taken in combination.

http://tiny.cc/31bt0x

**ANTIBIOTICS DURING INFANCY MAY LEAD TO PERMANENT ALTERATIONS IN METABOLISM**

Gut bacteria serve a wide variety of functions in your body. They even play a role in obesity, and exposure to antibiotics early in life may have long-term ramifications for a child’s metabolism. Mice given antibiotics for the first four weeks of life grew up to be 25 percent heavier, and had 60 percent more body fat than the controls.

Eradicating certain species of bacteria triggered metabolic changes that led to obesity. The problem stems from the fact that when you kill off certain bacteria, it allows other, more resilient ones to take over and thrive. Earlier research also showed that mice fed antibiotics (in dosages similar to those given
to children for throat or ear infections) had significant increases in body fat despite their diets remaining unchanged. Understanding the role of the microbiome in obesity—especially childhood obesity—is important for a number of reasons, an increased cancer risk being at the top of the list. According to recent research, infants given penicillin are at increased risk of obesity later on in life due to this early alteration of their gut flora. According to The Guardian: “The findings emerged from a series of experiments in mice, but build on earlier work that found children who had antibiotics before six months of age were more likely to be overweight as seven-year-olds.

‘This is part of a growing body of evidence that antibiotics have a biological cost,’ said Martin Blaser, a microbiologist who led the study at New York University. ‘Our study shows that there can be permanent consequences.’ ‘If a kid is very ill, there is no question that they should get antibiotics, but if it’s marginal perhaps the doctor should be saying ‘let’s wait a day or two’ before taking another look. Doctors give out antibiotics thinking they won’t do any harm, but this provides evidence that they might,’ Blaser added.”

http://tiny.cc/s2bt0x

**SOCIAL ANXIETY DISORDER LINKED TO HIGH SEROTONIN LEVELS, THROWING TREATMENT WITH SSRI’S INTO SERIOUS QUESTION**

Depression and other mental health problems are at epidemic levels judging by the number of antidepressants prescribed each year. According to CDC data, one in 20 Americans over the age of 12 report some form of depression, and 11 percent of the US population over the age of 12 is on antidepressant medication. This despite overwhelming evidence showing that antidepressants do not work as advertised. At best, antidepressants are comparable to placebos. At worst they can cause devastating side effects, including deterioration into more serious mental illness, and suicidal or homicidal tendencies. Virtually all of the school and mass shooters, for example, have been on antidepressants.

Antidepressants are also prescribed to pregnant women, which can have serious repercussions for the child. Research shows boys with autism are three times more likely to have been exposed to antidepressants known as selective serotonin reuptake inhibitors (SSRIs) in utero than non-autistic boys. Those whose mothers used SSRIs during the first trimester were found to be at greatest risk.

Recent research into the mechanisms driving anxiety and social phobias now turn conventional drug
treatment with SSRIs on its ear. Turns out these mental health problems are not due to low serotonin levels as previously thought. They’re linked to high levels! If these findings are taken as seriously as they should be, the mental health field is in for a major overhaul. http://tiny.cc/a4bt0x

**LIGNANS: THE GENTLE WAY TO PREVENT BREAST CANCER**

With the added presence of foreign and more aggressive oestrogens in the system caused by toxins in the environment and by unhealthy lifestyles choices, the use of lignans for hormone balancing is more important than ever. Most women do not get the right amount of lignans in their everyday diet to make a significant difference. Flax seeds, sesame seeds and certain varieties of kale contain the highest amounts. However, lignans usually pass through the system within 24-48 hours. In order to absorb enough lignans through food, it is important to ingest sufficient amounts on a consistent basis every day.

A study conducted at the University of Toronto found that women who ate muffins with 5 teaspoons of flax seeds per day were able to lower their tumour markers from 30 to 71 percent. A major component of The 7 Essentials ™ System, an evidence-based approach to heal the body and prevent breast cancer naturally, is to let food be your medicine. Ingesting high amounts of lignans through food or supplementation can very well be a vital part of every woman’s breast cancer prevention protocol. http://tiny.cc/14bt0x

**FDA FINALLY BANS TRANS FATS**

On June 16, 2015, the FDA announced partially hydrogenated oils (a primary source of trans fat) will no longer be allowed in food unless authorized by the agency, due to their health risks. The new regulation will take effect in 2018. According to the FDA, this change may help prevent around 20,000 heart attacks and 7,000 heart disease deaths each year. The Center for Science in the Public Interest (CSPI) applauds the ban, despite being instrumental in getting the food industry to swap healthy saturated fats for trans fats in the 1980’s.

It has been the trans fats which have caused tens of thousands of deaths each year and NOT the God-given natural healthy saturated fats that have been incorrectly demonized by misinformed doctors and dieticians that should have known better. The truth has actually been out there for several decades. Regarding the field of supposed dietary medical research and advancement, Serge Gracovetsky expressed prevailing medical dietary ignorance...
succinctly, when he stated “medicine is perhaps the only human activity in which an attractive idea will survive experimental annihilation.”

http://tiny.cc/86bt0x

HEAD OF CENTERS FOR DISEASE CONTROL AND PREVENTION NOW HEAD OF MERCK VACCINES. HUH!
The infamous revolving door between the government and the drug industry is another factor that has done an awful lot to destroy scientific integrity and government accountability. One classic example is Dr. Julie Gerberding, who headed up the CDC—which among other things is charged with overseeing vaccines—from 2002 to 2009 before becoming the president of Merck’s vaccine division, a position she currently holds today.

The influence her former high-level ties to the CDC wields is enormous, considering the fact that Merck makes 14 of the 17 pediatric vaccines recommended by the CDC, and 9 of the 10 recommended for adults. And while vaccine safety advocates are trying to rein in the number of vaccines given to babies, safety concerns keep falling on deaf ears. The vaccine industry is booming, and it’s become quite clear that profit potential is the driving factor behind it. It is this type of reprehensible and inexcusable behavior that makes it an enormous challenge to change this seriously flawed paradigm. http://tiny.cc/p8bt0x

DOCTORS ALSO SHARE BLAME...
Bias is another major problem that has increasingly sullied the scientific community, and no one is immune—not even doctors, especially not when they’re receiving large sums of money from a drug company. According to “the most comprehensive accounting so far of the financial ties that some critics say have compromised medical care,” published last year, American doctors and teaching hospitals received a whopping $3.5 billion from drug and medical-device companies in the last five months of 2013 alone.15

A recent article16 in NEJM titled “Understanding Bias — The Case for Careful Study,” offers a discourse on bias, at the core of which you find financial conflicts of interest. But there are also a number of other hidden, largely subconscious conflicts within any given individual that can color his or her decision-making, such as how easy one treatment is versus another—one might require hours of work, while the other would allow the doctor some well-needed sleep.

Either way, conflicts of interest do have an impact on the patient, and when the motive is selfish—be it to gain more money or sleep—that impact is likely to be detrimental. As noted in the NEJM article:

“Some 94 percent of physicians have relationships with industry, though these interactions most often involve activities such as receiving drug samples or food in the workplace... Physicians who attend symposia funded by pharmaceutical companies subsequently prescribe the featured drugs at a higher rate... Are any of these interactions, or efforts to curtail them, beneficial or harmful to patients? It depends on how you define harm. Consider pharmaceutical ‘gifting,’ a practice that smacks of bribery — which may be sufficient reason to prohibit it. But does it actually hurt patients? According to one influential commentary, it does...”

http://tiny.cc/39bt0x

VIAGRA FRISKY MIGHT BE MELANOMA RISKY
Men who have ever used Viagra have nearly twice the risk of melanoma, the deadliest form of skin cancer, than men who have never used the drug. Men who had used Viagra recently had an 84 percent greater melanoma risk. Other Viagra side effects include permanent penis damage, vision loss, and hearing loss. Even slight problems maintaining an erection can be a sign of serious health problems elsewhere in your body, namely in your heart, which is why addressing the underlying cause is so important. Addressing emotional factors and poor lifestyle habits will often resolve erectile dysfunction naturally.

http://tiny.cc/sict0x

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”. 