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ANTRAC WELLNESS Newsletter_080

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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 schedule an appointment give us a call on 4636 6100.

HEARTBURN DRUGS LINKED TO KIDNEY DAMAGE IN 50 PERCENT OF PATIENTS WITH NO WARNING SIGNS

Heartburn drugs like, Prevacid, Nexium and Prilosec are being consumed by up to 50 percent of all individuals suffering from acid reflux – and with big pharma pushing these ‘remedies’ – it’s no wonder why these medications have become household names. Here is a major warning about heartburn drugs: The problems can develop “silently”. In a five-year study of 125,000 patients published in Kidney International, researchers at Washington University School of
Many natural health experts point out that heartburn typically results from too little stomach acid, rather than too much – and that PPIs can actually worsen the problem.

You may be able to ease heartburn and acid reflux with simple dietary and lifestyle changes – such as avoiding processed foods, eating smaller meals, chewing food well and avoiding smoking and excessive drinking. Eating healthy amounts of vegetables and high-quality organic unprocessed foods can help restore natural gastric balance, while consuming fermented foods – such as sauerkraut, miso soup and kimchi – can help balance the H. pylori bacterium that can contribute to reflux. Natural, time-honored remedies for heartburn include unfiltered apple cider vinegar, baking soda, ginger root tea, chamomile tea and slippery elm.

Of course, you shouldn’t stop or substitute any prescribed medication without first discussing it with your healthcare provider. The best advice on PPIs comes from Dr. Kenneth DeVault, president of the American College of Gastroenterology. “If you don’t need these medications, you shouldn’t take them,” advises DeVault. Reference: http://www.naturalhealth365.com/heartburn-drugs-kidney-damage-2250.html

**COLLOIDAL SILVER: ANOTHER ANCIENT ANTIBIOTIC ALTERNATIVE**

Silver has been used medicinally since ancient times, including in ancient Egypt, Greece and Rome. It’s often referred to as the world’s oldest antibiotic for this reason. Hippocrates was actually one of the first to describe its antimicrobial properties in 400 B.C.

Long ago, people would store their food in silver vessels to prevent contamination, and during the Middle Ages wealthy people would eat with silver utensils to reduce the risk of illness (this is why eating utensils are often referred to as silverware). Over the past few years, several studies have demonstrated the fact that silver is indeed one of the most effective agents in the battle against antibiotic-resistant superbugs.

In 2013, a study even found that low doses of silver can make antibiotics up to 1,000 times more effective and may even allow an antibiotic to successfully combat otherwise antibiotic-resistant bacteria.

By adding a small amount of silver to an antibiotic, a powerful synergism occurred, and a urinary tract infection caused by tetracycline-resistant E. coli was successfully eradicated. Silver also helped save the
lives of 90 percent of mice suffering with a life-threatening abdominal inflammation by adding it to the antibiotic vancomycin.

Why does silver work against antibiotic-resistant disease? Silver interferes with bacteria’s metabolism, increasing production of reactive oxygen species (ROS), which are products of normal metabolic processes in your body that, in excess, can damage cell membranes and DNA.

Many antibiotics are believed to kill bacteria by producing ROS compounds, and researchers found that adding a small amount of silver boosted the antibiotic’s ability to kill anywhere from 10 to 1,000 times more bacteria. In addition, silver makes the bacteria's cell membrane more permeable.

This may explain the beneficial effect of silver on gram-negative bacteria, the cells of which are often impenetrable to antibiotics due to the molecular size of the drugs. Reference: http://tiny.cc/wshely

**PROBIOTICS PROVEN TO AID WEIGHT LOSS AND BODY FAT REDUCTION**

Our gut’s probiotics have everything to do with our ability to lose weight. Ever wonder why some people seem to have more inflammation, fatigue and obesity than others despite their best efforts? Recent research confirms this is related to the diversity of our gut’s probiotic bacteria.

In other words, the science has continued to discover that obesity is related to our gut’s microbiome. And studies have now found that probiotic supplementation can help us lose weight.

The most recent study comes from Finland’s University of Helsinki. Here researchers tested 225 adult volunteers who had BMIs (body mass index) ranging from 28 to 35. They divided the subjects into groups. Those given a probiotic supplement consisting of 13-14 billion CFUs of *Bifidobacterium lactis* (B420) per day. Others were given a placebo. The researchers found the probiotic supplementation resulted in a 4.5 percent reduction in body fat mass compared to the placebo group. The probiotic group also had significant reductions in waist circumference, with an average of 2.4 percent.

A 2013 study from Japan tested 210 overweight adults. They divided the people into two groups. One group was given a placebo and the other was given a fermented milk with 100 million CFUs of *Lactobacillus gasseri* (SBT2055). The treatment lasted for 12 weeks.

The subjects’ abdominal visceral fat regions were measured with computed tomography at the beginning and the end of the treatment period. They also measured body mass index, body fat mass and waist and hip circumferences. The researchers found the probiotic treatment reduced visceral fat by 8.2 percent. They also had reduced BMI and waist and hip circumferences at the end of the study.

It appears that greater probiotic diversity leads to lower risk of obesity. Human clinical research from France has found that the more genetic diversity our gut bacteria have, the lower our tendency for inflammation, obesity and metabolic dysfunction.

The research comes from France’s Institut National de la Recherche Agronomique (National Institute of Agronomic Research or INRA). In a study that culminated from a decade of progressive research linking probiotics to obesity, over 75 prominent European researchers assembled to gather and analyse the data from 292 patients.

The researchers tested 123 obese Danish people, along with 169 non-obese Danes. They conducted medical examinations on each individual, measuring not only their weight and body fat, but their level of insulin resistance, cholesterol levels, cardiovascular condition and general inflammation parameters.

The researchers also tested the makeup of each individual’s gut bacteria which was done through DNA analysis, which tests the genetic diversity of the probiotic bacteria living within the gut.

The research found that 23% of the entire group of 292 had low levels of diversity – which the researchers referred to as “bacterial richness.” This 23% had an average of 380,000 genes, while the average gene count of those with more diverse bacteria had a count of 640,000 genes on average. More importantly, the researchers found that those with lower probiotic diversity had significantly greater levels of obesity, higher cholesterol levels, more insulin resistance and a greater level of inflammatory conditions.

Those with lower levels of probiotic diversity also would struggle more with their weight. The researchers noted: “The obese individuals were among the lower bacterial richness group and were also more likely to gain more weight over time.”

In their investigation of the strains of probiotics that directly led to greater probiotic diversity, the researchers found that the species of *Faecalibacterium*, *Bifidobacterium*, and *Lactobacillus* were associated with greater gene microbiota
diversity. They also found that pathogenic microorganism genus such as *Bacteroides* and *Ruminococcus* were linked to lower levels of genetic diversity.

It should be added that the former group of probiotic bacteria have been linked in other research to being anti-inflammatory, while those in the second (pathogenic) group have been associated in other research as being pro-inflammatory microorganisms. Reference: http://tiny.cc/othely

**MENTAL HEALTH MAY DEPEND ON THE HEALTH OF YOUR GUT FLORA**

New research has confirmed that mice without microbes in their intestines are unable to recognize other mice around them. When the intestines of germ-free mice were colonized with bacteria from other mice, they took on aspects of the donor’s personality.

Probiotics alter brain function in adults in regions linked to emotion and sensation. Nourishing your gut health with fermented foods is vital to nourishing your mental and emotional health.

John Cryan from the University College Cork in Ireland, believes beneficial microbes could one day be used to treat mental health problems in humans. He dubbed the compounds "psychobiotics." He told *Scientific American* "That dietary treatments could be used as either adjunct or sole therapy for mood disorders is not beyond the realm of possibility."

Interesting research led by microbiologist Premsyl Bercik and gastroenterologist Stephen Collins also found that when the intestines of germ-free mice were colonized with bacteria from other mice, they took on aspects of the donor’s personality. Other research shows that women who had high prolonged fevers during pregnancy are more likely to have children with autism. The finding held up in mice, too, and the MIA (maternal immune activation) mice were also found to have leaky intestines and abnormal microbiomes – a common occurrence in children with autism as well.

Of particular importance, when the MIA mice were treated with a microbe called *Bacteroides fragilis*, their gut permeability was corrected and many of their behavioral symptoms went away. According to the researchers "...these findings support a gut-microbiome-brain connection in a mouse model of ASD [autism spectrum disorder] and identify a potential probiotic therapy for GI and particular behavioral symptoms in human neurodevelopmental disorders." Reference: http://tiny.cc/buhely

**USING WATER AS MEDICINE**

Author Alex Jordon advises, “Drinking water on an empty stomach first thing in the morning is a new trend which is suggested by Japanese medical experts. And research has been shown that you would get lots of health benefits by doing this.

Drink four 6 oz. glasses of water once you wake up in the morning. Eat or drink anything after at least 45 minutes. And once you have had your initial meal, don’t eat anything for 2 hours. Some specific diseases that can be relieved by drinking water on an empty stomach include - High blood pressure, Diabetes, Arthritis, Constipation, Tuberculosis, Heart disease, Headaches, Kidney stone, Throat infections, Body aches and pains, and Gastritis.

Following this simple method will improve your overall health and without any side effects, as water helps keep your body hydrated which is essential to maintain all the functions properly in the body including Water transports oxygen into cells; Boosts metabolism; Moisturises the air in the lungs; Promotes nutrient absorption; Detoxifies the body; Protects the joints. Reference: http://tiny.cc/muhely

This information is for general knowledge only and should not be regarded as medical advice. Of course, you shouldn't stop or substitute any prescribed medication without first discussing it with your healthcare provider.

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