

Dearest Friends,

Hope you all had a very merry Christmas and a peaceful new year. Our Christmas was filled with loads of joy and laughter and we began the New Year by embarking on a bowel cleanse. Many of you asked us what it entailed I have attached some info with this newsletter for those of you that asked.

The start of a year is always a good time for me to ponder on why I do stuff, this newsletter for instance. I stand in my own truth and don't presume to know what's best. Knowing that the world is perfect doesn't mean that you withdraw or stop doing what you know is right for you to do. For example, I am concerned about health and human welfare, so I do a study of it. I endeavor to share clearly what I learn without any investment in the results. I know that we're all equal, that we're all doing the best we can, I know only one way to be an activist who can really penetrate the human race, and that is to give the facts, to tell our experience honestly, and to love without condition. I have learnt that violence teaches only violence. Stress teaches stress. If we clean up our mental environment, we'll clean up our physical one much more quickly. That's how it works. And if we do that genuinely, without violence in our heart, without anger, without pointing at corporations as the enemy, then people begin to notice. We begin to listen and notice that change through peace is possible. It always begins with one person, with one loving sentence, with a peaceful glance and joy in the heart. With this we wish you all a healing year.

Every Friday we hold a meditation from 7 to 8pm. All are welcome. We look forward to hearing from you and seeing you. We do recommend the use of certain health products like Liquid minerals and vitamins in Maximol Solutions from Neways, Willau Tronic e-smog chips for EMF protection for the mobile phone and safe and pure personal care products from Neways International. Call us for info on any of the products mentioned in this newsletter.

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Evening Primrose Oil FIGHTS BREAST CANCER

Gamma-linolenic acid (GLA), the essential omega-6 fat that is found in evening primrose,

black currant seed, and borage oil, can inhibit the action of the cancer gene Her-2/neu. This gene is responsible for almost 30 percent of all breast cancers.

40-Fold Increase in Effectiveness

When cancer cells that overexpress the Her-2/neu gene are treated with GLA, it not only helps suppress the cancer-causing gene, but also causes up to a 40-fold increase in response to the drug Herceptin (trastuzumab), which is used as part of breast cancer treatment. GLA also selectively affects cancer cells without damaging normal cells.

Good News for Those With an Aggressive Form of Cancer

This is especially good news because patients who possess the Her-2/neu gene also typically have an aggressive form of the disease and a poor prognosis. GLA is one of two essential fatty acids, which are necessary for the normal functioning and growth of cells, nerves, muscles and organs. GLA is present in evening primrose oil, borage oil, and black current seed oil, among other sources.

Journal of the National Cancer Institute November 2, 2005; 97(21): 1611-1615

Neways have an excellent product called EFA Recovery + that contains GLA and other oils that are instrumental in bringing the body into a state of harmony.

Coping with Stress

Breathe deep

At some point in life virtually everyone will experience stressful events or situations that overwhelm his or her natural coping mechanisms. A body under stress is a chemically altered body awash in hormones and other substances that are normally kept under tight control. Stress related disorders include fatigue, indigestion, infections, irritability, diarrhoea, eczema, headaches, constipation, psoriasis, muscle tension, allergies, neck and back pain, irritable bowel, asthma, cardio-vascular diseases, loss of appetite, nutritional deficiencies, high blood pressure, anorexia, PMT,

diabetes, weight gain, sexual disorders, insomnia, psychological disorders, cancer, depression...

The key to stress survival is allostasis- the body's ability to achieve harmony through change. Whatever the source of stress whether it be mental, emotional, chemical or physical the body responds to stress by releasing a flood of stress hormones to help it maintain balance. But a body that is continually adjusting itself to stressors is subject to a great deal of wear and tear. In all this activity the allostatic systems become worn out leading to inability to either adapt or shut off. This can lead to disease that can be severe. Memory, mood and immune function can be compromised. Lowering stress naturally can be very beneficial. Some simple actions to lower stress naturally are:



- Exercise; if you find this difficult you may consider investing in a "Sun Ancon Chi Machine".
- Consider adptogenic herbs like ashwagandha or ginseng and nutritional supplements (for eg. Maximol solutions from Neways)
- Avoid Alcohol
- Try stress management techniques; join a

meditation or yoga group. Try Jin Shin Jyutsu (you can book a weekend intensive with us and seriously unwind)

- Quit smoking
- Stay Optimistic
- Hug your kids and teach them to cope better than you have.

The next 3 articles are snippets from the "what doctors don't tell you" email list. We recommend their website www.wdtdy.co.uk and their publications.

AVIAN FLU: Don't panic (or you'll get it)

Britain's chief medical officer Sir Liam Donaldson went on national television to tell the nation about avian flu. He said we face a massive epidemic, and 750,000 people could die. In the same breath, he urged the nation 'not to panic'. Sir Liam's pronouncements coincided with the news of the death of psychiatrist Colin McEvedy, who established that some epidemics are entirely the result of fear, with no physical cause.

McEvedy's suspicions were first roused when he worked at the Royal Free Hospital in 1955. While he was there, an epidemic swept the hospital, affecting 300 nursing staff, 200 of whom were confined to a hospital bed. After many years of follow-up, McEvedy was able to confirm that the epidemic was

entirely the result of hysteria, triggered by fear of polio, which was prevalent in the 1950s. He was also able to identify other hysteria-based epidemics, including several that broke out at two girls' schools. Most sufferers' symptoms included depression, fatigue, and vague neurological signs - not dissimilar to those for avian flu, in fact. Some also reported paralysis and sensory disturbances.

(Sources: British Medical Journal, 1970; 1: 7-11, and British Medical Journal, 1970; 1: 11-15).

Avian flu: One reader has a friend who's a district nurse. She's already sick to the back teeth of being asked for a job that protects against avian flu, and explaining that the human variety of the flu doesn't exist, and may never exist....

ASPIRIN: It doesn't prevent heart attack, either

We don't mean to have it in for aspirin, but following last week's alert about its inability to protect against cancer, another study has revealed that it's equally ineffective against heart attack.

This latest discovery is a bit of a shock for all of you who have listened to doctor's advice and included aspirin in your daily health regime. If it was good for anything, it was as a protective agent against myocardial infarction (MI), or heart attack, we were told.

Well, when the theory was tested on 39,876 women aged over 45, the largest ever group assembled for a medical trial, the drug offered virtually no protection against a heart attack.

It did slightly reduce the risk of stroke, however, but researchers say that this small benefit has to be weighed against the far higher risk of serious gastrointestinal bleeding, a common side effect of aspirin. Some of the participants who suffered bleeding needed a transfusion.

The group was split in two: one took 100 mg aspirin every other day, and the rest took a placebo, and the results were monitored over a 10-year period.

(Source: New England Journal of Medicine, 2005; 352: 1293-304).

HOMEOPATHY: It's better than drugs for chronic conditions

Yet more evidence has just come in that suggests homeopathy does work (despite the beliefs of doctors and conventional medical journals). The new study, which tracked around 6,500 patients with chronic health problems for six years, discovered that homeopathic remedies helped in 70 per cent of cases.

Well, your doctor might counter, it's meaningless over such a long period of time. But, you can respond, the researchers tracked a similar group who had not been given homeopathy but instead were prescribed drugs, and they were no better after the same six years had elapsed.

(Source: Journal of Alternative and Complementary Medicine, 2005; 11: 793-8).

FOCUS ON NATURAL REMEDIES:

HEALTHY, TASTY COCOA

this article is from mercola.com

Chocolate can be healthy... Unfortunately, the chocolate found in most stores today is processed using methods that destroy about one-quarter to one-half of chocolate's naturally occurring flavonoids, which are the powerful compounds that scavenge the free radicals in your body that can cause cancer. Plus, most commercial chocolate is loaded with high amounts of white sugar, unhealthy oils, a host of harmful additives, and even lead!

But if you are a chocolate lover, there is hope: when properly processed, chocolate and the source it is derived from, cocoa, can actually be very good for you.

When I first began reading about the benefits of eating chocolate, I was skeptical because the chocolate companies funded the research findings. However, since then there have been many independent studies that strongly confirm the benefits of consuming chocolate and cocoa in moderation.

Below is a list of some key benefits of cocoa:

- Cocoa is a rich source of polyphenols (the same type of antioxidants found in red wine).
- The fat found in cocoa is stearic acid - which doesn't affect cholesterol levels.
- The flavonoids in cocoa not only attack free radicals, but are good for your heart – they reduce the stickiness of platelets, cells that play an important role in blood clotting.
- Just one ounce of cocoa contains large amounts of the same beneficial plant chemicals found in a cup of brewed black tea.
- In trials, doctors at Harvard found that flavonols in chocolate help the body to produce nitric oxide, a compound essential for proper heart function.
- The University of California-Berkeley Wellness letter recently stated "One large, ongoing study of the benefits of exercise found that men who eat chocolate in moderation live longer than those who eat none."
- For some, eating chocolate has a pleasant influence on mood, leading to a reduction in tension.

While the above findings are great news for you chocolate lovers, they do not apply not to the chocolate bars you'll find at your local store due

to their processing methods, high sugar and unhealthy oil content, and artificial ingredients.

Research has demonstrated that the antioxidants in cacao are highly stable and easily available to human metabolism. Food scientists found that cocoa powder has up to three times what is found in green tea. According to preliminary studies, these antioxidants are linked to :

- Decreased blood pressure
- Improved circulation
- Lower death rate from heart disease
- Improved function of endothelial cells that line the blood vessels
- Greater protection from free radicals, which trigger cancer, heart disease and stroke
- Improved digestion
- Aiding in treatment for anemia, kidney stones and poor appetite

Their findings were published in the American Chemical Society's Journal of Agriculture and Food Chemistry. Scientists have known that cocoa contains significant antioxidants, but no one knew just how rich they were. The ORAC test examines the antioxidant levels of various foods. The higher the ORAC score, the higher the level of antioxidants present in the food. According to the US Department of Agriculture / Journal of the American Chemical Society, dark chocolate reigns at the top of the ORAC list with the most antioxidants by far. Below is a comparison breakdown of ORAC levels of various antioxidant rich foods (per 100 grams):



The ORAC Score* of Various Foods

DARK CHOCOLATE	13,120
Milk chocolate	6,740
Prunes	5,770
Raisins	2,830
Blueberries	2,400
Blackberries	2,036
Kale	1,770
Strawberries	1,540
Spinach	1,260
Raspberries	1,220
Brussel sprouts	980
Plums	949
Alfalfa sprouts	930
Broccoli	890

* indicates antioxidant levels

Cacao beans contain over 300 chemically identifiable compounds making it one of the most complex food substances on Earth! Organic and minimally processed cocoa is also loaded with many essential minerals including:

- Copper (.8mg per 100g), which enhances red blood cells' ability to carry oxygen. The average woman is deficient in copper.
- PEA (Phenylethylamine), responsible for lifting depressions, is one of a group of plant-based stimulants called methylxanthines, who's best know member is caffeine. Chocolate has straight caffeine, but in very small amounts (70mg/100g).
- A high level of magnesium (131 mg per 100 g), which is credited for adding to the euphoria you get from eating chocolate. Magnesium levels are found to be low during menstruation.
- Serotonin (3mg/100g) and tyramine (2mg/100g), that both contribute to a mild calming, balancing effect

Of course these benefits are really only available in good quality organic cocoa. Cocoa also contains caffeine so as with all things being moderate is important.

CROSS MY HEART

Last week I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, "God is good. God is great. Thank you for the food, and I would even thank you more if mom gets us ice cream for dessert. And Liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice-cream! Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentle man approached the table. He winked at my son and said, "I happen to know that God thought that was a great prayer."

Really?" my son asked "Cross my heart." Then in theatrical whisper he added indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kid's ice cream at the end of the meal. My son stared at his for a moment and then did something I will remember the rest of my life. He picked up his sundae and without a word walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes and my soul is good already."

That is all for now.
Till the next time much love and light,
Ranjana and Eddie,

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.

Contact us on
01424 427 919