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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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.

FAMILY UPDATE

Just to keep you up to date with what's been happening to us, Linda’s son Adam got married on August 15th in the Samford Valley, an amazing venue, with beautiful views during superb weather. We had Linda’s son Dale and his fiancé home from Vietnam for 3 weeks, and Linda’s other son, Callum and his partner Belinda have returned home from their 5 months trip around Europe. Both have now full time employment so that is great news. My Daughter Kristen has also been up visiting us from Melbourne for a few days. I have been busy writing my book which is nearing completion, and performing continuous research for my patients. I presented my first Seminar on Macqueen Protocol musculoskeletal fine-tuning in...
Brisbane a few weeks ago so that was very exciting. We are off to Melbourne in a few weeks for Linda’s Brother’s wedding in the Grampians, so hopefully the weather will be kind and not be too sweltering as it is a full Black Tie Wedding. Life sure can be very hectic, but life is for living. Spring has certainly sprung, and there have been lots of patients I have not seen for a while come in for booster-treatments due to the change of season.

GET YOUR CHANGE OF SEASON MAINTENANCE TUNE-UP FOR SPRING TIME

Welcome to spring time! When each season changes to the next, our inner energies undergo very large changes, and if there is disharmony and energy blockages within, disease will result. In modern times many people have been led to believe that hay fever is unavoidable during spring time. Yet, by eating correctly, eliminating harmful foods, reducing stress and getting enough sleep, and having regular acupuncture treatment the immune system can be boosted to prevent flare-ups of hay fever.

An ancient Chinese medical reference book called the Nei Jing states “treat the body, before it gets sick”. Prevention is the pivotal part of TCM ideology. The same book states that if yin and yang are balanced, vital energy is stronger and external evil (cold, wind, damp, viruses, bacteria etc.) won’t attack the body. If our vital meridian energy (Qi) is strong and dynamic, it is not easy for us to get sick, and if we do fall sick we will generally recover much more quickly. Research shows that acupuncture treatments can increase the body’s T-cell count, as well as the number of cells that ingest and destroy bacteria, protozoa and cell debris.

One study determined that white blood cell counts and mobility increased by a massive 168% within three hours after acupuncture treatment. Many people have come to realize that regular acupuncture treatments are beneficial for their back pain, sciatica, headaches, asthma, allergies, IBS, rheumatoid arthritis, lupus, colds and infections, etcetera. Louis from ANTRAC has the dynamic state-of-the-art AcuGraph™ instrument which measures the energy in all your Main Meridians and then determines a treatment that will balance the meridians. So CALL 4636 6100 NOW to make an appointment to have your change of season maintenance service and tune-up.

COCHRANE REPORTS THAT FLU SHOTS ONLY 1% EFFECTIVE

The Cell Reports study identified 10 viral mutations that circulated in 2014 to 2015, which were different from the viral strain used in the vaccine. Since the mutated influenza A virus responsible for causing most cases of influenza were not in last year’s flu shot, the vaccine was largely ineffective – a scenario that’s happened many other years as well. The “gold standard” of independent scientific evaluation and analysis, the Cochrane Database Review, has issued no less than five reports between 2006 and 2010, all of which decimate the myth that annual influenza vaccinations are "the most effective flu prevention method" available. In average conditions, when the vaccine at least partially matches the circulating influenza strains, 100 people need to be vaccinated in order to avoid just ONE set of influenza symptoms, according to Cochrane's findings. http://tiny.cc/uf2c4x

CHILDREN WHO GET FLU VACCINE ARE THREE TIMES MORE LIKELY TO BE HOSPITALIZED

One of the arguments health care providers use to encourage the flu vaccine, even when the strains don’t match up, is because it supposedly lessens symptoms and makes the flu less severe if you do get it. Yet, according to Barbara Loe Fisher of the National Vaccine Information Center (NVIC), some influenza experts have warned that flu shots do not make symptoms less severe if the vaccine fails to prevent influenza infection.

Further, research presented at the 105th International Conference of the American Thoracic Society in San Diego revealed that children who get the influenza vaccine are more at risk of hospitalization than children who do not. In fact, children who had received flu shots had three times the risk of hospitalization as children who had not. Among children with asthma, the risk was even higher.

Separate research has also shown that the inactivated influenza vaccine has limited efficacy in young children, while the live nasal vaccine leads to increased wheezing in children under 2 and increased hospitalization rates in infants aged 6 to 11 months. http://tiny.cc/xh2c4x

WHAT THE HUMAN GENOME PROJECT REVEALED ABOUT HUMAN HEALTH...

One example of how mapping projects can lead to groundbreaking discoveries can be gleaned from the Human Genome Project (HGP). The mission of the Human Genome Project, which was launched in 1990 and completed in 2003, was to map out all human genes and their interactions, which would then serve as the basis for curing virtually any disease. Alas, not
only did they realize the human body consists of far fewer genes than previously believed, they also discovered that these genes do not operate as previously predicted.

Much to everyone's surprise, the HGP discovered genetics are only responsible for about 10 percent of human disease. The remaining 90 percent are induced by environmental factors, be they nutrients, toxins, or thoughts and emotions. In more recent years, we've come to realize that your microbiome is one of the environmental factors that drive genetic expression, turning genes on and off depending on which microbes are present.

Your body's microbiome — colonies of various microbes that reside in your gut and elsewhere in and on your body — is as unique to you as your fingerprint, and can be rapidly altered based on factors such as diet, lifestyle, and exposure to toxins and antibiotics. http://tiny.cc/ek2c4x

**PROBIOTICS DESTROY TOXIC CHEMICALS IN OUR GUT FOR US**

Sayer Ji reports “Novel, bisphenol A-degrading bacterial strains were isolated from the traditional Korean fermented cabbage dish known as kimchi. Three isolates of *Bacillus pumilus* were shown capable of degrading BPA. The researchers reported that these food-derived bacteria would make efficient and safer systems for the removal of BPA. Logically, the consumption of kimchi (or the probiotics extracted from kimchi) would enable a human's gastrointestinal tract to break down this harmful chemical, as well.

Regarding insecticide toxicity, here comes kimchi to the rescue again! In 2009, the Journal of Agricultural and Food Chemistry revealed that the rather nasty insecticide chlorpyrifos (CP), which has been linked to neurological effects, developmental disorders and autoimmune disorders, may be no match for the bacteria that make possible kimchi fermentation. The researchers found the bacteria in kimchi turned CP into lunch (a source of carbon and phosphorous) and degraded it rapidly until day 3 (83.3% gone!) and degraded it completely by day 9! The superheroes in this story were identified as: *Lactobacillus brevis* WCP902, *Lactobacillus plantarum* WCP931, and *Lactobacillus sakei* WCP904. But then things got even more amazing ... These toxin-munching superheroes were found to degrade four other insecticides:

1. Coumaphos - Insecticide
2. Diazinon
3. Parathion
4. Methylparathion

Korean Kimchi is a superfood and certainly goes a long way to detoxifying your body. http://tiny.cc/2o2c4x

**PROCESSED MEATS MIGHT WORSEN MALE FERTILITY**

In a study of 141 men undergoing in vitro fertilization (IVF) with their partners, no association was found between total meat consumption and successful fertilization through IVF. However, men who ate the least amount of processed meat (including sausage, bacon, and canned meat products) had a 28 percent higher rate of fertilization during IVF compared to those who ate the most.

Those who ate the most poultry (and presumably less processed meats and possibly overall healthier diet) also had a 13 percent higher fertilization rate than men who ate the least. It’s unclear by what mechanism processed meats may interfere with fertility, and the study couldn’t prove a cause-and-effect link. Dr. Elizabeth Kavaler, a urology specialist at Lenox Hill Hospital in New York City, told WebMD: "Perhaps it is not the meat that is the problem, but the dietary choices that men who eat bacon make. Healthier dietary choices usually correlate with a healthier lifestyle, which may overall increase fertility outcomes.

...One of the reasons the study may have found more successful outcomes in the men undergoing fertility treatments who ate chicken over bacon is that chicken-eaters may have an overall healthier diet and lifestyle than bacon-eaters.” This could be the case, although many other studies have also linked processed meats with ill health effects, so it wouldn’t be surprising if infertility was among them. http://tiny.cc/ur2c4x

**SERRAPEPTASE: AN ENZYME THAT TREATS INFLAMMATION, ARTHRITIS SCAR TISSUE AND MORE**

By Michelle Kmiec. The use of enzymes therapeutically is not a new concept, and has been widely accepted for its healing properties in both traditional and modern medicine. Serrapeptase is a proteolytic enzyme, which means that it breaks down protein into smaller components (peptides and amino acids) that the body can re-use. It is derived from the digestive system of the silk worm, which regurgitates serrapeptase to break free from its cocoon.

Scientists in India first began to research the enzyme to see how it could be used therapeutically in the human body. From the start, they were astonished to realise that serrapeptase is a very powerful anti-
fibrotic enzyme, with applications for the treatment of inflammation, arthritis, scar tissue and much more.

What Does Serrapeptase Do? Realising that serrapeptase is anti-fibrotic was an interesting discovery because many health conditions are the result of abnormal thickening or scarring of fibrous connective tissue, a condition known as fibrosis. Fibrosis is any disease where excess fibrous growth is present. This includes a wide range of conditions and health issues, including the following: Plaquing of the arterial walls (atherosclerosis), Fibrocystic breasts, Uterine fibroid tumours, Scarring after injury, Scarring after surgery, Cystic Fibrosis; affecting the exocrine glands (secretion glands; mucus, hormones, etc.) of the lungs, liver, pancreas, and intestines; Blood clots; due to the fibrin in blood. The action of serrapeptase doesn’t stop there. It is an effective enzyme against inflammation in all its forms. In other words, inflammation of the joints, the digestive system as well as other organs.

This is because serrapeptase breaks down the dead tissues and excess fibrin, thus eliminating the body’s defense mechanism which is known as inflammation. The body is then able to clean out the burdensome dead tissues and fibrin growths, allowing for the healing process to begin more effectively. Inflammatory health conditions that serrapeptase is effective against are Ulcerative Colitis, Crohn’s Disease and Irritable Bowel Syndrome (IBS).

Serrapeptase, by helping the body eliminate dead tissues and fibrin growths, is extremely beneficial to those suffering from autoimmune disorders such as: Multiple Sclerosis, Rheumatoid Arthritis, Psoriasis, Allergies and Cancer. Serrapeptase in these cases, not only breaks down the dead fibrin tissues, but also serves as a healthy alternative to NSAIDS (aspirin, ibuprofen), and powerful steroids that are sometimes used for pain control.

**Conditions That Have Been Helped by Serrapeptase:**
- Pain (of all kinds);
- Arthritis;
- Arterial plaque;
- Headaches caused by inflammation;
- Multiple Sclerosis;
- Lupus;
- Rheumatoid Arthritis;
- Psoriasis;
- Emphysema;
- Bronchitis;
- Pulmonary Tuberculosis;
- Asthma;
- Sinusitis;
- Eye conditions caused by inflammation; Injuries and trauma; Post-operative scarring;
- Inflammatory bowel diseases;
- Cystitis;
- Fibroid tumours;
- Fibromyalgia;
- Fibrocystic diseases;
- Varicose Veins;
- Cardiovascular diseases;
- Subclinical chronic inflammation; premature aging.

**Dosages:** Regarding the conversion of mg and IU for serrapeptase, the answer is not that easy. There appears to be a different standard of conversion depending on what company you choose to buy from. There is some research that has used the ratio of mg of serrapeptase which equals 20,000 units of activity, however not exclusively. There has also been research conducted with 200 mg or 20,000 IU.

With this in mind, it would be best to not try to compare the two, but rather stay with one measurement or another. The dosage varies depending on the condition you are trying to address or if you are simply using the enzyme for maintenance purposes. Dosages range from: 30 mg – 1000 mg to 10,000 IU – 100,000 IU. In either case, taking 1 – 2 per day is typical for maintenance or for minor ailments. The therapeutic dosage can be as high as taking the max dosage (either 1000 mg or 100,000 IU. Keep in mind that this does not mean that they are equivalent) for up to 30 pills per day for the lower potency and dosages taken 1 -2 times per day for the higher range.

There also seems to be the concern regarding the “blood thinning” properties of serrapeptase, so let’s clarify what is really meant by “blood thinners”.

Technically, the blood cannot get “thin”. What happens when you take something that acts to “thin the blood”, like an Aspirin or something stronger such as Coumadin, is that the blood becomes less sticky, so the blood can then flow more freely. The blood itself has not changed, but rather the mechanism that allows (or disallows) for free flow has. This is a subtle concept, but an important one. [http://tiny.cc/512c4x](http://tiny.cc/512c4x)

For more information on Acupuncture or Earthing™, or to make an acupuncture appointment give us a call on 4636 6100.

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**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.

**MISSION STATEMENT:**
“I aim to get my patients as WELL as possible, as quickly as possible, and then keep them WELL”.

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