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
We have returned from our 3 week break. We were exhausted, but had an amazing time in Vietnam at the wedding of Linda's Son, Dale and Trâm Anh. We had family from Australia, America and Malaysia all make the huge effort to attend their special days. We had a traditional Vietnamese Wedding at Trâm Anh's family home on the Thursday, wearing traditional Vietnamese clothing. The colourful procession through the streets to get to their home was led by Linda's uncle, Jerry, from Texas in the United States of American. He was the chosen elder of the family.

On the Saturday night, we had the Western marriage ceremony with over 200 guests at the Metropole...
Wedding Centre which was mind blowing. It was so extravagant, a little like a Hollywood awards ceremony. We were all very moved when Dale surprised his bride, and us, by singing to her, which was very touching, and is a memory we will never forget. He was pretty good!

We packed in so much in the 2 weeks we were in Vietnam and it was very hard saying our “goodbyes” to everyone. But as usual holidays do come to an end.

WHY VEGETABLE OILS WOULD BE EXPECTED TO INCREASE DISEASE AND SATURATED FAT IS HEALTHY
A 40-year old previously unpublished trial—the largest, most rigorous study of its kind—shows that while replacing saturated fat with vegetable oil lowered total cholesterol by 14 percent, overall mortality increased.

For every 30 point drop in total cholesterol there was a 22 percent increased chance of death. Many other trials have also found that replacing saturated fats with vegetable oils increase mortality risk from all causes, including coronary heart disease and cardiovascular disease.

In all likelihood your doctor and nearly every public health authority has told you to stay away from saturated fats, warning you it will raise your LDL cholesterol and clog your arteries, putting you at increased risk for heart disease.

Such incorrect recommendations are in fact based on an unproven hypothesis, and a large number of studies that have reexamined the theory have shown that saturated fat does not increase your risk of heart disease.

Failure to publish clinical research can undermine truth. This is exemplified by the 40-year old previously unpublished trial. Only parts of the trial’s results were ever published, leaving out the controversial finding that replacing saturated fats with vegetable oil had NO benefit on mortality. The study was unearthed by Christopher Ramsden, who discovered the missing research data among the possessions of a deceased scientist.

As reported by STAT: “Ramsden, of the National Institutes of Health, unearthed raw data from a 40-year-old study, which challenges the dogma that eating vegetable fats instead of animal fats is good for the heart. The study, the largest gold-standard experiment testing that idea, found the opposite, Ramsden and his colleagues reported...in BMJ... [H]is discovery and analysis of long-lost data underline how the failure to publish the results of clinical trials can undermine truth.”

After analyzing the data, Ramsden and his team found that vegetable oils lowered total cholesterol levels by an average of 14 percent after one year. However, this lower cholesterol did NOT result in improved health and longevity, which is the conventional belief. Instead, the research showed that the lower the cholesterol, the higher the risk of dying.

For every 30 point drop in total cholesterol there was a 22 percent increased chance of death. In the 65 and older category, those who received vegetable oil experienced roughly 15 percent more deaths compared to seniors in the saturated fat group.

If you understand molecular biology, the reason why vegetable oils cause these kinds of observations are clear, and hold true even if they’re organically grown and pristinely processed. In fact it would be precisely what you’d expect.
Why? Because these omega-6 polyunsaturated fats, when taken in large amounts, cannot be burned for fuel. Instead, they're incorporated into cellular and mitochondrial membranes where they are highly susceptible to oxidative damage, which damages the metabolic machinery. And that's in the BEST case scenario. The reality is far worse as most of these vegetable oils are highly processed and grown as GMO crops, loaded with toxic herbicide residues like Roundup.

Most of these chemicals were not even invented when this BMJ study was done, so if it was repeated today with modern vegetable oils I'm highly confident the adverse effects of vegetable oils would be even more pronounced.

In addition, while your body does need some omega-6, most get far too much of it compared to omega-3, and this lopsided ratio can also have adverse health consequences.

As noted in the Huffington Post, “this nuance isn’t reflected in the most up-to-date nutritional advice in the federal dietary guidelines, which state simply we should eat less saturated fat and more polyunsaturated fat without mention of omega-6 acids.”

Thirdly, when heated, vegetable oils tend to oxidize. According to Dr. Fred Kummerow, who has researched lipids and heart disease for eight decades, oxidized cholesterol is the real culprit that causes heart disease. By triggering inflammation, they promote the clogging of arteries and associated cardiovascular problems, including heart attacks.

So what benefits do Saturated Fats (SFs) possess? SFs provide building blocks for cell membranes, hormones, and hormone-like substances; SFs allow mineral absorption, such as calcium; SFs are carriers for important fat-soluble vitamins A, D, E, and K; SFs allow conversion of carotene into vitamin A; SFs help to lower cholesterol levels (palmitic and stearic acids); SFs act as antiviral agent (caprylic acid); SFs provide optimal “clean” fuel for your brain and mitochondria; SFs provide satiety and SFs modulate genetic regulation and help prevent cancer (butyric acid).

When researchers went back and analyzed some of the original data from Dr. Ancel Keys’ highly-flawed “Seven Countries Study” (which was the basis for the saturated fat phobia) they found that heart disease was most correlated with sugar intake, and definitely NOT saturated fat as Keys claimed in his cherry-picked and highly-unscientific research findings, that have regrettably been taken as factual by most ill-informed Doctors and Nutritionists ever since. Reference: http://tiny.cc/gml7ay

HOW SATURATED FAT MAY OFFER PROTECTION AGAINST HEART DISEASE

Despite all this evidence, some still like to refer to studies showing that reducing saturated fat can lower your levels of LDL cholesterol (often referred to as “bad” cholesterol). However, confusion has crept in here as well. The terms LDL and HDL refer to lipoproteins, i.e. proteins that carry cholesterol. LDL stands for low-density lipoprotein while HDL stands for high-density lipoprotein, and more important than their overall level is the size of these particles.

HDL cholesterol is actually linked to a lower risk of heart disease, which is why measurements of total cholesterol are useless when it comes to measuring such risk. If your total cholesterol is “high” because you have a lot of HDL, it’s no indication of increased heart risks; rather, it’s likely protective.

Large, fluffy LDL particles do not contribute to heart disease, and eating saturated fat may actually change the small, dense LDL in your body into the healthier large, fluffy LDL, thereby providing a protective effect.

Small, dense LDL particles are easily oxidized, which may trigger heart disease. People with high levels of small, dense LDL have triple the risk of heart disease as people with high levels of large, fluffy LDL. Besides harmful trans-fats, small, dense LDL particles are increased by eating refined sugar and carbohydrates, such as bread, bagels and soda. Together, trans-fats, polyunsaturated fats and refined carbs do far more harm to your body than saturated fat ever could.

In 2013, an editorial in the British Medical Journal described how the avoidance of saturated fat actually promotes poor health in a number of ways, including through their association with LDL cholesterol. As stated by the author Aseem Malhotra, an interventional cardiology specialist registrar at Croydon University Hospital in London: "The aspect of dietary saturated fat that is believed to have the greatest influence on cardiovascular risk is elevated concentrations of low density lipoprotein (LDL) cholesterol.

Yet the reduction in LDL cholesterol from reducing saturated fat intake seems to be specific to large, buoyant (type A) LDL particles, when in fact it is the small, dense (type B) particles (responsive to carbohydrate intake) that are implicated in
cardiovascular disease. Indeed, recent prospective cohort studies have not supported any significant association between saturated fat intake and cardiovascular risk. Instead, saturated fat has been found to be protective."

Saturated fats are important for optimal health. Dietary fat serves as fuel and is a foundational structural component of your biology. Moreover, if you’re trying to lose weight, training your body to access your body fat is key (or else you cannot shed it), and supplying your body with dietary fat is an important part of this process. In order to make this conversion to allow your body to burn fat rather than sugar as its primary fuel, you need to:

1. Restrict net carbohydrates (total carbs minus fiber) to fewer than 50 grams per day.

2. Limit protein to 1 gram per kilo of lean body mass, and

3. Only consume high quality fat sources. Most individuals consume harmful fats like processed vegetable oils, which will invariably make your health worse.

So when we’re talking about healthy dietary fats, we’re referring to natural, unprocessed fat, found in real foods like raw grass-fed dairy, meats, pastured eggs, seeds, nuts, butter, olives, avocado, coconut oil and raw cacao (a phenomenal source of healthy saturated fats and many beneficial polyphenols).

So, in summary, Saturated Fats:
- Increase your LDL levels, but they increase the large fluffy particles that are NOT associated with an increased risk of heart disease.
- Increase your HDL levels, which also compensates for any increase in LDL.
- Do NOT cause heart disease as made clear in all the above referenced studies.
- Do not damage as easily as other fats because they do not have double bonds that can be easily damaged through oxidation.
- Serves as a “clean-burning fuel” for your brain and mitochondria, producing far less damaging free radicals than sugars and non-fiber carbs.

Reference: http://tiny.cc/gml7ay

**STUDY LINKS FULL-FAT DAIRY TO LOWER RISK OF DIABETES**

The advice to eat low-fat foods and low-fat dairy products originated as far back as the late 1950s and early 1960s. A single highly-flawed research study performed by an economist proposed that high-fat diets were the cause of most heart disease, stroke and high cholesterol levels. Before that study, and since, other well-designed and peer-reviewed studies have refuted that evidence.

The American Heart Association, the American Cancer Society and the American Diabetes Association continue to advocate the use of a low-fat diet with fat-free or low-fat dairy products.

However, a recent study published in the American Heart Association journal *Circulation* recommends something entirely different.

Beginning in 1989 and continuing for the next two decades, researchers followed over 3,000 participants in a study linking full-fat dairy products with a reduced risk of diabetes and better weight-management outcomes. Researchers confirmed the health of the study participants using blood tests, questionnaires and current medications. Initially all participants were free of diabetes or pre-diabetes blood markers.

Researchers confirmed in two separate groups a reduced risk for developing diabetes when the participants consumed full-fat dairy products. This study doesn’t prove a cause-and-effect relationship between full-fat dairy and a reduced risk of diabetes, but it does build on other studies that suggest full-fat dairy products can help maintain weight and reduce the risk of diabetes.

Soon after the initial flawed research encouraging low-fat diets was published in the 1950s, President Eisenhower suffered a heart attack while in office. His doctors placed him on a very restricted low-fat, high-carbohydrate diet. When he initially had his heart attack his cholesterol was 165 and by the time he left office it had risen to 259.9.

President Lyndon Johnson also suffered a heart attack, and was placed on a low-fat diet and continued to suffer from ill health. Only after beginning to eat beef grown on his ranch did President Johnson's cholesterol begin to normalize and his heart health improve.

Research study after study has continued to confirm what your body inherently knows to be true: saturated fats are not the evil foods they were once advertised to be.

Studies demonstrate that eating a diet high in healthy fats and low in non-vegetable carbs improves insulin sensitivity and fasting blood glucose, leads to better stabilization of A1C blood test in individuals who had diabetes, and, in one study, also showed a reduction
or elimination of medication to treat diabetes in 90 percent of the participants.

Those are the benefits of eating healthy saturated fats for people with diabetes. Other benefits include a reduction in appetite resulting in eating less and an easier time maintaining your weight. A great proportion of that weight loss is from visceral fat found in your abdominal cavity. Visceral fat increases your risk of diabetes, heart disease, breast cancer, colorectal cancer and dementia.

Diets higher in healthy saturated fats have demonstrated an increase in high-density lipoproteins (HDL) cholesterol, protecting the heart and blood vessels. Reference: http://tiny.cc/bpl7ay

**EAT REAL FOODS TO LOSE WEIGHT**

Just open up the cupboard of the average Australian dieter and you’ll most likely find almost every one of these so-called “healthy” foods...

**Low Fat and Fat Free Foods**

All the “healthy” fats are typically replaced with fattening sugar and processed garbage. Anytime you see “low-fat” or “fat-free” on a packaging label it’s a red flag for a highly processed product that is probably loaded with sugar. Swap out for full fat real foods like organic full-fat cottage cheese, grass fed raw cheese, and unflavored Greek yogurt.

**Over the counter Salad Dressings**

Most are loaded with unhealthy ingredients like high fructose corn syrup, inflammatory polyunsaturated oils, and even trans-fats. Swap for apple cider vinegar with real olive oil.

**Whole wheat bread**

Whole wheat bread has been shown to spike your insulin just as much as white bread. There are also a few studies showing that today’s modern wheat can potentially cause inflammation and increased cholesterol levels. Swap for Ezekiel 4:9 bread or non-wheat breads, usually sold as “gluten free”.

**Breakfast cereals**

Typically packed with sugar, refined carbs, and chemicals. Swap for steal cut oats (throw in some protein powder and raw nut butter with a little stevia—YUM).

**Granola**

Highly processed and loaded with unhealthy sugars and oils. Swap for Ezekiel 4:9 Sprouted Grain Cereal.

**Roasted Nuts**

Although raw nuts are one of the healthiest foods on the planet, roasted nuts are a totally different story because most of them contain sugar, corn syrup, and unhealthy oils. Also, the roasting process destroys the benefits of the healthy fats found in nuts. Swap for raw nuts instead. You’ll know because the only thing you’ll see on the label will be the name of the nut variety itself.

**Fruit Juices**

MOST fruit juices don’t even contain REAL fruit. Even if they do have some real fruit, all the fiber has been removed leaving nothing but the liquid sugar.

There are a few rare exceptions, like swapping fresh squeezed non-pasteurized grapefruit juice (shown to improve insulin sensitivity), but 95% of all fruit juices are terrible for your health and belly-fat.

EVERY single one of these so-called “diet foods” can cause chronic inflammation that destroys your health and robs you of your youth.

Remember, REAL FOOD doesn’t need a label because there should be only ONE ingredient... the food itself.

However, it’s not always easy to get your daily 5-7 servings of vegetables and fruits in, which is why most people turn to these convenient (yet very unhealthy) choices. Don’t make that mistake. Design your meal schedule 1 week in advance so you know exactly what HEALTHY foods you are going to eat in advance rather than write down what you ate and wished you hadn’t.

**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**


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