



**New!**

**Welcome** to the Summer edition of HEALTH MATTERS. The warmer weather has arrived and now is the perfect time to reassess our health and lifestyle. Regular, preferably daily exercise is probably the most cost effective method of improving our health, fitness and vitality. Our sleep, mood and anti-ageing hormones all benefit. Now is the perfect time to start with the assistance of:

**ACUPUNCTURE - CHINESE MEDICINE - CUPPING - MASSOTHERAPY**

### Superbugs could erase a century of medical advances

Drug resistant "superbugs" represent one of the gravest threats in the history of medicine, leading experts have warned. Routine operations could become deadly "in the very near future" as bacteria evolve to resist the drugs we use to combat them. This process could erase a century of medical advances, say government doctors in a special editorial in 'The Lancet' health journal. Although the looming threat of antibiotic, or anti-microbial resistance has been known about for years, the new warning reflects growing concern that the NHS and other national health systems will struggle to cope with the rising cost of caring in the "post-antibiotic era". About 35 million antibiotics are prescribed by GPs in England every year. The more the drugs circulate, the more bacteria are able to evolve to resist them. In the past, drug development kept pace with evolving microbes, with a constant production line of new classes of antibiotics. But the drugs have ceased to be profitable and a new class has not been created since 1987. Experts, including England's chief medical officer, Dame Sally Davies, warn that death rates from bacterial

infections "might return to those of the early 20th century". Strategies to combat the rise in resistance include cutting the amount of antibiotics prescribed, improving hospital hygiene and incentivising the pharmaceutical industry to work on novel antibiotics and antibiotic alternatives.

From: Cooper, C: The Independent, Nov. 17, 2013

**Please visit our new website:**

**[www.ryanacupuncturecoolum.com.au](http://www.ryanacupuncturecoolum.com.au)**

**PANAXEA ANTIBIOTICAL** is a **natural** broad-spectrum antibiotic, which can be used alone for minor infections or with a pharmaceutical antibiotic to ensure full removal of bacteria. Antibiotanical supports full elimination of bacteria (incl. virii and fungi) including Bacillus dysenteriae, Staphylococcus aureus and Pseudomonas aeruginosa, Diplococcus pneumonia, E.coli., Salmonella typhi and leptospira a-haemolytic streptococcus, Corynebacterium diphtheria encephalitis B virus and HBsAg influenza virus, herpes virus and dermatopytes, Streptococcus spp, Candida albicans, Bacillus proteus, Vibrio cholera, Mycobacterium tuberculosis, Neisseria meningitides, proteus b-haemolytic strep.

## IAN RYAN

BAC, Dip Hom, Dip Ch, Cert BioM

AHPRA Reg.No. CMR0001730884 Member

AACMA

17 Sammi Court

Coolum Beach Qld

[healthmatters@aapt.net.au](mailto:healthmatters@aapt.net.au)

Established 1997

**5471 6808**

[www.ryanacupuncturecoolum.com.au](http://www.ryanacupuncturecoolum.com.au)

### CONDITIONS TREATED AT HEALTH MATTERS

#### Upper Body

Headache, Hay Fever, Sinusitis, Dizziness, Vertigo, Mouth Ulcers, Tonsillitis, Neck Stiffness & Pain, Bell's Palsy.

#### Chest Area

Bronchitis, Asthma, Intercostal Neuralgia, Coughs and Colds.

#### Abdominal Area

Peptic & Duodenal Ulcers, Colitis, Irritable Bowel Syndrome, Indigestion, Constipation, Nausea, Morning Sickness.

#### Pelvic Area

Menstrual Pain, PID, Cystitis, Endometriosis, Genital Warts, Herpes, Thrush, Infertility, Lower Back Pain.

#### Other

Sports Injuries, Arthritis, Tendonitis, Insomnia, Anxiety, Early Depression, Common Cold, Influenza, Sciatica.