

Dearest Friends,

Thank you for your letters, calls and enquiries. Keep them coming we love to be of help whenever we can. Recently we have been so inundated it has taken me a while to answer all your queries fast. I assure you that although we may lack speed we are always thinking of you.

Change the way you look at things and the things you look at change." Dr. Wayne Dyer

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The last 3 months have been quite amazing, there has been a series of articles in the Guardian every Saturday called Chemical world that goes a long in exposing the danger of the chemicals in the world around us. (if you want to know more call us) The Co-op has issued a press release saying that it will begin to withdraw all products with harmful chemicals in them and replace them with safe products. The Neways convention took place and many enjoyed the company of Tom Mower again. Among the New products that were launched were
NewVera - a powerful blend of aloe vera, mate, fennel, bilberry, angelica, orange, lemon, grape skin and grape seed teas. Of course it is organic carefully harvested and not diluted. More loving help for the body...
Sculpting Gel- this is a non-flaking, non-sticky hair gel that gives manageability and definition to even the most difficult-to-control hair. Best of all it has no nasties...
New'd nails- Remove nail varnish and conditions the nails. Imagine not needing acetone to remove nail varnish! Amazing. No awful smell and safe for me and the environment.

Neways Noni is also back!

It comes in a glass bottle, tastes better and costs only 22 pounds (excl. vat)

What is Authentic Hawaiian Noni?

The people of the South Pacific have used Morinda Citrifolia for at least 2000 years. Morinda Citrifolia, also known as 'Noni', is considered a sacred fruit and a gift from God. As a herbal healer, Noni should be grown in a pollution-free tropical environment, wild-crafted, and freshly

processed and packaged to insure that its natural beneficial ingredients are not destroyed. Noni, in a naturopathic way, works for both the prevention and causes of disease. The Noni tree bears fruit year round and the juice from the fruit has a wide range of beneficial health applications. Noni is considered to be an antibacterial, antioxidant, analgesic, blood purifier and an immune system builder. Noni juice extract has only been available for general consumption since 1996.

- ♥ Noni helps many people (78%) for many but not all conditions¹
- ♥ Noni is essentially nontoxic, and side effects, if any, are minimal and totally reversible.
- ♥ Noni works synergistically with other food supplements and/or medications.
- ♥ Noni probably helps prevent the development of various disorders, and works optimally in conjunction with other antioxidants²
- ♥ Noni is reported safe for children and for pregnant and lactating mothers.

When can I expect results from Authentic Hawaiian Noni?

Each of us is unique; at any given moment all of us have between 3,000 and 5,000 chemical reactions occurring in our bodies. This accounts for a *wide* diversity of individual reactions to Noni. Some will notice a difference immediately, while others may take longer to experience the benefits. Our experience with Noni consumers indicates that approximately 25% will experience a noticeable difference in three weeks or less, 50% from 3-8 weeks and 25% from 8-12 weeks

The following are excerpts from *Nature's Amazing Healer, NONI*, by Neil Solomon, who serves as a consultant to the United Nations and the World Health Organization. Many scientists have endorsed his findings. If you choose to research Noni further, I recommend this book as a starting place; the bibliography is most impressive.

Mona Harrison M.D., formerly assistant dean of Boston University School of Medicine and chief medical officer D.C. General Hospital, Reports: That Noni enhances the function of the thyroid and the thymus glands, which she believes act to fight of

¹ Solomon Neil, M.D., PhD., *Nature's Amazing Healer; Noni*, 1998, p.47

² We recommend Maximo! Solutions and Revenol

infections and other problems with the immune system. She even reports that Noni helps to fight depression, possibly through its effect on brain hormones and neurotransmitters. Dr Harrison further believes that frequency modulations in the body's energy may account for some of Noni's positive actions. Noni juice has its own specific frequency; this frequency along with xeronine and the other compounds in Noni, is what adds to Noni's therapeutic abilities. It stabilizes blood sugar, reduces menstrual cramping, and lessens the need for men with an enlarged prostate to urinate at night. In reviewing the literature, it appears that Noni is a true adaptogen – it enhances the body's healing system regardless of the medical treatment the patient is receiving. As an adaptogen, Noni brings the body into more balance; this state of being normal is called homeostasis. For example, if blood pressure is too high, Noni helps lower it. If blood pressure is too low, Noni helps raise it. If sugar is too low, Noni helps raise it. Noni acts in the same way if there is too much or too little acid in the body.³



Richard Dicks, a New Jersey naturopathic educator believes Noni is effective because it helps cells quickly and effectively regenerate. Once this regeneration takes place, he believes people really start to reap the benefits. Richard summarizes by saying,

"We're beginning to realize that we must get back to basics with our bodies. What it boils down to is either burn nutrients or burn your body. Noni saves our body by giving us the nutrients we need."⁴

Neil Solomon practiced medicine for 30 years and was involved with over 30,000 patient visits, used natural food supplements instead of synthetic medication whenever he could. He writes; "I have often wondered why a person experiences undesirable side effects from purified medication, but rarely suffers from side effects to natural food supplements. There is an interesting answer. The World Health Organisation found that 25% of all major medicines used today are derived from natural; herbs, plants, fruits and/or trees. There are 120 of these plant-based medications in use today. Ninety medications (75%) used in modern medicine resemble the plant medicine, the fewer the side effects. This is true for Noni, which has over 140 different ingredients. Mother Nature is by far the most efficient pharmacist and medicine-maker in the world...I still have not why I believe Noni can work so well, and without any significant side effects. It is I believe, because Mother Nature put together in herbs,

plants, fruits, etc., the perfect natural balance. One ingredient balances another in precise amounts and spatial and energy relationships. I believe that the more than 140 ingredients in Noni act synergistically as accessory activating factors that bind to different receptors, all of which work in unison to prevent side effects.

"The art of medicine consists in amusing the patient while nature cures the disease" – Voltaire

We are always being asked why is the patient-doctor relationship so fraught and why do people persist in wanting their doctor to perform miracles... This article from WDDTY Enews has something to say on this.

"The doctor wants to cure the patient, and the patient wants to be cured by the doctor. This very natural symbiosis, however, lies at the very heart of what is wrong with medicine.

There is great pressure on the doctor to do something, but oftentimes what he has to offer is inadequate, ineffective or, worse, dangerous.

HRT is the most recent example of this, but medicine is littered with similar cases through the years. As one Glaxo executive revealed recently, drugs work in only 30 per cent of patients. And it has always been thus.

In a thoughtful essay, Jenny Doust, a senior research fellow at Queensland University, tries to unravel the paradox. Why do we, as a society, persist with a medical model that cannot deliver regularly?

It's partly down to the very pragmatic reason that, for many people, there is no other option. But it goes much deeper, and includes all the ritual and mystique associated with modern medicine, and which is the ideal replacement for religion in a secular age. Illness itself is often mysterious, and the perplexed sufferer may believe that it will respond only to the ministrations of the modern-day priest in the white coat, the hospital consultant.

The consultant is put in the position by society where he is supposed to have the answers. So he responds by ordering a barrage of tests that have been proven in various trials to be pointless.

From there he may prescribe drugs that probably won't work, or perform a surgical procedure that may, or may not, be effective.

Faced with someone in pain, it is a very human response to try to do something, no matter how inadequate it may be. Once upon a time we carried out any number of supplications to placate the gods,

³ Ibid, p. 22

⁴ Ibid, p.31

and to ensure a good harvest. Despite all the scientific strides we've made, we can still be overtaken by the dark forces of illness. But science has taught us why harvests fail, and it's little to do with rain gods. If we better understood why our bodies fail, and the full spiritual and emotional cause of illness, perhaps we would not need to call on our medical priests quite so readily.

(Source: British Medical Journal, 2004; 328:4745).

I am sure most of you all are aware that Glaxo Smith Kline are now being taken to court for suppressing research results well they have also recently issued a statement saying that **THE DRUGS DON'T WORK**

In an extraordinary admission, a senior executive **with UK drug giant GlaxoSmithKline (GSK) has 'confessed' that the vast majority of prescription drugs don't work.** Dr Allen Roses, worldwide vice-president of genetics at GSK, has told a conference that over 90 per cent of all drugs work for only between 30 per cent and 50 per cent of patients.

At the very bottom of the efficacy table are the cancer drugs, which work on only 25 per cent of patients. These are closely followed by Alzheimer's drugs that work on just 30 per cent of people. Drugs for rheumatoid arthritis, migraine, incontinence, hepatitis C, and diabetes work on only half the patients, at best. The most effective drugs are the analgesics, which work for to 80 per cent of those who take them.

This frank admission is also a very shocking one, and for several reasons. The pharmaceutical industry is about the most profitable in the world, and its profits are generated by drugs that everyone has implicitly believed would work (everyone apart from regular health seekers, that is). Worse, in this scramble for profits, around 105,000 Americans and 40,000 Britons die every year from an adverse reaction to a drug, and many thousands more are permanently harmed from one.

Almost as astonishing has been the reaction from some of Roses's industry colleagues.

"What he is saying will surprise the public but not his colleagues," said one industry scientist. Surprised may be a slight understatement for the reaction of families who have lost a member to a drug-and one that the manufacturer probably knew would not work.

So it's no surprise to the drug companies. Is it a surprise, perhaps, to the drug regulators? Did they know that they were part of a scam? Or the government, maybe, that buys £7.2bn of drugs each year for the National Health Service? Are they also aware that at least two-thirds of that enormous expenditure is an utter waste? How about the doctors? They are writing millions of prescriptions a year. Did they notice that their patients just weren't getting any better?

Some commentators have described Roses's admission as a Ratner-like gaffe. For non-UK readers and those too young to remember, Gerald Ratner ran the UK's largest jewelers - until the day he 'joked' that his products were 'crap'.

But this was no Ratner moment. Roses knew full well what he was doing, and he almost certainly had his statement cleared by the very top executives at Glaxo. Roses has been described as a highly intelligent man, and he's certainly too smart to commit corporate suicide.

Roses is staking a major claim for his own division, into which Glaxo has poured billions of dollars of research money. Our guess is that Glaxo has taken the lead in the market, and will soon be launching a new approach to therapy, based on the patient's genetic make-up. In this new treatment model, patients will first be tested to discover the effectiveness of a drug, and if they are among the 20 per cent for whom the drug will work.

By allowing Roses to blow the whistle, Glaxo is playing a very high-risk game. Genetic profiling may be achievable, but it will cut drugs production by up to 80 per cent, so eating into profits.

** Following on from Dr Roses's admission, you may want to read the WDDTY book *Secrets of the Drugs Industry*. It lifts the lid on the drugs that don't work, those that are dangerous, and how the drugs industry masks its aggressive sales drives with supposed science. The above article is from their e-news*

Below is an **extract from The Ecologist June 2002** written **by Columnist Peter Mansfield** who resigned as **a GP** following attacks on his stance against the MMR vaccine. He now runs Good Health keeping. Dr Peter Mansfield was also member of the Advisory Panel on the UK Government's "York Review", which was chaired by Professor Trevor Sheldon.

In September 1997 *The Lancet* — an internationally respected journal of medical science — published an analysis of the findings of a series of scientific trials of homeopathic medicine. It set out to check whether the apparent benefits of homeopathic medicine were actually just examples of the placebo effect — in plain language, self-delusion.

The result was positive. **The studies found that homeopathic remedies did indeed have a net positive effect** after self-delusion, bias and all other confounding factors had been carefully ruled out. The paper then survived review by at least two other experts before *The Lancet* agreed to publish.

Even then, in the same edition *The Lancet* published not one but two leading articles by placebo sceptics. One simply refused to accept the result at face value — ultimately, because the "infinite dilutions" of the agents used cannot possibly produce any effect'. The other conceded that 'there is enough in the study to [ask] for good controlled trials', but doubted whether resources [for] these trials can be justified when a rational basis for... homeopathy... is lacking'.

In other words, even though a system of medicine has effectively been acquitted of quackery in the highest available scientific court, it remains in the dock because the scientists don't know how it works.

That's as philosophical as it gets. Fixed mind-sets and vested interests are the usual obstacles. The UK's Medical Research Council (MRC) is, for example, about to publish its thoughts on how to fill the embarrassing black hole in research on the fluoridation of water. A fabric of dogma, constructed through 70 years of tendentious research, hailed water fluoridation as the best way to correct inequalities in dental health.

That dogma began in the US with the then reasonable assumption that people only obtained fluoride from water. But Americans don't drink much tea, which is a rich source. And then toothpaste became fluoridated anyway, and food items began to be processed and manufactured with fluoridated water. Now, the facts are that many people in non-fluoridated areas consume as much fluoride as those with fluoridated water supplies. Sometimes they consume a lot more fluoride than could ever possibly be good for them. This effectively rubbishes all the studies that compared populations simply on the basis of the fluoride content of their water supply. Yet it took a systematic scientific review and about five years to force dental academics — their banners long nailed to fluoridation — to take into account personal consumption of fluoride from all sources. We have yet to see if this concession finally makes it into the MRC report.

I can't help noting the parallels between the fluoridation saga and the way the MMR story is unfolding. Creating MMR was little more than an act of technical cleverness. But it also exceeded nature, and was, therefore, wrong in principle. But so little do its protagonists care for public opinion that they intend to compound the error by adding chicken pox vaccine to MMR. It will then become a quadruple hit. A pathologist friend of mine reacted to this proposal with dismay: 'Two immuno-suppressant viruses in the same vaccine? Whose bright idea was that?' Were he a pharmaceutical industry employee instead of a private practitioner, he wouldn't have to ask.

This sort of 'science' abuses both the resources and trust of the public....

The new study, by Andrew Vickers at the Sloan-Kettering Cancer Center in New York (Source: *British Medical Journal*, 2004;328:744-7), endorses earlier studies on acupuncture, but it can be regarded as the most rigorous and scientific yet undertaken. A Cochrane review of 26 previous studies also concluded that acupuncture was a valuable therapy, but was concerned about the quality of the studies.

More than 10 per cent of doctors in the UK regularly practice acupuncture themselves, or refer a patient for acupuncture, so this latest study will only encourage more to do so. Acupuncture is based on the theory that the body has meridian points and lines and even though they cannot be seen they do exist.

The evidence that acupuncture works leaves an awkward question hanging. Is the Western view of the human body completely wrong, and has our medicine been working with the wrong paradigm? It may be the case. We have always believed that the body is not simply a mass of flesh, organs and bones. There is



more to us than chemical reactions and bits that need removing or fixed. For us the body is a temple that we inhabit and we do our best to keep this temple beautiful and healthy. We drink plenty of water, eat lots of greens and fruits, take

supplements daily, enjoy nature and rest regularly.

Also included with this issue is an article on Silver and the ecologist article on poisons in our toiletries.