

**We are back from India.** I hope this newsletter finds you all in the best of spirits and health. It has been an amazing journey. I would also like to thank all those who sent me loving support and kind thoughts. It has taken me some time getting back to a routine here. (I am still working on this, before you know it something else will come along and throw me into another whirl- and once again I will be trying to get my balance...) This newsletter has been neglected in the process of my recent experiences. It is a fair amount of work to trudge through the mountain of research material that had piled up for my perusal while I was away. I always find it so very difficult to choose what to put in, to keep it short and yet informative and yet uplifting and chatty. A few have suggested that the newsletter requires more pictures...I shall endeavour to oblige.

This issue is bigger as it is 2 issues in one. (I missed one out during my absence) Let me know what you think. *If you do not want to receive the newsletter*, call me on 01424-427-919 and I will remove your name from the mailing list. The reason we continue to send this newsletter is that it is a very good way to keep in touch with our friends, our ever-expanding downline from neways and other health product consumers. But most of all we look forward to getting your feedback. My sister also made an excellent suggestion that the newsletters should be monthly instead of quarterly, also they should not be long like this one...this requires some reorganisation on my part, I would like to hear from you, What do you think? Do you want to get this newsletter more frequently? Do you like the format? After all you are the reason I write this...Do email me - [essentialfocus@yahoo.co.uk](mailto:essentialfocus@yahoo.co.uk).

## Letters- Safe Hair Dye!

*One of the frequent questions I get asked is about hair dyes... no one wants to use toxic dyes and most do not want to display their grey hair either. Well perhaps there is a solution at hand. A while ago I had mentioned that there was a company called Logona that may have found a safe way to hide the grey. As I had not tried it out myself I could not be certain of the results. However I have received an email from a discerning and wary friend that may help. She would like to stay anonymous...nobody wants to admit to colouring their hair...so we will call her k. K sent me the following email...*

*...The reason for writing is I thought I would give you some feed back on Logona...*



*Check out the website it has improved since last year and the products do look good. (<http://www.logona.co.uk/>)*

*To order just telephone their number 01986 781782 and they will send out the products without charging p&p. Also if you say something about not being sure about the colours etc they will send out samples. In my experience (lots of times) the sample turns out to be the full sized products they sell. Because they have been requested as a sample there is no charge! But obviously they will only oblige if only the odd one or two samples are requested at a time.*

*The hair colours are £6.48 each and for short hair one packet will last 2 applications. Not bad! My hair has stopped falling out as much as it was and my scalp is less sensitive since I started using the hair colour.*

*Because the colour is made from henna (apart from the blonde colours) the results (on grey) are variations on the reddish and a deeper shine and tint to the rest of your hair. Note the hair colour will not change your natural hair colour. To get a less red result they recommend using 2 parts Umber to 1 part Black. Also the colour is very faint on the grey and in my experience you will need to apply the colour 2 or 3 times in close succession to obtain a deeper colour.*

*The story so far with my hair is that it is now in much better condition then it was and the scalp is not so 'flaky'. I use 2nd Chance shampoo and Exuberance. In the shampoo Mary recommended putting a cap full of 2nd Chance conditioner and shaking the bottle. This is time saving compared to the Neways' recommended way. Massage in the shampoo and leave in the second shampoo for a few minutes. Wash and condition in the normal way.*

*As a treatment I use 1 part Rebound and 1 part Exuberance under a shower hat and a scarf to keep it warm. Leave on for as long as poss. but at least 1hour. Wash and condition in the normal way. A very tiny amount of Rebound run through the hair before it is dried and styled gives it extra condition and shine! I prefer it to the Replenishing Mist.*

*Oh the Logona order line is 0800 169 6108....*

*I would like to thank K for letting me share this with you. But most of all I am really grateful that k took the time out to note this down. Thank you. This is very very helpful.*

## More Fluoride News

*Loretta Van Coppenolle from Texas, wrote in Scotland on Sunday - Week in Review, 13 October, 2002... "I*

HAVE just read Dani Garavelli's article? Should we grin and bear fluoride in water? - (September 22) and had a good laugh over British Dental Association spokesperson Kieran Fallon's statement that Americans are the most health-conscious people in the world and that they would not put up with fluoridation if it were bad.

Fallon is either terribly misinformed or terribly untruthful. Americans are probably among the least healthy people in the developed world. Our longevity rate is one great indication of that - we don't compare well with many other western countries. A majority of us are overweight, with adult and childhood obesity epidemic. Cardiovascular disease and cancer take out quite a large number of us at relatively early ages. We have very high rates of osteoporosis, hypothyroidism, Alzheimer's Disease, fluorosis, and other ills that, coincidentally, are associated with fluoride.

We are not known for our high IQs, and lowering of IQ is also linked to fluoride. And Fallon is willing to risk the health of the Scottish people on our say-so? Maybe the fluoride has gotten to her, too, and she's unable to think more rationally than to use us as her measuring stick for fluoride acceptability.

The fact is that most Americans are kept from knowing the truth about the fluoride in their water by very powerful interests that prefer waste disposal through people than the old-fashioned, more expensive and less profitable way of burying it. And fluoride is, appallingly, more a question of hazardous waste disposal than it is of saving teeth. Anyone who has done the research on this issue would know that. The British Dental Association apparently has not.

Don't let them snow you. The only people fluoride ultimately benefits in any big way are those who are selling it...

Another nice news item I received *from Jane Jones of the National Pure Water Association* was in *Private Eye*, 13-26 June 2003, No.1082, p27. Government fluoridation plans look, literally, dead in the water; not scuppered by vociferous antis but by the industry itself.

Before water companies start adding chemicals to drinking supplies, under the umbrella of Water UK they are seeking protection from any civil or criminal litigation that may follow.

They argue that the decision whether or not to fluoridate to protect teeth is entirely a health issue. Therefore the government or health authorities should pay for the work and plant needed to fluoridate, the

ongoing running, management and training costs, the costs of supply to those who for valid health reasons cannot drink fluoridated water and crucially, protection from being sued by anyone claiming injury.

They also want protection from the actions of customers who are opposed to fluoridation, including the costs of debt recovery from those who refuse to pay their bills. No one sees Gordon Brown agreeing to underwrite such costs.

9<sup>th</sup> July 2003

*Despite all this I have just discovered that the UK government seems determined to press ahead with planned extensions of water fluoridation schemes in the UK.* The bill has just been passed in the House of Lords and will be discussed in the House of Commons soon. In Europe with the exception of one small part of Spain, the continent is now free of water fluoridation. Last April, after 41 years of fluoridated water, the Swiss city of Basel stopped fluoridation largely due to a lack of study evidence that it was effective. During those 41 years, dental caries in children had not fallen, but had actually been on the rise. In New Zealand, which has fluoridated its water for years, children have some of the worst teeth in the world: some 58% of teenagers and 47% of 5 year olds have serious dental decay. On top of this the new evidence also shows that fluoridating water ruins teeth. Dental fluorosis-tooth mottling and discoloration from too much fluoride-affects 48% of people in areas with fluoridated water supplies. Despite this known side effect, the NHS does not cover the cosmetic dental treatment required. It can cost 200 pounds per tooth to correct fluorosis, and the procedure has to be repeated every 6 years. Besides ruining teeth fluoridation is linked to bone and oral cancer. The National Cancer Institute made a statement say that, "fluoride causes more human cancer deaths, and causes it faster, than any other chemical". Also the Silicofluorides used in water fluoridation are not registered as medicines but are listed in only one piece of legislation in English Law- The Poisons Act of 1972-and, as such are subject to strict controls. I have written to my mp about this. But I wanted to ask you a question what are you brushing your teeth with?



*I use Ultrashine  
Radiance  
toothpaste from  
Neways*

## **FOOD AND BEHAVIOUR**

What can food do for your happiness, your mental health and your aggression levels? Could diet help reduce suicides and antisocial behaviour among young offenders? If so, what could it do for school children, frustrated commuters, stressed employees and the rest of us? Are we ignoring one of the easiest ways to improve our behaviour and so our lives?

Ananova: Story filed: 08:05 Sunday 16th February 2003 Prison food study criticised

The Prison Service has refused to fund research into prison diets despite research suggesting food supplements can reduce violent behaviour by up to 35%. Former chief inspector of prisons Sir David Ramsbotham, QC, has described the decision as "totally infuriating as well as being extremely stupid".

The original study was carried out on 230 inmates at Aylesbury Young Offenders' Institute. In a blind trial, one group of prisoners was given a multi-vitamin mineral and fatty acid supplement while another group was given dummy pills. Among those taking the supplements, violent incidents were reduced by more than a third. Sir David told the BBC's Food Programme that Prime Minister Tony Blair had missed a golden opportunity. He believes the estimated £3.5 million it would cost to provide prisoners with nutritional supplements would massively reduce prison costs. A Prison Service spokeswoman said that while it had agreed to further studies in two prisons, Warren Hill and Stoke Heath, it had "not accepted" the findings of the original study and would not be putting any money into further research.

## **Changing the way we live**

The most common defense the medical profession uses when asked about complementary therapy is that there are not enough clinical trials... That there is no concluding evidence... obviously the doctor has not had the time to read the latest issues of the British medical journal (BMJ) or the Lancet or any of the research done by doctors who have won Nobel prizes. Do they really think that Nobel prizes are given to dummies? There is so much evidence about nutritional supplements, herbs, ayurveda, homeopathy, toxins, healing, energy therapies, parasites, and nutrition that it is overwhelming. The only way a doctor cannot know about these breakthroughs and ancient knowledge is either they choose to go through life with a blindfold or they are too busy dining with the pharmaceutical rep. Not surprising really considering that the average NHS doctor only gets 7 minutes to see a patient that is just about enough time to say hello and to be seated but

certainly not enough time to be diagnosed and prescribed away till the next visit. They are inundated with "scientific"(sic.) evidence from the drug companies about vaccines, anti depressants, statins and so on. Patients come to them wanting a cheap pill. Can you blame the doctor? Their entire medical education has been approved by the drug company. Their livelihood rests on the practice of pushing drugs. Those who become aware are threatened by the established bodies, or are forced to leave.

They should not have to leave. But then who can blame the doctors when there are thousands of people who are aware of the dangers of anti-depressants and yet walk into a doctor's office and leave contentedly with a prescription. There are thousands of mothers who want to do what is best for their child but are scared to go against the advice of their doctor. (I have the MMR vaccination in mind; my mother was also browbeaten into taking steroids when she was pregnant...) There are thousands of asthma and eczema sufferers who know that there has to be a better way than taking steroids over a long period of time. You know the answer already. You feel it in your bones, the aches and pains, the niggling suspicion... Change is terrifying when we do not want to change.

To say that Cancer is a killer is to lie. We are not dying of Cancer we are dying of ignorance. This kind of dying is often, painful, sad, and debilitating. Very often I hear the tragedy of some one telling me that they are or know some one dying of cancer. The tragedy is the ignorance, the complete acceptance of the lie. And worst yet I do not always have the courage to rock the boat. The number of times I have preferred to stay silent to sharing what I have learnt because I do not want to be in a confrontational situation. I do not want to shake someone else's belief system. Does this make me an accomplice to a crime? (You say that it is a bit drastic...but if you had some answers that could drastically alter a person's life for the better and you did not share it...the consequences of our action are far reaching... fear of ridicule, fear of stepping out of my comfort zone are sad facts... how many times can a person hide behind, "this is not my problem..." I am so pleased there are people who did not follow this path because they helped change my life. You know that there are measures which a sufferer can take to heal himself or herself and you do not tell them how does that make you feel? This is how I often felt. So I write because of my lack of courage. If you or any one you know has cancer, heart disease, diabetes, asthma, arthritis or any other debilitating disease, call me or ask them to call me, I can recommend books and supplements and herbal remedies and energy therapy techniques that can change the way they feel about

their bodies. If you know anyone with cardiovascular disease tell them that high doses of vitamin C can help the body heal itself. Tell them to check the websites to do with Dr. Rath's research, tell them about the campaign for truth in medicine, tell them about Dr. Linus Pauling and other such Nobel prize winners, who have discovered that nutritional supplementation can make one healthy again, tell them about Dr. Samuel Epstein who has brought to the public awareness the dangers of chemicals. Or you can give them my number...

Death is inevitable, but we can change the way we live. We are all going to die... this is not a depressing thought for me; it is good to know that existence does not stop here. We can make this journey here, on this vibrant planet a good experience. What do we want? Health? Happiness? Misery? Pain? Fear? It took me a long time to accept that I did not have to be miserable (because if you are happy someone or thing will come along and snatch it away from you...you will invite the evil eye...) or make art that commented on the misery. I have learnt that happiness is so contagious that it attracts more happiness; it also propels me to function not out of fear but out of love. Call it corny, clichéd, whatever. Life is just too short to spend it pretending cleverness.

I am not a medical doctor or a qualified healthcare practitioner, I do not charge for the time or the recommendations I make. I am an artist. I have spent a lot of time investigating and studying health issues. The last 7 to 8 years were spent consistently in research and working with deep personal issues and my own healing. During this process the creative process took a backseat and learning and changing became the focus. It has not been easy and I will never stop learning. This newsletter is a result of those years of study as well as a method to get feedback. I have never found the need to be a qualified practitioner or to get a certificate to prove my integrity or my viewpoint. My present aim is to share what I learn and I continue to learn. At the moment apart from being an artist, I am in the wellness business and it feels very good.

*This seems a good place to insert a prayer. But this is not an ordinary prayer it is a prayer that my sister recently wrote in the form of a prayer.*

## A prayer

I pray a prayer  
To be eternally grateful  
Infinitely blessed  
Always kind and never hurtful



Actively Present  
Automatically Helpful  
Willingly Giving  
Abundantly Detached

Openly receiving  
Welcoming the truth  
Surrendering everything  
Freeing limitations

On Lord  
This is my prayer  
I offer with all my love  
Ready for your grace and guidance

## Noni is back! (You can order it from September) But Your Health Freedoms are being taken away!

To find out more please check out the information on the Health freedom Movement website. I will update you as when possible.

Re: Food Standard Agency Report on the Safety of Vitamins 8<sup>th</sup> May 2003

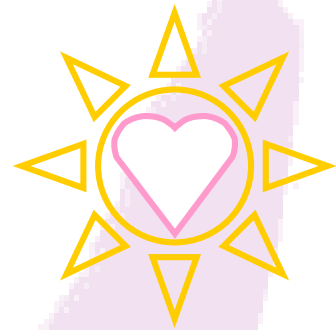
Once again we are subjected to a flurry of ignorant and inaccurate information; the BBC website calls beta carotene a "mineral" and the Food Standards Agency uses long-discredited research (on vitamin B6 and beta carotene) to back up its claim that these substances could be dangerous. On top of that the FSA rolls out the usual chestnut"! In most cases you can get all the nutrients you need from a balanced diet!" Sir John of the FSA obviously hasn't read the government's National Food Survey 1995 which shows that the British population fail to get even the Recommended Daily Allowance of vitamins and minerals from the most ideal diet of organic fruits and vegetables....

I have *included an info sheet about supplementation* which some of you may want to pass on to your friends and family, (this was my motive for including it in, I do hope that you will pass it on to someone you know, someone you care about) help them become aware so that they, like you can make an informed decision

*I would like to thank Neelam and Jan Arts for all their work they are doing to bring health and happiness into the lives of many.*

Before I left for India, I had promised to write to you about the “Incredible Chi Machine”. I have been using one for over 9 months apart from the month when I returned from India. I promptly acquired one as I missed using the machine. It really is about improving the quality of life, and increasing the sense of wellness and relaxation. When you have one you know what I mean. It is an experiential thing. Those of you who have tried mine and got one for yourselves know what I mean. One of the reasons I am so hooked on mine is because it made a big difference in my weight management (IT kept it down and helped me to unload a stone) not bad for an oxygen exerciser. But I do not want to get your hopes up or get you too excited. In brief here is some more on this fabulous gizmo. It is so simple and ingenious. I am trying to think what is wrong with it...

My major reservation about it was the shipping charges. Because the machine comes from Australia, the shipping is costly. The machine itself costs around 250 pounds (without VAT), for what it does it is well priced. In the States it is sold for over 350 pounds, but the Americans can get their medical insurance to pay for it (typical!) The shipping cost is around 60 pounds. The good thing is that you do not need to pay the VAT if you have a medical condition (a saving of about 60 pounds). Call me if you want to try mine or you want to know more.



## General Functions of a Chi Machine

### CELL DEVELOPMENT

The body is made up of over 69 different cell types. The cells work like a chemical factory and produce complicated chemical reactions. To enable these reactions to take place, it is necessary for the cells to have oxygen. If they do not receive enough oxygen, then the cells stop working.

Therapeutic massage that stimulates the nervous system opens the bronchial tube to enable the maximum amount of oxygen to reach the lungs. At the same time, the flow of blood to the lungs is increased. The exchange of oxygen from lungs to blood is accelerated. Thus, the speed at which the oxygen is absorbed by the individual cells is also accelerated, making the cells work more efficiently. Enabling them to remove toxins and revitalize your level of energy.

### SPINAL BALANCE

The spinal cord is one the most important body parts, but is also very easily injured. Back injury can also affect other parts of the body. Use of a Chi Machine, relaxes the body completely and it has no adverse effects on the spinal cord. Laying down on ones back provides the very low-stress and relaxed form of aerobic exercise. The massage movement causes a correction of the spinal cord in cases of incorrect positioning of the spinal cord. The spinal cord is put back into the correct balance. This is extremely important to optimize the functions of other body parts and chemistry.

### ENHANCE THE IMMUNE SYSTEM

The only two organs, that produce the very important haemoglobin, are the spinal Recognizer and the Thymus. From the age of 40 in men and 35 in women, the thymus starts to shrink and leaves the production of haemoglobin to the spinal cord. The spinal immune Recognizer is affected by the use of the Chi Machine, by producing more haemoglobin. Step by step the body becomes stronger and recovery from illnesses is much quicker or the body does not even become ill. During the rhythmical movement of the Chi Machine the nervous system is stimulated, which strengthens the blood production capacity. It can also improve anaemia.

### NERVOUS SYSTEM STIMULI THAT PROMOTES BONE MARROW PRODUCTION

Blood is produced on the bone marrow and in the spleen. Because it is easily influenced by internal and external factors, blood production in the spleen is limited. Most production of blood is therefore left to the back. The movement created with the Chi Machine stimulates the nervous system and thus increase the blood production.

### BALANCING THE CENTRAL NERVOUS SYSTEM

Due to continuous burden from work, bodily weight, poor posture and increasing stressful situations, an imbalance of the autonomous nervous system can arise. This can lead to insomnia, headaches, stomach aches, constipation, depression, etc. Only through stimulation of the nervous system can these problems be eliminated. By using the Chi Machine regularly, the nervous system is stimulated and as a result can return to a state of optimum balance. Through regular use of the Chi Machine, resistance to stress related damage can also be



increased.

## ENHANCE INTERNAL ORGANS

With regular use of a Chi Machine you will notice internal changes. The soft sideward movement of the machine moves the whole body. When the machine stops, you feel a large energy wave from the toes to the head. This is the so called Chi-Flow or also energy flow. Here modern medicine and traditional Chinese medicine meet each other and look after the healthy energy flow. The Chi Machine is responsible for making sure that this energy flow reaches all body parts so that all functions are improved and repaired and that good health is produced and maintained.

## SUMMARY OF HEALTH BENEFITS

### 1. FULL-BODY EXERCISE, WITH NO SIDE EFFECTS

The Chi Machine can provide complete aerobic exercise. Men, women, the elderly and children can all use it. There are no limits on when, where, or under which climatic conditions you can use it. (if one is recovering from recent surgery or has any degenerative bone disease or heart disease, please consult your doctor prior to using a Swing Machine).

### 2. A RELAXED "LOW-STRESS" FORM OF AEROBIC EXERCISE

Only a very slight pressure or stretching of joints, muscles and tendons. It is NOT a weight bearing exercise.

### 3. NO INJURIES

Because you are lying down when you use the exerciser you can't fall down, twist your muscles or get injured in any way. Your heart rate will not increase, nor will blood pressure, thus providing a safe and effective way for you to exercise. (if one is recovering from recent surgery or has any degenerative bone disease or heart disease, please consult your doctor prior to using a Chi Machine).

### 4. SIMPLE, EASY-TO-USE, COMFORTABLE AND AFFORDABLE

Chi Machines are extremely simple and convenient to use. For people with busy schedules, they provide the easiest way to develop an ongoing exercise habit at home, the office or when travelling. It is the ideal mobile spa treatment that provides affordable long-term health benefits.

*This machine has been a useful tool in improving bad posture and backache, blood circulation (esp. those with diabetes), drainage of the lymph. It reduces body weight and tones muscle, aids poor digestion, helps neuron problems (strokes, MS etc.) It also helps with depression and stress.*



Using The Chi Machine  
Simply lie on a firm surface,  
place your feet on the  
machine and relax. Set the  
timer and enjoy the  
sensations.

For more information and to order please call me Tel: 01424 - 427 - 919