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.

**WHAT IS CUPPING, AND WHAT CAN IT DO FOR YOU?**
Olympic swimming fans everywhere are talking about cupping these days: a discussion brought on by Michael Phelps’ and Cody Miller’s purple-dotted shoulders. Olympic gymnast Alex Naddour has also been seen sporting the hickey-like marks, and many other world-class athletes admit to using cupping.

According to Reuters, sales of cupping therapy equipment rose by 20 percent in the three days following Phelps’ big win. The International Cupping Therapy Association also reported a "50 percent increase of healthcare practitioners seeking out their cupping certificates" during that same timeframe. Acupuncture physicians have also reported an increase in inquiries about the treatment.

What Is Cupping? Cupping is an ancient medical treatment; its Chinese roots date back to 300 or 400 A.D. Egyptian and Middle Eastern cultures also have ancient records of the practice.

Cupping is still regularly used in traditional Chinese medicine (TCM) in Chinese hospitals and elsewhere. Suction cups of varying sizes are attached to the body, and the suction draws blood to the surface of the skin. Hence, the bruise-like marks.

The treatment is said to improve blood circulation, thereby speeding up healing, reducing pain and easing muscle soreness. According to Dr. Houman Danesh, a pain management specialist at Mount Sinai Hospital in New York, cupping helps "jumpstart the body's natural healing process."

Phelps and Naddour both swear by the treatment. At a recent press conference, Phelps said he gets cupping done before most meets, and Naddour told USA Today that cupping has been a "secret ... that keeps me healthy. It's been better than any money I've spent on anything else."

Does Cupping Work for Pain? While some media outlets have derided the athletes for promoting quackery, studies tend to support its use. For example, a 2014 review of 16 studies done on cupping suggests it can indeed be beneficial for pain. According to the authors: "Cupping combined with acupuncture was superior to acupuncture alone on post-treatment pain intensity ... Results from other single studies showed significant benefit of cupping compared with conventional drugs or usual care ..."

This review suggests a potential positive short-term effect of cupping therapy on reducing pain intensity compared with no treatment, heat therapy, usual care or conventional drugs.

Cupping May Offer Relief for Many Painful Conditions

A study published in Evidence-Based Complementary and Alternative Medicine in 2016 found cupping significantly reduced chronic neck and shoulder pain, compared to no intervention.

In the cupping group, the intensity of the neck pain was reduced from a severity score of 9.7 to 3.6. Among controls, pain was reduced from 9.7 to 9.5. The study also evaluated measurable physical effects, including changes in skin surface temperature and blood pressure.

Both measurements showed statistically significant improvements among those who received cupping. An earlier study comparing cupping to progressive muscle relaxation found both treatments provided similar pain relief for patients with chronic neck pain after 12 weeks.

However, those who received cupping did report significantly greater "wellbeing" and higher pressure pain thresholds compared to those who practiced progressive muscle relaxation. Research published in 2012 also reported beneficial results on patients with arthritic knee pain.

A meta-analysis of 550 studies published in PLOS One that same year found cupping "is of potential benefit for pain conditions, herpes zoster, cough and dyspnea." According to the authors: "Meta-analysis showed cupping therapy combined with other TCM treatments was significantly superior to other treatments alone in increasing the number of cured patients with herpes zoster, facial paralysis, acne and cervical spondylitis. No serious adverse effects were reported in the trials."

Cupping Therapy 101. Myofascial decompression therapy is the name given to the cupping treatment among athletic trainers. TCM practitioners will typically use glass cups. Oil is first applied to the skin to prevent excessive friction and pain as the flesh is sucked into the cup. When using glass cups, the vacuum is created by lighting a cotton ball soaked in rubbing alcohol and holding it inside the cup.

The fire burns out the oxygen inside the cup, so when the flame is removed and the cup placed on the skin, the resulting vacuum creates suction. If the suction is too strong, you can ease it by gently pressing a finger near the rim of the cup, letting in a little bit of air.

The cups can be left in place or slowly moved around, the latter of which is referred to as cupping massage; the effect being similar to that of a deep tissue massage. Cups are typically left on for three to five
minutes. The resulting welts will typically vanish in a couple of days, much like a regular bruise.

Cupping May Influence Your Innate Immune Response. Leonid Kalichman, Ph.D., a senior lecturer at Ben-Gurion University of the Negev in Israel, has written more than 150 papers on physiotherapy and rheumatology. He believes that by causing localized inflammation, cupping helps trigger cytokine production that modulates your immune system response.

In a recent review paper on cupping research, published in the Journal of Bodywork and Movement Therapies, Kalichman and his co-author Efgeni Rozenfeld note that: "Mechanically, cupping increases blood circulation, whereas physiologically it activates the immune system and stimulates the mechanosensitive fibers, thus leading to a reduction in pain".

There is initial scientific evidence that dry cupping is able to reduce musculoskeletal pain. Since cupping is an inexpensive, noninvasive and low-risk (if performed by a trained practitioner) therapeutic modality, we believe that it should be included in the arsenal of musculoskeletal medicine."

Anecdotal Reports. While more research may help explain the exact mechanisms behind cupping’s healing power, many patients are satisfied knowing it works for them — regardless of the how or why. As noted by Jessica MacLean, acting director of the International Cupping Therapy Association: "When people get the treatment and they recover really fast, they don't care about the scientific evidence — they just care that it works."

The following anecdotal success story was reported by Desert News Utah: "It works for 33-year-old Maria, who was at Master Lu's ... for acupuncture and cupping therapy for several herniated discs in her lower back. She said she's tried many options, but the pain gets so bad at times, she can't move. 'As soon as I had it done, it was immediate relief,' she said. 'I never went back to anything else.'

Maria ... injured her back lifting and moving a lot of boxes. She said that in addition to immediate and long-lasting pain relief, the acupuncture and cupping procedure is 'relaxing' to go through. She will have about three appointments within the week and then not need to return until pain flares up again from overuse, Lu said."

Are You Ready to Try Cupping? Cupping is easy to do, but I would strongly recommend going to a trained TCM practitioner. Licensed doctors of TCM have a minimum of 3,000 hours of training and know how to perform cupping safely and effectively. Avoid “wanna-be’s” that have been to a weekend training course and then inflict themselves on unsuspecting patrons.

Care to avoid excessive suction must be taken when treating certain areas of the body. While your back and thighs can safely handle heavy suction, it could be risky to cup certain areas of your neck, for example, unless you know what you're doing.

Cupping is also not done on your head or face, so if you have a headache, you would typically treat your neck, shoulder and/or back muscles; the cups would NOT be placed on the temples or forehead. Cupping is also contraindicated for certain serious health conditions.

So, could cupping work for you? You’ll simply have to try it before writing it off. Studies and anecdotal evidence suggest cupping can be a helpful adjunct to other therapies for pain. In some cases it may even work as a stand-alone treatment, although this is not the norm. The good news is, if it works, you’ll notice a difference. And if it doesn’t, no harm will come to you.

The procedure itself is typically painless (provided excessive suction is not used), and the bruises — which indicate that stagnant blood has been drawn from the tissue to the surface — will typically disappear within days. If blood stagnation is not an issue, you will not experience any bruising at all.

http://tiny.cc/yrzdly

CUPPING IS ALL THE RAGE! AN UNDERSTANDABLE EXPLANATION

Barbara Borchart from Inspired Holistic Therapies explains “Olympic athletes are exposing their cupping marks! What's it all about? The American news media explains it the best they can, having no knowledge of the depth of Chinese Medicine. And yes, without an understanding of the inner workings of the body and Qi (life force energy) which is the foundation of Chinese Medicine, it is hard to understand how cupping and/or Acupuncture can make a difference.”

I like to explain cupping as "taking the trash to the curb". We understand the functions of the lymphatic system as the body’s "garbage disposal” service in the body. Cupping pulls toxins and stuck energy to just under the surface of the skin - where the lymphatic system flows like a river, ready to transport the garbage to the body's disposal sites, i.e. the bowels and urinary system. The cupping pulls the toxins out, clearing space for a fresh supply of blood and nutrients.
to the area - allowing for pain relief, quicker healing times and stronger tissues.

My patients love it! Is it for everyone, certainly not, but those who experience it are thrilled with the results. Stress relief, pain relief, faster healing times! Cupping is only one of the many techniques used by Licensed Chinese Medicine Professionals to bring harmony, balance and wholeness to our patients.

Good Morning America had this 3 minute clip online: http://abcnews.go.com/GMA/video/cupping-therapy-solution-pain-41221156

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

SELENIUM SUPPLEMENTATION FOUND TO DECREASE RISK OF DEATH FROM CANCER BY 50 PERCENT

Western medicine has got to catch up with the rest of the world. For example, did you know that an organic compound of selenium has been shown to cut the risk of cancer by 50 percent?!

An organic compound of selenium (Se), L-selenomethionine, has been shown in studies to literally halve your chances of dying from cancer, slashing the risk of cancer by an amazing 50 percent. L-selenomethionine is one of three forms of selenium shown to play a role in preventing, and even halting, cancer in humans.

While the different forms of organic and inorganic selenium – and the ways in which they work to prevent cancer – can seem complicated, you don’t have to be a biochemist to benefit from supplementation with this vital trace mineral.


THANKS TO THOSE WHO HAVE PURCHASED MY BOOK

I wish to thank all those individuals who have purchased my book, and I hope you are enjoying the information. Since the book was published I have read four more books on the mysterious nature of water and how water is so essential for every biological and biochemical process that occurs in the body, and the new information further convinces me that my original theory about the mysterious undiscovered organ in the body that controls and regulates the enigmatic water in our body is correct. Water makes up about 70% of our body wt/wt and 99% molecule/molecule.

Incredibly, physiologists incorrectly assume that water does not play a part in our biochemistry, but is only the inert material in the background. While ATP is given the credit for energy production for nearly every biochemical reaction that occurs in our body, the reality is the hydrolysis of water (in the presence of ATP) is really where the energy comes from. The take-home message is DRINK MORE WATER, and your health will prosper.

The book can be purchased from the Clinic or over the internet by clicking the following link:

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