

Dearest Friends,

Best Wishes for the festive season and the New Year. May you all enjoy good health and happiness in the years to come.

When you receive this I will be in India. We will be returning towards the end of February. Mary and Don Greenwood will be happy to answer any of your queries. Their number is 020 8954 9910. For those of you that know Neelam and Jan please contact them on 01233 620 509. You can always email me on essentialfocus@yahoo.co.uk. Don't forget that VMM can help you keep the sniffle away, Barrier cream helps with the dryness caused by central heating, Maximol is the best all rounder supplement it also has fulvic acid which promotes absorption of all nutrients.

As many of you know much of my time is spent in researching and studying health issues. The journals that I read most frequently are the British Medical Journal, The Lancet, WDDTY (What doctors do not tell you). I also search the net and get endless emails from various health and environment organizations. Sometimes the emails build up and by the time I read them the news is no longer the latest. I do my best.

Is Neways pricey....

Adam Jackson writes in the neways prime time October 2003....

In my 17 years working in the alternative and complementary medicine field, I can honestly say that the Neways products are in a class of their own and at the cutting edge of research breakthroughs. I know of no other company that produces a range of products that can offer such dramatic improvements in our health and well being....In addition Neways' ethical business structure enables anyone to break free of the "time for money trap" and build an additional stream of revenue....

Dr. Stephen Brooke from Swindon writes in the neways prime time Oct 2003.... I believe that the Neways' range of products has greatly extended my range of effective materials for helping people to become more healthy and, in time, be less dependent on manufactured drugs.

Neways is EXCELLENT VALUE FOR MONEY

One of the most common questions I am asked is do I think that Neways products are expensive. This question always surprises me. I used to find myself getting irritated when asked this because I thought the answer was obvious but I have long since let that go. My irritation only

made me less effective and loving so I made a conscious choice to welcome this. And I have been asked this more than ever eventually I could smile and really enjoy being of help and answering this to the best of my ability. I also have a confession to make when I first saw the prices I did feel the pinch. But then I had been throwing money away for years on supplements that did not make any difference to my health. When in 2 weeks Eddie's chronic ear infection that he had for 4 years vanished we knew that we had found a brilliant company. When my hair started growing back and my hypothyroid and PMS symptoms diminished we knew that every penny we spent on Neways was not just well spent it was life enhancing. Neways is a company dedicated to providing us the consumer with the most powerful and safe products at the best (lowest) price. Neways is not driven by profit making. I remember when I first met Tom Mower, the founder and genius behind the company. I found a caring compassionate and generous being. He even stepped down from being the CEO so that he could dedicate his time to research to provide us with the best. I remember him saying that he had all the money he wanted and had absolutely no requirement for more. He preferred to see the money fuelled back into the company and its people. The company had to make a difference in the world and not become a company where money grabbing became important. Neways is a debt free company that invests in the people it employs. Neways gives supplements regularly to communities in Africa that are considered beyond help and has seen these communities turnaround to being healthy ones. Neways now runs a program called Empower which involves investing in communities so that they become independent and self-sufficient. They employ fair trade policy and are always on the search for the best and purest ingredients. Neways does not stint over putting in the most expensive active ingredients and charging us way less than the designer cosmetic companies (it is often found the active ingredient is negligible and the customer pays more for the bottle than what it contains). We are getting designer goods at less than high street prices. The personal care products last for ages and they are very affordable. The supplements can seem expensive because one has to buy them regularly but for what they contain and if you do the Market research you will soon find out that they are equivalent to their weight in gold.

The only supplement companies I recommend are Neways, Biocare and Higher Nature. With Neways we have seen powerful positive results from the supplements. *(The important thing is to take them regularly, they are not medication they are food!)* I have been taking supplements for over 8

essential focus

love your body mind and spirit

years and the only ones that made a real difference was Neways and I know from the database of 200 people that I have collected that this is true for many. I use the other two companies because they are the only ones that fulfill my criteria, the products work, are pure and support good manufacturing practice. I know that Solgar is owned by Monsanto (the GM guys) and was pulled off the shelves of many reputable health stores. In the August 2002 ICON (Integrated cancer and Oncology News) reported that the FSA (foods standards agency) discovered 42% of all supplements had been irradiated these included those of Holland and Barrett, Superdrug, Nature's Aid and Solgar. These companies seem to be more interested in the length of shelf life than the efficacy of the products. This is why I often tell people that they may be buying something that is cheaper but really they are throwing money away. It is like buying a broken car because it is cheap as opposed to getting one that works. I do say that it is more expensive to buy from companies that give you nothing for

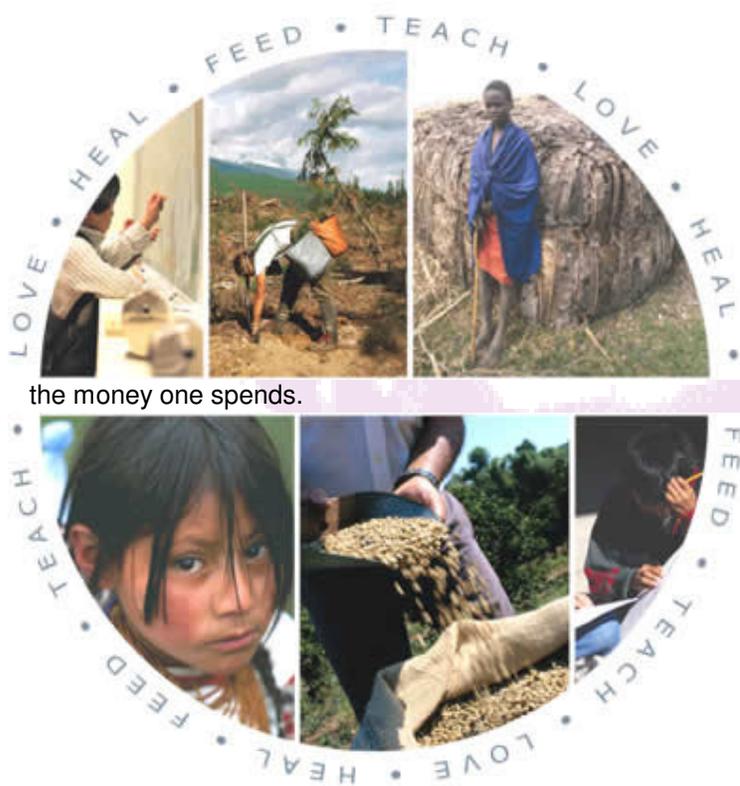
purity, safety, effectiveness, and relevance to modern lifestyles. I know I seem to be repeating myself, I cannot stress this enough. They use the finest ingredients available, putting funds into product research and development, rather than packaging and advertising.

The company has an international team of biochemists and herbologists, who constantly review the thousand's of studies and reports generated by the scientific community: they "research the research". Using the cream of this research, Neways then formulates unique products that are safer and more effective than existing industry standards. Neways will not compromise its reputation by launching any product that is not effective.

Unlike many advertised proprietary brands, Neways adds sufficient of the active ingredient to make them effective. It does not economise on the quality or quantity of an ingredient. It will not produce an inferior product to meet a specific price point or to boost an advertising or marketing fund. For this reason, Neways products are neither stocked by nor available through High Street shops. Neways doesn't use any ingredients, which are recognized or even suspected of being harmful. The products do not contain any genetically modified ingredients. Neways products are as pure and as pristine as possible. As new research becomes available, products are reformulated to improve their effectiveness or to remove any newly suspected products.

Dr Samuel Epstein is the world's leading authority on product toxicology, harmful and carcinogenic chemicals. In this role, he has led the team, which drafts new environmental regulations for the European Community. He is author of "The Breast Cancer Prevention Programme" and "The Politics of Cancer Revisited". He also produces a directory of products; "The Safe Shopper's Bible". The next edition will contain and recommend all of the Neways' products. Dr Epstein says that Neways is the only company in the world whose full range of products does not contain any harmful ingredients.

Neways products are fully biodegradable and are never tested on animals. The US Anti Vivisection Society has presented the "Personal Care with Principle Award" to Neways six times. Neways is an environmentally conscious corporation and follows good manufacturing procedure (GMP), which is recognized worldwide. Neways does not release harmful or toxic fumes into the environment; does not release heavy metals into the water; and does not release harmful waste by-products as a result of their manufacturing procedures. It does not utilize cheap labour for the manufacturing of its products.



the money one spends.

We endorse, supply and distribute products manufactured by Neways International, Utah, USA, because we believe in the integrity of the company and we have never found a superior range of leading edge products, in terms of

Independent Distributor, Eddie and Ranjana, 01424-427-919,

VALUES

What do we really value? What is the price are we going to put on our health? Do we value our health? Do we value a company that cares for the environment? Do we value fair trade? Do we value the workers, farmers, technicians, scientists, distributors etc? I believe it is vital that those people who provide us with a good service deserve decent remuneration. Also we need to invest in the communities around us. In the end it does not matter...Some may still feel that the products need to be cheaper. (As a friend said the products pay for themselves by the quality and effectiveness.) It is a question of opinion. We believe the products are well priced and they are worth every penny including the shipping cost. They have made a difference in our lives. I know that Neways is always trying to keep their prices down.

There's a Chinese proverb that says if you give a man a fish he will eat for a day, if you teach a man to fish he will eat for a lifetime and that's what we want to do. That's our mission, to empower people. Empower people to be able to be self-sufficient. Empower people with the knowledge and with the energy and the resources to help themselves and be able to contribute to the places where they live. Hence, the name of the Neways humanitarian aid program, Empower.
-Shane McClellan, Neways International, Utah

MISUNDERSTANDING

I have been quoted to being a person that has something against pharmaceuticals. This is not true. I do believe that pharmaceuticals have a vital and important part to play in our society and that they have been responsible for the tremendous leaps medical care has taken in the field of acute and emergency care. I would not like to see them out of work. For example: **Sutures are Being Replaced by Glues, Organic Tissues, Zippers.** Aside from common stitches, surgeons now have the choice of using surgical glue, organic tissues and, in some countries, zippers to close wounds and incisions.

Stitches are still the most common method of closure, but surgical glue, which works similarly to "super" glue, fibrin sealant made from the human blood proteins, and fibrin bandages are gaining popularity.

Although suture technology is also growing, experts say there isn't much need for new options in most cases, as suture materials already come in varying strengths, can be coated or uncoated, and may be absorbable or non-absorbable. (**Washington Post July 7, 2003**)

These are wonderful new alternatives to the traditional sutures used in the ER or surgery suite and are continually being developed. These new advances will likely improve the already outstanding job that traditional medicine does in acute care medicine. Unfortunately, they

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try to force this traditional medicine model on all chronic illnesses--often with disastrous consequences.

My role is to share the information I have. And to bring forth the knowledge that is available on prescription drugs and other questionable allopathic therapies like radiation and chemotherapy. Also I provide a service so that those who come to us can also share this pool of information and make a conscious decision. I am afraid I still lack the required patience with those who prefer to bury their heads in the sand and not take responsibility for their health. I do not blame my GP for their lack of knowledge or their inability to be more open about new innovative and ancient healing procedures. How can you blame them when they barely have time to breathe... they have spent their entire youth studying about drugs and other types of intervention, they have learnt that the body is still an unknown quantity and that they need to be infallible. Also knowing about the latest research requires time and energy. In my experience most doctors seem to be short of both. It boils down to this It is up to us to take responsibility of this body. After all we inhabit our bodies and not the doctor. We pay close attention to the needs maintaining a car and a home. Yet when it comes to the body, we kind of flip out and hope the doctor will know best. It is not as if the doctor does not care, More often than not they just do not know...It took countless women to die from HRT side effects before the findings were published and even longer before the filtered down to the surgery down the road. I think it is still filtering through for some. The job of the pharmaceutical companies is to find a drug and they do try. Unfortunately, to keep themselves in business they can get carried away in trying to sell...Once again my experience is that the most of the people working with these huge companies want to do the best thing. And many of the products especially in the field of acute care are incredibly useful. Also it is very easy to point a finger at someone or some company and say, "You are the culprit, you are destroying my health..." while we continue to medicate ourselves...Did you know that you can check the side effect of nearly every drug on the internet. The question is do I value my health enough to do my homework and find what is best for me. Actually, until Neways came into my life I had kind of given up on ever having really good health.

Your best bet for staying healthy in the long run is to pay attention to these basic health principles:

*Optimize your diet by avoiding grains and sugar and enjoying plenty of greens. Use the best supplements you can lay your hands on

*Don't let stress overwhelm you

*Exercise regularly

*Get a good night's sleep

Questions:

One of my downline has questioned the use of Sorbitol in the Ultrashine toothpaste. She told me it was a sweetener and may be harmful. I wrote to Neways asking them about this...

Sorbitol - Sorbitol is used in toothpaste, as it does not promote tooth decay. It is used as a humectant in many types of products for protection against loss of moisture content. The moisture-stabilizing and textural properties of sorbitol are used as its moisture stabilizing action protects products from drying and maintains initial freshness during storage.

Sorbitol is stable and chemically unreactive which makes it suitable for oral care products, including toothpaste. The U.S. Food and Drug Administration has stated it does not object to the use of this, as Sorbitol's safety is supported by numerous studies reported in scientific literature.

The scientific Committee for Food of the (EU) published a comprehensive assessment of sweeteners in 1985, states that sorbitol is acceptable for use, also without setting a limit on its use. We do note, however, that claims by the FDA state that "Excess consumption may have a laxative effect".

I too checked the side effects of Sorbitol and noticed that it had to be taken in very large quantities to have a laxative effect. Sorbitol is not to be confused with other sweeteners like aspartame, which in numerous studies is shown to be injurious to health.

In my experience Neways would never ever put in an ingredient that is harmful to the user. It is this very reason that so many have found using Neways vital as part of their health regime. I remember that when Neways begun it was discovered that one of the ingredients may cause irritation to the skin, Tom Mower promptly pulled all the products out of circulation and reformulated. He checks and rechecks the safety, purity and effectiveness of all the products. Also Samuel Epstein who is the chairman of the Cancer Prevention Coalition has time and again praised Neways for the safety of the products. In a market place where much of the chemicals in toiletries are dubious to say the least Epstein has repeatedly applauded Neways on their range of non toxic and safe toiletries. My gums and teeth have thrived with Ultrashine Radiance Toothpaste.

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.

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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.

News Notes:

Health Check: During the Doctors' Strike in the 1970s, Death Rates Fell

By Jeremy Laurance 01 September 2003

That lesson was driven home in Britain during the last doctors' strike in the 1970s. Doom mongers predicted that bodies would pile up in the street, but death rates actually fell.

But the real puzzle is that we do not know what caused the heart disease epidemic, which began in the 1940s and peaked about 1970. Its subsequent fall is equally mysterious. There has been a sharp decline in smoking and limited dietary changes, which account for some of the fall. History will tell how much medicine has contributed, but it is unlikely to be a great deal.

Treatments come at a price. That is spelt out in a sobering report, also published last week, by the American Institute for Cancer Research, an independent body that advises the US public on medical issues. It notes that the giant advances in treating childhood cancer, with cure rates now at 78 per cent, are not an unsullied success.

Two thirds of children suffer later complications, often as a result of the radiotherapy or toxic drugs they are given to deal with the cancer, and in a quarter of cases they are severe or life-threatening. [The international survivors network for childhood cancer sufferers is about to establish a branch in Britain.](#)

In medicine, the greater the advance, the more it becomes clear how far there is still to go.

News Notes continued

HRT

Prof Muller-Oerlinghausen, chairman of the German Commission on the Safety of Medicines, has described HRT as a "national and international tragedy", and he likened it to the thalidomide scandal. Reports suggest that it has already killed thousands of women who just wanted a better menopause.

It has been estimated that HRT has caused 20,000 cases of breast cancer in Britain alone, and is known to double the risk of breast cancer, and increase the risk of blood clots, strokes and heart attack.

HRT: It kills you, but first it makes you mad

It never rains but it pours for the HRT industry. One of the most lucrative drugs markets came crashing down with the sudden stopping of the Women's Health Initiative trial when last year it was discovered that estrogen plus progestin increased the risk of stroke in post-menopausal women.

This alarming discovery overshadowed another finding from the same trial-finally published only recently-that found the therapy also increases the risk of dementia among women aged over 65.

In fact, the risk is more than doubled in women who take one HRT tablet a day compared with those taking a placebo.

The risk was discovered after tracking over a four-year period the progress of 4,532 women who were older than 65 and had good mental health at the start of the study. Half were given HRT therapy and the rest had a placebo. Overall 61 women were diagnosed with dementia, 40 of whom were in the HRT group and 21 in the placebo group.

Researchers estimate that HRT will create an additional 23 cases of dementia a year for every 10,000 women taking the drug.

The risk of dementia, coupled with the increased risk of stroke, means that the risks of HRT outweigh any benefits, the study concludes.

(Source: Journal of the American Medical Association, 2003; 289: 2651-62).

BUT THIS DOESN'T APPLY TO GERMANS. We mentioned it once, but we think we've got away with it

In an extraordinary act of damage limitation, one HRT manufacturer has told several thousand German gynaecologists that the Women's Health Initiative findings are of "highly limited relevance" to German women.

The gynaecologists received this strange piece of information from a fax sent by Prof Alexander Teichmann, based in a clinic in southern Germany. The fax also included an information sheet for doctors to copy and hand out to patients.

When suspicious doctors traced the fax back, they discovered it had been sent from two German drug companies that sell HRT. Prof Teichmann later denied sending the leaflet, or even agreeing to its contents. Finally, Schering, a drug company that manufactures HRT, admitted sending out the fax without the knowledge of Prof Teichmann. Schering said it "regretted the misunderstanding".

(Source: British Medical Journal, 2003; 326: 1161).

BLOOD PRESSURE: It's enough to make your blood boil

What is a 'health condition' that therefore needs drug intervention? Well, it's pretty much what the medical profession defines it to be.

Take, for example, the definition of high blood pressure, or hypertension. New guidelines from the National Institutes of Health in the USA have lowered the risk levels before drug therapy is called for. From now on, in the States at least, 'normal' blood pressure is less than 120/80 mm Hg, a pre-hypertensive state is 120/80 to 139/89, stage one hypertension-and this where the drugs now kick in-is 140/90 to 159/99. Under the old guidelines, 'normal' blood pressure was around 128/80 mm Hg, which is now pre-hypertensive.

Doctors are recommending two drugs to treat this new lower threshold of hypertension-thiazide diuretics and a hypertensive. Unfortunately some of the drugs recommended cause impotence, a small price to pay, many would agree, to meet the exacting new threshold, and incidentally increase the coffers of the drugs industry. Fortunately, European levels are more reasonable. So, in those countries, people don't have hypertension, nor will they become impotent.

All this moving of the goalposts may be in vain if a new study has anything to do with it. It has discovered that the old-fashioned low-dose diuretics are sufficient on their own to reduce blood pressure. In fact they are more effective than the new boys on the block, the antihypertensives, which the National Institutes of Health are keen that more of us take.

Researchers studied 42 clinical trials of different antihypertensives, which involved 192,478 patients, and found that none of the new front-line treatments-which include ACE inhibitors, calcium channel blockers and beta blockers-was any better than the low-dose diuretics. (Source: Journal of the American Medical Association, 2003; 289: 2534-44).

GOTCHA: The drug regulators pounce yet again

Drug regulators are our caped crusaders. They stand on guard, ever vigilant, for any problems with prescription drugs, and then they swoop, without fear and favour, on our behalf. The miscreant is removed, and we can again sleep safely in our beds.

We like to champion the deeds of these heroes in our humble e-mail missives, and we've come across yet another example of our boys in action against the pharmaceutical oligarchy.

Our story concerns a drug called Serevent (salmeterol xinafoate), a beta-agonist inhaler to treat asthma. Sudden, unexpected, deaths were soon associated with the drug, and so the manufacturer, GlaxoSmithKline, decided to mount a major trial to found out the truth. The Salmeterol Multi-center Asthma Research Trial (SMART) recruited 13,174 asthmatics into the trial, which ran for

seven months until December 1996. Then silence-for six years. Finally, at the end of last year, the results were published. The drug is indeed linked to life-threatening asthma attacks and death, especially among African Americans, the findings announced.

The American drug regulator, the Food and Drug Administration (FDA), said it was taking the matter very seriously, and immediately entered into discussions with the manufacturer.

Now, after another seven months' deliberations, the FDA has decided to...change the wording on the label. This type of draconian reaction will doubtless send a shock wave through the pharmaceutical industry. If anyone in future produces a drug that can kill people, then they might have to reword the label.

Not that the FDA feels anyone should stop taking the drug. They should just know it might kill them. A GlaxoSmithKline spokeswoman explained: "Abruptly stopping medication may result in acutely deteriorating asthma control, which may be life-threatening." This is opposed to continuing with a drug that may be, er, life-threatening.

Much of the above information has been compiled by "What doctors don't tell you" a worthwhile magazine to invest in. Or you can get their e newsletter for free. It is quite amusing to watch the antics of our money and power hungry friends. The lengths they have to go to, to stay in business. I do not envy them or their stressful lives. As Lynne McTaggart writes, "you have to hand it to this business. I can think of no other that can continually create it's own markets by setting of new health epidemics..." This is not a judgement, it is an awareness of the world we live in. When we share this information it is in the spirit of, *"Hey, watch out for the messy puddle, you can walk round that puddle if you want to". It is not "Oh no, this world is a scary and vile place to be in and we are all going to die horrible painful mutilated deaths and someone is always going to take advantage of us. Thank God this is not true.*

Fortunately those with morals far outnumber those who have forgotten them. For a long time I thought I had to change this world, change myself, but now I know that what I really need to do is to Love this world. You see I know that I cannot separate myself as some paragon of virtue, I know that I to am in some way tied into the lying-greed-fear-anger-violent thing that seems to affect our lives and that as long as I stay in opposition, opposition will be my experience. Great leaders like Gandhi or Martin Luther King did not focus on what was wrong with the world but what was right and good. In believing this they

manifested more good and right. Spiritual saints have been advising us to accept and be tolerant, I find conflict time and energy consuming. This does not mean that when a hurt is being perpetuated in our vicinity we stand back and watch. No our nature will not allow this. (I wrote the letters to my MP about the dangers of fluoridation, I tried to appeal to the side of him that is just and good, and then left the rest in God's hands. He decided that he would never support Fluoridation in Hastings.) Similarly I believe everyone has their part to play in this universe and it is up to each one of us not what role we play but how we play it. To be truly what we all are compassionate gentle beings, and as we do this somehow all that conflict does not cause anguish our lives.

I know that I am doing the best I can and that we will always be here to hold your hand no matter which side of the fence you are from. I have experienced so much goodness and compassion in my life the least I can do is invest in the same. For us Neways and other companies like them are part of a growing awareness that we need to work at accepting and transforming the way we look at the world. We have encountered many dynamic and giving people through Neways who are not in the least bit concerned with the craziness of greed whose interest is to lead good, happy, graceful and satisfying lives. These people are pioneers, dreamers, adventurers but most of all they love life and sharing immensely. We wish you all the wonder and joy that goodness and happiness brings.