

Dearest Friends,

Thank you for your feedback and continued support. We hope you are all enjoying a wonderful summer. Our Jin Shin Jyutsu and EFT practice is flourishing thanks to you all. Most of our clients are those you have recommended us to. Thank you. I am now holding EFT workshops almost every month, they fill up quickly so let me know if you are interested. We will also be facilitating our 1st ONE-DAY

INTRODUCTION TO JIN SHIN JYUTSU

For those who want to become actively responsible for maintaining their own health and happiness, Jin Shin Jyutsu Physio-philosophy is an excellent means to that end. I have enclosed a brochure for you to checkout.

If you wish to learn the gentle art in order to help yourself, your family or friends, a small group workshop is proposed for: SATURDAY July 15, 10 am to 5 pm, £45 per person, Concessions are available, please email us ASAP if you want to attend, as seating is limited. Thank you and look forward to hearing from you.
Love and Light

Neways is changing....

We do believe that all things are changing in Neways and we are witnessing a huge transition. The Mower family has had to relinquish a lot of control and things seem to be in a state of flux. In the last few years there has been a shift in emphasis from the product to marketing and many of us have been uncomfortable with this. We have been buying the products but have not been active in the business building side of things. Despite all the recent problems in Neways and they have had many, they still have some good products so we do not want to make a hasty judgment. Our favourites are Noni, Revenol and Eliminator; we also continue to use all their personal care range. However we are not focused on marketing Neways. For those of you who have been distressed by the change in the way Neways is doing business, next year things should be a little clearer about the direction Neways is taking. For us Neways represented a turning point in our health journey and they were in the forefront promoting safe and pure products free from harmful chemicals. The Mowers did stick out their necks several times and risked a lot to share their discoveries. We respect and admire their courage and tenacity. Time will tell how this company is going to forward. Every thing changes, and so is Neways.

We highly recommend the use of the **Willau Tronic range of Electro Magnetic Radiation (EMR) protection devices**. For more information go to <http://www.willau.com/index.php?id=200406238&flag=uk>
or call us on 01424 427 919

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Found this article on the Independent website!

'Miracle' cures shown to work

By Jeremy Laurence, Health Editor, Independent
Published: 23 January 2006

Doctors have found statistical evidence that alternative treatments such as special diets, herbal potions and faith healing can cure apparently terminal illness, but they remain unsure about the reasons.

A study of patients with incurable lung cancer who were given weeks to live and received only low-dose radiotherapy to make their final weeks more comfortable found a small number recovered completely.

Researchers who followed 2,337 patients whose disease was too advanced for curative treatment found that 25 had survived five years and 18 had achieved "an apparent cure". They appeared to have been cured by treatment that "would not normally be considered to have any curative potential whatsoever".

The researchers, led by Michael MacManus, a consultant radiation oncologist in Melbourne, say: "Our data indicate that a chance for prolonged survival and possibly even cure exists for approximately 1 per cent of patients with non small cell lung cancer who receive palliative radiotherapy.

"It is important that the frequency of this phenomenon should be appreciated so that claims of apparent cure by novel treatment strategies or even by unconventional medicine or 'faith healing' can be seen in an appropriate context."

Unorthodox cancer cures have included vitamin C, laetrile extracted from apricot stones, and the Gershon diet of raw vegetables.

The discovery of a small group of patients who unexpectedly recovered could yield new insights into the disease, the researchers say.

The findings are published in the online edition of Cancer, the journal of the American Cancer Society.

The Next 2 articles are from the WDDTY (What Doctors Do Not Tell You) e-list. To join go to their website www.wddty.co.uk

The reason I have enclosed them here is because I believe it is important to be responsible about health. To do our own research to follow our instincts about what is

best for us. Sometimes the media and other pressure groups can mislead us.

MISDIAGNOSIS: Doctors get it wrong with 20 per cent of patients

Doctors are getting the diagnosis wrong in one out of five patients - or 20 per cent of the time, a new study reveals.

The problem is so prevalent that 60 per cent of the UK population fears a misdiagnosis.

Overall, a third of people in the UK have experienced some surgical, medication or diagnostic error in the National Health Service over the past five years.

Most of the errors involved a misdiagnosis, which accounted for 57 per cent of all errors reported, while 20 per cent were medication errors, and 15 per cent were errors that occurred during surgery.

Three per cent of respondents said they knew a friend, colleague or relative who died as a result of a misdiagnosis.

The results of the survey, carried out by the online polling organization YouGov, have sparked demands for better diagnostic techniques and technology.

(Sources: YouGov.com; Daily Telegraph, 11 January 2006).

VOICES OF UNREASON: The NHS, alternative medicine and Prof Baum

The move by Professor Michael Baum and chums to get alternative medicine banned on the National Health Service is an over-reaction so extreme that it borders on paranoia.

Prof Baum and 12 other signatories – including Edzard Ernst, Britain's 'first professor of complementary medicine' (family motto: 'I have not come to praise alternative medicine, I've come to bury it') – have written to the UK's primary care trusts, urging them to stop offering alternative medicine.

Irony of ironies, the private letter was 'leaked' to The Times so that it could be publicised on the day that Prince Charles made a call at the World Health Assembly for a more integrated approach to medical care that embraced complementary medicine.

On the face of it, Prof Baum's exhortations seem like the voice of reason itself. After all, why should public funds be wasted on therapies that clearly don't work? According to Baum, "unproven or disproved treatments are being encouraged for general use in the NHS". This statement is true, as virtually no surgical procedure has ever been scientifically tested, and most drugs have very limited value, as GlaxoSmithKline has admitted.

But Baum isn't talking about conventional medicine. He's referring to homeopathy, which he describes as an 'implausible treatment for which over a dozen systematic reviews have failed to produce convincing evidence of effectiveness'.

This is untrue. In the past 24 years there have

been 180 controlled, and 118 randomized, trials into homeopathy, which were analysed by four separate meta-analyses. In each case, the researchers concluded that the benefits of homeopathy went far beyond that which could be explained purely by the placebo effect. Another meta-analysis found that 65 of the 89 trials analysed had produced an effect way beyond placebo.

Worse, Baum and co have uncovered an 'overt promotion of homeopathy in parts of the NHS, including the NHS Direct website'. This will come as a surprise to the NHS, whose website actually states: 'It is difficult to assess how well many complementary therapies actually work, as there is little clinical evidence available'. In fact, the NHS repeats Baum's claim, and it certainly doesn't read to us as an overt promotion.

The statement may also come as a surprise to a medicated nation, 99 per cent of whom have never been offered alternative medicine by their doctor or consultant. (Untypical day in the oncology unit: 'Hhmm, I was thinking of giving you aggressive chemotherapy for your cancer that's now in its third stage, but actually there's a zesty little homeopathic remedy called Rhus Tox that I've taken a bit of a fancy to.')

Baum and chums also need to keep a sense of proportion. Of the £70 billion spent on the NHS every year, just £3m has been spent on researching complementary therapies and, of that, £324,000 on alternative cancer care....

Focus on Natural Remedies: COCONUT OIL

We found the following information from various sources over the internet; while doing this research we also came across numerous research papers in university archives supporting this information. To find out more you can do a search on Coconut Oil and you will be amazed. We have been using coconut oil in our cooking for the last year and we love it. I also put it in my hair once a week and it really is nourishing.

You can take coconut oil both internally or externally. Those who are proponents of this cure do both. The typical amount to take internally per day is 3 TBSP. It is recommended that you take 1 TBS with every meal. Coconut Oil apparently gives an instantaneous energy lift and may help you give up caffeine! Many sports nutrition bars and drinks include coconut oil for its energizing properties.

Warning: Coconut Oil is contraindicated for those with hypertension / high blood pressure! But if you suffer from low blood pressure, this is a great remedy for you.

Lots of research has been done on the subject of Fatty Acids and Monoglycerides (found in coconut oil). Some of the reported cures from research are:

WEIGHT LOSS:

Promotes loss of excess weight by increasing metabolic rate; Is utilized by the body to produce energy in

preference to being stored as body fat like other dietary fats; Helps prevent obesity and overweight problems;

SKIN/HAIR/BEAUTY

Applied topically helps to form a chemical barrier on the skin to ward off infection; Reduces symptoms associated with psoriasis, eczema, and dermatitis; Supports the natural chemical balance of the skin; Softens skin and helps relieve dryness and flaking; Prevents wrinkles, sagging skin, and age spots; Promotes healthy looking hair and complexion; Provides protection from damaging effects of ultraviolet radiation from the sun.; Helps control dandruff.

VIRUSES/BACTERIAL

INFECTIONS/FUNGUS/PARASITES

Studies have found that coconut oil can kill viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses. It also kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhea, and other diseases; Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections; Expels or kills tapeworms, lice, giardia, and other parasites; Coconut oil may provide an effective defense against many parasites including giardia. Like bacteria and fungi, giardia can't stand up against MCFA found in coconut oil. Research has confirmed the effectiveness of MCFA in destroying giardia and possibly other protozoa. By using coconut oil every day, you may be able to destroy giardia. Another possible use for coconut is for the removal of intestinal worms. In India it has traditionally been used to get rid of tapeworms. In one study it was reported that treatment with dried coconut, followed by magnesium sulfate (a laxative), caused ninety percent parasite expulsion after twelve hours. In India coconut oil is also rubbed into the scalp as a treatment to remove head lice.

CHRONIC FATIGUE

By taking coconut oil daily, you may also be eliminating the possibility of developing food allergies, chronic fatigue, and other related symptoms. If you're currently troubled with these conditions, coconut oil used liberally with meals may provide a source of relief. Because MCFAs are quickly absorbed by the tissues and converted into energy it seems logical that those suffering from chronic fatigue would gain a great deal of benefit.

DIGESTION:

Coconut Oil provides a nutritional source of quick energy; Boosts energy and endurance, enhancing physical and athletic performance; Improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids; Improves insulin secretion and utilization of blood glucose; Relieves stress on pancreas and enzyme systems of the body; Reduces symptoms associated with pancreatitis; Helps relieve symptoms and reduce health risks associated with diabetes;

BODY/ORGANS

Coconut Oil reduces problems associated with malabsorption syndrome and cystic fibrosis; Improves calcium and magnesium absorption and supports the development of strong bones and teeth; Helps relieve symptoms associated with gallbladder disease; Relieves symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers; Improves digestion and bowel function; Relieves pain and irritation caused by hemorrhoids; Reduces inflammation. Supports tissue healing and repair.; Functions as a protective antioxidant; Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease; Helps relieve symptoms associated with chronic fatigue syndrome; Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement); Reduces epileptic seizures; Helps protect against kidney disease and bladder infections; Dissolves kidney stones; Helps prevent liver disease; Supports thyroid function;

CANCER:

Helps protect the body from breast, colon, and other cancers;

HEART:

Is heart healthy; improves cholesterol ratio reducing risk of heart disease; Protects arteries from injury that causes atherosclerosis and thus protects against heart disease;

TEETH:

Helps prevent periodontal disease and tooth decay.

COCONUT OIL FOR POOR CIRCULATION

Do you feel cold much of the time? You might try coconut oil, which is said to increase body temperature (and blood pressure). This is due to the increasing metabolic rate as medium-chain fatty acids of the coconut oil are burned.

CURE FOR ATHELETE'S FEET

The 8% caprylic acid in coconut oil is said to be effective against fungus, and on skin conditions like planter's warts and athlete's foot.

CURE FOR ROSACEA

Used externally and internally, we read one report on the internet of a 15 year bout of rosacea clearing up within 2 weeks with Coconut Oil!

Fun Health Tips:

Men's Health lists 18 tricks you can teach your body that will allow you to do a variety of things, from remembering facts before a speech to clearing up a stuffy nose.

They include such tips as:

* If your throat tickles, scratch your ear; it stimulates a reflex muscle spasm that will relieve the itch

* You can clear a stuffed nose by alternately thrusting your tongue against the roof of your mouth, and then pressing between your eyebrows with one finger; this moves a bone in a way that will help loosen congestion

* You can reduce toothache pain by rubbing ice on the web between your thumb and index finger

* If you want to memorize something, review it before falling asleep; most memory consolidation happens during sleep

* Near-sightedness is usually caused by stressing your eyes; if, every few hours, you close your eyes, tense your body, take a deep breath, and then release both your breath and muscles, it can help relax your eyes and prevent vision impairment

It is good to see that **EFT (Emotional Freedom Technique) is being used in the NHS...**The following is excerpts from

Tap away the trauma

by Catriona Wrottesley, The Times, August 13, 2005

... Nicola Quinn, 49, a holistic therapist from Kent, who recently published an e-book on curing panic attacks with EFT (www.nicolaquinn.com/cb), knows from personal experience how effective the technique can be. For 15 years she suffered panic attacks so debilitating that she was housebound. "I was cured in an afternoon," she says.

EFT began in the US about 20 years ago and is less known in the UK. However, interest is growing and far from being confined to the alternative fringes, the technique is being used in the NHS by highly respected clinicians such as Dr Phil Mollon, a clinical psychologist at the mental health unit of the Lister Hospital, Stevenage. He is also a psychotherapist, who trained at the Tavistock Clinic, north-west London, and an accredited practitioner of EMDR (eye movement desensitisation and reprocessing, see panel facing page) and an advanced practitioner of meridian energy therapies, of which EFT is one.

Dr Mollon's expertise crosses the divide between talk-based therapies and new bodily-based energy therapies. He argues that Freud's theories, with their interest in the flow and blockages of a form of energy around the body (the libido) are a form of energy psychology.

Accustomed to long-term psychoanalytic work, **Dr Mollon acknowledges that some mental pain doesn't get better with psychotherapy, no matter how much insight the patient gains.**

"Psychoanalysis is useful in generating insight, but is not good at relieving mental pain which stems from trauma. Trauma often remains locked in the emotional part of the brain, which words can't reach."

Nine months ago, David Gentry, 35, a builder, had a serious accident. A car ran into his stationary car, while he was in it, at 50mph and he suffered a fractured spine and damaged neck discs that caused constant pain. He also suffered flashbacks. Three

weeks ago, he was referred to Mollon who offered him TFT (thought field therapy, see panel facing page), a more complex energy therapy which gave rise to EFT.

Gentry says: "After a few minutes tapping, while thinking of the accident, my anxiety — on a scale of 0-10 — went from 9 to 5. After a bit more tapping, it was 2. It was unbelievable." A week later he had another session for physical pain. "It was amazing. I've halved my intake of painkillers."

Three years ago Therese McGoldrick, a behavioural psychotherapist who works for NHS Forth Valley, in Larbert, Scotland, began using EFT with patients. Her team of seven have all undergone training and are convinced of its benefits. "It's very effective where there's been traumatic experience. It also works well for grief, phobias, some pain conditions and morbid jealousy. A colleague has observed that it has been helpful, too, with people who self-harm by cutting themselves." Because EFT works in a few sessions — sometimes only one — it's very cost-effective and McGoldrick says that patients can be shown how to practise it at home. McGoldrick, who is hoping to attract research funding for the technique, pioneered EMDR, in Scotland ten years ago. It is now accepted internationally as a mainstream procedure.

Mollon's radical conclusion that psychoanalysis doesn't work for certain types of mental pain has implications for the future of talk-based therapies. So, how much resistance is he likely to encounter from colleagues? Brett Kahr, a senior clinical research fellow in psychotherapy and mental health at the Centre for Child Mental Health, North London, says: "Dr Mollon has been such a substantial contributor to our understanding of psychology for so many years that his endorsement of energy therapies means that the rest of us in the psychoanalytical field would do well to pay his investigations serious attention."

To find out more about EFT email us or call us.

"We deny our talents and abilities because to acknowledge them would commit us to use them."

Zig Ziglar

That is all for now.

Till the next time much peace, love and light,

Ranjana and Eddie,

Ps. don't forget call between office hours for info and appointments. Tel number 01424 427 919

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.