

Dearest Friends,

Hope you all had a beautiful summer; we have had a very busy summer and look forward to the winter, staying warm indoors and sharing with you all. We are in the process of setting up a formal complementary health practice at home. We will be giving Jin Shin Jyutsu and EFT (Emotional freedom technique) sessions and holding self help classes. All our services have been priced reasonably. More information will follow. Every Friday we hold a meditation from 7 to 8pm. All are welcome. We look forward to hearing from you and seeing you.

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WHAT IS JIN SHIN JYUTSU

VITAMIN C:

So it can kill cancer, just as the man said

The Nobel prize-winning chemist and physicist, Linus Pauling was right all along. Very high doses of vitamin C can kill cancer. Scientists at the National Institutes of Health in Bethesda have demonstrated the theory in laboratory tests. They used very high doses of the vitamin, in its ascorbate form, on nine cultures of cancer cells. Only half the cells survived in five of the cell groups, and growth of lymphoma cells was 'reduced by at least 99 per cent'. In other words, the vitamin killed the cancer cells, and stopped their regrowth.

(Source: Proceedings of the National Academy of Sciences).

VITAMIN C isn't the only thing that is a cancer fighter. There are plenty more treatments that have a long and impressive track record of beating cancer, it's just that you're not supposed to hear about them. Well, you can find out all about them in the WDDTY Cancer File.

Goto www.wddty.com. And call me for the info sheet I have compiled.

Update on EU legislation and health supplements

In the last newsletter I wrote that the EU ban on health supplements could be overturned, I said it was a great victory...what followed surprised me. The European Court of Justice took the very unusual step of disregarding the Advocate General's recommendation to scupper the directive. Yes, that means the restrictions on vitamins and supplements came into force throughout all EU nations on August 1,2005. However many concessions have been made. For a start, the justices have decided that any nutrient that's already consumed as part of our regular diets doesn't have to be included on the Positive List. They have also decided that the burden of proof should fall on the regulator, who would have to prove that a nutrient wasn't safe. It's enough for a manufacturer to submit an ingredient to the Positive List, and then it's down to the regulator to disallow it, and give a full explanation of its decision. As a result, the UK's Food Standards Agency said that it doesn't know of one supplement that would be banned under the revised directive. The next hurdle is determining what is a 'safe upper limit' for vitamins and supplements. The danger is that the EU may, by default, adopt the Codex guidelines, which are being shaped by German and French delegates. If they succeed, we will see levels drop dramatically in Britain.

The danger

Everyone has been paying such close attention to the EU's Food Supplements Directive (FSD), which came into force that few are looking beyond that to the tsunami of legislation from Brussels that is following in its wake. Each new law represents a threat to alternative and nutritional medicine that is as great as that posed by the FSD, if not more so.

First up is the Traditional Herbal Medicinal Products Directive, which will put herbal remedies into the same regulatory framework as pharmaceutical drugs, is likely to be adopted by the British parliament in October. Only 'finished products' - and not the individual herbs that are the ingredients - that have been in use for 30 years, including 15 years in an EU country, will be exempt from the more onerous limitations of the new legislation. Any product that fails the test will effectively be withdrawn because few, if any, herbal manufacturers could afford the massive costs of licensing. It's feared that the directive will send many small manufacturers to the wall, and dramatically reduce consumer choice.

The Products (Pharmaceutical) Directive is even more damaging. This is mirror legislation to the Traditional Herbal Medicinal Products Directive, and does for many popular products, defined as food supplements, as is being proposed for herbal remedies. So, like

herbal supplements, food supplements will be subject to the same controls and regulations as pharmaceuticals. It is perhaps the most sinister assault on alternative medicine, partly because the legislation is incoherent and ill-defined. As it stands in its current draft, any 'product' that may make you feel 'good' or 'better', and so have some health benefit, could be subject to rigorous licensing. Its detractors point out that a cup of tea can have these qualities, and so, as the legislation stands, would be banned until it was proved to be safe.

Then there is the Addition of Nutrients to Foods Directive, which will determine the safe upper limits of nutritionals that have survived the FSD. Currently the UK and the Netherlands enjoy very high limits, whereas in France and Germany those limits are set at around the Recommended Daily Allowance (RDA), an arbitrary level that is supposed to sustain minimal health. As the EU seems unable to agree on a suitable measure, it's likely it will instead adopt those determined by Codex, an 'independent' body that is overseen by the World Health Organization. Its self-appointed duties include offering advice and guidance to the 100 or so countries that make up its membership (see E-news bulletin 170). Key members include Germany, France and delegates from America's drug regulator, the Food and Drug Administration (FDA), one of whom was recently quoted as saying that nutritional supplements merely 'enrich the urine'. You can probably guess that the safe upper limit will be set at around the RDA, thus forcing off the market the supplements that offer therapeutic benefits.

The Sports Nutrition Directive will be announced late this year. This legislation seeks to control any supplements and foods that is intended to help anyone involved in 'intense muscular effort', and is likely to be as swingeing as anything seen so far.

Finally, the EU Nutrition & Health Claims Regulations will control all claims made about a health product. This will control not just the labeling on the product, and its package inserts, but also any announcements, press releases, marketing and advertising - indeed, it's legislation that goes much further than that which currently controls announcements about pharmaceuticals.

These directives want to treat harmless and safe nutritional supplements as drugs. It is drugs that kill hundreds of thousands of people each year and not nutritional supplements. They also fail to understand the infrastructure that supports the pharmaceutical industry, which makes it the most profitable in the world.

As a result, an industry that has harmed few, if any, consumers, and made modest profits, faces extinction. *All of this means that the tremendous work of the Alliance goes on, and they still need your support and any contributions you can make.*

Donations can be made on their website
<http://www.alliance-natural-health.org>

ALL Neways nutritional products comply with the Food Supplements Directive.

For those concerned about the EU directive impacting on Neways products, below is an excerpt from the statement issued by Neways, UK.

"Following the recent ruling by the European Court of Justice regarding the EU Food Supplements Directive, Neways would like to re-iterate that the new ruling does not negatively impact ANY of the Neways' nutritional range currently available in the European Union.

Neways started work early in 2002 to update formulations and packaging in line with the FSD requirements. This was completed way ahead of the FSD deadline of 1st August 2005. In all cases product efficacy and benefits have been retained and in some cases improved!

Neways would like to take this opportunity to recognise the dedication of Dr Robert Verkerk and the Alliance for Natural Health in leading the challenge to the FSD. Their considerable efforts and influence have resulted in a ruling that retains all of the positive features of the Directive but also reassures millions of consumers that no draconian measures will be implemented to restrict the sales of nutritional supplements across Europe. Together with the Alliance for Natural Health, Neways will not only pre-empt any legislative challenge to your business but will also exploit new rulings and remain at the leading edge of nutritional supplement development, providing innovative, beneficial and safe nutritional solutions.

DRUGS FOR CHILDREN: Now we've got rid of those vitamins . . .

The EU is keen to bolster the profits of the cash-strapped pharmaceuticals. Having successfully banned hundreds of alternative remedies, the EU is now encouraging drug companies to make drugs specifically for children.

Of course, drug companies need an incentive to make even greater profits and to open up whole new markets, so the EU is planning to extend by six months the patents on drugs for children. This small step alone is anticipated to increase the profit of every drug company by \$1m a year.

With drugs killing around 200,000 people a year in the USA and UK alone, and permanently crippling many more, it's understandable that our guardians want to make them more readily available to children, while ridding the world of those deadly vitamins.

(Source: What doctors don't tell you email list, British Medical Journal, 2005; 331: 595).

Focus on Natural Remedies Ginger and Peppermint

Ginger is a spice with a potent flavor that is great for warming your body and adding kick to foods. It's medicinal properties include:

- * Soothes nausea, motion sickness and other stomach upset
- * Relieves morning sickness
- * Anti-inflammatory properties
- * Eliminates intestinal gas
- * Relaxes and soothes the intestinal tract
- * Antioxidant properties
- * Relieves dizziness
- * Boosts the immune system
- * Protects against bacteria and fungi
- * Encourages bile flow
- * Promotes cardiovascular health

As much as 80 percent of pregnant women suffer from morning sickness in their first trimester. However, research may have discovered a natural way to help ease these queasy, wrenching feelings: Ginger.

Ginger proved to be more effective in reducing nausea and vomiting in pregnant women than a placebo, and worked just as well as vitamin B6 (found to improve morning sickness symptoms in pregnant women), according to studies. None of the women who took ginger had experienced problems with their pregnancies.

While there are numerous medications specifically designed to ease symptoms of morning sickness, many soon-to-be mothers withdraw from using drugs for fear of causing negative side effects in their unborn children. Instead, they turn to alternative treatments:

- * Vitamins
- * Acupuncture
- * Herbal products
- * Homeopathic remedies

Yet among natural options, ginger has long been used to treat nausea. Additional natural products used to treat morning sickness include chamomile, peppermint and raspberry leaf.

Obstetrics & Gynecology April 2005;105(4):849-856

Peppermint

The therapeutic effects of fresh peppermint leaves have been known since ancient times and its aromatic aroma has come to symbolize hospitality in many cultures. Its healing properties include:

- * Soothing to the digestive tract
- * Relieves symptoms of irritable bowel syndrome

- * May protect against cancer
 - * Inhibits the growth of bacteria and fungus
- Relieves the symptoms of allergies and asthma

While there are many benefits to be had by adding spices to your diet, don't forget that these foods should not be taken every day or you run the risk of developing an allergy to them. Spices should not be looked at as a "cure" for your health problems, only by addressing the underlying causes of illness with a healthy diet and lifestyle will you be able to achieve optimum health.

Please use care when choosing your spices, as spices, herbs and dry ingredients are irradiated each year. So organic varieties are your best bet. But don't let this discourage you from taking advantage of all that spices have to offer. Herbs and Spices used with the above advice in mind are indeed an excellent way to add flavour and healing properties to your diet.

MOBILE MASTS: Finally the government is listening

Campaigners against mobile phone masts may feel that the UK government is finally taking seriously their health concerns. A new study has been commissioned into the positioning of the masts, and the numbers being installed. There is also a shift in the way that local authorities are considering planning applications for the masts.

This sea change is based on pragmatism, and is intended to head-off a torrent of legal claims against a government that has so far ignored every warning about the masts. The National Radiological Protection Board renewed its concerns in its latest report, issued last January, about the siting of the masts, and the numbers being installed. It's a position that hasn't changed from its earlier study, also chaired by Prof Sir William Stewart, which urged caution about the placing of the masts, and especially near schools.

Of course, it's a warning that has been blatantly ignored by the mobile phone operators, planning authorities and the government, and local schools are one of the favoured places to install a mast.

But it's not just been the Stewart reports that have urged caution. The Karolinska Institute in Sweden concluded in its own study that long-term mobile phone users had nearly double the risk of developing a tumour, while an EU study found that mobile phone irradiation can damage DNA cells.

(Source: BBC News, 5 April 2005).

Ways to Beat Inflammatory Bowel Disease

We receive a fair amount of inquiries about IBD and IBS; the Cleveland study results written below are very interesting.

A Cleveland Clinic study found that fish oil, soluble fiber and antioxidants helped treat patients with ulcerative colitis and reduced their need for steroid therapy. Patients who took the supplements, which have fewer side effects and are safer than many of the colitis drugs on the market, were less likely to start treatment with the drugs.

The study involved patients aged 18 and older who suffered from mild to moderate active ulcerative colitis. Those who were on corticosteroid therapy and were given the nutritional supplement needed significantly lower doses of the drugs to control their symptoms than those given a placebo. Ulcerative colitis, an inflammatory bowel disease that typically affects those between the ages of 15 and 40, can cause abdominal cramps, bloody diarrhea and fever. Drugs like corticosteroids are used to control inflammation in the disease, but, while they're highly effective, long-term use often leads to:

- * Insomnia
- * Mood alterations
- * Increased appetite
- * Hypertension
- * Osteoporosis
- * Other negative effects

The side effects are often so severe that many patients stop using the drugs all together. However, over 25 percent of patients who stop their use have a relapse of symptoms.

While the nutritional supplement in the current study combined fish oil, soluble fiber and antioxidants, previous studies have shown that fish oil alone is also able to reduce the need for corticosteroids in colitis patients.

Researchers believe the nutritional supplement helps to diminish inflammation and provide nutrition in colitis patients, and suggest physicians add this combination of ingredients to their ulcerative colitis therapy regimens.

Clinical Gastroenterology and Hepatology April 2005;3(4)

We recommend a combination of Maximol Solutions, Revenol and EFA Recovery +from Neways.

IBS:

Cognitive therapy is better than drugs

The mind-body connection is a fascinating area of healthcare, yet it is one that is rarely researched by conventional medicine. When it is, the results are always interesting, and sometimes revealing.

The latest study that can be added to this slim library of research has discovered that cognitive behaviour therapy is extremely effective in treating the early stages of irritable bowel syndrome (IBS).

IBS affects around 20 per cent of the general population. While doctors generally recognize that IBS

has some connection to anxiety and depression, few treat it with anything other than drugs, and with very mixed results.

A research group tested the effectiveness of cognitive behaviour therapy on a group of 149 IBS patients who were fortunate enough to be resistant to the antispasmodic drug mebeverine. Their progress was tested against 77 mebeverine patients, and 72 patients who remained on mebeverine while receiving the therapy.

The cognitive therapy group fared far better than the other two groups, and showed considerable improvements at work and in social settings. These improvements were still measurable 12 months after the therapy sessions had finished.

(Source: British Medical Journal, 2005; 331: 435-7).

*That is all for now,
Till the next time much love and light,
Ranjana and Eddie,
Telephone 01424 427 919*

Ps. don't forget call between office hours for info and appointments.

Pps we are not qualified medical healthcare professionals, most of this information is available on the World Wide Web. Any recommendations we have made are based on our personal experience and opinion.