

essential focus

l o v i n g f o r y o u r b o d y / m i n d / s p i r i t

I S S U E 1 , O C T O B E R 2 0 0 1

A few months ago we had sent you all a long

newsletter. As the feedback was positive we have decided to continue with this method (a quarterly newsletter) of staying in touch. We would greatly appreciate feedback and your health experiences as it may be of help to another health seeker. We would like to reach out and touch as many lives as we can with essential health and loving. You can **call us on 020 8697 7396** or you can write to us. **Remember we are here to answer your queries, listen to your problems and support you to the best of our ability.** Keep in touch. We look forward to hearing from you.

What price can you put on health?

We find that looking after our health requires investment of time, energy and money. We decide what we can afford and accordingly fork out. For us having good health is invaluable especially if you like me have experienced disability due to ill health. So we budget more for health. We often find that the choices we make are very powerful. How responsible or negligent we wish to be is all a matter of choice. If you have not tasted the pain of illness, it is difficult to gauge the value of health. Fortunately most of us with Neways are in a position to enhance and improve our sense of well being with the best in nutritional, healthcare and personal care products.

Research

The following is an extract from "The New Nutrition, medicine for the Millennium, your personal guide to optimal health," Dr. Michael Colgan is the founder of the Colgan Institute known internationally for their research on sports nutrition and on aging.

Vitamins nuts and bolts of life

Vitamins are essential components of your body that it cannot make. You have to get them from your Nutrition. As we have seen, our degraded food no longer contains sufficient vitamins for optimal health and our needs for these nutrients are multiplied by the pollutants that pervade our food, water, and air. To meet these needs, the majority of Americans now take vitamin supplements, which are simply the vitamin components of our food, concentrated and made into pills or powders.

But many folk still see vitamins as some sort of

drug, like caffeine or aspirin. They expect an immediate lift or an immediate reduction in pain or symptoms, and are disappointed when it usually doesn't happen. Let's get it straight. Vitamins are not stimulants, nor are they drugs for symptomatic relief. They are nutrients and the business of nutrients is to **grow** a better body.

Growth takes time

Unlike drugs, whose fast and usually toxic action befits their intended use in crisis intervention, nutrients have few immediate effects that you can feel. Mostly you have wait on Nature for defective cells to die off, and be replaced by new and better cells that grow from the improved nutrient mix.

You **can** use mega-doses of some nutrients to obtain quick drug-like effects. Multi-gram amounts of niacin (B₃) for instance, will reliably lower cholesterol levels, and some companies sell niacin supplements for this purpose. But as with drugs, there is always a toxic downside. Mega-doses of niacin cause liver damage and cell destruction. Vitamin supplements are properly used for renewal of body tissues, and never for their destruction.

Renewal is slow and steady. Your blood cells take three months for complete renewal. Many cells of your muscles and organs take six months. The matrix of your bones and teeth takes about a year. That's what improved nutrition through supplementation is all about. You have to wait until the nutrients are built into your structure for their real benefits to show.

The neglected house plant provides a good analogy. If you start giving the plant a little TLC, seaweed fertilizer, and regular watering, the existing leaves and stems will perk up a bit. But to see the real benefit of your care, you have to wait as much as six months. You have to be patient until the old leaves and stems die off, and the new ones sprout and flourish, with an improved cellular structure grown from the better nourishment.

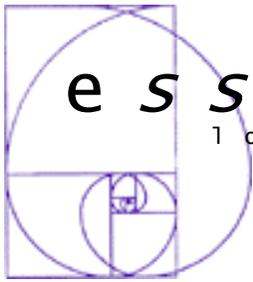
Dr. Michael Colgan.

Testimonials

Maximol and lice

One of the most interesting testimonials that I had heard recently was about children with head lice. A schoolteacher discovered that children who took Maximol Solutions became immune from head lice. This makes perfect sense to me because I am always travelling to India and to avoid the Mosquitoes I take large doses of B-complex or Orachel and it works. Having suffered violently from malaria I am quite wary of these irritating pests.





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Elizabeth Morin Dept. of Medicinal Chemistry
Merck Frosst Canada & Co.

Relief of a Blind Lady

Muna Jafferji has asked me to write this, as she is blind. She wanted to share her pleasure at not feeling the arthritis pain since she has been taking the Neways supplements. Mobility is vital to her (she goes to the gym 5 days a week!) Being blind she finds any other form of debilitation unbearable. For eg. Getting a cold is a nightmare for her. Now she has discovered VMM. Instead of catching colds or the flu they flee from her. Even her Hay fever was much milder this year. She feels quite relieved that she has something to combat ill-health with and enhance her sense of well being. She refuses to disclose her age, all I can say is that her wrinkles have smoothed out with wrinkle garde and bio-mist. She likes to keep up appearances.

We welcome your letters, response and queries. Over the last year I have collated a database of 150 testimonials. If you have specific queries or want to know what worked for some do give us a call. We are not qualified to give medical advice. All we can suggest is that somebody tried this and it worked for them and it might work for you. Each body is unique and requires specific combinations for optimum health. We have to find what makes each one of us tick perfectly.

Letters

Subject: Re: Breast Cancer

Date: Sun, 17 Jun 01 15:23PM MDT
Fwd: what might cause breast cancer
Subject: what might cause breast cancer
In a message dated 5/26/01 10:34:19 AM Eastern Daylight Time,
harmonycenter@earthlink.net writes:
<< ate: Wed, 23 May 2001 08:12:32 -0700 (PDT)

For those of you who don't already know this, a few wise words.

A friend of mine who has received chemotherapy and is now receiving radiation at Princess Margaret Hospital for breast cancer phoned me today to tell me what they have now found about causes of breast cancer. And then tonight, I got the same information from another friend in Montreal. The person with the cancer has been told by the hospital to only use deodorant rather than an anti-perspirant.

The reasons are outlined in the letter below. Anyway, I thought it was worth sharing.

Please forward it to everyone you care about and even those you don't. Ladies, be aware! Gentlemen, pass this on to the ladies in your life!

Sometime ago, I attended a Breast-Cancer-Awareness seminar organized by Terry Birk with support from Dan Sullivan. During the Q&A period, I asked why the most common area for breast cancer was near the armpit. My question could not be answered at that time. The leading cause of breast cancer is the use of ANTI-PERSPIRANT.

Most of the products out there are anti-perspirant/deodorant combinations, so go home and check. Deodorant is fine, anti-perspirant is not. Here's why.

A concentration of toxins leads to cell mutations, a.k.a. cancer. The human body has a few areas that it uses to purge toxins from the body; behind the knees, behind the ears, the groin area, and armpits. The toxins are purged in the form of perspiration. Anti-perspirant, as the name clearly indicates, prevents you from perspiring, thereby inhibiting the body from purging toxins from below the armpits. These toxins do not just magically disappear.

Instead, the body deposits them in the lymph nodes below the arms since it cannot sweat them out. Nearly all breast cancer tumours occur in the upper outside quadrant of the breast area. This is precisely where the lymph nodes are located. Men are less likely (but not completely exempt) to develop breast cancer prompted by anti-perspirant usage because most of the anti-perspirant product is caught in their hair and is not directly applied to the skin. Women who apply anti-perspirant right after shaving increase the risk further because shaving causes almost imperceptible nicks in the skin, which give the chemicals entrance into the body from the armpit area.

PLEASE pass this along... Breast cancer is becoming common. This awareness may save lives.

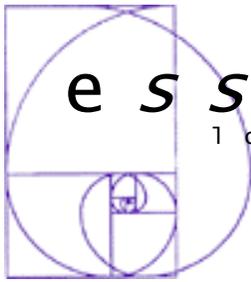
"Subdue" by Neways is a non-toxic, aluminium free deodorant.

Questions

Some of you are interested in a cancer prevention regime. Listed below are foods that contain B17, which monitors cell growth.

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FORTY FOODS CONTAINING VITAMIN B17

(LAETRILE)

Apple seeds, alfalfa sprouts, apricot kernels, bamboo shoots, barley, beet tops, bitter almond, blackberries, boysenberries, brewer's yeast, brown rice, buckwheat, cashews, cherry kernels, cranberries, eucalyptus leaves, currants, fava beans, flax seeds, garbanzo beans, gooseberries, huckleberries, lentils, lima beans, linseed meat, loganberries, macadamia nuts, millet, millet seed, peach kernels, pecans, plum kernels, quince, raspberries, sorghum cane syrup, spinach, sprouts (alfalfa, lentil, mung bean, buckwheat, garbanzo), strawberries, walnuts, watercress, yams.

Essential reading: "Cancer, why we are still dying to know the truth" by Phillip Day, Credence publications

I am often asked for a Neways approach to beauty, health and longevity.

A. *Detoxify your body*

Eliminate products in your home that contain ingredients that are harmful to your body.

Especially check your personal care products (replace with Neways). Drink plenty of water and eat fruits in the morning. Start taking an organic colloidal mineral, vitamin and enzyme nutrition (Maximol solutions) and a supplement to help this detoxification process. We suggest Feelin' Good or Flax seed oil.

B. *Nourish your body*

After cleansing your body, replenish and feed your cleansed self with Neways nutritional supplements. Continue your bio available source of nutrition (Maximol). Include a powerful anti-oxidant (Revenol) and ensure intake of essential fatty acids (EFA Recovery +)

C. *Maintaining Vitality*

With a properly nourished body the final step is longevity. This is accomplished through Neways proprietary longevity promoting products. (eg. Life Enhancer)

Another common question is what supplements are we taking, well here goes:

Both Eddie and me take Maximol and Noni every morning on an empty stomach. The other supplements that we take we try on a 60 to 90 day basis and continue according to effect.

At present Eddie also takes,
Cascading Revenol

Anatomix
Orbitol

Ranjana also takes

EFA Recovery + (noticed some initial weight loss with this)

Lecithin
Cardiol
Orachel
Kelp
Life Enhancer
Orbitol
Curb
Cassie Tea

Also uses a natural progesterone cream

The next question is how do we know what to take? Intuition, study, muscle testing and dowsing. Most of all, Intuition and a fair amount of study and research. I suppose our attitude is that we take responsibility for our health. We eat healthy food, we rarely eat out, and we buy the best food we can get in London. We keep active. Exercise is vital for good health. Yet it is the supplements and most importantly focusing on positive feelings and thoughts that helps us to maintain that fine line. That essential balance and harmony.

Diary

In our last letter my comments about the medical profession were a little harsh. I have met some truly enlightened doctors in my journeys and spoken to some who are in the process of being part of a new healthcare. Who see healthcare in concert with nature. Refreshing and reassuring.

We also mentioned moving, this is becoming a longer process and we are developing the virtue called patience.

We will be attending the Neways meeting at the Forum Hotel on the 14th of October. It promises to an informative meet.

My shape and size quandary

I am also in the process of unravelling my quandary about body shape and size and promise to let you in on these struggles of flesh and mind in the next issue. The good news is that I have ditched the scales and am feeling considerably lighter! It is amazing how good you can feel when you let go of disproportionate burdens. Especially when you see that there is enough agony in the world without our petty anguish trips.

Wishing you all the best of health, infinite love and oodles of laughter,

Yours truly, E&R

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