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.

FAMILY UPDATE

Incredibly, February is over and Autumn is upon us. The first 2 months of 2016 have just flown. We have all but finished the Clinic renovations, and it is looking all bright and white. The new oriental fabric on the Privacy Screen looks great, thanks to Linda’s lovely dressmaker Rose.

We just had a 3 day break at the Gold Coast, and had great weather and caught up with our families. My daughter, Jade is a Wildlife Carer and we had great delight seeing all her animals including snakes, pink-tongue lizards, and numerous recovering lorikeets. It was great catching up with the grandkids, too. Linda’s son Callum has just started work as an Electrical...
Engineer at the Gold Coast on the Light Rail, so we dined out twice at surf-clubs with him and his partner Belinda. It was good catching up with Linda’s other son Adam and his wife Amber on the Sunday in Brisbane, before we returned home for a new week.

**STEVIA KILLS LYME DISEASE PATHOGEN BETTER THAN ANTIBIOTICS (PRECLINICAL STUDY)**

*By Sayer Ji*

Lyme disease is exceedingly difficult to treat, due to its well-known shape-shifting (pleomorphic) abilities, with conventional antibiotics often failing to produce a long-term cure. Could the commonly used natural plant Stevia provide a safer, and more effective means to combat this increasingly prevalent infection?

A promising new preclinical study has revealed that whole stevia leaf extract possesses exceptional antibiotic activity against the exceedingly difficult to treat pathogen Borrelia Burgdorferi known to cause Lyme disease. The study found: “Stevia whole leaf extract, as an individual agent, was effective against all known morphological forms of B. burgdorferi.”

At present, the CDC acknowledges that at least 300,000 people are infected with Lyme disease annually, with the conventional standard of care relying on antibiotics that are not only toxic but increasingly coming under scrutiny for addressing only surface aspects of the infection, often leaving antibiotic-resistance Lyme disease deep within the system to continue to cause harm. It is also interesting to note that the stevioside extract, by itself, was not found to be a effective antimicrobial agent against B. burgdorferi; nor did it have any effect on resistant cells. Mass market stevia products, including Coca-cola’s Truvia (ironic branding, considering it does not have the truly therapeutic property of whole stevia), would not, therefore, have the medicinal property associated with the whole herb extract.

This speaks, of course, to the well-known principle in natural medicine that the activity of the whole cannot be reproduced through a part, nor is the therapeutic activity of the whole identical to that of the sum of its parts. While this is only a preliminary study and should not be interpreted to mean the consumption of whole stevia extract will result in clinical improvements comparable or superior to conventional antibiotics, it opens the door to future research on the topic.

That said, anyone who is considering natural ways to prevent Lyme’s disease infection, or to support as an adjunct therapy conventional treatments of the disease, could utilise this safe, food-based substance as a potential means of support and synergy. Certainly, there is little if any indication that stevia could cause harm, unlike conventional treatments. See full article: [http://tiny.cc/qfyw9x](http://tiny.cc/qfyw9x)

**EXCEPTIONAL BOTANICAL KILLS 98% OF CANCER CELLS IN UNDER 24 HOURS** - By Carolanne Wright

The same herb frequently eaten as salad in Asia has been shown to destroy cancer cells — without harming healthy tissue. Researchers at the University of Washington have created a compound based on traditional Chinese medicine that is 1,200 times more effective in killing malignant cells than chemotherapy drugs. Combined with iron, the herb selectively targets cancerous cells and has proven to be a powerful tool in combating cancer. Tomikazu Sasaki, senior author of the study and chemistry professor at the University of Washington, describes the compound as “… a special agent planting a bomb inside the [cancer] cell.”

Since traditional chemotherapy is rife with severe side-effects and kills healthy cells, researchers are encouraged by these findings. Standard chemotherapy destroys as many as 1 normal cell for every 5 cancer cells. The compound developed by Sasaki and his team is far more specific, killing 12,000 cancer cells for each healthy cell affected, which minimises adverse side-effects.

To establish artemisinin’s effectiveness, the team saturated normal breast cells and radiation-resistant cancerous tissue with holotransferrin — a compound found within the body that carries iron into the cells. Next, the cells were dosed with artemisinin. Within 16 hours, all the cancer cells exposed to holotransferrin died and only a few normal cells were affected. Lai notes that a breast cancer cell contains up to 15 times more iron receptors than other cells, therefore making it more susceptible to artemisinin’s assault. “Most currently available drugs are targeted to specific cancers,” Lai said. “This compound works on a general property of cancer cells, their high iron content.”

The research team hopes that since artemisinin is already widely available, a compound to treat cancer can be manufactured inexpensively to help those who are ill in developing countries. The Washington Technology Center and the Witmer Foundation provided funding for the study. [http://tiny.cc/sgyw9x](http://tiny.cc/sgyw9x)

**A GOOD MEDICAL DOCTOR ON A MISSION TO SAVE LIVES**

In the 1970s, Dr. Berkson started his work with terminal liver disease patients, but later helped people...
with a variety of life-threatening diseases and conditions. So, why have you not heard of this miracle treatment? Since the time he cured his first two patients, Dr. Berkson has generated little fanfare for his breakthrough treatments. Of course, we can thank the established medical community, and a profit-driven drug industry, unwilling and unreceptive to low-cost treatments that sway from established, standard high-cost procedures.

You’d be surprised to hear what Dr. Berkson has been told (to his face) about his natural preventative approach toward practicing medicine. One doctor even told him to ‘shut up’ and just ‘quietly do his research’ – because the money they make is focused on liver transplants, NOT making people healthy. (I guess that’s bad for business).

Dr. Burt Berkson, M.D., Ph.D., is a published author and expert consultant to the Centers for Disease Control on alpha lipoic acid and liver poisoning. He has had miraculous results from alpha lipoic acid therapy. He will also be sharing his views on the medical establishment that continues to give alternative treatments the cold shoulder.

The medical community places greater value on drug profits over saving lives with natural protocols. Imagine being told you had late stage liver or pancreatic cancer, and that it had metastasized. Your medical provider has given you only a couple of months to live. But then, in your desperate search to preserve your life, you come across an alternative treatment using alpha lipoic acid. You undergo the treatments and your cancer is eliminated, restoring your health. So, why was the treatment not offered as an option to you through your regular provider or oncologist?

Since curing two patients dying of liver poisoning as a young resident in internal medicine at a teaching hospital in Cleveland, Ohio, Dr. Berkson has experienced a cold reception to his use of alpha lipoic acid treatments for liver disease, cancer and other illnesses. Yet, he has published incredible results in scientific medical journals throughout Europe. Like the paper he published in the journal *Integrative Cancer Therapies* about a woman with pancreatic cancer that had metastasize to her liver.

This woman had been given no hope for survival. After first seeing her in December, Dr. Berkson began treating her. By May, the tumors in her pancreas had disappeared and the spread to her liver had vanished. Another example: A man in his 40s, who walked into Dr. Berkson’s office after being diagnosed with pancreatic cancer – which also had metastasized to his liver. Within three months of treatment through Dr. Berkson, the man was able to go back to work. Eight years later, he still shows no sign of cancer. Dr. Berkson published the case in a 2007 issue of *Integrative Cancer Therapies*.

Despite these incredible results, and many more like them, Dr. Berkson’s work with alpha lipoic acid has failed to gain widespread acceptance by the established medical community. The answer, Dr. Berkson believes, lies in the unwillingness of conventional medicine to consider options outside what are considered to be “standards of treatment.” He even relates how egotistical attitudes about accepting new ideas and the learning process can play into reception to alternative treatments within conventional medicine.

The pharmaceutical industry has created a brilliant way to control the intelligence of most doctors. Scientific journals have also shown little interest in natural healing protocols, likely driven by pharmaceutical companies ignoring alpha lipoic acid research because there are no big profits to be had. Without the backing of big pharma, scientific journals know there is little hope for added revenue from drug-company advertising.

Dr. Berkson points out that pharmaceutical companies are driven by large profits. A low-cost, natural treatment like alpha lipoic acid is not going to garner attention from big pharma because there are no big profits to be made, making it unappealing to bring to the marketplace. Don’t let big pharma control your health. Discover how alpha lipoic acid can spur organ tissue regeneration and eliminate the threat of cancer.
Discover how to REVERSE life-threatening conditions like cancer and liver disease. Dr. Berkson has both an M.D. degree and a Ph.D., the latter in microbiology. He serves as the expert consultant on alpha lipoic acid and liver poisoning for the Centers for Disease Control. He has published scientific papers in medical journals throughout Europe, and is a prominent scientific writer, researcher, and sought-after speaker.

Dr. Berkson is the author of several books, including The Alpha Lipoic Acid Breakthrough. He is also the former principal FDA investigator for the intravenous use of alpha lipoic acid, a post he held for 23 years. Dr. Berkson practices nutritional and integrative medicine in New Mexico, where he sees patients from around the globe. He has worked as a researcher and professor at several institutions, including the Max Planck Institute, the University of Illinois and Rutgers University. He is also an adjunct professor at New Mexico State University and Oklahoma State University College of Medicine.


HOW IMPROPER STERILIZATION OF ENDOSCOPES COULD PUT YOUR HEALTH AT RISK

The primary tools used to screen for colon cancer are sigmoidoscopes and colonoscopes. These devices are not disposable, so they must be sterilized between each use. About 80 percent of endoscopes are cleaned using Cidex (glutaraldehyde), which does NOT properly sterilize these tools, potentially allowing for the transfer of infectious material. Asking what solution is used to clean the scope is a key question that could save your life. Make sure it's been sterilized with peracetic acid, to avoid potential transfer of infectious material from previous patients.

In flexible sigmoidoscopes, there’s a biopsy channel and an air/water channel. When the physician sees evidence of a tumor, he or she can insert a little claw through the endoscope, into the patient, and grab a piece of tissue and pull it back out through the biopsy channel. The air/water channel allows the doctor to clean the lens of the camera, which frequently gets covered with blood and other patient material. This channel is much smaller than the biopsy channel, and this is where most of the contamination risk comes from.

Doctors are re-using devices that are impossible to properly clean. It simply cannot be done. There is a solution: create flexible scopes that can be autoclaved (heat sterilized). But manufacturers have not been pressured to come up with such a design. As noted by Lewis, it really boils down to federal agencies failing to take the contamination issue seriously enough.

Dr David Lewis Ph D. said "We did publish a study in Nature Medicine in 1995, where we took the lubricants used in flexible endoscopes and exposed that to HIV-infected human blood, demonstrating that when you submerge flexible endoscopes in 2 percent glutaraldehyde, which is the most common disinfectant used for previous scopes between patients, the 2 [percent glutaraldehyde] was ineffective. Not only does it not work, but it actually complicates the problem. What glutaraldehyde does is the same thing formaldehyde does. Formaldehyde is used for preserving [and embalming]. It doesn’t dissolve the tissue, blood, and the bits of flesh that are trapped inside flexible endoscopes. It actually preserves them so they build up over time. You’re exacerbating the cleaning problem when you use glutaraldehyde."

The other cleaning alternative, which is used on about 20 percent of flexible endoscopes in the U.S., is peracetic acid. Peracetic acid (which is similar to vinegar) is used in organic chemistry labs to dissolve proteins, and it does a FAR better job than glutaraldehyde. You can actually see the difference between the two with the naked eye.

So before your next endoscopy or colonoscopy make sure to ask your doctor which cleansing agent they use, and if it is not peracetic acid, go elsewhere. Your life may depend upon it. http://tiny.cc/hkyw9x

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