

Dearest Friends,

Hope you all had a beautiful and peaceful new year. We feel quite excited about 2007. With more workshops, our growing practice, your amazing healing stories, we continue to feel grateful for all that we share. Thank you for your continued support.

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Check out <http://www.wddty.co.uk/> to join their e-list, I often receive interesting information from them.

Acupuncture works

A new study has found that acupuncture successfully treats low back pain, especially if given over a two-year period. A small benefit was also seen within the first year of treatment.

It was tested on 241 adults who had suffered low back pain from an unspecified cause for up to a year, and who had not been helped by conventional medicine.

The research team, from Sheffield University, recommends that acupuncture be added to the therapies for low back pain that are available to the doctor.

(Source: British Medical Journal, 2006; 333: 623-6).

If you are like me and are not that happy about needles, you may want to try Jin Shin Jyutsu. An acupuncturist friend of ours described it as the "grandfather of Acupuncture". To find out more about JSJ call us. Eddie and I practice Jin Shin Jyutsu and have witnessed some beautiful and amazing changes.

My favorite sources of information are from
What doctors don't tell you
The British Medical Journal

Curezone

Gary Craig's Emofree site

Positive Health

I also use Google a lot to research, however one needs to use a fair amount to discrimination to separate the wheat from the chaff...

GOOGLE: It's the way doctors find out about your condition, just like you

What do you do when you want to find out more about a health problem? Right. You go on Google, or a similar search engine, and look through the results. Guess what doctors are doing when they want to find out about your health problem? Right. They go on Google, and look through the results.

A new study has found that the Web gives doctors an excellent and helpful overview of some of the more difficult or obscure health conditions. The study put Google through its paces on 26 different cases, and discovered it came up with correct diagnoses in 15 – or 58 per cent – of them.

(Source: British Medical Journal, 2006; 333: 1143-5).

MENTAL ACUITY: Eat more vegetables to stay sharp

Most of us worry that we might lose some of our mental sharpness, as we get older. But instead of resorting to crossword puzzles, sudoku challenges and reading the family encyclopaedia, we could instead eat lots of vegetables every day.

The over-65s who eat up to three servings of vegetables a day reduce the decline in their cognitive abilities by up to 40 per cent compared with those who eat almost no vegetables.

The protective effect didn't seem to get much better than that, even among those who ate more than four servings of vegetables a day.

The discovery has been made by the Chicago Health and Aging Project (CHAP), which has tracked the health of a group of 3,718 people over a 10-year period.

Fruit didn't seem to have the same beneficial effects, even when eaten in high quantities, researchers found.

(Source: Neurology, 2006; 67: 1370-6).

WEIGHT LOSS:

Calories don't count, good food does

The only real way you'll lose weight is by exercising more or eating less, according to the prevailing calorie theory that maintains weight loss happens when you burn more energy than you eat.

Despite its wide acceptance, it explains just one part of a more complex picture, as a new study demonstrates.

Researchers accepted the standard view that our children are getting obese because they sit in front of the television or in the classroom all day.

But when they put a group of pre-school children through a series of exercise programmes for six months, to their surprise none of the children lost any weight.

A group of 545 children from nurseries in Glasgow were either put on the exercise programme, which consisted of three, 30-minute sessions every week for 24 weeks together with an education pack that encouraged more activity in and around the home, or they carried on with their usual sedentary lives. But there was no difference in weight loss between the two groups. The puzzled researchers believe that the exercise programme was perhaps not strenuous enough, but did admit that diet may also play a part.

Now there's a thought - provided, of course, it's one that leaves out all processed foods.

This was demonstrated in a separate study of the Mediterranean diet, which is rich in fruits, vegetables, cereals and olive oil, and which avoids processed foods. The researchers found that overweight people who stuck to the diet were very unlikely to become obese, while people of standard weight didn't become overweight.

So - it's not just how much you eat, it's what you eat that really counts.

(Source: British Medical Journal, 2006; 333: 1041-3 (children's exercise study); Journal of Nutrition, 2006; 136: 2934-8 (Mediterranean diet study).

Body Mass Index:

The great red herring for heart health

Body mass index (BMI) is a clumsy and imprecise measure of obesity. It's arrived at through a complicated computation, which involves dividing your weight by your height, and the result is a number. If you're slightly over the 'ideal' number for your weight and height, you're overweight. If you're way over, you're obese.

Despite its imperfections, the BMI remains the standard by which we assess obesity in our weight-obsessed times. After all, obese people will die younger and are much more likely to suffer from heart conditions, or so we're told.

But that's not what researchers found when they analysed 40 studies that involved more than 250,000 people. When they looked at the figures, researchers found that obese people, as defined by the BMI, had far fewer cardiovascular problems or were living longer than their leaner counterparts.

In fact, it was only the people at the far end of the BMI spectrums who had health problems. Only those who were underweight or seriously obese, according to the BMI measure, were more likely to suffer a heart condition.

So what's gone wrong? According to the researchers, it's the BMI measure itself. It doesn't differentiate between fat and lean mass, and so fit

people with muscles would be classified as overweight according to the BMI.

(Source: Lancet, 2006; 368: 666-78).

BREAST CANCER: Rates drop dramatically as women stop taking HRT

The rate of new breast cancer cases in the USA has suddenly dropped dramatically, and scientists reckon it's because fewer women are taking hormone replacement therapy (HRT).

Millions of women stopped taking HRT for menopausal symptoms following a series of studies that linked it to a range of serious diseases, including breast cancer.

Breast cancer rates fell by 12 per cent in 2003 among women aged between 50 and 69, who were most likely to have HRT. UK researchers have reported a smaller, but still significant, fall in breast cancer rates among British women of a similar age.

Researchers from the University of Texas reported that 14,000 fewer women had been diagnosed with breast cancer in 2003, which coincides with a dramatic and sudden drop-off in those taking HRT after a study the previous year discovered a link between the drug and breast cancer.

Researcher Dr Peter Ravdin said: "It is the largest single drop in breast cancer incidence within a single year I am aware of. Something went right in 2003, and it seems that it was the decrease in the use of hormone therapy." (Source: BBC, 15 December 2006).

Focus on Natural Remedies: Fenugreek

This is one of the herbs that we use in cooking regularly. In India it is commonly acknowledged that the herb can be used control diabetes. Another incredible spice.

Attributed Medicinal Properties

Fenugreek is a digestive aid. As an emollient it is used in poultices for boils, cysts and other complaints. Reducing the sugar level of the blood, it is used in diabetes in conjunction with insulin. It also lowers blood pressure. Fenugreek relieves congestion, reduces inflammation and fights infection. Fenugreek contains natural expectorant properties ideal for treating sinus and lung congestion, and loosens & removes excess mucus and phlegm. Fenugreek is also an excellent source of selenium, an anti-radiant which helps the body utilize oxygen. Fenugreek is a natural source of iron, silicon, sodium and thiamine. Fenugreek contains mucilagens which are known for soothing and relaxing inflamed tissues. Fenugreek stimulates the production of mucosal fluids helping remove allergens and toxins from the respiratory tract. Acting as an expectorant, Fenugreek alleviates coughing, stimulates perspiration to reduce fevers, and is beneficial for treating allergies, bronchitis and congestion. In the East, beverages are made from the seed to ease stomach trouble. Many other properties

are ascribed to it in India and the East and not surprisingly include aphrodisiac. A tea can be made by infusing teaspoon of seed with two cups of water for five minutes.

Essential Focus and other questions

Recently I was asked why “essential focus” as the title for this quarterly newsletter. My reply was, “How you feel about life, your health or anything in particular, depends on WHERE YOU FOCUS YOUR ATTENTION.

Ask yourself this question, “What do I focus on most of the time?” In my practice I discovered that many people spend more time focusing on what they DON'T want rather than what they DO want.

Focus is Choice

Why is this important?

Because you can't expect to have what you WANT if you focus on the OPPOSITE of what you want. Put simply, you will create and attract MORE of whatever you focus on. (If you want to know more about this, research the Laws of Attraction)

In my experience anytime I feel stressed, worried, fearful, or have any other negative feeling, it is because I am doing two things.

1. I am either focusing on what I don't want to happen. OR

2. I am focusing on the future or the past, not the present moment.

Another question posed to me was, “why do I always end up making the same mistakes, being stuck in the same rut?”

My answer was, “Our consistent thoughts create our reality, i.e. What we focus on is what we get, so focusing on I keep making mistakes...therefore...I keep making mistakes, an alternative approach could be I am learning so much...of course it is more complex than that.

Below are some of the common aspects that crop up in our practice and that can be easily and rapidly shifted.

1. We Fear Change

Our subconscious “conditioned mind” does not like change. In fact, it is designed to resist change and to keep us where we are. The reason for this is the subconscious is primarily a survival mechanism. Its primary function is survival. It perceives any type of change as a threat to our survival. Unless we can bypass our survival mechanism, all of our self-

improvement attempts tend to fail. We use EFT with great success to align the subconscious with conscious good intention.

2. We Seek Instant Results

Today people are conditioned to expect “instant results.” Hence we want it NOW and expect to see results immediately in one session, one day, one week etc. They give most self-improvement techniques and practices one shot, and if they do not get immediate results, they get discouraged and give up. Immediate results are possible, but sometimes we need time to align our energy with our desires. The need for instant results or instant gratification often keeps people from taking the time to align their energy, so it actually takes them LONGER.

3. We Give Up Too Soon.

Most people give up too soon. Part of this is due to the need for instant results and instant gratification. However, one of the reasons we give up too soon is we see temporary setbacks as proof we cannot reach our goal or desire.

4. We are “TRYING” instead of “BEING”

Most people “try” to get what they want. The problem is every time you try, you are setting yourself up for failure. In reality you can't try to do anything. You either BE it or your DON'T. The whole world is trying and most are failing. “There is no way to Happiness, Happiness is the Way...”

5. We Focus on WHAT Instead of WHY.

Most people fail at self-improvement efforts because they focus on WHAT they have to do to get what they want. If you lose focus on your objective or WHY you want what you want, and instead you focus on WHAT you have to do, you will give up when the going gets tough. Unless you constantly focus on the WHY (the benefits), you will not be able to make the changes you desire.

The most important three-letter word that will guarantee success is WHY. You must be clear on WHY you want your goal or desire, or WHY you want to fulfill a certain dream. Your subconscious mind must be convinced that what you desire is what you really want. Not what you think you “should” want, or what others want for you, but what you TRULY want.

Many Stressed Women Abandon Healthy Lifestyle Habits: Simple Acupressure Technique Offers a Solution

San Francisco, CA (PRWEB) -- British researchers discovered that women and men respond very differently to working long hours. When stressed, women tend to eat more unhealthy snacks, drink more caffeine, smoke more and exercise less. The researchers emphasized the importance of adhering to a balanced diet. However, they did not have solutions for women who use food to help

them deal with stress. A simple acupuncture technique may be that solution.

Women have been using Emotional Freedom Techniques (EFT) to address the effects of stress, and to curb emotional eating for more than a decade. It involves fingertip tapping on select acupuncture points while focusing on the stressor in question.

Fortunately, a growing number of medical practitioners are addressing the emotional roots of stress using EFT. According to Dr. Eric Robins, a California urologist who uses EFT in his medical practice, "Whenever we are pushed above our threshold we become stressed and anxious. We then try to deal with that stress through a variety of coping mechanisms learned during childhood. These include anger, depression, fear, substance abuse, and overeating."

According to Gary Craig, the Stanford-trained engineer who developed EFT, "This technique balances the body's energy meridian system (Chi or Qi) which becomes disrupted when under stress. We focus on the emotions that may be triggered by stress and when anxiety, frustration and fear are dissolved with EFT, overeating stops being the automatic response."

Researcher on this study, Dr. Daryl O'Connor of Leeds University says, "An overwhelming body of evidence shows the importance of maintaining a balanced diet, including eating a low fat diet and five portions of fruit and vegetables a day. Yet our study points to a clear link between stress and a tendency to eat more unhealthy snacks and consume fewer vegetables and less of a balanced main meal."

According to Gary Craig, "In my experience, when patients seem to have an inability to adhere to healthy lifestyle choices, in spite of the dire consequences, it is because they have a severely disrupted energy meridian system. This disruption may be caused by unresolved negative emotions or past traumas. EFT is one of the only treatment options available to address this disruption, correct the self-sabotaging behaviors, and allow people to choose healthier alternatives."

Dr. Robins says, "At least 85% of medical problems are physical manifestations of how stress/anxiety/past traumas are held in and processed by the body. The best technique to address these issues and to clear them out of the body is EFT."

EFT may be the world's fastest-growing self-help technique because people are getting results where nothing else has worked for them.

The EFT Manual explains the basics so that anyone can begin applying EFT right away. It can be freely downloaded at

<http://www.emofree.com/downloadeftmanual.asp>

I read the article below in the EFT e-news I receive from Gary Craig. It seemed a perfect story to share.

God works in mysterious ways.

On a Saturday night several weeks ago, this pastor was working late, and decided to call his wife before he left for home. It was about 10:00 PM, but his wife didn't answer the phone. The pastor let the phone ring many times. He thought it was odd that she didn't answer, but decided to wrap up a few things and try again in a few minutes.

When he tried again she answered right away. He asked her why she hadn't answered before, and she said that it hadn't rung at their house. They brushed it off as a fluke and went on their merry ways.

The following Monday, the pastor received a call at the church office, which was the phone that he'd used that Saturday night. The man that he spoke with wanted to know why he'd called on Saturday night. The pastor couldn't figure out what the man was talking about. Then the man said, "It rang and rang, but I didn't answer." The pastor remembered the mishap and apologized for disturbing him, explaining that he'd intended to call his wife. The man said, "That's OK. Let me tell you my story. You see, I was planning to commit suicide on Saturday night, but before I did, I prayed, 'God if you're there, and you don't want me to do this, give me a sign now.' At that point my phone started to ring. I looked at the caller ID, and it said, 'Almighty God'. I was afraid to answer!"

The reason why it showed on the man's caller ID that the call came from "Almighty God" is because the church that the pastor attends is called Almighty God Tabernacle!! God answers prayers. God bless!

That is all for now. Hope you enjoyed the newsletter.

Till the next time much peace, love and light,

Ranjana and Eddie

Ps. don't forget call between office hours for info on [Electro Magnetic Radiation \(EMR\) protection devices](#) and the powerful supplements that we use and endorse for example Neways Noni juice and Maximol Solutions.

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.