

Dearest Friends,

It is almost February...and 2010 already promises to be a very insightful year full of change and growth. We do hope that this year will bring you JOY.

We have just got back from our Travels to India and Malaysia. It was truly glorious. I would not describe it as a break away but it was not work either. It was a holiday with a difference. We facilitated 2 workshops, the 1st was EFT training in



India over 8 days and the 2nd was a 4 day Spiritual Retreat in Penang, Malaysia and it was all about The Return to Joy. We cried deeply and laughed until it hurt, we had moments of sublime beauty, stillness, and a continuous outpouring of Gratitude.

It was the first time that we saw a lot of clients in India. Both workshops were attended by close to 30 people many of whom did not have a great grasp of English so we got really good at communicating with the language of the heart. Some of this work that we do in the Far East is unpaid, yet we are remunerated in ways that fill us a million times over with thankfulness. We had so much FUN. It was a gift to touch so many lives and to be touched. It was a humbling experience. And to top it, the organizer of the Penang event Mr Tan, took us to Langkawi, an island on the Malacca straits for a 3 day holiday...imagine a person floating in a pool surrounded by palm trees with a view to the sea and eagles flying overhead...yes that person was me...So much happened while we were away but **my biggest piece of news is that Eddie (my rock and loving husband) has completed his EFT practitioner training and has been working with me since December.**

We were also inspired to start practicing a fusion of Energy Healing Therapies with Meditative Inquiry that we have named Liberating Touch. I promise to share more about this in the next newsletter. For those of you that cannot wait, I will also be introducing it at the Joy and Endorphins

workshop at ilkley on Monday the 1st of Feb. Hope to see you there.

Eddie and I are now giving **Liberating Touch**

sessions together. Till date the results have been extraordinary, I was equally amazed, something happens when we work together, I just cannot explain it. If you want to experience this before we put the information on our website and while we are relatively free, we will be offering sessions at a **50% discount for sessions booked in February**. From April we will be charging £120 for an hour and a half. In February it will be only £60 for an hour and a half. So if you are interested do call us before we get completely booked up.

Thank you for your many emails about the **Emotional Toothbrush Series**. I am so glad that you are finding them useful and that so many of you are benefitting from this resource. I use it myself. What I do is I identify what I need to work on and then simply play anyone of the audios and think tap (imagine tapping) or hold the points and more often than not I have noticed a shift in my perception of the issue. More info at: <http://www.emotionalhealthcentre.com/eft.htm#emotionaltoothbrush>



Living with Desire: The Heart of Enlightened Living

On the 13th & 14th March I will be facilitating the first ever [Living with Desire workshop](#).

During this 2 day Workshop along with understanding how the Mind Creates Our Reality we will also use practical methods to create a conscious reality of choice.

By Creating a space of safety and healing we will be able to meet all our desires with unconditional listening and openness. Through a process of Allowing we will be moving from restriction and resistance to openness and contentment.

Know what it means to be the source of your own Reality

What Desire are you holding onto?

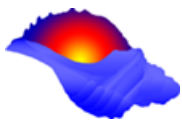
What Desire are you holding off?

What don't you want to experience?

What do you fear the most?

What would happen if you were no longer afraid? What decisions would you make?

We invite you to join us for these insightful 2 days where DESIRE becomes your guide to FREEDOM & JOY.



Emotional Health Centre News

Essential focus on freedom, health and happiness www.emotionalhealthcentre.com

Also on the 1st of March the EFT Group Session at the Wellington Health Centre will be Free!!

Our Free Meditation Circle will continue on Thursday evenings at 7pm, do call in advance.

Contents

- Focus on Natural Remedies: Fenugreek a closer look
- Recession may help you live longer
- The good news about being overweight
 - What can cause depression?
 - On the Funny Side

+ Info Attached about our Workshops and Events

“Your ability to create a focus of attention is not just a cerebral, or brain, activity. It is an activity on many levels of consciousness. Wherever you place your attention within your body, or within the energy field of your body, there is an immediate flow of subtle energy to that point, or area, which has an enlivening effect upon the cells of your body, and/or the luminous light fibers that comprise your energy body.” [Tom Kenyon](#)

Focus on Natural Remedies: Fenugreek a closer look

5 years ago I had written about Fenugreek in the newsletter and it feels like a good time to take a closer look at Fenugreek. When I was in Penang this year I met a gentleman named Mr. Wong, and he told some amazing things about fenugreek. He is so impressed with the way it has helped him bring his cholesterol levels down as well as manage his insulin levels (he is diabetic) that in his leisure time he gets the seeds, grinds them and distributes it to those in need. He had 100's of anecdotes of the healing power of Fenugreek.

In my own life I used it to bring my iron levels up when I was dangerously anemic. In the early 20's my blood sugar was very elevated and I drank fenugreek tea to balance it. Also after my miscarriage I took fenugreek sprouts to help me balance my hormones which were all over the place. Those of you that have high cholesterol, hypertension, or blood sugar imbalances I really recommend checking Fenugreek out. **After trying the many ways to take fenugreek I have found the best way to take it is a teaspoon of fenugreek powder in half a glass of water first thing in the morning on an empty stomach.** If you have arthritis

then a teaspoon of fenugreek powder in water with your food. This should help with arthritic inflammation.

What is Fenugreek?

Fenugreek (also known as Greek Hay and Fenigreek), is an herb that is commonly found growing in the Mediterranean region of the world. While the seeds and leaves are primarily used as a culinary



spice, it is also used to treat a variety of health problems in Egypt, Greece, Italy, and South Asia.

Fenugreek seeds have been found to contain protein, vitamin C, niacin, potassium, and diosgenin (which is a compound that has properties similar to estrogen). Other active constituents in fenugreek are alkaloids, lysine and L-tryptophan, as well as steroidal saponins (diosgenin, yamogenin, tigogenin, and neotigogenin).

What are the Benefits of Fenugreek?

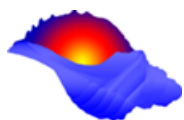
Due to its estrogen-like properties, fenugreek has been found to help increase libido and lessen the effect of hot flashes and mood fluctuations that are common symptoms of menopause and PMS. In India and China it has also been used to treat arthritis, asthma, bronchitis, improve digestion, maintain a healthy metabolism, increase libido and male potency, cure skin problems (wounds, rashes and boils), treat sore throat, and cure acid reflux. Fenugreek also has a long history of use for the treatment of reproductive disorders, to induce labor, to treat hormonal disorders, to help with breast enlargement, and to reduce menstrual pain. **Recent studies have shown that Fenugreek helps lower blood glucose and cholesterol levels, and may be an effective treatment for both type 1 and 2 diabetes.** Fenugreek is also being studied for its cardiovascular benefits.

Uses of Fenugreek

Home Remedy for **Balancing Cholesterol**

Studies have found people who took 2 ounces (56g) of fenugreek seed each day had significantly (around 14 percent) lower cholesterol levels after 24 weeks, and had lowered their risk of heart attack by more than 25 percent. Therefore, a recommended remedy for lowering cholesterol is to take 2 ounces of Fenugreek seeds throughout the day. The seeds can be sprinkled onto prepared food, or they can be consumed with water if they are in capsule form.

Treating Diabetes and Lowering Blood Sugar Levels



Studies have shown that participants with type 2 diabetes had significantly lower blood sugar levels after eating fenugreek. Therefore, a recommended home remedy for treating Type 2 [diabetes](#) is to consume 500mg of fenugreek twice daily.

Herbal Cure for Skin Inflammation

Research has shown that Fenugreek is an effective topical treatment for skin problems such as abscesses, [boils](#), burns, [eczema](#), and gout. Therefore, a simple skin inflammation remedy is the following:

Take a spoonful of fenugreek and grind it into a powder. Mix the ground fenugreek with warm water. Take a simple piece of clean cloth and soak it into the mixture. Apply the soaked cloth directly onto the affected skin as a poultice.

Natural Cure for Heartburn and Acid Reflux

Fenugreek seeds contain a lot of mucilage, which helps soothe gastrointestinal inflammation by coating the lining of the stomach and intestine.

Therefore, for an effective remedy against heartburn or Acid Reflux, simply sprinkle 1 teaspoon of fenugreek seeds onto your food.

Another option is to take one teaspoon of Fenugreek seeds and swallow them with water or juice before any meal.

Home Remedy for Fever

The Fenugreek herb has been known to help reduce fever when taken with lemon and honey, since it nourishes the body during an illness.

Therefore, to treat a fever, simply consume one to two teaspoons of Fenugreek seeds three times a day along with an herbal tea (such as [green tea](#)) with a teaspoon of [honey](#) and lemon juice. Some health food stores also sell herbal Fenugreek teas, which can be used instead of the green tea.

Breast Enlargement

Fenugreek is often used in many teas and other products that help balance women's hormones and/or enlarge the breasts. Therefore, a simple home remedy for breast enlargement is to make Fenugreek a part of your regular diet. A common suggestion is to consume up to 3g of Fenugreek

per day.

Remedy to Ease Child Birth for Pregnant Women

Fenugreek stimulates uterine contractions and can be helpful to induce childbirth. However, pregnant women should only use Fenugreek for inducing labor after consulting with their doctor.

Remedy to Aid Milk Production in Lactating Women

Fenugreek has been known to increase milk production in lactating women. Research has even shown that milk production can increase by over 500 percent within 24 to 72 hours after consuming

fenugreek. Although it is not known why this happens, researchers speculate that the oil contained in fenugreek seeds plays a role. Therefore, a recommended remedy to increase milk flow is to consume one capsule of fenugreek seed (at least 500mg) three times a day.

The next 3 excerpts are from www.WDDTY.com. This is a site I check regularly and encourage everyone to visit this site for reliable health information.

Recession may help you live longer

30 September 2009

There's one good piece of news about the current credit crunch and recession – it will probably mean you'll live longer.

The Great Depression of the early 1930s added around six years to everyone's life expectancy, while the economic booms shortened life.

Life expectancy in the US rose from 57.1 years in 1929 to 63.3 years in 1932, according to research from the University of Michigan. The research, which spanned 20 years from 1920 to 1940, found that life expectancy dropped during times of strong economic expansion, such as in 1923, 1926, 1929 and 1936-7.

The researchers aren't sure why we live longer when there's a depression, but they think it could be associated with less spending money for alcohol and cigarettes, and also a less stressful work environment. Even the idea that being unemployed is bad for your health also seems to be untrue.

(Source: Proceedings of the National Academy of Sciences, 2009; doi: 10.1073/pnas.0904491106).

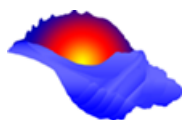
The good news about being overweight

21 October 2009

Doctors have become almost parrot-like in telling us that being overweight can dramatically affect our health – but a new study suggests they are wrong. And being a little on the tubby side even seems to protect you against cancer.

A new report from Germany reveals that being overweight – having a body mass index (BMI) of between 25 and 30 – doesn't make any difference to how long you may live. In fact, men who were overweight had a 7 per cent lower death rate from cancer than men with a normal weight.

In a review of 42 studies, researchers from the University of Hamburg found that our weight affects our health only when we become obese, which is defined as any BMI score above 30. Overall, the death rate among obese people is 20 per cent higher than in people with lower BMI scores. But as we get older, even obesity seems to have less of an impact on our health.



(Source: Deutsches Artzeblatt International, 2009; 106: 641).

I am often asked,

“What can cause depression?”

The following is from Bryan Hubbards’ article *the great depression myth*. Every year around the world, people consume \$13bn (£6.6bn)-worth of antidepressants and more than 80 per cent of those is an SSRI (serotonin selective reuptake inhibitors) such as Prozac, Paxil and Zoloft. SSRIs are among the best-selling drugs in medicine, and their enormous success is based on the ‘chemical imbalance theory’, which proposes that people are depressed because they are low in serotonin, a brain chemical and neurotransmitter that acts on the nervous system.

An SSRI redresses such a chemical imbalance by helping to promote serotonin, and can treat not only depression, the manufacturers claim, but also other psychiatric problems such as social anxiety disorder and obsessive-compulsive disorder.

The SSRI signaled a revolution in mental care. Suddenly, clinical and severe depression wasn’t something that the sufferers just had to endure or learn to get over. Instead, here’s a simple remedy to hand: a chemical to treat a chemical. As a result, we’ve become a ‘Prozac Nation’, as Elizabeth Wurtzel’s best-selling book says....

The pharmaceutical industry has been the major promoter of the depression-serotonin theory—for obvious reasons. **Yet, astonishingly, the concept has never been actually proven since it was first postulated in 1967**—and not because there haven’t been many attempts to do so.

Depression is a chronic and debilitating condition that goes far beyond feeling down or ‘having the blues’. While doctors recognize that it can take various forms—such as moderate or severe, or clinical—they don’t know precisely why some people become depressed, other than accepting that it can be due to a complex mix of causes. However, the one thing that is known with certainty is that the oft-repeated theory of a chemical imbalance is simplistic and not supported by any scientific evidence.

While patients’ help groups often point to obvious causes of depression such as death in the family, job loss or chronic illness, **WDDTY’s scouring**

through the literature has uncovered many other, often unsuspected, causes.

- Hypothyroidism. Around one in five cases of chronic depression are believed to be due to the body producing too little thyroid hormone. One study found that women with even just mildly decreased thyroid function had three times the rate of depression compared with the average (Ann Rev Med, 1995; 30: 37–46). To check if your thyroid gland is underperforming, place a thermometer under your armpit for 10 minutes immediately upon waking in the morning. Any temperature below the normal range of 97.8–98.2 degrees F (36.6–37 degrees C) may be indicative of an underactive thyroid.

- Low blood sugar. This condition—which has the medical name of ‘reactive hypoglycaemia’—is a recognized cause of depression. It can occur after compulsive snacking on sweet or starchy foods and, once these foods and carbohydrates are removed from your diet, the depression may well lift.

- Irritable bowel disease. Gastrointestinal problems are a major cause of irritability and depression. One-third of all sufferers of Crohn’s disease complain of headache, eye problems and depression (South Med J, 1997; 90: 606–10).

- Coeliac disease. Depression is associated with this gastrointestinal condition, where the inner lining of the small intestine is damaged by eating wheat, rye, oats and barley.

- Allergies. One study found that a third of all depressed people also suffer from some sort of allergy such as to certain foods, or hayfever or bronchial asthma (J Affect Disord, 1981; 3: 291–6).

I recommend the WDDTY book “Depression: Treating it naturally”. It is a comprehensive review of depression, including the many ways in which it can be treated without the use of SSRIs or other antidepressant drugs. The book is available from:

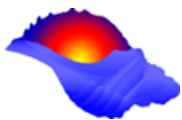
WDDTY
Unit 10, Woodman Works
204 Durnsford Road
London SW19 8DR. Or by telephoning

0870 444 9886. An e-book version is available from the WDDTY shop at www.wddtyhealthshop.com.

According to the WDDTY treating depression without drugs is very feasible

There is a range of strategies that can be adopted to help to overcome depression, depending on its severity, and they don’t involve the use of (potentially toxic) drugs such as the SSRIs.

- **St John’s wort** (*Hypericum perforatum*). This herb, dubbed ‘Nature’s Prozac’, is a proven remedy for mild-to-moderate depression, although it has also



proved effective in more severe cases. In Germany, it has become the standard treatment for depression, and is even preferred over antidepressant drugs. Numerous studies have shown that the herb works. One found that 300 mg three times a day cured 75 per cent of depressed people (J Geriat Psychol Neurol, 1994; 71: 12-4). Doctors in the UK and Ireland have been opposed to the herb only because it can interfere with prescription drugs.

- **Nutrition.** The B-complex vitamins, including B12 and folic acid, can help with depression, as can calcium, zinc and the omega-3 essential fatty acids. Foods rich in vitamin B6, including soy-beans, lentils, meat, poultry, fish, fruit and brown rice are very nourishing.

- **Meridian Energy Techniques like Emotional Freedom Techniques (EFT) and Thought Field Therapy.** These therapies involves finger tapping on specific acupuncture points around the body at the same time that the patient is generating a negative thought or emotion. The tapping is supposed to release the 'trapped' emotion. However dubious it may sound, the therapy has been tested in several trials, and the early results are promising. **I have highlighted this because I have witnessed through my own experience and practice with EFT and Jin Shin Jyutsu phenomenal positive shifts in those who have struggled with depression. There are now several articles available on the effectiveness of EFT for Depression.**

- **Exercise.** Exercise can be surprisingly effective in combating depression. Even moderate exercise, which involves just walking briskly or jogging for 40 minutes, three or four times a week, can help. Those who already exercise regularly are less likely to become depressed. One study found that moderate exercise was as effective as the powerful SSRI sertraline (Zoloft) (Arch Intern Med, 1999; 159: 2349-56).

Hope you found this useful!!

Since many of you have asked us about Cutting the Ties That bind, On the 7th of February we will be running a Free Introduction from 4 to 6pm. Advance Booking for this essential

On the Funny side 2 lovely stories to make you smile:

from <http://www.onlyfunnystories.com/>

RUN

I was teaching a very basic class in BASIC programming to a group of adults. Adults who have never been around computers before are very nervous and much harder to teach than children, however I am a patient person so I enjoy their successes.

However, I must share the following:

After putting a short program on the board, I told the students to type "R," "U," "N" and press return to see the program execute.

A hand went up in the back of the room, waving to get my attention, and the person attached to the hand said, "I did what you said and it didn't work." Knowing full-well that all of us make mistakes when typing at the computer, I suggested she retype "R," "U," "N" and press return. A few seconds later, the lady's hand goes up again. "It still doesn't work," she said.

So... I went back to see what the problem was ... only to find that instead of typing RUN, she had typed in the following: ARE YOU IN!

The Service

One Sunday morning, the pastor noticed little Alex was staring up at the large plaque that hung in the foyer of the church.

It was covered with names, and small American flags were mounted on either side of it.

The seven-year-old had been staring at the plaque for some time, so the pastor walked up, stood beside the boy, and said quietly, "Good morning, Alex."

"Good morning," replied the young man, still focused on the plaque.

"What is this?" Alex asked.

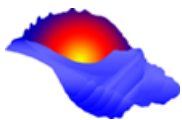
"Well, son, it's a memorial to all the young men and women who died in the service."

Soberly, they stood together, staring at the large plaque. Little Alex's voice was trembling and barely audible when he asked, "Which service, the 9:45 or the 11:15?"



That is it for this Newsletter. **Call us, email us, and stay in touch. Hope you enjoyed the newsletter.**

Sending you wishes of joy, happiness and infinite peace. Ranjana & Eddie Appoo



Emotional Health Centre News

Essential focus on freedom, health and happiness www.emotionalhealthcentre.com

Other Workshops and Events:

For more info call 01424 427919 or email emotionalhealthcentre@googlemail.com
We look forward to sharing with you

Meditation Circle every Thursday evening from 7 to 8 pm (Free) Beginning in February 2010



EFT Self Help Support Group (Free)

1st Sunday of Every Month
The Next EFT Self Help Support Group (Free) will meet on the 1st Sunday of every month at 2 pm- 4pm (only for those who have attended a level 1 workshop or similar) so the dates are:
7th February 2010
7th March 2010
4th April 2010

Cutting the Ties That Bind Circle (Free) is also held on the 1st Sunday of every month at 4pm- 6pm. See Dates above.

Since many of you have asked us about Cutting the Ties That bind, On the 7th of February we will be running a Free Introduction from 4 to 6pm. Advance Booking for this essential

Emotional Freedom Techniques*

Introductory One Day EFT Level 1 Workshop
Saturday 20th February 2010,
Or Saturday 26th March 2010
10AM to 5PM £65 per Person

*Quite simply EFT (Emotional Freedom Techniques) entails tuning into whatever is creating disharmony or distress, getting to the core of it through awareness and inquiry while at the same time tapping on various locations on the face, chest and fingers thus balancing the body's energetic field and healing mental and emotional resistance, blocks and suffering

EFT (Emotional Freedom Techniques) is the most exciting breakthrough in therapy and personal development in a long time. It is a new treatment

tool for anxieties, fears, trauma, procrastination, addictions, weight loss and much more: a gentle highly effective way to transform any issues blocking emotional happiness or personal achievement.

AAMET Certified Practitioner Level 2 Workshop

27th and 28th March 2010, 10AM to 5PM both days, £185 per Person

AAMET Certified Practitioner Level 3 Workshops

Advanced Level Comprehensive Training Intensive –2010 course dates,
In May, we will be running an Intensive EFT Level 3 training over 3 weekends (£480).
8th & 9th May 2010- Shifting Belief Systems, Healing Trauma, Further Approaches
15th & 16th May 2010 - Client Rapport, Working with Critical and Chronic Labels, Experiencing Source
22nd & 23rd May 2010 - Mentoring and Further Explorations in EFT
Please call us for more information.

Jin Shin Jyutsu Workshops

2 day Introduction to Jin Shin Jyutsu
Saturday 27th February & Sunday 28th February 2010

10AM to 5PM £95 per Person

Jin Shin Jyutsu Physio-Philosophy is an ancient art of harmonizing the life energy in the body. Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. It is a gentle and unobtrusive, deeply relaxing, dynamic way of helping the body to help itself.

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Specialist Events and Dates

Living with Desire

Saturday & Sunday 13th & 14th March only £145
10.30am to 5pm

[Click here for info](#) on the [Living with Desire workshop](#)

The Return to Joy

Saturday 24th April 2010 only £65 11am to 5pm

More Information on our website
www.emotionalhealthcentre.com