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**ANTRAC WELLNESS** Newsletter  
070

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 ring and 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, another year has passed and we are already close to half way through January 2016. We had a lovely time at the Gold Coast over the Xmas / New Year break. Great weather, lots of relaxing and catching up with family.

The Clinic was repainted over the break so we had quite a large task moving everything to the center of each room before we left and then remembering where everything went on returning home, after the painter had finished. We are already back into the
swing of work, keeping very busy and into our second week already.

I have been very busy working on my book and doing research on my patients. Linda and I are off to the Gold Coast again in late February for another Seminar on Chinese Scalp Acupuncture with the Master from China. Easter will be here before we know it and we will spend time with family at Noosa.

We have another family wedding in April. Linda’s son Dale will marry in Vietnam. He has been teaching there for nearly 5 years and is marrying a lovely Vietnamese girl, Tram Anh. It will be interesting as we are also involved in the traditional side of the ceremony, dressing in traditional clothing etc. It should be very interesting.

So all the best wishes to you all for the New Year from Louis and Linda.

ONE IN TWELVE MEN ARE COLOR VISION DEFICIENT: TAKE THE TEST

“Color blindness” is said to affect about one in 12 men and one in 200 women worldwide. The term color blind refers to people who can only see in black and white or shades of gray. More correct is “color vision deficiency,” which refers to the inability to distinguish between certain shades of color. While people with normal vision can distinguish about 100 color hues, someone with color vision deficiency may only see 20. The Farnsworth-Munsell 100 hue test allows you to test your color vision online.

This condition is often inherited, passed from mother (who is typically a carrier of the gene but not color blind herself) to son, in which case it will occur in both eyes. Note that for males with colour vision deficiency the numbers in the Ishihara Colour Plates above are 7, 13, 16, 8, 12 and 9. You can take a 38 Plate test to determine Red / Green colour vision at: http://www.color-blindness.com/ishihara-38-plates-cvd-test/#prettyPhoto

REANALYSIS CONFIRMS LONG HELD SUSPICIONS — PAXIL IS UNSAFE AND INEFFECTIVE FOR TEENS

Rather than warning doctors of side effects like suicide, GlaxoSmithKline encouraged them to prescribe Paxil to teens and children, citing their own research showing the drug was safe and effective for teens. A reanalysis of the original raw data found no evidence that Paxil was effective for the treatment of major depression in teens; its effectiveness is actually on par with placebo.

It also found that serious side effects such as suicidal tendencies were mislabeled and misrepresented in the original study. Suicide was in fact 10.3 times more frequent on Paxil compared to placebo. A study by the Drug Safety Research Unit in Southampton showed that one in every 250 subjects taking Paxil or Prozac were involved in a violent episode.

A civil lawsuit filed in 2004 charged GlaxoSmithKline (GSK) with fraud, claiming the drug maker hid results from studies on Paxil showing the drug did not work in adolescents and in some cases led to suicidal ideation. Subsequently, GlaxoSmithKline has paid $4 Billion in settlements related to Paxil. Ref: http://tiny.cc/dir37x

PINK-WASHING AWAY PREVENTABLE CAUSES OF BREAST CANCER

The Susan G. Komen Foundation has done a great deal of harm to women by obfuscating the real preventative measures available to combat breast cancer while focusing on mammography promotion. The ionizing radiation used to discern breast tumors with mammography is a risk factor for the development of breast cancer. New studies published in prestigious medical journals confirm mammography leads to overtreatment while having no impact on deaths from breast cancer. One study declares: "Mammography screening is harmful and should be abandoned".

Another atrocious example of this conspiracy against identifying the obvious causes and cures for breast cancer is the National Breast Cancer Foundation’s website. Type in "carcinogen" in their site wide search box and you will be rewarded with ZERO results. Not a single page addresses the role of carcinogenic chemicals in the development of breast cancer.

On Susan G. Komen’s website, the search term "carcinogen" yields just one study on an...
antidepressant ingredient. The word is not even listed in the breast cancer glossary. Meanwhile, researchers have identified a number of pervasive chemicals that increase your risk of breast cancer.

Avoiding toxic exposures is one of the rational approaches to successful breast cancer prevention, along with healthy lifestyle strategies such as eating real food, exercising, and optimizing your vitamin D levels. By hiding the role that your lifestyle and exposure to carcinogenic chemicals play in the development of cancer, these massive organizations can continue to collect billions of dollars of donations every year in the name of "finding a cure."

**The Pink Ribbon Scam**

As noted by Karuna Jaggar, executive director of Breast Cancer Action, in a Huffington Post article published last year: "Few people realize that Breast Cancer Awareness Month (BCAM) was launched by Astra Zeneca, a pharmaceutical company that sells cancer treatments on the one hand and carcinogenic pesticides on the other."

So BCAM has all along been one big marketing campaign — arguably the most successful marketing campaign of the 20th century. This is why at Breast Cancer Action, we call October 'Breast Cancer Industry Month,' the month when corporations make money professing how much they care about breast cancer by selling pink ribbon products.

Extensive medical research has concluded that 80% of breast cancers are due to vitamin D3 deficiency. Ref: [http://tiny.cc/9ir37x](http://tiny.cc/9ir37x)

**DuPont: Masters of Deception**

PFOA (Perfluorooctanoic acid), also known as C8, was an essential ingredient in DuPont’s non-stick cookware for decades. It’s also used in hundreds of other non-stick and stain-resistant products. PFOA is now the subject of about 3,500 personal injury claims against DuPont, including 37 claims for wrongful death.

The first case brought led to conviction; DuPont has ordered to pay $1.6 million in damages to woman who contracted cancer from PFOA-contaminated drinking water.

Internal documents suggest DuPont hid harms of PFOA. This legal process has uncovered hundreds of internal documents revealing that DuPont knew of the chemical’s danger to the public and employees, probably as early as 1961, yet continued using it without warning of its risks.

In fact, 10 years ago, the US Environmental Protection Agency (EPA) fined DuPont $16.5 million for withholding decades’ worth of information about health hazards associated with PFOA. At the time, that fine was the largest the EPA had ever assessed, but it was still too small to act as a deterrent.

Like tobacco, C8 litigation may forever change how people view these chemicals. In fact, PFOA is now being called the "tobacco of the chemical industry" because of the decades-long corporate cover-up of its health effects, the lawsuits pending, and how difficult it is to make companies accountable for producing disease-causing products, even after the evidence is clear.

In DuPont’s case, they had animal evidence of harm — from liver toxicity and kidney damage to death — for decades, but the company did not alert regulators of a potential problem.

Then there were the company’s workers, some of whom gave birth to babies with birth defects after working in the company’s PFOA division. DuPont knew of the problems and was tracking its workers for such health effects, but again did not inform regulators of their findings. Worse still, when 3M submitted a troublesome rat study to the EPA suggesting harm, DuPont downplayed the findings and told the EPA they believed the study was flawed. Ref: [http://tiny.cc/ljr37x](http://tiny.cc/ljr37x)

**Hidden Science Reveals Major Tamiflu Scam**

Drug makers hid a significant amount of negative data on flu drug Tamiflu from the public. The Cochrane Collaboration put in a four-year effort, including a Freedom of Information suit, to uncover the hidden documents (all 160,000+ pages of them).

The uncovered evidence does not support claims that Tamiflu lowers the risk of flu complications. The benefits of Tamiflu do not appear to outweigh the risks or justify governments stockpiling the drug.

The review also found no evidence to support claims that the drugs help to reduce viral transmission, which undoubtedly is a key reason why they would be stockpiled by the government.

The World Health Organization (WHO) even classifies Tamiflu as an "essential" medicine, which they say are "selected with due regard to public health relevance, evidence on efficacy and safety, and comparative cost-effectiveness."
But the review calls this into question and suggested WHO consider dropping Tamiflu from its list of essential medicines, noting “there is no credible way these drugs could prevent a pandemic.” The review revealed:

- Both drugs shorten the duration of flu symptoms by less than a day (specifically, by just 16.8 hours).
- Tamiflu did not affect the number of hospitalizations; Relenza trials did not record this data.
- The effects of the drugs on pneumonia and other flu complications were unreliably reported and included limitations in diagnostic criteria and problems with missing follow-up on participants.
- Tamiflu was associated with nausea, vomiting, headaches, kidney problems, and psychiatric events, and may induce serious heart rhythm problems.

Ref: [http://tiny.cc/1kr37x](http://tiny.cc/1kr37x)

**SHAM SURGERY TRIAL PROVES KNEE SURGERIES ARE A $4 BILLION MEDICAL HOAX**

Many are quick to say that the placebo effect is responsible for the benefits of alternative treatments and natural supplements — the implication being that the treatment doesn’t really work, and any benefit is “all in your head.” But few stop to consider the fact that many of the benefits of conventional drugs and other interventions are also due to the placebo effect. One of the most dramatic examples of this was a knee surgery study published in the *New England Journal of Medicine* in 2002.

Not only does this double-blind, placebo-controlled, and multi-center trial definitively prove the power of your mind in healing, it also reveals that most knee surgery for osteoarthritis is an utter waste of money. The results of this study show that it’s not actually the surgery itself that is responsible for the improvement, but rather it’s almost entirely due to the placebo effect! More precisely, it’s the ability of your brain to produce healing when you believe it should be happening (such as after you receive knee surgery). According to the authors: “In this controlled trial involving patients with osteoarthritis of the knee, the outcomes after arthroscopic lavage or arthroscopic débridement were no better than those after a placebo procedure.”

This was followed by another study, published in 2013, which also found that arthroscopic knee surgery for degenerative meniscal tears had no more benefit than “sham surgery.” Here, they even excluded people with knee arthritis, as they tend not to benefit as much from meniscus surgery anyway, and the researchers wanted to ascertain if the surgery helps under “ideal circumstances.”

Well, at the post-operative one-year mark, all patients, regardless of whether they had real or sham surgery, reported equal amounts of pain reduction, which led the researchers to conclude that real knee surgery offers no better outcome than sham surgery (placebo). This is a significant concession, as arthroscopic surgery on the meniscus is the most common orthopedic procedure in the US. According to this study, it’s performed about 700,000 times a year to the tune of $4 billion.

But according to these findings, any surgeon who tells you this is “the best” or “only” option for your osteoarthritic knee pain will not have a leg to stand on when you show him or her this evidence. It’s also worth considering these kinds of findings when you’re weighing your treatment options. Remembering that your mind is the real healer here may help you find safer and less costly alternatives.

Ref: [http://tiny.cc/flr37x](http://tiny.cc/flr37x)

**MORE THAN 50 PERCENT OF PAIN-RELIEF FROM ONE MIGRAINE DRUG IS DUE TO PLACEBO EFFECT**

Another example that reveals the extent to which the placebo effect may be at work in modern medicine is a study involving the migraine drug Maxalt (rizatriptan). When patients received placebo pills labeled as Maxalt, they reported similar pain relief as those receiving actual Maxalt tablets marked as placebo. According to the authors, the placebo effect accounted for more than 50 percent of the therapeutic value of this drug. Professor Ted Kaptchuk co-authored this study as well, and here he noted that: “This study untangled and reassembled the clinical effects of placebo and medication in a unique manner. Very few, if any, experiments have compared the effectiveness of medication under different degrees of information in a naturally recurring disease. Our discovery showing that subjects’ reports of pain were nearly identical when they were told that an active drug was a placebo as when they were told that a placebo was an active drug demonstrates that the placebo effect is an unacknowledged partner for powerful medications.” [Emphasis is from the author] Ref: [http://tiny.cc/zmr37x](http://tiny.cc/zmr37x)

**NOBEL PRIZE IN MEDICINE FOR PARASITE-FIGHTING THERAPIES**
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”.

The 2015 Nobel Prize in Physiology or Medicine has been jointly awarded to three doctors whose work has fundamentally changed the treatment of parasitic diseases around the globe. Avermectin, which treats diseases caused by parasitic worms, was isolated from a group of soil bacteria called Streptomyces. The anti-malarial drug Artemisinin was inspired by traditional Chinese medicine and is derived from the plant Artemisia annua.

Avermectin has essentially eradicated river blindness and greatly reduced cases of lymphatic filariasis, which are two diseases caused by parasitic worms. River blindness, which leads to chronic inflammation in the cornea, leads to blindness, while lymphatic filariasis causes chronic swelling and disabling symptoms, including "elephantiasis," which is disfiguring swelling in the lower body.

Dr. Omura, a microbiologist, isolated strains from a group of soil bacteria called Streptomyces in the 1970s. The Nobel Committee praised Dr. Omura for his "extraordinary skills in developing unique methods" for characterizing natural products in the soil bacteria, but he downplayed his work stating, "I merely borrowed the power of microbes." Dr. Campbell, an expert in parasite biology, obtained the cultures from Dr. Omura and found one (taken from a golf course in Japan) that worked to eradicate parasites in animals.

The purified version was named Avermectin and was later developed into the anti-parasitic drug Ivermectin used in both animals and humans to treat a variety of parasites.

Artemisinin to fight malaria was inspired by Traditional Chinese Medicine. Youyou Tu, a pharmacologist at the China Academy of Chinese Medical Sciences in Beijing, received the other half of the Nobel Prize for developing the anti-malarial drug Artemisinin in the 1960s and ’70s. At that time, malaria was typically treated with chloroquine or quinine, but its effectiveness was waning and malaria was on the rise. Dr. Tu turned to traditional Chinese herbal medicine and screened for herbs that seemed helpful in treating malaria-infected animals.

An extract from the plant Artemisia annua seemed promising but led to inconsistent results. According to a Nobel Prize press release "... Tu revisited the ancient literature and discovered clues that guided her in her quest to successfully extract the active component from Artemisia annua. Tu was the first to show that this component, later called Artemisinin, was highly effective against the Malaria parasite, both in infected animals and in humans."

In a clinical trial conducted in the 1970s, Artemisinin had startling effects on malaria patients; all 18 patients given the herb felt better within hours and recovered within days. Malaria is caused by a parasite of the species plasmodium, which is spread from person to person by infected mosquitoes. Ref: http://tiny.cc/2or37x

PESTICIDES PUT GLOBAL FOOD PRODUCTION AT GRAVE RISK, INTERNATIONAL TASK FORCE WARNS

Large-scale, chemical-based agriculture is posing a threat to the world’s food supply, an international task force warns, saying neonicotinoid insecticides must be phased out. Three-quarters of our food crops require pollinators, which are killed off by these insecticides. Worms and soil microorganisms are equally important for food production, and pesticides are taking a heavy toll on them, too. New research shows that living within a mile of pesticide-treated crops increases your chances of bearing children with autism by at least 60 percent. Proximity to fields treated with chlorpyrifos during the second trimester resulted in a 3.3 times greater risk of having an autistic child. Exposure to pyrethroids shortly prior to conception increased a woman's risk of having an autistic child by 82 percent. Exposure during the third trimester increased the risk by 87 percent. http://tiny.cc/i91x0x

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http://www.thenaturalmedicalhealthwell.com

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