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.

ACUPUNCTURE SHOWN TO BOOST FERTILITY BETTER THAN MEDICATION

Infertility is a systemic health issue that many couples do not understand and have a hard time talking about. When a woman is ready to conceive, her heart is passionately involved because she has committed all her love to courageously bringing new life into the world. When she struggles to conceive, she feels inadequate.

A woman's ability to conceive relies on a well-functioning endocrine system that naturally regulates a delicate balance of hormones within the body. With so many industrial toxins and endocrine disrupting
chemicals warring against her natural chemistry inside, hormone levels can be disrupted, suppressed, or artificially increased, sending conflicting messages and changing how the glands function altogether.

The gland exclusive to her gender, the ovaries, rely on a natural balance of progesterone and three oestrogens, oestradiol, oestrone, and oestriol. The right balance of these hormones is necessary for healthy development during puberty and to ensure healthy fertility.

Likewise, her pituitary gland secretes a hormone called prolactin, which not only regulates metabolism, the immune system and pancreatic development, but it is also responsible for mating, nursing, oestrogen production, and the all-important function of ovulation. Due to external factors, some women have high levels of prolactin, preventing them from conceiving.

Exposure to pesticides, herbicides, heavy metals, and industrial pollutants is a major risk factor harming fertility because these elements interfere with natural hormone balance. In conjunction with these external chemical factors, are emotional stressors. The more a woman fights to conceive with no results, the more her emotions are strained, further restricting her.

Acupuncture is safer, twice as effective for restoring fertility than current drugs
Women who are looking to conceive should consider acupuncture treatments. Chinese researchers are discovering powerful ways to "jumpstart" the meridians on a woman's body to accelerate the process of natural hormone balancing in the body. Acupuncture techniques can be applied more effectively than drugs to boost fertility with no negative results or side effects. Acupuncture is a healing art derived from ancient Chinese medicine and involves the application of fine needles, inserted at specific locations on the body, to stimulate the body's natural healing processes.

An investigation led by Dr. Zhiguang Hu at the Mawangdui Hospital in Hunan Province finds that acupuncture techniques can increase a woman's chances of pregnancy by 43.3 percent. In the study, acupuncture was twice more effective than pharmaceutical treatments. The women benefited the most when given a 30 minute acupuncture session each day during their menstrual cycle.

The researchers noted that acupuncture had a "significant advantage" over the pharmaceutical method because the drugs had a "high adverse effect rate". At least 63 percent of women using fertility drugs experienced problematic side effects. There were no problems with acupuncture, and the healing art proved to be twice as effective for normalising hormone levels, helping women ovulate. Lead researcher, Dr. Zhiguang Hu said, "One important mechanism responsible for the fertility treatment success with acupuncture is hormonal regulation."

In fact, within two weeks acupuncture helped normalise the body's prolactin levels. Dr. Hu said that acupuncture stimulated a "faster homeostatic response for prolactin production in women with hyperprolactinemia." Women with hyperprolactinemia have abnormally high levels of prolactin. Too much prolactin interferes with a woman's menstrual cycle and causes issues with reproduction. IVF treatments, including bromocriptine, or bromocriptine plus clomiphene, showed some results in four weeks, but caused lingering negative effects.

Dr. Hu concludes, "Overall there is a wealth of information indicating that acupuncture is successful in promoting reproductive health. Pregnancy rates increase accompanied by measurable improvements in hormonal regulation." http://tiny.cc/f5v5iy

ACUPUNCTURE FOR PAIN COMPETES WITH MORPHINE IN SHOCK NEW STUDY
Acupuncture has been recognised by the World Health Organization since 1996 as a safe and effective treatment for a range of complaints, including pain and discomfort. Unfortunately, its use in a hospital setting, where patients usually must take whatever treatment they can get, is still very rare. But an amazing new study in the American Journal of Emergency Medicine will hopefully change more attitudes towards the practice.

Entitled Acupuncture vs intravenous morphine in the management of acute pain in the ED (emergency department), the study involved 300 individuals, with 150 in the acupuncture group and 150 in the morphine group used as a control. The only significant difference between the two groups was that there were more abdominal pain cases in the morphine group, and more lower back pain cases in the acupuncture group.

What Was Significant? The Results!
The acupuncture group had a 92% success rate, compared to the 78% success rate in the morphine group. Average resolution time was 16 minutes in the acupuncture group, against 28 minutes for those receiving morphine; both this and the success rate difference were clinically significant. This means that
the acupuncture was responsible for the superior effects.

From the 5-minute point, the acupuncture group reported a clinically significant, greater drop in pain scores, which lasted for the entire study period of one hour. Heart rate, breathing, blood pressure, and blood oxygen levels were not significantly affected in either group. However, there was still a more than noticeable difference in side effects.

The morphine group reported a total of 85 negative side effects, with the vast majority of these being dizziness, nausea, and vomiting.

Only 4 negative effects were reported in the acupuncture group; 3 of these were needle breakage and 1 was a patient fainting (four fainted in the morphine group).

**The conclusion to this study was that acupuncture is safer than and at least as effective as intravenous morphine;** it can be used to control acute pain in those presenting to emergency departments; and more research should be conducted on international populations to strengthen the evidence base.

“This article provides an update on one of the oldest pain relief techniques (acupuncture) that could find a central place in the management of acute care settings. This should be considered especially in today’s increasingly complicated and poly-medicated patients to avoid adverse drug reactions,” the study concluded.

**But That’s Not All!** The World Health Organization reports that a number of other studies have shown acupuncture to be effective for pain, among other symptoms, in a range of conditions from ulcerative colitis to tennis elbow to rheumatoid arthritis and neck pain – with little to no side effects.

It is estimated that 69,000 people die every year from opioid overdose, partly because of the risk of addiction. Opioids can cause respiratory depression, as well as sedation, dizziness, nausea, vomiting, and constipation. Hypersensitivity to pain, muscle rigidity, immune and hormonal dysfunction are less common side-effects.

Overall, the use of acupuncture instead of opioids, or to reduce the usage of them, in hospitals should be taken more seriously. It is a safe and effective treatment – not crazy pseudoscience.

http://tiny.cc/m5v5iy

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**JOHNSON & JOHNSON HID TALCUM POWDER LINK TO OVARIAN CANCER FOR 40 YEARS**

On May 2, 2016, jurors awarded Gloria Ristesund $55 million in damages. Ristesund, who was diagnosed with ovarian cancer in 2011, had used J&J’s talcum products for 40 years.

After her hysterectomy, doctors did indeed find talcum powder in her ovarian tissue. According to the Huffington Post, internal documents and memos sealed the deal for jurors in this case as well, proving the company “tried to cover up and influence the boards that regulate cosmetics.”

Talcum powder is a magnesium trisilicate mineral. In the 1970s, concerns were raised when talc was found to contain cancer-causing asbestos. In 1973, it was written into law that all talcum powders must be asbestos-free. However, the ovarian cancer connection is actually not related to the asbestos but is an independent risk factor. As reported by the Huffington Post: “In 1993, the U.S. National Toxicology Program (NTP) published a study on the toxicity of non-asbestiform talc and found clear evidence of carcinogenic activity. Talc was found to be a carcinogen, with or without the presence of asbestos-like fibers.

In response to the federal NTP study, the Cosmetic Toiletry and Fragrance Association formed the Talc Interested Party Task Force (TIPTF). Johnson & Johnson was a member of the trade lobby and was the primary actor and contributors of TIPTF. The stated purpose of TIPTF was to pool financial resources of these companies in an effort to collectively defend talc use and to prevent regulation of any type over this industry.”

As many other dangerous industries (e.g. tobacco, vaccination, asbestos), have done TIPTF hired scientists to produce biased research that was then used to give consumers a false sense of security.

**J&J has a long history of malfeasance.** You may be surprised to realize that J&J actually has a long history of corporate malfeasance. AllBusiness.com named J&J as one of the Top 100 Corporate Criminals of the 1990s for deliberately destroying documents related to a criminal investigation of one its products. In the last three years alone the company has spent more than $5 billion to settle lawsuits related to its products.

2010 was a particularly bad year for J&J. First it was discovered the company hid drug manufacturing
problems, and instead of recalling its defective Motrin tablets, it sent undercover agents disguised as regular shoppers to buy up remaining stock.

That same year, the government of British Columbia, Canada, filed suit against J&J, claiming they aggressively marketed the Ortho Evra contraception patch without disclosing serious side effects like blood clots, pulmonary embolism, strokes, heart attacks and deep vein thrombosis. The U.S. Department of Justice (DOJ) also accused the company of paying tens of millions of dollars in kickbacks to Omnicare Inc. Investigations also revealed J&J’s No More Tears baby shampoo contained two potentially cancer-causing chemicals: quaternium-15, which releases formaldehyde (a skin, eye and respiratory irritant, and a known carcinogen), and 1,4-dioxane, known to be a likely carcinogen. After several years of pressure from consumer advocates, J&J finally removed these dangerous ingredients from its baby shampoo in 2014.

**HOW BIASED RESEARCH DRIVES YOUR HEALTH CARE**

The peer review process may not be as valuable to study conclusions as is generally believed. In his evaluation of the accuracy of research, lead author Dr. John Ioannidis enters into a lengthy appraisal of the development, bias and criteria used in current scientific research that has guided physician decisions regarding medication, surgery and other treatment modalities. What he found was disheartening.

Ioannidis assessed 49 of the more highly regarded findings in medicine over the previous 13 years. These were papers that were widely cited in research and appeared in professional journals. These particular papers also led to treatments such as postmenopausal hormone-replacement, and using coronary stents and low-dose aspirin to prevent heart attacks.

With these 49 articles, Ioannidis determined that 45 claimed to uncover effective interventions, 34 of those claims had been retested and 14 were convincingly determined to be wrong or exaggerated. In essence, nearly one-third of what the medical community believed was the best research was actually wrong. If nearly one-third of all primary research is untrustworthy, and many researchers are only building on previous findings, that percentage may be drastically higher. Ioannidis believes these problems with medical research could be solved if people stopped expecting science to be right all the time. Science and medicine are practiced and are akin to an art form. Science is the systematic organization of a body of knowledge, and not a mathematical certainty.

It requires being wrong, with mistakes openly discussed and evaluated, to move knowledge forward. When research is disguised as success to forward a career, then all of humanity suffers. Until careers are not contingent on producing "correct" research, then scientists will likely opt to continue to deliver results that further their lifetime contribution and do not jeopardize their potential future career.

**BOOK SUCCESS**

Thanks for all of the positive comments and feedback from those individuals who have purchased my book about the new organs recently discovered by science, including the Gut Microbiome, the Primo Vascular System and the omnipresent Connective Tissue Metasystem aka San Jiao or the Triple Energizer. This original entertaining easy-reading book can be purchased from the link: [http://www.book2look.com/book/mcQRmCSDng](http://www.book2look.com/book/mcQRmCSDng)

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