

## Dearest Friends,

It is summertime again. It always seems easier to be healthy during summer; the sun also has an euphoric effect on us. During most of June I will be away in Scotland completing the required course to qualify as a Jin Shin Jyutsu practitioner. Come July I will be practising Jin Shin Jyutsu and EFT and look forward to sharing this art with you all. At the moment all sessions are free, donations for these sessions are welcome. At the end of August we will be heading for India to be with our spiritual master for a few weeks. We have also started a weekly meditation circle in our home on Friday evenings. All are welcome. Please get here before 7.20pm.

For those of you wishing to enquire about or order quality health supplements, protection from electro smog for your mobile phones or the chi machine please call during normal office hours. All the products we recommend have been tested by us and we use them regularly.

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### A GREAT VICTORY: EU ban on health supplements could be overturned

The senior adviser to the European Court of Justice may have overturned European legislation that was set to ban hundreds of vitamins and health supplements from August in an extraordinary 11th hour decision. The ruling, by Advocate General Geelhoed, is the result of intense and exhaustive campaigning by the Alliance for Natural Health. His decision now has to be ratified by the other judges, but it is expected to receive 'the nod' in June.

If accepted, the Food Supplements Directive, which was set to ban around 75 per cent of supplements and health products currently on the market, will be shelved.

In a statement read out on Tuesday morning, Advocate General Geelhoed, pronounced that the directive infringes the principle of proportionality because basic principles of Community law, such as the requirements of legal protection, of legal certainty and of sound administration have not properly been taken into account.

If the Advocate General's recommendations are adopted, in effect, the ban on vitamin and mineral forms not included on the EU's 'Positive list,' due to come into effect on 1 August 2005, will be declared illegal. In essence, the positive list of allowable nutrient forms will be deemed to be too narrow, too restrictive, and based on flawed science.

This would avoid the totally irrational situations that the Food Supplements Directive would otherwise create. For example, synthetically produced selenium would have been allowed on the positive list, while the natural source found in Brazil nuts would not; synthetic forms of Vitamin E (often used in 'adverse' vitamin studies reported in the media) would be allowed, but the natural, most beneficial food forms would not. "It is commendable that the EU Advocate General has seen through the flawed science and law of the Food Supplements Directive and reached his recommendations today," said Dr. Robert Verkerk, Executive Director of the ANH. "All that ANH is campaigning and working cooperatively for is the right for consumers to have access to safe natural healthcare and for legislation to be based on good science and good law. This is a great day for the tens of millions of people who believe passionately in the benefits of natural, preventative healthcare."

The ANH (Alliance for Natural Health) still needs our support to ensure that we can access the best in natural healthcare.

### NUTRIENTS:

#### Today's diets can't deliver all we need

Most doctors reckon that we can get all the nutrients we need from a healthy, balanced diet, and that taking supplements is an unnecessary expense. But a new study confirms what we have long suspected - the food we eat today just can't deliver the micronutrients that an active adult needs to prevent disease. The diets of 20 adults - 10 men and 10 women, all aged between 25 and 50 - failed to deliver sufficient

micronutrients to maintain good health. In both instances the men's diet was worse, and provided just 60 per cent of vitamins and around 45 per cent of minerals that are required in a healthy body. Calorie intake was close to the optimum, but even this was several points below the desired level.

The trial tested for 10 vitamins - vitamins A, D, E, K, B1, 2, 3, 6 and 12, and folate - and 7 minerals - iodine, potassium, calcium, magnesium, phosphorous, zinc and selenium. In assessing the micronutrient needs, researchers used a new measurement called the RDI, or reference daily intake, which is our requirement for preventing disease, and which allows for different body types and needs. The RDA, or recommended daily allowance, is considered by most nutritionists to be far too low to prevent disease.

Overall both sexes showed deficiencies in 138 micronutrients out of a possible 340 as measured by the RDI.

In short, the average adult in the West is malnourished. Keep on taking the supplements.

*We recommend Maximol Solutions.*

#### FLUORIDE:

##### Studies show it affects our children's IQ

Fluoride in our water and toothpastes may be more dangerous than even we thought - but there's a simple and safe way to stop dental decay.

Research suggests that it can affect the central nervous system, and the brain and thyroid mechanisms. These are new concerns, which can be added to the existing litany of skeletal and dental fluorosis, bone fractures, cancer, enzyme toxicity, pineal gland effects and elevated blood lead levels. A research team in China discovered that the children living in a village that had high levels of fluoride in the water supply had overall lower IQ levels and higher levels of mental retardation than similar children in a village with low levels of fluoride in their water. This discovery was repeated in another study, which looked at children in two different villages and found that the high-fluoride children had far lower IQ levels than those in a low-fluoride village. A third study said that high fluoride levels could cause up to a 19 point decrease in IQ levels. High fluoride levels also seem to affect the thyroid when the water also has low concentrations of iodine. Other studies from China have found that children in high fluoride/low iodine areas displayed thyroid abnormalities, a health concern that was repeated in four other Chinese trials. (Sources: Fluoride, 2003; 36:84-94, et al)

**But now the good news.** Any good effects of fluoride can easily be achieved just by consuming xylitol. It's also found in foods such as berries, plums, mushroom and lettuce. Recent studies have demonstrated that

xylitol is an extremely effective protective agent against caries and other dental decay.



*Neways Ultrashine Radiance  
Toothpaste contains xylitol.*

#### MMR AND AUTISM:

##### Study replicates Wakefield's findings

The Japanese study, which seemed to establish no link whatsoever between the MMR vaccine and autism, should have been the end of the debate. Not so, it appears.

While health authorities in the US and UK will point to the study as proof absolute, they may choose not to mention a study published recently in a medical journal that has replicated the original findings of Dr Andrew Wakefield, who started the whole MMR-autism controversy.

Dr Wakefield has been vilified, and has endured 'trial by TV', since The Lancet published his discovery in 1998. Until now, nobody has been able to replicate his findings, sparking rumours that his entire programme was merely a prelude to a lucrative business venture. But now researchers from the New Jersey Medical School have discovered 'evidence of marked inflammatory and immune abnormalities in children with autism associated with gastrointestinal symptoms'. Wakefield had discovered that autistic children had similar inflammatory bowel disease, which could be caused by the triple MMR vaccine. He described the vaccine as 'interference', as it could suppress the immune system. Wakefield had recommended single shots, given one year apart. While the New Jersey data may not be a 'knock-out' blow, it's equally fair to suggest that the Japanese study isn't one, either.

Thoughtful parents are recommended to continue to tread with care.

(Sources: Japanese study: Journal of Child Psychology and Psychiatry, 2005; New Jersey study: Neuropsychobiology, 2005; 51: 77-85).

## Focus on Natural Remedies: Clover

Cloves have a potent, sweet and spicy, aromatic flavour that makes a great complement to many foods. They have been consumed in some areas, such as Asia, for more than 2,000 years. Among the clove's most well-known healing properties is its ability to relieve tooth and gum pain, but it has many benefits beyond that. These include:

- \* Anti-inflammatory, anti-bacterial and antioxidant properties
- \* Relief from respiratory ailments such as asthma and bronchitis
- \* Relief from muscle pains from injuries or arthritis and rheumatism
- \* Eliminates intestinal parasites, fungi and bacteria
- \* May encourage creativity and mental focus

## COLLOIDAL SILVER AND MRSA...:

Colloidal silver: A tissue-healing agent with anti-viral, anti-bacterial, and health-promoting properties. We have often spoken of the value of colloidal silver. Eddie and I have used this to fight infection, tooth decay and pimples. The power of **silver as an effective antimicrobial substance** cannot be denied. The fact that silver is an **infection fighting agent** that, in **various forms**, is highly compatible for use with the human body has been established for centuries. This fact has been **scientifically proven** time and time again over the last eighty years.

Laboratory testing done by researchers, including the staff at Brigham Young University, has conclusively demonstrated that **isolated colloidal silver is lethal to a great variety of bacteria and virii**. Anthrax, HIV, and antibiotic resistant Staph and Pseudomonas are among the countless organisms that fall to the power of silver. The **risks associated colloidal silver use** pale in comparison to the dangers presented by modern drugs. Side effects are extraordinarily rare, and threshold limits to avoid any type of silver toxicity have been well established by the EPA.

While controversy surrounds the use of colloidal silver, silver has long been used in allopathic medicine and in water purification processes. Nasa uses silver in the space shuttle to avoid having to use chlorine in the drinking supplies. Some hospitals in Europe utilize silver-coated catheters to help prevent the occurrence of opportunistic infections. In fact, Silvadine ( Silver Sulfadiazine ), a cream made with a silver salt, is the number one burn cream used in hospitals to prevent infections and speed the healing of tissues in the most severe burn cases imaginable, and has saved countless lives since it gained wide acceptance through FDA approval. FDA approved **Silverlon** is a remarkable wound dressing that delivers silver ions

directly into severely damaged tissues which prevents infection and speeds tissue formation and healing.

Silver nitrate was widely used in the eyes of newborns to prevent a blinding infection that was once commonplace. **Colloidal silver has long been used in hospitals** to prevent the spread of legionnaires disease in the hospital water supply.

Despite the overwhelming evidence that offers such great hope in an increasingly virulent war against human infections and wound healing difficulties, you won't see silver in its most safe and potent form available for use in standard health care in the foreseeable future. While many companies (the makers of Axenohl, for instance ) pursue research in silver compounds and silver medical devices, isolated silver ( silver ions and charged particles not in compound form ) remains untouched by the health care industry.

The expenses involved in gaining FDA approval for a product that cannot be patented outweigh any possible profit gained through such an endeavor. In today's business world, profits are measured in margins, and research and development money is allocated to products and technologies that offer the widest possible profit compared to the cost of production and marketing. Drugs and treatment technologies, having an established market, consume nearly all research and development funds.

Furthermore, since there is NO proven drug effect involved in the action of isolated silver, it is very difficult to establish guidelines for use inside the body, which is a requirement for the use of a formal medicinal substance. For instance, taking two aspirin will likely rid the average person of a headache. A fourteen-day regime of tetracycline will rid the body of its targeted infection under normal treatment situations. However, through oral use of isolated colloidal silver, it could take one teaspoon or many ounces, from 45 minutes to a few days, for the relief of a common sore throat. With the same type of infection, the required dosage levels can be variable from one person to the next, even with the same batch of isolated colloidal silver. It is unlikely that definitive data will be available regarding the oral use of colloidal silver in the near future. The variables involved are great, and the commercial motivating factor is lacking.

*However, this should not discourage anyone from exploring the uses of isolated colloidal silver. There is no need to pursue colloidal silver use in lieu of any other treatment modality. It fits safely and securely within ANY other treatment protocol, whether it is based in macrobotics, alternative medicine, or modern allopathic medicine.*

## THE SPIRITUAL CINEMA CIRCLE

We are often asked about alternatives to the junk that is often shown on the box. Most of the programs on TV don't inspire and uplift, and the violence and foul language seem to get worse each year. Now, there's a wonderful new service called THE SPIRITUAL CINEMA CIRCLE, which sends new, carefully selected features and short films to you at home each month. Some of you may be interested in checking this out. <http://www.spiritualcinemacircle.com/dyer/>

## Real Excerpts from Medical Records That are Sure to Make You Laugh

If you're looking for a good laugh then keep on reading. The following quotes were taken from actual medical records, as dictated by physicians. I found this on [www.mercola.com](http://www.mercola.com)

- Patient had waffles for breakfast and anorexia for lunch.
- By the time he was admitted, his rapid heart had stopped, and he was feeling better.
- Patient has chest pain if she lies on her left side for over a year.
- The patient has been depressed ever since she began seeing me in 1983.
- The patient is tearful and crying constantly. She also appears to be depressed.
- Discharge status: Alive but without permission.
- Healthy-appearing decrepit 69-year-old male, mentally alert but forgetful.
- The patient refused an autopsy.
- Patient has left his white blood cells at another hospital.
- She slipped on the ice and apparently her legs went in separate directions in early December.
- The patient was in his usual state of good health until his airplane ran out of gas and crashed.
- She is numb from her toes down.
- The skin was moist and dry.
- When she fainted, her eyes rolled around the room

That is all for this newsletter. Those of you getting it by email will notice that I have also sent you an attachment of regarding a shopping comparison of healthcare products and the many uses of Eliminator, the alcohol free mouthwash that is so very handy. I have also included a pdf and word attachment of the newsletter for those of you who want to download it and print it out. Feel free to forward this email (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.*

Have a fab summer. Love to you all.

