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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EFFORTS UNDERWAY TO BRING 3BP INTO CANCER TREATMENT CENTERS

As it happens, Dr Mercola is currently in discussion with brilliant Korean biochemist, Young Ko, Ph.D. to see if we can make this therapy available to the public. My best strategy to make it widely available is to have Cancer Treatment Centers of America (CTCA), who initially refused her request to take it on. I'm going to see if I can convince them that this is something they need to integrate into their program, or at least offer it as an option. Granted, 3-bromopyruvate (3BP) is not a magic pill. But it needs to be made available.
Naturally, the foundational aspect that must be addressed for the treatment of cancer is the metabolic mitochondrial defect, which involves radically reducing the non-fiber carbohydrates in your diet, and increasing high quality fats to maybe 85 percent of your dietary calories, along with a moderate amount of high quality protein, as excessive protein can also trigger cancer growth.

That’s really the solution. If you don’t do that, 3BP probably will not work. However, I believe that if you’re on a ketogenic diet and you add 3BP, you can likely reverse just about any cancer. That’s my current impression. It may be flawed, and I will revise it as necessary, but everything I’ve seen points in that direction. Travis agrees, saying: "Absolutely. It looks like the dietary therapies, like nutritional ketosis is a foundation of this therapeutic approach, because it does incredible things to the body where it differentiates between cancer cells and normal cells.

When you switch from glucose metabolism to ketone metabolism, you put energetic pressure on the cancer cells because they have to burn ketones in mitochondria, which is something they don’t have much of. They’re put under this energetic pressure, and they’re put under oxidative stress. Whereas the same time, normal cells are given better fuel, oxidative pressure is reversed, they generate more antioxidants, and so forth.

We’ve noticed that once you put people under this dietary state, everything becomes more effective, even traditional chemotherapy and radiation. At the same time, you’re mitigating side effects because healthy tissues are able to withstand the toxic payload from traditional chemotherapy. But the exciting thing is you add on these other metabolic therapies, their synergistic mechanisms overlap."

http://tiny.cc/46aejy

**PROMISING RESEARCH OFFERS NEW HOPE IN UNDERSTANDING AND TREATING AUTISM**

Promising Research Offers New Hope in Understanding and Treating Autism.

“A new government survey of parents suggests that 1 in 45 children, ages 3 through 17, have been diagnosed with autism spectrum disorder (ASD). This is notably higher than the official government estimate of 1 in 68 American children with autism, by the Centers for Disease Control and Prevention (CDC).”

For most parents, a diagnosis of autism can be a terrifying prospect. Not only will the child require extra care and extensive therapy, potentially straining financial resources and relationships, but will also demand significant emotional, physical and mental fortitude from the parents. More often than not, this commitment is for an entire lifetime because these kids don’t turn 18 and suddenly become independent and self-sufficient. Have a look at any message board about special needs children and you will find comments like: “I’m barely keeping my head above water” or “I don’t know how much more I can take,” “I’m irritable — always,” “I had to go on antidepressants just to cope,” along with remarks about extreme stress, exhaustion, burnout and marriages falling apart. For parents, the demands are exceptional — and the reality is oftentimes harsh.

Frequently, families struggling with autism also share another characteristic: a keen eye for the latest scientific research that has the potential to help their children. It very well may be a lifelong search, but two recent breakthroughs show promise and have given parents of autistic children newfound hope.

**A major discovery in understanding autism**

Late in 2015, scientists found, for the first time, a direct link between autistic behaviour and a type of brain chemical responsible for communicating information between nerve cells. Published in the journal Current Biology, Harvard and MIT researchers discovered that many of the symptoms stemming from autism appear to be directly linked with issues utilising gamma-aminobutyric acid, or GABA, a neurotransmitter that inhibits brain cells from becoming overwhelmed by sensory information.

Writes Julia Luri in “Scientists Just Made a Major Breakthrough in Understanding Autism”: “For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out, and everything changes. To someone who doesn’t understand growth, it would look like complete destruction.” – Cynthia Occelli

Moreover, Robertson notes that approximately 25% of those with autism also have epilepsy, which is the result of “runaway excitation in the brain.” She adds, “It’s not that there’s no GABA in the brain. It’s that there’s some step along that pathway that’s broken.” Put another way, an autistic brain has adequate levels of GABA, but the problem lies as to the way it’s used or processed.

GABA is known for inhibiting all kinds of sensory stimulation. The research team hopes to develop a drug in the future that improves the utilisation of GABA in the brain, which in turn would help reduce the sensory symptoms of autism. While parents are
waiting for further research and development on the GABA front, another encouraging treatment is creating waves in the autism community — and it’s readily available today.

**Compound in broccoli may help ease symptoms of autism**

A trial published in the journal PNAS found the phytochemical sulforaphane (derived from broccoli sprouts) significantly improved social interaction, behaviour and verbal communication in young men (aged 13-27) with moderate to severe autism spectrum disorder (ASD). Over the course of 18 weeks, 29 young men were given daily oral administrations of sulforaphane, while 15 participants received a placebo, during the placebo-controlled, double-blind, randomised trial.

By the fourth week, parent’s reported that many of the boys taking the extract began to demonstrate improvements in repetitive behaviour, hyperactivity, irritability and communication. The study staff, unaware of who was receiving the extract or placebo, also noticed similar changes.

An impressive 46 percent of the sulforaphane group experienced improved social interactions by the eighteenth week, 42 percent were making strides in verbal communication, and 54 percent exhibited reduced “aberrant” behaviour.

None in the placebo group experienced improvement in social interactions or verbal communications, but nine percent did show improvement in aberrant behaviour, the study reported.

As noted by the research team: “Dietary sulforaphane, of recognised low toxicity, was selected for its capacity to reverse abnormalities that have been associated with ASD, including oxidative stress and lower antioxidant capacity, depressed glutathione synthesis, reduced mitochondrial function and oxidative phosphorylation, increased lipid peroxidation, and neuroinflammation.”

However, two of the young men on sulforaphane did experience seizures. Both had a history of epilepsy, so the compound isn’t necessarily to blame. But “it’s still a possible risk that should be studied,” Dr. Paul Wang, head of medical research for the non-profit Autism Speaks, told CBS News.

Conflict of interest statement: U.S. patent applications have been filed by The Johns Hopkins University (inventors K.D.S., P.T., and A.W.Z.). P.T. and A.W.Z. have divested themselves from all potential financial benefits. The sulforaphane-rich broccoli sprout extract is not a commercial product. Broccoli sprouts and seeds rich in glucosinolates have been licensed by Johns Hopkins to Brassica Protection Products LLC (A. Talalay, son of P.T., is chief executive officer). 
http://tiny.cc/p7aejy

**FRAUD AND DECEPTION LEAD TO THE VILIFICATION OF HEALTHY SATURATED FAT**

In 1953, Ancel Keys, Ph.D. published a seminal paper that led to a later study that served as the basis for nearly all of the initial scientific support for the so-called "diet-heart hypothesis." Conducted from 1958 to 1970, and known as the Seven Countries Study, this research ERRONEOUSLY linked the consumption of dietary fat to coronary heart disease.

What you may not know is that when Keys published his analysis that claimed to prove the link between dietary fats and heart disease, he selectively analyzed information from only seven countries to prove his correlation, rather than comparing all the data available at the time — from 22 countries. If he had been honest, the unnecessary vilification of healthy saturated fats would never have occurred, and the disease epidemic of today would not exist.
http://tiny.cc/gabejy

**WHAT’S BETTER THAN CARB LOADING?**

Endurance athletes have been told for decades that carb loading is necessary to perform at the top. To suggest otherwise has long been regarded as heresy — or at the very least as foolish. But, quietly, many athletes got wind of a new type of diet — a high fat, low net carbs (total carbs minus fiber) diet — that was fueling the fittest among them. Many top athletes quickly became converts, trading bowls of pasta and oatmeal for eggs and avocados.

As the performance improved, along with their health, most athletes kept quiet, following their seemingly sacrilegious diet in the closet. Some didn’t tell because they wanted to avoid potential backlash, but many others wanted to keep their newfound diet a secret — why tip off competitors that eating a high-fat, low-net-carbs diet was giving them a major competitive edge?

In the documentary film "Cereal Killers 2", you can watch world-class triathlete Sami Inkinen’s story firsthand. Once teetering on the edge of diabetes, Inkinen learned that by changing his diet he could switch from burning sugar to burning fat as fuel, and
What's Wrong With Carb Loading?
The idea behind carb-loading is to saturate yourself with carbs so your muscles will have plenty of glycogen to use as fuel while you exercise. Carbs are stored in your muscles and liver in the form of glycogen, which your body uses as fuel. Once this fuel runs out, fatigue sets in and your performance suffers.

Carb loading helps to increase your glycogen stores so that you'll have more energy and be able to run farther before running out of fuel. However, if you’re burning carbs as your primary source of fuel, you'll still need to refuel during a marathon.

This is why you'll hear Inkinen’s wife Meredith explain how she was convinced to eat oatmeal prior to cycling events and then to consume carb-rich energy gels during the race to prevent bonking (a slang term for "hitting the wall" or running out of energy during endurance events).

Bonking is a common problem when you rely on sugars for fuel. The fact that you still may need to refuel your body in the midst of the event, even after carb loading prior to it, makes the notion of carb loading rather redundant and unnecessary, but that's beside the point.

As Meredith noted, she hated the way the gels made her feel, and there's a fundamental reason for this. Carb loading may temporarily increase exercise performance, but these benefits may be canceled out by water weight gain (your body stores water with carbs) and bothersome digestive symptoms. Not to mention, there's a far better fuel for your body — during endurance events and even casual exercise — fat.

Why Your Body Thrives When Using Fat as Fuel
Only when your glycogen stores are depleted will your body move to using fat as its fuel. And it's this fat-adapted state that results in improved energy utilization and other benefits, such as stem cell regeneration and tissue repair, along with decreased body fat, reduced inflammation, and increased insulin sensitivity.

If you carb load prior to exercise, you will actually be inhibiting fat burning and many of the metabolic benefits of exercise, even if it enhances your performance temporarily.

It doesn't matter if you're an athlete or not — your body will thrive when using fat as fuel. This was demonstrated in the first "Cereal Killers" film, which was released in 2014. http://tiny.cc/w7aejy

SUPPOSEDLY 'INERT' INGREDIENT POLYETHOXYLATED TALLOWAMINE (POEA) 2,000 TIMES MORE TOXIC THAN GLYPHOSATE
POEA (polyethoxylated tallow amine), a major adjuvant surfactant in Roundup, has been shown to be cytotoxic (toxic to cells) at doses far lower than glyphosate itself. Unfortunately, most regulatory bodies regard POEA as inert, requiring no risk assessment, even as research suggests otherwise.

The International Journal of Environmental Research and Public Health study found POEA was between 1,200 and 2,000 times more toxic than glyphosate alone, which highlights the problems with letting so-called inert ingredients escape regulatory scrutiny.

In 2014, the Institute of Science in Society (ISIS) reported: "The major adjuvant POEA in glyphosate Roundup formulations is by far the most cytotoxic for human cells, ahead of glyphosate and its metabolite. It also amplifies the toxic effects of glyphosate ..."
http://tiny.cc/i8aejy

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