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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MAMMOGRAMS AGAIN FOUND TO HAVE NO IMPACT ON MORTALITY

Several studies have concluded that mammograms do not save lives, and may actually harm more women than it helps, courtesy of false positives, overtreatment, and radiation-induced cancers. After analyzing cancer registry data from 16 million women in 547 counties across the United States, researchers found no evident correlation between the extent of screening and 10-year breast cancer mortality. One of the largest and longest investigations into mammography found death rates from breast cancer were identical among women who got annual mammograms and those who did not. The researchers concluded that mammograms primarily find small,
typically harmless, or non-lethal tumors, leading to widespread overdiagnosis.

As explained by Dr. Otis Webb Brawley, chief medical officer of the American Cancer Society and author of the book, How We Do Harm, the term "overdiagnosis" in cancer medicine refers to: "...a tumor that fulfills all laboratory criteria to be called cancer but, if left alone, would never cause harm. This is a tumor that will not continue to grow, spread, and kill. It is a tumor that can be cured with treatment but does not need to be treated and/or cured."

A main objection to mammography is the fact that it uses ionizing radiation to take images of your breasts, and it's a well-established fact that ionizing radiation can cause cancer. So the idea that the "best" way for you to avoid dying from cancer is to expose yourself to cancer-promoting radiation at regular intervals for decades on end (in order to catch the cancer early) really falls short on logic — especially since there are non-ionizing radiation imaging techniques available.

Results published in the *British Medical Journal* (BMJ) in 2012 show that women carrying a specific gene mutation called BRCA1/2 are particularly vulnerable to radiation-induced cancer. Women carrying this mutation who were exposed to diagnostic radiation before the age of 30 were twice as likely to develop breast cancer, compared to those who did not have the mutated gene.

They also found that the radiation-induced cancer was dose-responsive, meaning the greater the dose, the higher the risk of cancer developing. The authors concluded that: “The results of this study support the use of non-ionizing radiation imaging techniques (such as magnetic resonance imaging) as the main tool for surveillance in young women with BRCA1/2 mutations.” [http://tiny.cc/3hi40x](http://tiny.cc/3hi40x)

**GMO SOY ACCUMULATES TOXIC FORMALDEHYDE AND DISRUPTS PLANT METABOLISM**

A new study just published in the peer-reviewed journal *Agricultural Sciences* reveals genetic engineering of soy disrupts the plant's natural ability to control stress, and invalidates the FDA's current regulatory framework of "substantial equivalence" used for the approval of genetically engineered food (GMOs). The study, led by Dr. V.A. Shiva Ayyadurai, Ph.D., an MIT-trained systems biologist, utilises his latest invention, CytoSolve, a 21st century systems biology method to integrate 6,497 in vitro and in vivo laboratory experiments, from 184 scientific institutions, across 23 countries, to discover the accumulation of formaldehyde, a known carcinogen, and a dramatic depletion of glutathione, an antioxidant necessary for cellular detoxification, in GMO soy, indicating that formaldehyde and glutathione are likely critical criteria for distinguishing the GMO from its non-GMO counterpart.

Dr. Ayyadurai stated, "The results demand immediate testing along with rigorous scientific standards to assure such testing is objective and replicable. It's unbelievable such standards for testing do not already exist. The safety of our food supply demands that science deliver such modern scientific standards for approval of GMOs."

"The discovery reported by Dr. Ayyadurai reveals a new molecular paradigm associated with genetic engineering that will require research to discover why, and how much formaldehyde and glutathione concentration, and what other cellular chemicals relevant to human and animal health are altered. “We need the kinds of standards Dr. Ayyadurai demands to conduct such research,” stated Dr. Ray Seidler, a former EPA Senior Scientist.

"Formaldehyde is a known class 1 carcinogen. Its elevated presence in soybeans caused by a common genetic engineering event is alarming and deserves immediate attention and action from the FDA and the Obama administration." [http://tiny.cc/541x0x](http://tiny.cc/541x0x)

**MONSANTO HAS KNOWN FOR NEARLY 35 YEARS THAT GMOS & ROUND-UP™ PROMOTE CANCER**

Dr. Samsel eventually asked the EPA for Monsanto's trade secret documentation, as most of the approval process for glyphosate was based on studies Monsanto had done by outside contractors. That process began in the late 1970s and concluded around 1983 with the registration of the chemical. Since then, it's gone through a couple of re-reviews. But Dr. Samsel wanted access to those documents to investigate what the EPA and Monsanto really knew about glyphosate from the very beginning.
"I asked EPA, as a research scientist, to be able to access those documents in my research. I was denied by the Environmental Protection Agency, initially," he says. "It finally took Senator Shaheen’s office, here in New Hampshire, to move the EPA... They sent [the documents] to me on a disc. I had to sign for them. I was also told that I could not share them with foreign nationals under a penalty of law...

However, I’ve been going through 12 to 14 of these documents in the file. They represent thousands and thousands of pages of data on studies that were done on laboratory animals. What amazed me was that Monsanto knew in 1981 that glyphosate caused adenomas and carcinomas in the rats that they’ve studied... The highest incidence of tumorigenic growth occurred in the pituitary gland... the second highest levels were in the breasts of the female rats, in the mammary glands... Thirdly, the next highest tumorigenic growth was found in the testicles of male rats."

In essence, Monsanto’s research of glyphosate showed similar findings as Dr. Gilles-Éric Séralini, whose damning lifetime GMO feeding study was wrongly retracted largely due to Monsanto’s influence. (Séralini’s paper was later re-published with open access in the Springer Group journal Environmental Sciences Europe.)

Monsanto’s own research also supports the WHO’s International Agency for Research on Cancer (IARC) determination that glyphosate is a Class 2 A “probable human carcinogen”—a determination Monsanto is now trying to get retracted. What’s more, the research shows that lower doses of glyphosate tend to have a greater effect than higher doses, and the doses at which damage was found to occur are comparable to the glyphosate levels found in wheat, sugar, corn and soy in the American diet.
http://tiny.cc/561x0x

**HIGH HEELS, HIGH RISK**

Close to half of US women wear high heels even though 71 percent say the shoes hurt their feet. From 2002 to 2012, more than 123,000 injuries from wearing high heels were treated in US emergency rooms. High heels change the dynamics of normal human walking, leading to an unnatural posture that adds tremendous strain to your hips, lower back and knees. Even if you manage to avoid an injury such as a sprained ankle while wearing heels, such shoes can actually change muscle activity and the dynamics of normal walking. High heels (generally described as heel height of two inches or higher) shift your foot forward into an unnatural position with increased weight on your toes. Your body tilts forward, so you lean backwards and overarch your back to compensate. This posture changes the normal human gait and adds tremendous strain to your hips, lower back, and your knees. Researchers found high heels increase bone-on-bone forces in the knee joint significantly, which they said “may explain the observed higher incidence of osteoarthritis in the knee joint in women as compared with men.”

A 2015 study published in the Journal of Orthopedic Research also found changes to knee kinematics and kinetics during high-heel walking that may contribute to increased osteoarthritis risk in women. The risk increased with extra weight and as the heel height increased.

Because of the extra stress placed on your knees, wearing high heels increased the risk of joint degeneration and knee osteoarthritis in yet another study as well. Other research suggested the use of high-heeled shoes may “alter the natural position of the foot-ankle complex, and thereby produce a chain reaction of (mostly negative) effects that travels up the lower limb at least as far as the spine.”

Additionally, according to research from the University of Southern California, wearing 3.75-inch heels may increase stress on your knee joints by up to 90 percent compared to wearing a half-inch heel!

Generally, the higher the heel the more stress it places on your knee joints, however even shoes with moderately high heels (1.5 inch) “significantly increase knee torques” that may contribute to the development and progression of knee osteoarthritis.
http://tiny.cc/hb2x0x

**NEW SCIENCE DESTROYS THE SATURATED FAT MYTH**

Many experts believe that since the Paleolithic Era, we evolved as hunter-gatherers. Paleolithic nutrition states that we have eaten animal products for most of our existence on Earth. To suggest that saturated fats are suddenly harmful to us makes no sense, especially from an evolutionary perspective. The nutritional myth that saturated fat is bad for you continues to fall apart as a steady stream of new books and scientific studies hit the airways. With regard to heart health, nutrition policy has been derailed over the past half-century by corporate greed, political agendas, and bad science.

A new meta-analysis involving a half million people found that those eating more saturated fats do NOT have more heart disease than those eating less.
Cholesterol is critical for building your cell membranes, interacting with proteins inside cells, regulating your cell signaling and other biological processes. Saturated fats serve important functions such as building cell walls, mineral absorption, converting beta-carotene into vitamin A, and many others. The latest science suggests healthy fats (saturated and unsaturated fats from whole food, animal, and plant sources) should comprise anywhere from 50 to 85 percent of your overall energy intake. Saturated fats provide numerous important health benefits.

http://tiny.cc/bd2x0x

**HOW DISEASES CAN BE LINKED TO YOUR MONTH OF BIRTH**

Your birth month may have a significant impact on your risk of developing certain diseases throughout your lifetime. Those born in May had the lowest disease risk while those born in October had the highest. People born in March and April were more likely to have heart issues, including atherosclerosis. People born in October and November were more likely to suffer from bronchitis, viral infections, and attention deficit hyperactivity disorder (ADHD).

http://tiny.cc/bf2x0x

**THE LIFE FORMS THAT LIVE ON THE SURFACE OF YOUR EYES**

The Human Microbiome Project, which was initiated in 2008 and funded by the National Institutes of Health (NIH), aimed to “characterize microbial communities found at multiple human body sites and to look for correlations between changes in the microbiome and human health.” Unfortunately, this multimillion-dollar effort did not include the surface of the eye. So, in 2009 researchers at Bascom Palmer Eye Institute in the US initiated the Ocular Microbiome Project.

While it was once believed the surface of the eye was relatively devoid of microbial life, due to tears and blinking “washing” it away, research from the Bascom Palmer Eye Institute found the opposite, that the surface is “populated densely” not only with bacteria (about a dozen different types were dominant) but also viruses. “People can have a huge variation in microflora and still have healthy eyes, making our job difficult, but really amazing,” researcher Valery Shestopalov told *The Scientist*. Also interesting, the researchers found that only about half as many bacterial varieties were presented during keratitis infections, which are serious infections of the cornea.

The most prominent strains were Pseudomonas, and the changes to the microbiome occurred long before the eye infections were diagnosed, which suggests such changes could be used to diagnose the infection earlier, or perhaps could one day be changed to prevent the infection entirely.

In this case, the researchers believe contact lens wearers may be more prone to infections, because the lenses provide a surface upon which pathogens can colonize. Separate researchers have developed an antimicrobial contact lens they believe will counteract the problem, without altering the normal, commensal bacteria of the eye. http://tiny.cc/tg2x0x

**INSPIRING ACCOUNT OF HOW TO PUT RHEUMATOID ARTHRITIS INTO REMISSION**

Rheumatoid arthritis (RA) is an autoimmune disease in which your body destroys your joints and can be terminal. Less than one percent of people with the disease have a spontaneous remission. Dr Mercola discusses how a former patient of his tells the story of how she put her RA into remission in two years, using a nutritional protocol and healthy lifestyle changes.

Traditional care doesn’t have a lot of good hope for RA sufferers. All they do is ameliorate or treat the symptoms — typically using highly toxic drugs, including prednisone, methotrexate, and drugs that interfere with tumor necrosis factor, like Enbrel. His patient did not need to continue seeing other specialists, or take toxic drugs for the rest of her life—which by the way was virtually guaranteed to be cut short by a decade or two. http://tiny.cc/4b5m1x

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