

Dearest Friends,

Spring is in the air and we are propelled by activity. Recently I have been noticing that I get so caught up by the endless list of doing that I am actually holding my breath so as a spring unfolds I am learning to let go of all this doing, let go of the past and share with you the fragrance of the present moment. At the moment our jasmine is in bloom and I can smell the sweetness that permeates our home. We wish you the joy of spring and may the fragrance fill your body, mind and spirit. In this newsletter we now include a section on Natural Remedies. This section is inspired by Muna Jafferji; she brought the healing power of cinnamon to my attention. There is so much in nature that we can use to enhance our health. For this we are grateful.

If you have any queries regarding neways nutritionals and personal care, the chi machine, EMR protection for your mobile or Revitalise eye drops or anything in this newsletter, please call during normal office hours. We look forward to being of assistance.

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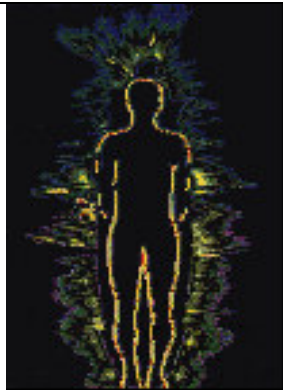
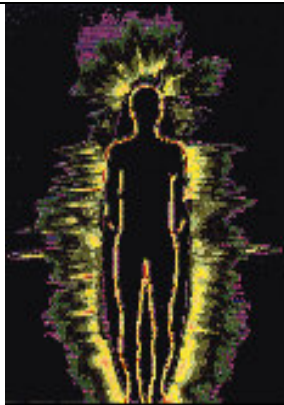
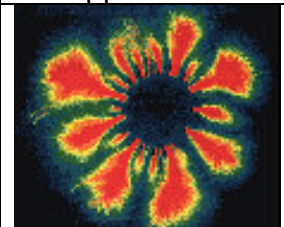
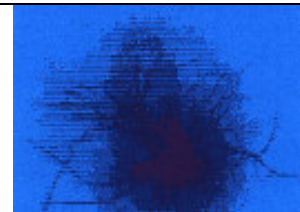
Do Environmental Chemicals Harm Humans? British Medical Journal February 21, 2004

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Why use Epson Salts: A must read for all mothers

Below there are 4 Kirlian images of Neways Maximol Solutions (An organic fulvic mineral and vitamin solution) Kirlian photography depicts the vitality in our energy field. The images speak for themselves. The Kirlian photos below show a 'before and after' scenario after consuming Maximol Solutions. Kirlian pictures taken by David John Broom MIRCH (Registered Medical Herbalist)

	<p>Subject before taking organic fulvates The subject - was not a patient - took the supplement first thing in the morning and then once more the following day. Also the subject was not on medication or a taker of supplements.</p>		<p>Subject 21 hours later after taking organic fulvates. The second kirlian image reveals a more radiant aura plus a obvious higher energy field around the whole of the body</p>
<p>Kirlian photo of a single drop of Maximol Solutions containing organic fulvates</p>		<p>Compared to this Kirlian photo of a common high street multi-vitamin & mineral tablet</p>	

Natural Remedies Focus on Cinnamon

Cinnamon Reduces Blood Sugar and Cholesterol Levels

The sweet and spicy flavour of cinnamon has been used by many different cultures for its medicinal properties for hundreds, even thousands, of years. One of the most talked about benefits of cinnamon relates to type 2 diabetes. A study published in the journal *Diabetes Care* found that half a teaspoon of cinnamon a day significantly reduces blood sugar levels in people with type 2 diabetes. It also reduces triglyceride, LDL cholesterol, and total cholesterol levels among this group.

Cinnamon's other benefits include:

- * Supports digestive function
 - * Constricts and tones tissues
 - * Relieves congestion
 - * Relieves pain and stiffness of muscles and joints
 - * Relieves menstrual discomfort
 - * Blood-thinning compounds that stimulate circulation
 - * Anti-inflammatory compounds that may relieve arthritis
 - * Helps prevent urinary tract infections, tooth decay and gum disease
- It's a powerful anti-microbial agent that can kill E. coli and other bacteria

Easy ways to add cinnamon in our diet is to sprinkle a teaspoon of it on cereal as Muna does or to sprinkle it on Greek yoghurt add honey maybe some peeled almonds and voila a sumptuous desert.

Do Environmental Chemicals Harm Humans?

Over the past seven decades humans have experienced significant changes in diet, lifestyle and social practices, all of which may have profound effects on human health. According to researchers, environmental and lifestyle factors play a major role in human disease--accounting for perhaps 75 percent of most cancers.

It is suspected that environmental chemicals also play a role in these negative health effects, however researchers attempting to establish a link between environmental chemical exposures and health problems have found it to be a daunting task, as adverse effects may not show up until many years after exposure (for example, in adulthood after foetal exposure).

They suggest that exposure to chemicals may pose the greatest threat to pregnant women, which then may affect the health of the foetus later in life. They

recommend that women reduce their use of cosmetics and body creams, which often contain chemicals, and seek to avoid other chemical exposures prior to becoming pregnant to lessen this risk.

Researchers offered the following points in their clinical review of the issue:

- *Synthetic chemicals are pervasive in the environment, but understanding of their potential to cause harm is limited
- *Several recent studies have shown associations between prenatal or postnatal exposure to certain pesticides or phthalates and reproductive disorders in humans
- *Reproductive effects of environmental chemicals in (aquatic) wildlife are well established; these may provide sentinels for human effects, especially on the fetus
- *Recent discoveries raise possibilities of effects of common environmental chemicals on endogenous hormones

The researchers also suggest six key recommendations to reduce the release of chemicals into the environment. These include:

- *All chemicals "of concern" in current use (especially those not safety tested) should be sorted into "categories of concern" according to hazard assessment; the most hazardous to be selected for further investigation
- *Chemicals found in unexpected environmental compartments or at unexpected concentrations, or associated with unusual biological phenomena, should be investigated
- *Where synthetic chemicals are found in raised concentrations in biological fluids such as breast milk and in tissues of humans, marine mammals, or top predators, regulatory steps should be taken to remove them from the market immediately

New legislation should prohibit marketing of any chemical for which basic environmental safety data is not registered

[British Medical Journal February 21, 2004:328:447-451](#)

How to Avoid the Top 10 Most Common Toxins By Dr. Joseph Mercola with Rachael Droege

There are many upsides to living in a modern, high-tech society (like having access to the Internet and digital cameras and MP3 audio players to name a few of my favorites.) But as with most things in life



essential focus

love your body mind and spirit

and in nature, whether you call it yin and yang, balance or the principle that opposites attract, with the upside comes a significant downside.

For all of the conveniences and advances that we have grown so accustomed to comes a slew of environmental toxins -- chemicals and other materials largely from industry and carelessness -- that have very much saturated our water, our food and the very air we breathe.

Many of these toxins are things that you can't see, smell or feel, at least not right away. One of the major problems with them is just that. We don't realize that we're being affected until we come down with a chronic disease after years of subtle and often consistent exposure to a combination of these toxins.

This makes it almost impossible to pinpoint a specific environmental toxin as the source of illness, yet when you look at the facts -- the increasing numbers of cancers, immune system disorders, neurological problems, chronic fatigue syndrome, multiple chemical sensitivities, allergies and hormonal disturbances that are facing the nation -- it is hard NOT to take notice. Where do all of these chemicals end up? They are absorbed into our groundwater, rivers, lakes and oceans, spewed into our air, and added, quite intentionally, to our food supply.

The Effects of Toxins on Your Body

A study in last year's British Medical Journal estimated that perhaps 75 percent of most cancers are caused by environmental and lifestyle factors, including exposure to chemicals. Another report, this one by the Columbia University School of Public Health, estimated that 95 percent of cancer is caused by diet and environmental toxicity.

This is really not surprising when you consider that estimates show most Americans have somewhere between 400 and 800 chemicals stored in their bodies, typically in fat cells. Some of the short- and long-term effects of these toxins include:

- * Neurological disorders (Parkinson's, Alzheimer's, depression, add, schizophrenia, etc.)
- * Cancer
- * Nutritional deficiencies
- * Hormonal imbalances
- * Enzyme dysfunction
- * Altered metabolism
- * Reproductive disorders
- * Fatigue
- * Headaches
- * Obesity
- * Muscle and vision problems

- * Immune system depression
- * Allergies/Asthma
- * Endocrine disorders
- * Chronic viral infections
- * Less ability to tolerate/handle stress

The 10 Most Common Toxins

The following toxins are among the most prevalent in our air, water and/or food supply. This list is by no means all-inclusive, as thousands of other toxins are also circulating in our environment.

1. PCBs (polychlorinated biphenyls): This industrial chemical has been banned in the United States for decades, yet is a persistent organic pollutant that's still present in our environment.

Risks: Cancer, impaired foetal brain development

Major Source: Farm-raised salmon. Most farm-raised salmon, which accounts for most of the supply in the United States are fed meals of ground-up fish that have absorbed PCBs in the environment and for this reason should be avoided.

2. Pesticides: According to the Environmental Protection Agency (EPA), 60 percent of herbicides, 90 percent of fungicides and 30 percent of insecticides are known to be carcinogenic.

Alarmingly, pesticide residues have been detected in 50 percent to 95 percent of U.S. foods.

Risks: Cancer, Parkinson's disease, miscarriage, nerve damage, birth defects, blocking the absorption of food nutrients

Major Sources: Food (fruits, vegetables and commercially raised meats), bug sprays

3. Mould and other Fungal Toxins: One in three people have had an allergic reaction to mould. Mycotoxins (fungal toxins) can cause a range of health problems with exposure to only a small amount.

Risks: Cancer, heart disease, asthma, multiple sclerosis, diabetes

Major Sources: Contaminated buildings, food like peanuts, wheat, corn and alcoholic beverages

4. Phthalates: These chemicals are used to lengthen the life of fragrances and soften plastics.

Risks: Endocrine system damage (phthalates chemically mimic hormones and are particularly dangerous to children)

Major Sources: Plastic wrap, plastic bottles, plastic food storage containers. All of these can leach phthalates into our food.

5. VOCs (Volatile Organic Compounds): VOCs are a major contributing factor to ozone, an air pollutant. According to the EPA, VOCs tend to be even higher (two to five times) in indoor air than outdoor air, likely because they are present in so many household products.

Risks: Cancer, eye and respiratory tract irritation, headaches, dizziness, visual disorders, and memory impairment

Major Sources: Drinking water, carpet, paints, deodorants, cleaning fluids, varnishes, cosmetics, dry cleaned clothing, moth repellants, air fresheners.

6. Dioxins: Chemical compounds formed as a result of combustion processes such as commercial or municipal waste incineration and from burning fuels (like wood, coal or oil).

Risks: Cancer, reproductive and developmental disorders, chloracne (a severe skin disease with acne-like lesions), skin rashes, skin discoloration, excessive body hair, mild liver damage

Major Sources: Animal fats: Over 95 percent of exposure comes from eating commercial animal fats.

7. Asbestos: This insulating material was widely used from the 1950s to 1970s. Problems arise when the material becomes old and crumbly, releasing fibers into the air.

Risks: Cancer, scarring of the lung tissue, mesothelioma (a rare form of cancer)

Major Sources: Insulation on floors, ceilings, water pipes and heating ducts from the 1950s to 1970s.

8. Heavy Metals: Metals like arsenic, mercury, lead, aluminum and cadmium, which are prevalent in many areas of our environment, can accumulate in soft tissues of the body.

Risks: Cancer, neurological disorders, Alzheimer's disease, foggy head, fatigue, nausea and vomiting, decreased production of red and white blood cells, abnormal heart rhythm, damage to blood vessels

Major Sources: Drinking water, fish, vaccines, pesticides, preserved wood, antiperspirant, building materials, dental amalgams, chlorine plants

9. Chloroform: This colorless liquid has a pleasant, nonirritating odor and a slightly sweet taste, and is used to make other chemicals. It's also formed when chlorine is added to water.

Risks: Cancer, potential reproductive damage, birth defects, dizziness, fatigue, headache, liver and kidney damage.

Major Sources: Air, drinking water and food can contain chloroform.

10. Chlorine: This highly toxic, yellow-green gas is one of the most heavily used chemical agents.

Risks: Sore throat, coughing, eye and skin irritation, rapid breathing, narrowing of the bronchi, wheezing, blue coloring of the skin, accumulation of fluid in the lungs, pain in the lung region, severe eye and skin burns, lung collapse, reactive airways dysfunction syndrome (RADS) (a type of asthma)

Major Sources: Household cleaners, drinking water (in small amounts), air when living near an

industry (such as a paper plant) that uses chlorine in industrial processes.

Tips to Avoid Toxins

It's impossible in this day and age to avoid all environmental toxins. What you can do, however, is limit your exposure as much as possible with the following tips:

*Buy and eat, as much as possible, organic produce and free-range, organic foods. If you can only purchase one organic product it probably should be free range organic eggs. Fortunately most grocery stores now have these available. If they don't contact the store manager and encourage them to carry them. Additionally I believe raw milk products are a key to staying healthy.

*Rather than eating fish, which is largely contaminated with PCBs and mercury, consume a high-quality purified fish or cod liver oil like Carlson's. *(We recommend Neways EFA Recovery or Neways Omega 3)*

*Avoid processed foods -- remember that they're processed with chemicals!

*Only use natural cleaning products in your home. Most health food stores will have these available or you can search on line for them. *(We recommend Neways)*

*Switch over to natural brands of toiletries, including shampoo, toothpaste, antiperspirants and cosmetics. Same sources here, either your local health food store or you can search on line. *(We recommend Neways)*

*Remove any metal fillings as they're a major source of mercury. Be sure to have this done by a qualified biological dentist. Although nearly any dentist is technically qualified to replace your amalgam fillings, far less than 95 percent have any clue on how to do it properly so your risk of mercury exposure is minimized.

*Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances as they can pollute the air you are breathing.

*Avoid artificial food additives of all kind, including artificial sweeteners and MSG

*Get plenty of safe sun exposure to boost your vitamin D levels and your immune system (you'll be better able to fight disease).

*Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath). *(We recommend fitting a vortex energiser from the centre of implosion research to the mains; this will charge all the water in the house/flat.)*

(All comments in brackets are our personal comments)

A STORY OF HOPE: How to survive one of the deadliest cancers by Heidi Marie Litkowitch from the wddty enews list

Easter is a time of hope and rebirth, so here's a great story that's appropriate for the holiday. It's about a woman who overcame one of the deadliest of cancers with the help of nutritional therapy.

The woman is 48-year-old Cheryl Clark, a former athlete, who fell violently from her horse in October 1997, fracturing her spine and ribs, and damaging vital organs. Worse was to follow when she went for a CT scan. Doctors detected a lemon-size tumor in the brain, which they removed and, two days later, they fused her spine.

But just when she thought she was over the worst, Cheryl had devastating news. The tumor was glioblastoma multiforme (GBM IV), the most aggressive sort. Even when it's been removed, it grows back again with a vengeance, and radiation and chemotherapy only slow its growth. It's considered incurable, and specialists gave Cheryl between three and six months to live.

Cheryl says of her feelings at the time: "For years I didn't care if I lived, but when faced with the prospect of dying, every molecule of my being ached to live. Instead of focusing on my losses, I focused on all that was good."

She met nutritionist Jeanne Wallace, who created a healing protocol, which encompassed nutrition, diet and herbal remedies. Jeanne told Cheryl to dramatically reduce her sugar intake, she emphasized the importance of omega-3 fats, and she prescribed Siberian ginseng, astragalus, cat's claw and mushroom extracts (Maitake D-fraction, Chinese reishi, shiitake, cordyceps and Coriolus versicolor). Cheryl also kept up the orthodox treatment but before radiotherapy she took 1500 mg vitamin C and 800 IUs vitamin E. She also supplemented with shark liver oil, melatonin and St John's wort during the treatment period. She also joined a help group, and inspirational stories of cancer survival were shared. The group also prayed for each other.

Today Cheryl is well, over seven years later. So what is defeating this most deadly of cancers? Is it the diet, the herbal treatment, the radiotherapy, the group, the stories, the prayer, or Cheryl's sudden desire that she wanted to live? No doubt everything has played a part, but we can't help feeling that the last on that list is fundamental to wellness.

(Source: Townsend Letter for Doctors and Patients, February 2005; 259: 112-3.)

* All the unorthodox and complementary therapies that have been scientifically proven to be cancer fighters can be found in the WDDTY guide, The Cancer File. For more info go to www.wddty.co.uk

Why use Epsom Salts:

A must read for all mothers

I often advise those with chronic conditions to soak their feet or body in tub of water with Epsom salts. This detoxifies your body and washes away "stuck" energy. Fill up the tub with warm/hot water (hot enough for comfort) and pour in about 2 cups of Epsom salt. Add some aroma oils if desired. Get in and enjoy! Visualize the old and stuck energy lifting off your body. Epsom salts can help a range of aches pains and neurological conditions. They are especially good for children with chemical sensitivities and/or learning disorders.

For more information check

<http://www.enzymestuff.com/epsomsalts.htm> . I have attached a document on Why use Epsom salts. For those getting this newsletter via mail call me if you want the full article. The document includes interesting ways of using Epsom salts. A must read for all mothers. We have an Epsom salt bath at least once a month it is a fabulous way to detox the body and give the skin a good clean.

What are Epsom salts?

Epsom salts are magnesium sulfate. Salts are just molecules that come together based on having a positive and negative charge. Magnesium has a positive charge. Sulfate has a negative charge, and they dissociate (or go their separate ways) in solution. Sulfate is a sulfur atom surrounded by four oxygen atoms and it has a negative charge. It has all sorts of unique biological functions. Epsom salts can be very beneficial for individuals with neurological conditions including autism spectrum, sensory integration disorder, and ADD/ADHD.

That is all for this newsletter. Feel free to forward this email / newsletter (preferably with some indication of where it came from). We wish you very happy and healthy life.

Ps. I must say this we are not experts, doctors or healthcare professionals, all the information here has benefited us. How you choose to use it is your responsibility.

