

Dearest Friends,

Health and time are probably the two most important commodities we have. If I am healthy I can be active and use the time I have, to do the things I feel I need to do or want to do.

We started this newsletter in July 2001. In the last 4 years I have dedicated much of my time to research and sharing what we learnt about health matters. We know that health does matter. I have also benefited from this and my health has improved at a steady rate. There are still areas that require attention. Being healthy is a work in progress and there is always scope for improvement.

Sometimes I wonder about the purpose of this newsletter especially in relation to how I utilize my time and energy. Is it for me to discuss health news? Is it for marketing the products we believe in? Is it altruistic? Is it to warn you of the dangers lurking in the world around us? Is it for us to reach out to you and share a part of us? There is probably some truth in all of these. At this moment in time my question is should I continue with this enterprise? It takes a lot of my time and energy and we are reorganizing how we spend our time. We are also in the process of building a website www.appoo.co.uk which will have a lot of information and health news.

With this newsletter I have enclosed a card that has various options. Please do fill it in and send it back.

If I do not hear from you I will assume that you do not want to receive this newsletter. I will then remove you from my mailing list. It will also help me if those of you with internet access send me your email addresses so that I can email the newsletter to you. (this will help with costs and is also environmentally friendly) The continual of this newsletter depends on the demand. We have also been thinking about how to best organize our time so that we can be more creative. I definitely want to spend more time painting, writing and meditating. I am also going to be strict about taking calls about health queries. Please call only between 11 and 6. I am not always able to take all your calls straightaway. We will get back to you as soon as we can.

I have also stopped seeing clients for individual EFT (emotional freedom technique) sessions. I am considering facilitating weekend self help workshops in the near future. Call me if you are interested.

My most common sources for Health Matters

The British Medical Journal
Credence Publications (www.campaignfortruth.com)
What Doctors Don't Tell You (www.wddty.co.uk)
Dr. Mercola (www.mercola.com)
Integrated Cancer and Oncology News and Cancer Active

If you are taking prescription medicine and want to check the safety of the drugs

Easy to use websites are;
www.safemedication.com
www.drugdigest.org
www.mercola.com

You can also ask your doctor to check the MIMS for side effects. They often do not have the time to do this so they may need to be reminded. The Good news - the drugs that have severe side effects (by severe I mean terminal) will need to carry a warning on the boxes in the near future. We forget that most doctors are not aware of the latest research (they do not have the time to trawl through pages of scientific journals) and are under huge amounts of pressure. We can take responsibility for our health and help the doctors by doing some research and letting the doctors know what we want. After all it is the body we inhabit that matters to us. The doctor's health stays the same regardless of the patient's course of action.

Many of you will recall the headlines in July of this year ***of more than 10,00 britons being killed by their medicines every year.*** Many newspapers picked up a study that was printed in the BMJ. 1 in 16 hospital admissions were due to adverse drug reactions, costing the NHS 466 million a year. The most common cause of death was gastrointestinal bleeding caused by aspirin or aspirin reacting to another drug. Other common culprits included anti clotting wafarin and non-steroidal anti-inflammatory drugs. Risky drugs were paracetamol (In 2002 there were 85 paracetamol related deaths in England and wales) Linctus, Antihistamines and decongestants...

I have known about the side effects of many drugs yet I am surprised that people in this country are still being prescribed drugs that are more harmful than beneficial. For eg. Recently Merck said they were withdrawing Rofecoxib (commonly known as Vioxx in this country) because one of its main side effects was increased risk of cardiovascular events including heart attack and stroke. It is a NSIAD (non steroidal anti inflammatory drug) prescribed for arthritis pain.

Other side effects include:

Stomach upset and stomach pain weakness
Excessive tiredness
Lack of energy
Flu like symptoms
Unexplained weight gain
Hoarseness
Chest pain etc.

More and more money is being spent on drug research instead of the prevention of disease. There are people all over the world who experience spontaneous remission of their cancers. This is something that one would logically assume would be of value to researchers. The logic being if something is working it is worth researching. Sadly this is not the case. There are a growing number of childhood cancers and there is no information available to parents on how they can prevent this. Eventually as the price of our indifference and mistakes takes its toll and we will have to change. For some it will be to late...Recently I was discussing the vaccination jab with a friend who is also a grandmother, she very wisely said to me that we cannot interfere with the experience that others have chosen. We choose the experience. So we can go with it and learn from it. Ultimately there is no right or wrong, we simply do the best we can.

OVULATION: It happens more often than you think

Sometimes an obscure medical journal comes up with a discovery that makes you rethink something that we all thought we knew.

Take, for instance, a recent piece in Fertility and Sterility. Now, how often does a woman ovulate? Once every 28 days or so? Wrong, how about three times a month. Canadian researchers monitored 63 women, all of whom had at least two ovulations a month based on follicle activity in the ovaries. This would explain why the rhythm method is so unreliable, and why some women on the pill still become pregnant.

"If it's confirmed we'll have to rewrite the textbooks," said one researcher. You can say that again.

(Source: Fertility and Sterility, 2003; 80: 116-22).

I mean how many doctors know this? How many have the time to find out? I decided a long time ago I was not going to rely on the doctor for the definitive version of how my body functions or what it needs. I decided I was going to trust my intuition at least this way I did not spend my life blaming someone else. I encourage everyone to get in touch with his or her intuition you never know what you may discover. It is also incredibly empowering.

Contrary to popular belief I have yet to come across a doctor who will say to you, "Oops, I gave you the wrong

drug. Or sorry I gave you the right drug but the side effect is damaging or killing you. Sorry I cut the wrong part of you. Gosh the chemo is supposed to work although it rarely did in the past? You can prevent a host of diseases by taking some supplements. I normally wait for my patients to fall very ill before I help them. Keeping you healthy is not my business, but when you are truly diseased I can make every effort to keep you from getting worse but not better... I am sick too and really I do not have a clue how to fix me or you...

The power brokers in science and medicine have always desperately clung to their own ignorance, and still do so today. Fortunately there are also many who walk fearlessly and share their vision.

The Chi Machine, FIR and Cancer By Tricia Courtney Dickens

In my work as a therapist I am often confronted with



clients diagnosed with cancer. During the first session with them it is not unusual to find that we have to do a lot of healing therapy around how they were dealt with by their consultant during the hospital appointment. Its not unusual for the client to be in a complete state of shock exacerbated by the attitude

of the senior health carer which can range from arrogance to cold detachment and lack of compassion, **so when I had the opportunity to go to a conference on cancer, to be attended by a number of the medical profession, I felt compelled to attend.**

The conference in London was organized by Lynne McTaggart, executive director of 'What Doctors Don't Tell You', the UK's most successful health newsletter and author of 'The Field', the book that brought together the findings of quantum physicists and psychics into one coherent science and philosophy.

The 200 delegates were doctors, nurses, physicists and health carers from all over the country and the speakers were eminent in the world of alternate approaches to cancer, like Bill Wolcott, leading authority on Metabolic Typing, David Vaughan, NC with an unsurpassed record of successful cancer treatment using nutrition, Jochen Toedtman, practitioner of New Medicine, Dr Karl Horst Poehlmann one of Germany's most successful doctors treating Cancer, Lothar Hirneise, founder of 'People Against Cancer' in Germany and Dr Patrick Kingsley, a holistic physician based in the UK with a worldwide

reputation for successfully treating all manner of illnesses but primarily cancer and Multiple Sclerosis.

All the speakers agreed that the preferred treatment of cancer involves a four-pronged approach – Nutrition, Detoxing, Emotional/Mental/Spiritual therapy and Energy medicine in its many forms. This includes not only the subtle vibrational medicines we are familiar with but electrical vibrational medicine. This particularly excited me because this is an area I have been researching and working in for some time.

'We are what we eat' has never been truer. Our food lacks the necessary enzymes and vitamins our bodies need to function at optimum. Not only that, as Bill Wolcott was at pains to explain, we are each so individual we are like snowflakes – we all need a nutritional diet designed solely for our particular metabolism. There is no 'one diet fits all', this is where Metabolic Typing comes in, we have to discover the right diet for our particular body chemistry and how to combine proteins, carbohydrates and fats in a ratio that is just right for each one of us.

Detoxing is crucially important. Heavy metals are a scourge of modern living, we are constantly exposed to a high concentration of them in our food products, household products and personal products. Mercury in particular kills natural killer cells, especially from leaking mercury fillings.

Since world war 2 we have an additional 60,000 toxins in our lives. A study was made on an average basket of food from a supermarket, 60 to 80 pesticides were found!! The government didn't want to alarm the public so the findings weren't published! It was found that individual items fell within the acceptable levels of two popular pesticides but when they were combined they amounted to 150,000 times higher than the acceptable level.

All these poisons build up in the organs. One piece of advice – eat organic and be aware that using a microwave kills enzymes and enzymes kill cancer cells. Another source of poisons comes from charring food, especially on bar-b-q's, these produce polycyclic carbons.

12 potent toxins come off your new carpet - it takes weeks to clear these fumes, the same as it does for the toxic fumes from paint. Steam clean your carpet when it needs it but don't use anything else. The speaker stressed - if you can't drink it, don't use it!

So what was the recommended method of de-toxing? Far Infrared. Far Infrared saunas are able to remove heavy metal toxins that accumulate in the organs by eliminating them through the stools, hair, urine and skin.

It seems that the combination of 'resonant absorption' and low heat that effectively removes these heavy metal toxins from the body also improves the immune system. This in turn triggers the production of white blood cells and killer T cells by the thymus. Cancer cells die at a temperature over 42 degrees whereas healthy cells survive but cancer cells weakened by hyperthermia are much more easily killed by other means.

Our bodies absorb approximately 93% of the far infrared waves because the FIR waves are tuned so closely to the body's own radiant energy. The FIR sauna is able to produce three times the amount of sweat at lower temperatures than a conventional sauna with its higher temperatures.

Emotional therapy was considered to be of vital importance, particularly in the light of Dr Ryke Hamer's work – see www.newmedicine.ca Emotional Freedom Therapy and Journeywork were considered to be very helpful.

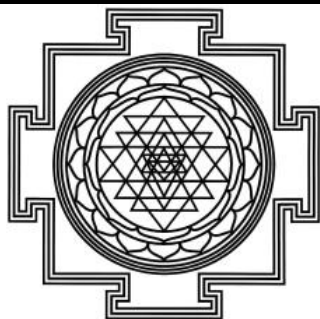
Electrical medicine is an interesting area. It embraces a wide range of technology, notably Rife machines, the Quantum Xrroid and the Multi Wave Oscillator to name a few. One speaker – Patrick Kenyon - remained in the conference room during the lunch hour to demonstrate the Oberon Device, the most advanced computerized biofeedback machine available, from Russia. It is also a scanning device which determines the best possible treatment for the patient.

Meditation was given a high priority because of the dangers of stress which causes adrenaline exhaustion. This is where I felt the Sun Ancon Chi machine was of such importance. For many people meditation does not come easily. Being on the Chi Machine takes us down into the alpha state – the state just before sleep where we are completely relaxed and de-stressed. Another feature of importance is its ability to work on the mental/emotional level by clearing energy blockages.

I found the information I gleaned from the conference to be invaluable and in many ways, an endorsement of the work a great number of us are doing in the field of cancer treatment. I was also very reassured listening to open-minded members of the medical profession sharing their success stories with the use of alternative approaches and holistic therapies. One thing is for certain, although the Sun Ancon Chi Machine and the FIR Health Spa were not directly referred to at the

conference, both have an important place in the current field of cancer treatment.

Call us if you want more information on the Chi Machine, FIR Health Spa, Maximol Solutions (amazing quality nutrition, Neways also has a powerful range of supplements which include antioxidants, essential fatty acids, supportive herbal combinations) Segiun patches for effective detoxing, E-Smog Handy Chip (effective protection against electro magnetic radiation from mobile phones) Ethos Eye Drops (for tired eyes and cataracts)



Yoga

get connected, feed the spirit, gentle exercise Even alternative practitioners can emphasise the importance of nutrition and still overlook a vital aspect that has a part to play in maintaining a healthy

body. Having spiritual values, conventional or otherwise, can help us shift our focus from day to day hassles. Meditation can help reduce stress level. In the last 4 years I have come across a fair amount of research which shows the benefits of meditation. For eg. Children with learning difficulties have been transformed just by 10 minutes of relaxing guided meditations.

Long-time victims of rheumatoid arthritis (RA) are all too familiar with pain and painkillers. However, a movement for meditation has led to a decreased need for painkillers among some patients. One sufferer, after undergoing seven hip replacement surgeries, began practicing meditation to help "accept the pain and the disease" and hasn't had the need to take painkillers since.

Gentle, regular and non-competitive exercise can also help. One study discovered that hatha yoga (the popular form that involves body control) could actually reverse heart disease. A group of 42 men with heart disease were split into two groups: one group carried out yoga, aerobic exercise and modified its diet: the other group followed the diet recommended by the American Medical Association and its advice on other risk factors. After a year the yoga group had significantly fewer angina (chest pain) attacks every week, and fewer of the individuals in the yoga group needed surgery. In Studies Yoga has been helpful for those with asthma, ME, cancer, hormonal conditions just to name a few.

If you are interested in having individual or group yoga session. I recommend Louise Illig. Her number is 01424 444953

News:

May 25, 2004

The Codex Alimentarius Committee on Food Labeling in its recent meeting in Montreal, Canada, heard a proposal of the Republic of South Africa, to re-think its rules that prohibit food manufacturers saying or implying that a food may aid in the prevention or cure of a disease. Although various foods clearly do prevent and even cure diseases, any claims for such effects are strictly limited to pharmaceutical products registered as medicines. The South African proposal to the labeling committee of Codex points out this inconsistency and argues that the rules should be revised; that it should be possible to inform people about the health properties of foods...

Free INFO Sheets that are now available on demand:

We have been compiled a list of infosheets, at the moment this is what we have available, If you want any of them call us or email us.

About Neways International, company profile
Achieving Hormonal harmony (for ladies)
Attention Deficit Disorder (ADD) and
Attention Deficit Hyper kinetic Disorder (ADHD)
"Making Arthritis History", Discussing Cetyl Myristoleate
Neways of Caring for your Health and Beauty

Pure Nutrition: Maximol and Revenol
For those with cancer
The Chi Machine,
Give your body a revitalising workout while lying down

Brochures
Neways Aromatherapy: Essential Information (22 pages)
(I would appreciate a donation for this)
Osteoporosis A crippling disease that is preventable and reversible, By John R. Lee, M.D. and Virginia Hopkins

At the end of November and December we will not taking any calls.

Please contact Mary and Don Greenwood on 02089549910 if you have any queries.