

Dearest Friends

We are discovering that there is a growing awareness in health issues and there are many more people willing to make changes in their lifestyle. This is very encouraging and gives us hope that good health and information about it will be the norm. In 50 years time we will look back in horror at dialysis, x-rays, chemotherapy and other medical procedures as barbaric and belonging to the dark ages. I am reminded of the Doctor in the film *Star Trek – The Voyage Home*; when he visited the 20th Century and told the surgeon that one has to heal the wound not make a hole in the patient... Sometimes Sci-fi films can be prophetic. We can't help but notice that countries like Sweden spend a lot of money studying cancer and its causes in a general way, without trying to make square drugs fit round holes as the UK, like America, is focused on doing, whilst countries like Austria use a lot of complementary therapies and well-researched herbal remedies, and in Germany if orthodox treatment doesn't work doctors are required by law to look at alternative therapies. Many are also trained homeopaths.

We are really grateful to Neways because it has helped us meet many like minded people and also expand our knowledge on health matters. It has broadened our horizons and given us a different perspective on **commonly held illusions** like:

Pharmaceuticals restore health

Vaccination brings immunity

The cure for cancer is just around the corner

When a child is sick, he needs immediate antibiotics

When a child has a fever he needs Paracetamol

Hospitals are safe and clean.

America has the best health care in the world.

This is a list of illusions that have cost billions and billions to conjure up. The problem is who to believe...

Brian Vaszily writes on supplement Regulation

Sure, everybody's "*gotta' go sometime,*" but ... far too many are going far too soon because they are trapped in the conventional health paradigm....

None of this is to say, "*So trust everything the supplement makers tell you and consume, consume,*

consume!" There are a lot of exaggerated claims, inconsistent ingredients between supposedly like products, and other confusion surrounding supplements. I'm sure you wish you could walk into any old store, or log onto any Web site, and know for certain that when an herbal claimed it could help prevent disease, restore youth, and repel rude people, those claims would be backed by solid clinical evidence. But you can't.

For that matter, I'm sure you wish you could trust the big businesses and governments to fairly and honestly test vitamins and herbals so we could make more informed and confident decisions in this respect. But then you learn things like this: a major study undertaken to discredit the herbal St. John's wort in 2001 received "*unrestricted funding*" from the pharmaceutical company Pfizer. St. John's wort, an anti-depressant, has sales of over \$400 million per year, cutting a niche into the profit of Pfizer's prescription anti-depressant Zoloft, and Pfizer doesn't like to lose profit. It's not the first or last time a supplement was discredited in an "*independent*" study that received major pharmaceutical company dollars. Of course, such knowledge (and there's a lot more of it to be had) entirely shoots down any trust in the conventional healthcare establishment.

And so all that's left is reality. *And reality is, you must trust your judgment more than any other person or institution when it comes to your health.* That means doing whatever you feel is

necessary to trust a supplement enough to try it -- researching its claims and source, or finding a source you trust to recommend the proper supplements to you.

To conclude, there are two choices today: the main choice, the conventional healthcare paradigm, and the alternatives, which include supplements. The main choice, being rather deadly, is really no choice at all. Meanwhile, some of these alternatives are indeed pure nonsense, others are questionable, and some have already been proven as sound and worthwhile. But the point is, we all have the capacity, and at least some of us still have the legal ability, to choose from among these alternatives.

Why do we need supplements?

“Disastrous mismanagement of our soil and intensive farming methods have created such poor food quality that high dose supplements are not a luxury, but the bread and butter of robust good health.”

WDDTY, Volume 13 no. 9 Dec. 2002

Today’s soils – even organic soils – contain very little of what humans need everyday of their lives...Commerce and Greed are the main culprits these have in turn led to...

Liming the soil

Nitrosamines in Food

Plummeting levels of vitamins and minerals

Pesticides in our environment and

food...Supplements are no longer a just in case insurance policy...But don’t rush out there and start gorging on supplements, do some research and settle for something that works for you. There is a lot of choice out there. You know what we use....

When do we use Neways?

We use the products in the car, the additive makes the car run better and also more fuel efficient, we use the eco friendly products in the kitchen to clean and do the laundry, we use it in the bathroom to wash ourselves including cleaning our teeth, we use the nutritional products to... So we use them a lot. But we also use products from other companies for our health and well being; Like Higher Nature, Segiun, Hsin Ten, Barely Botanicals, Biocare, Logona and Alacer. No one person is the same, we may all breathe the same air, drink the same water go to loo every day but what makes us tick is unique to each one of us and Neways products are not the answer to everyone’s health. So experiment and call us before 7.30 pm most days if you have any questions.

For the Networker

Networking is a choice, it has tremendous rewards and can really expand and enrich our lives. It is a choice that is not for everyone. But for those who decide to travel on this path it is about braking free from your limitations, stepping out of your comfort zone, getting to know yourself and learning to appreciate and love those around you. It is about reaching out sharing.

EFT (Emotional Freedom Technique)

EFT is based on impressive new discoveries involving the body’s subtle energies, EFT has been clinically effective in thousands of cases for physical symptoms of all kinds. Is usually rapid, long lasting and gentle. No drugs or equipment involved. Can be self applied.

Gary Craig, Founder, EFT writes, “There has been a major oversight in the field of emotional healing.

Over 70 years ago Einstein brought us his famous equation $E=mc^2$. Simply stated this means that everything (including our bodies) is composed of energy. This is so widely accepted that not one scientist on the planet disagrees with it.

Until recently, however, it has gone unnoticed by the psychotherapy profession. This is true even though *energy related procedures* have now been clinically demonstrated thousands of times to dramatically reduce the sting of traumatic memories, grief, anger, phobias and almost any emotional ailment you can name (see www.emofree.com). Further, it is usually rapid, long lasting and relatively gentle. It often works where nothing else will.

Let me hasten to add that these new procedures don’t do everything for everyone. Unless you truly master them, you will fail at least 20% of the time. However, newcomers that use only the “mechanics” of the process achieve either noticeable improvement or complete cessation of the problem about 50% of the time. Those who master the “art of delivery” enjoy this type of success over 80% of the time—even on such intense issues as PTSD, phobias, rape and grief.

The underlying idea here is that your clients aren’t “mentally blocked”. Rather they are “energy blocked”. This refreshing way of viewing the human system suggests that an important cause of emotional problems can be found in the disruption of the subtle energies that are known to circulate throughout our bodies. We find repeatedly that properly stimulating these subtle energies (by tapping on them with our fingertips) results in new levels of emotional freedom. That’s why we call the procedure Emotional Freedom Techniques (EFT for short). Interestingly, our results aren’t limited to emotional issues. As you can appreciate, bringing relief to someone’s anger, fear or trauma also brings relief to physical ailments.

Along these lines, I have personally used these techniques to relieve people's headaches (even migraines), joint pain, stomach disorders, Irritable Bowel Syndrome, high blood pressure, back pain, hay fever, asthma and other physical ailments. I also have had success with anxiety, depression and abuse. In addition, the true masters of EFT report impressive results with addictions, and mental and emotional problems. I have been practising EFT for almost 2 years now and it only gets better. Some of you may want to discuss this further with me, at the moment my appointment book is very full and you may need to wait a while for an appointment.

I recommend that if you are interested in finding out more or having a session contact Yan Arts a qualified EFT practitioner in Ashford. Please call him on 01233 620 509. Yan can provide you with the tools to improve your quality of life.

More Fluoride news

Now the local Health Authority can ask the water company to add fluoride as medication- a known poison and toxin in the water to prevent teeth decay in children – less than 25% of the population. This is a breach of our human rights - to be medicated against our will amongst other things. Also if anyone takes the water company to court for polluting the water, the government will allocate taxpayers money to protect the water company. If you want to take some action contact the national pure water association or check out www.npwa.co.uk. We have written to the water company reminding them of their promise to their customers. The reply was very disappointing they wrote that they are bound to the whims of the local health authority and would not be able to respect the desire of its customers to have pure water...I suppose there is a general apathy on this matter and most people are so busy making ends meet that they have little time to write to the concerned parties or to make their views known. Perhaps we need to experience what others have suffered through fluoride poisoning. But perhaps our Local Health Authority is composed of people who have a deep respect for the health and well being of local residents. We continue to lobby the LHA and our water company, in the meantime we have also begun researching reverse osmosis water treatment equipment as that is the only way to remove fluoride from the water.

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

The Good News

Bayer has decided to withdraw its investment in GM maize. Consumer pressure definitely played a part in this decision.

Kent against Cancer

Recently Phillip Day toured Kent. His talks are always informative and inspiring. Philip spoke about how many are clearing the disease naturally, foods that heal, and why traditional treatments do not prolong life in most cancers, he spoke of 18 cultures on earth today with no cancer. His talk focused on how to protect your family from the unnecessary pain and heartache of cancer. Neelam and Yan Arts hosted all of these talks and they were very impressed with Phillips' dedication convictions and ethics. I would like to thank Phillip for his extraordinary effort and care. For not giving up... Thank you Phillip.

To know more call credence on 01622 832 386, or go to www.credence.org

In one of our earlier newsletters I had written about how *I would want to avoid the MMR vaccine*. This statement was based on the list of ingredients present in the vaccine and the work of DR WAKEFIELD...

Many of you will know that Dr Andrew Wakefield, who pioneered research into a link between autism and the MMR vaccine, was strongly attacked in the London Sunday Times In particular he was criticised for receiving funds from a legal aid charity that was representing parents of children who were possibly injured by the vaccine. Below are some excerpts from his statement. If you want the full statement please call or email us.

"Serious allegations have been made against me and my colleagues in relation to the provision of clinical care for children with autism and bowel disease, and the subsequent reporting of their disease. These allegations have been made by journalist Brian Deer who has expressed, in front of witnesses, his aim of destroying me. All but one of the allegations, which are grossly defamatory, have been shown to be baseless. One allegation remains against me personally. That is, that I did not disclose to the Lancet that a minority of the 12 children in the 1998 Lancet report were also part of a quite separate

study that was funded in part by the Legal Aid Board. It is the Lancet's opinion but not mine that such a disclosure should have been made since it may have been perceived as a conflict of interest. This is despite that fact that the funding was provided for a separate scientific study. It needs to be made clear that the funds from the Legal Aid Board were not used for the 1998 Lancet study, and therefore I perceived that no financial conflict of interest existed...

It has been proposed that my role in this matter should be investigated by the General Medical Council (GMC). I not only welcome this, I insist on it and I will be making contact with the GMC personally, in the forthcoming week.

This whole unpleasant episode has been conflated to provide those opposed to addressing genuine concerns about vaccine safety with an opportunity of attacking me - an attack that is out of all proportion to the facts of the matter.

I stand by everything that I have done in relation to the care, investigation and reporting of the disease that I and my colleagues have discovered in these desperately ill children. My family and I have suffered many setbacks as a direct consequence of this work.

As a family, we consider that our problems are nothing compared with the suffering of these children and their families. For the sake of these children, this work will continue."

Often those who uphold goodness and justice get attacked by those whose bank balance may suffer...

Segiun Vitality Patches

As many of you know we are always looking for ways to improve our sense of well being. Last year I discovered Segiun Vitality patches. And I have to try everything before I can talk about it. These patches are designed to clean the Lymph system and remove toxins from the body. I can say that there is a lot of gunk that I have got rid of using these patches. I have enclosed a flyer about these. If you are interested to know more or to try them out, give me a call. They cost 35 pounds for a pack of ten.

The Chi Machine:

I have been informed that there is a strong possibility of a price rise. The company Hsin Ten that manufactures and sells the machines will inform us on the 1st of May. So if you want one at the going rate (330 including courier charges), now is better than later. We have flooded the office with protests against this move. Apparently they have made an impact. Time will tell.

We have been compiling a list of infosheets, at the moment this is what we have, If you want any of them call us or email us. I am hoping to build up a more extensive database of information
Free INFO Sheets available on demand:

About Neways International, company profile

Achieving Hormonal harmony (for ladies)

Attention Deficit Disorder (ADD) and Attention Deficit Hyperkinetic Disorder (ADHD)

"Making Arthritis History", Discussing Cetyl Myristoleate

Neways of Caring for your Health and Beauty

Osteoporosis A crippling disease that *is* preventable and reversible, *By John R. Lee, M.D. and Virginia Hopkins*

Pure Nutrition: Maximol and Revenol

For those with cancer

I would like to remind you that I am not a medical practitioner nor am I healthcare professional. Nothing gives us greater pleasure than to see the people we love heal themselves and leading happier and more relaxed lives.

YOU ARE THE PERFECT INSTRUMENT FOR SPIRIT TO EXPRESS ITSELF THROUGH.

See yourself as a perfectly endowed spiritual instrument without limitations. When you do, you will find it easy, in fact natural, to expect the good that you desire and you will also understand that doubt simply obstructs the unfoldment of healing and abundance in your life. Doubt does not shut down the workings of this power. The power is always working perfectly. The doubt you hold becomes the picture that will turn into your physical results.

Here are 3 Steps that any one can use

Open yourself to what you want in your life, build your image, a healthy you, a calm you, a prosperous you, an enlightened you whatever you feel drawn to, fill in the details.

TURN IT OVER TO SPIRIT (LET GO, LET GOD)- How does a seed become a tree, just by being planted it attracts to it all the right nutrients that help it grow. Also an acorn never became a mango tree. Thoughts are like seeds, choose the ones you want to plant i.e., give energy to and it will attract to it all that it is required to make it a reality. This way you can be more present in your life because you are not striving to correct the past or anxious about the future.

Accept that there is a season to sow and a season to reap, spring follows winter, trials and obstacles are there to be overcome and not avoided. Everything has its season, in this world nothing is permanent. Know that everything is being taken care of. Persistence, patience, acceptance and more persistence. Let it happen, it is doubt that steps in and says nothing is happening or says that good things do not happen to you. More has been achieved through faith and patience than is accounted for.

Take a deep breath and exhale deeply, **FORM THE IMAGE OF THE LIFE YOU CHOOSE TO LIVE**, hand it over to spirit, god, being, the force, the universe, goodness, love, peace...Everyone has equal access to this...**THEN EVERYTHING YOU TOUCH OR COME INTO CONTACT WITH WILL GROW AND EXPAND AND EXPRESS ITSELF, IN A GREATER AND GREATER WAY** in ways that you could not imagine or have thought of. It may happen in a flash or it may unfold slowly, let it happen. Each dream is different and requires a specific incubation time, so trust that something is taking care of you. The more you trust that there is something beyond your own ability to transform your world the more the door opens for the light and potential to enter. Faith is freedom from fear, limitation and anguish. May you all be happy and healthy. May your lives be filled with peace, joy, love and laughter.

(Inspired by the true love in my Love, my Sai Rama and by Bob Proctor's Born Rich Program)