

**Sent:** Tuesday, May 20, 2003 9:56 AM  
**Subject:** Fw: Wellness101 Newsletter No.9

*Dear Aquathin Dealer OnLine, Splash NewsBulletin and Allergic Reaction NewsBulletin Members;*

*As many of you already know, the Wellness 101 link on the Aquathin Website is extremely informative. We read from Customers who especially enjoy the "library" section. Below you will read an invitation to join the Wellness 101 Newsletter. It is free ! I respectfully urge all Aquathin Dealers to include this invitation in each of your presentations. The Aquathin Website is growing rapidly in popularity as a key site for information. The result...people who are comfortable with the free and unbiased quality information they know they can receive on the Aquathin Website ultimately become your Customers ! Soooooooooooooooooo make good use of it !!*

*Warmest regards to all...as well, your comments are always welcome and very much appreciated.*

FOR THE BEST TASTE IN LIFE  
Think Aquathin..AquathinK !!  
Celebrating our 23rd Birthday in 2003 !!!  
(visit the allnew <http://www.aquathin.com>)

"Alfie"  
Alfred J. Lipshultz, President

***P.S. "Splash NewsBulletins", "Forum Q & A" , "Allergic Reaction" , Biz Bank, Tech Bank and Quote Bank... ARE ALL FREE services to all Authorized Aquathin Dealers and their clients to keep you abreast of technology updates and industry news.***

----- Original Message -----

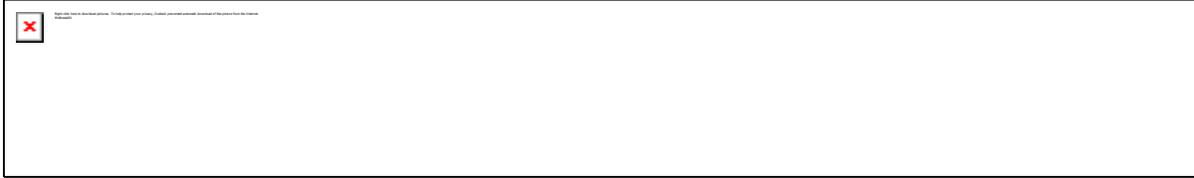
**From:** Richard Furber  
**To:** Richard Furber  
**Sent:** Monday, May 19, 2003 5:03 PM  
**Subject:** Wellness101 Newsletter No.9

Dear Alfie, Aquathin Dealers and Aquathin Customers;

You are all welcome to refer anyone to the [www.wellness101.net](http://www.wellness101.net) site. The demo user name and password are the same: wellness101.

Once inside they can sign up for the no-charge Wellness101 Newsletter.

**Richard Furber**  
**Chairman & CEO**  
**MediMerge Group, L.L.C.**  
76 Summer Street, Manchester, MA 01944  
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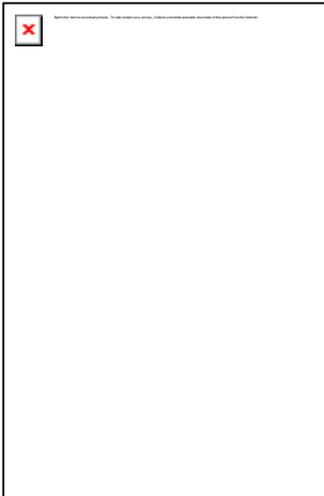
Special Delivery for the MediMerge Advisory Board

Wellness101 Newsletter

May 2003

This month's articles are some of our favorites! They remind us to question all forms of healing with an aim to uncover habit, convention, and superstition, in order to find treatments that can truly benefit us in this modern world.

*Important Events in the History of Complementary and Alternative Medicine*



**Complaint: "Doctor, I have an earache."**

2000 BC: "Here, eat this root."

100 AD: "That root is heathen; say this prayer."

1850AD: "That prayer is superstition; drink this Potion."

1940 AD: "That potion is snake oil; swallow this pill."

1985 AD: "That pill is ineffective; take this antibiotic."

2000 AD: "That antibiotic is artificial: Here, eat this root!"

[Find out more...](#)



*Sickest Patients Expose Health Systems' Flaws*

NEW YORK (Reuters Health) - People with health problems in five English-speaking nations are experiencing "disturbingly high rates" of medical errors, lack of care coordination, poor communication with their doctors and barriers to accessing care, according to a study released Tuesday.

For heavy users of health care services -- whether they live in Australia, Canada, New Zealand, the United Kingdom or the United States -- the problems they encounter with the delivery of services and access to care are strikingly similar, researchers report in the May/June issue of the health policy journal Health Affairs.

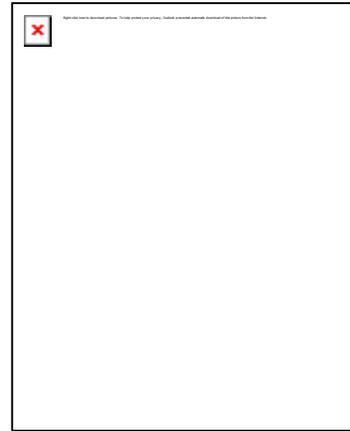
**In This Issue**

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The study is particularly relevant in the current U.S. health care economy, since research over the years has shown the sickest individuals drive a majority of health care spending.

"These findings highlight serious problems with quality of care and wasted resources, making a compelling case for implementing interventions that we know will make a difference, including electronic medical records and computerized systems for physician ordering of prescription drugs," according to Karen Davis, president of the Commonwealth Fund, which participated in the study.

[Read on... »](#)



### *Children of the Stars*

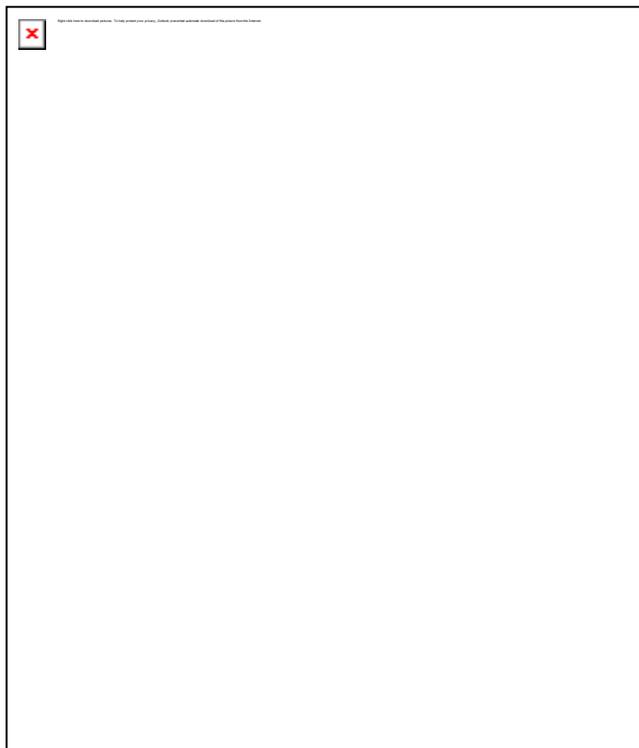


In this age of "Modern Technology" and high speed everything, we have forgotten our true roots. Ask yourself where you truly come from. I am amazed how many people are stumped by this question. This month's bulletin will address this question from a purely physical prospective. We will not be looking at the spiritual side, although we do not discount for a moment the existence of a spirit or soul.

We are comprised of a mixture of most, if not every, element that exists on earth and in the universe in relatively precise amounts. A 140-pound person's composition by weight in pounds is approximately as follows:

1. Oxygen 86
2. Carbon 32
3. Hydrogen 14

[Full Story »](#)



## Finding Out What Works



Author: Drs. Ted Kaptchuk, David Eisenberg and Anthony Komaroff, Harvard Medical

Consumers are not the only ones experimenting with complementary and alternative medicine these days. After shunning CAM for most of the past century, many conventionally trained physicians are now working to assess the worth of nonconventional remedies. Alas, the mission is not as straightforward as it sounds. Western science has developed powerful methods for testing pills and devices, but CAM therapies can pose unique challenges. Appraising them will require not only new studies but, in some cases, more sophisticated ways of designing studies.

[Full Story »](#)



## How Healing Happens

*The most important issue is not how large the effect is in a given experiment, but whether or not the effect exists at all.*

**by Larry Dossey, MD**

For the entire history of the human race, people have believed that healing can take place at a distance. How does healing happen remotely? The short answer is: nobody knows. The reason we don't know how healing happens is that the task is remarkably daunting. We have bumped up against what may be the three most mysterious entities in the universe: consciousness, space, and time. As we shall see, understanding

spiritual or distant healing requires penetrating these mysteries, about which we remain appallingly ignorant.

[More on this topic »](#)



*Learning From China  
Ancient cures from the Middle Kingdom have won  
converts in the West*



"A Western doctor would say you are perfectly healthy, but you are not!" proclaims Nan Lu, a doctor of traditional Chinese medicine in New York's Chinatown. Dr. Lu has just examined a reporter's tongue and taken her pulse--or rather pulses, one for each of 12 organs. The diagnosis: an "energy leak" from the heart, causing insomnia. "The heart governs the mind," Lu explains. "You have too many thoughts. You can't get them out of your brain when you want to sleep." This feels like a palm reading, but the doctor's description is accurate. OK, says the reporter. What's the remedy? According to Lu, it will require acupuncture, qigong (Chinese yoga), meditation, dietary --modifications and

herbal remedies--in short, major lifestyle changes. The journalist leaves with three herbal formulas containing green orange peel, sour-date seed and licorice root along with dozens of exotic ingredients, and promises to come back for a qigong class. Acupuncture? She'll think about it.

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### *Is US Health Really the Best in the World?*



Information concerning the deficiencies of US medical care has been accumulating. The fact that more than 40 million people have no health insurance is well known. The high cost of the health care system is considered to be a deficit, but seems to be tolerated under the assumption that better health results from more expensive care, despite evidence from a few studies indicating that as many as 20% to 30% of patients receive

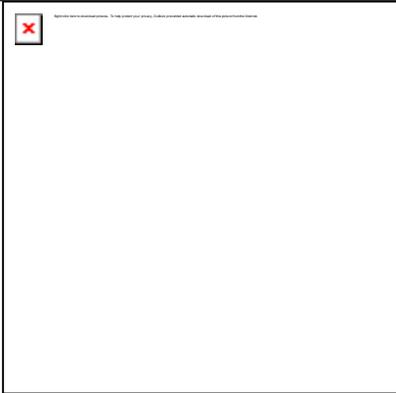
contraindicated care. In addition, with the release of the Institute of Medicine (IOM) report "To Err Is Human," millions of Americans learned, for the first time, that an estimated 44,000 to 98,000 among them die each year as a result of medical errors.

**The fact is that the US population does not have anywhere near the best health in the world. Of 13 countries in a recent comparison, the United States ranks an average of 12th (second from the bottom) for 16 available health indicators.**

[To read on »](#)



### *Respiratory Health Group Says U.S. Air Quality Poor*



**WASHINGTON, DC, May 1, 2003 (ENS)**

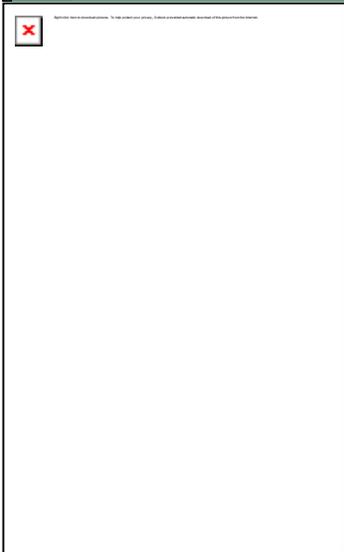
- About half of the U.S. population continues to breathe unhealthy air, and the Bush administration's proposed changes to clean air laws would only make this situation worse, finds a new report from the American Lung Association.

The Bush administration is putting at risk laws that have helped protect public health for 40 years and is putting politics above clean air and public health, said John Kirkwood, president and chief executive officer of the American Lung Association (ALA), one of the nation's oldest and largest public health advocacy

groups.

[For More... »](#)

*Breast Cancer Treatment  
Revisiting Accepted Wisdom*



*The majority of physicians still subscribe to the belief that mastectomy is the "gold standard."*

Regrettably, there has been no significant improvement in the survival of women in 100 years. For an entire century, the mastectomy has been the cornerstone for the management of breast malignancy, even though a review of the data reveals that mortality hardly declined between the years of 1925 and 1990.

Breast cancer is enmeshed in contentious debate. Friction does not revolve solely around techniques, but becomes heated as theories diverge regarding the nature of disease. Inquisitions have been held over contested portraits of reality. As irrefutably as diabetes is a medical rather than surgical problem, breast cancer wobbles across boundaries, straddling internal medicine, surgery, radiology, and oncology.

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