

essential

loving for your body / mind / spirit

Loving Greetings for 2002

Dearest Health Seekers,

We hope that all of you may enjoy the best of health in 2002. If we can be of assistance please feel free to contact us. We look forward to your input and queries.

What Jane Thurnell-Read, founder of Health Kinesiology writes about Neways:

As many of you know I'm very keen on Neways products- the personal care range as well as the nutritional supplements. I know some of you are Neways distributors already. For those of you who are not, I really suggest you look at this company. Dr. Samuel Epstein is recognised as the world's leading authority on toxic ingredients in personal care products and has advised the US government and European Parliament on this issue. Neways is the only company whose product range is endorsed by him. Phillip Day (author of *Cancer; Why we're still dying to know the truth* and *Health Wars*) is an investigative journalist and the motivating force behind the campaigning organisation Credence. In his latest book he states; "We do not hesitate, as an independent, non-affiliated organisation, to recommend Neways' carcinogenic-free personal care products and nutritional supplements to all who are looking to make a change for the better." If you've heard Phillip Day speak or read any of his books, you will know he is a forthright journalist; if there was any dirt to be found on Neways he would have found it and told the world about it – he loves exposing hypocrisy!

Neways products are distributed through network marketing. Some people have a negative view of this type of company, as I did initially. I now feel differently having worked with Neways and its products for a couple of years. People can be successful at network marketing regardless of their educational level, their colour, their politics etc. People can only be successful at network marketing by helping and inspiring the people they sponsor. This seems to me a democratic, liberating approach to business and the products are excellent.

If you want to know more let us know.

Looking after our children

We urge you all who have children or grandchildren to be alert to the risks that they face through malnutrition and toxic exposure. We have

become acutely aware of the growing incidences of asthma, eczema, ADHD and allergies among children. If they are suffering now, what does the future hold for them? Are they going have to spend the rest of their lives dependent on drugs, which have harmful side effects? Please watch out. It breaks my heart to see children suffer. There is a charity called "hope" which is for children who have been damaged by vaccinations. Many of these children have become autistic. Did you know that some vaccinations contain Mercury! (Scientists have found a link between autism and mercury poisoning – more in the next issue) If you are encouraging them to keep their teeth clean. Make sure you use toothpaste that is free from chemicals like fluoride and Sodium Lauryl Sulphate. Call us for more information. There is a wonderful site on the web called www.campaignfortruth.org, which has a lot of information.

Usually we find articles in the papers unreliable or prejudiced it is rare to come across journalism that cares for the reader.

Fluoride Can It Do More Harm Than Good?

Source: Daily Mail - London

Publication date: 2001-09-04

MOST of us put our trust in fluoride to help prevent tooth decay. It is a common ingredient in toothpaste and mouthwashes, and several countries, including large parts of the UK, add fluoride to the water supply.

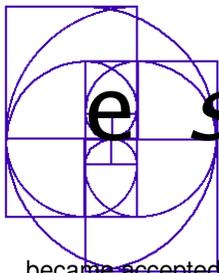
Just last month, a study was published which reported that adding fluoride to table salt had reduced dental decay in Jamaica.

However, not all scientists are enthusiastic about fluoride. Recent evidence suggests it is not as effective in preventing tooth decay as was originally thought. In fact, it is believed fluoride treatment has the capacity to cause dental disease. There is also some evidence that fluoride may increase the risk of other health issues, including weakened bones and thyroid conditions. So could adding fluoride to drinking water be doing us more harm than good? Fluoride is a by-product of certain manufacturing practices (primarily the phosphate fertiliser industry). Precisely what lay behind the decision to add it to water supplies is not clear. Fluoride is, after all, a potentially toxic waste product.

When fluoridation of water started 60 years ago, there was no good evidence to suggest that fluoride might prevent tooth decay. However, partly as a result of later studies, which suggested it might have tooth-protecting qualities, fluoridation of water

I S S U E 2 , J A N U A R Y 2 0 0 2





e s s e n t i a l

l o v i n g f o r y o u r b o d y / m i n d / s p i r i t

I S S U E 2 , J A N U A R Y 2 0 0 2

became accepted practice. More recently, the British government commissioned a review of the scientific literature on this subject, the results of which were published last year in the British Medical Journal. The York study concluded that the rationale behind the fluoridation of water is based on weak scientific evidence. In addition, it found that the protection offered by fluoride is much less than previously thought: just one in six people drinking fluoridated water benefits from it.

Other studies show similarly poor results. In the largest dental health survey ever conducted in the U.S., fluoridation of water was found to protect less than 1 per cent of the total tooth surfaces in a child's mouth. Studies conducted in Finland, East Germany, Cuba and Canada have found that the rate of dental decay does not increase when communities stop fluoridation. And while the benefits of fluoride appear to have been overrated, it seems that the hazards of this substance have been downplayed.

For instance, the York study found that almost 50 per cent of individuals drinking fluoridated water exhibit a condition known as 'dental fluorosis' - a mottling of the teeth thought to be caused by the toxic effects of fluoride. So, while fluoridation of water may prevent dental disease in about 15 percent of the population, it seems to cause dental disease in about half those treated. And if toxic effects are seen in the teeth, what damage may be done in the rest of the body?

The authors of the York study said they could find no real evidence for the toxic effects of on the body, but other studies claim fluoride has the capacity to weaken bones and increase the risk of fracture.

There is also evidence that fluoride can accumulate in the pineal gland in the brain. Potentially, this could disrupt a range of body processes, including sleep.

FLUORIDE is also known to reduce the function of the thyroid gland (responsible for regulating the speed of the metabolism), and studies in animals show fluoride may bring on premature puberty. Another question is the ethics of fluoridation. If fluoride does indeed reduce dental decay, should it not be classed as a medicine? If this is the case, then individuals who live in areas where the water is fluoridated are essentially being medicated without their consent. When doctors prescribe drugs, we generally do so knowing the patient's sex, age, weight, medical history and current drug therapy.

They will judge whether a treatment is necessary, decide on an appropriate dosage and monitor the effects. None of this is true in the case of water fluoridation.

Ireland is the most heavily fluoridated country. About three quarters of its water supply is treated with the chemical. While the Irish have generally good dental health, studies show lower dental disease in non-fluoridated areas such as Wales and Scotland. In England, fluoridation depends on where you live. Steps can be taken to reduce exposure to fluoride. Those living in a fluoridated region can avoid drinking tap water or filter their water. For those wanting to avoid fluoride in toothpaste, many natural alternatives exist.

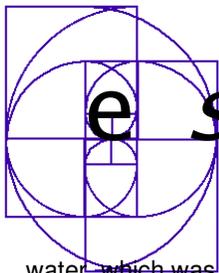
Ultrasine Radiance from Neways is a good example of natural safe toothpaste.

Testimony from Yan Arts

Problems with my skin started more than 20 years ago. In those days I had more hair than I have now and developed dandruff. This seemed to be a common problem, so I did not worry much at first. I changed the shampoo and it helped for a while and then it came back. So I tried all kind of shampoos, some of them very expensive. In the end the condition became worse and what started with dandruff became flaky skin. During the last 5 years this was not all I developed, red patches appeared on my scalp and they started itching. So I went to the doctor and he did his best and prescribed tar shampoo. This worked for a while and the doctor prescribed shampoos that became stronger and stronger and smelt like creosote used for painting fences.

In the last 4 years the red patches appeared on other parts of my body and they became itchy too. The doctor told me that this was psoriasis. When a round circle developed on my forehead I really had enough. Before I could camouflage some of it on my forehead with my hair, but this was a little bit too difficult with my present sparse hair. So I looked for alternative ways. I had an allergy test and I found out that I had to stay away from alcohol, sugary stuff and bread with yeast in it. I must say it made an improvement. I used all kind of creams with herbs but it did not do much. So I decided to live with it, in the hope that sooner or later I might find something to help me. Thanks to my friends Ranjana and Eddie, who introduced me to Neways. I was quite sceptical, when I tried out the Neways shampoo, because I had tried so many things before which did not work. The strange thing was that my skin felt different after washing with the shampoo. Before, my skin seemed to stretch after washing and I had to be quick to put cream on. Now it was all right. So I remember feeling suspicious and waited for a reaction, but nothing happened and I couldn't believe it. So I tried out the conditioner as well and it worked for me. Also, the nice thing now is that I can wash my hair with





essential

l o v i n g f o r y o u r b o d y / m i n d / s p i r i t

I S S U E 2 , J A N U A R Y 2 0 0 2

water, which was impossible before, as it had to be quite cold, or it made me itch and come out in a rash.

But that is not all. Now I can also have a bath with warm water, without any itching at all. You can understand in the wintertime, this is not really a nice experience.

This Christmas I was tempted to eat some sweets, a few drinks and some pizzas. I know it isn't the right thing to do for me, as the red patches appeared. I decided to avoid them and it amazed me, how quickly my skin improved with the Neways products. I feel happy that this is possible for me, because I know there are so many people out there waiting for a little improvement and hope.

I use the following products; silkience shampoo , exuberance conditioner , indulge bubble bath , tender care hand and body lotion, barrier cream and night science . I also take the supplements; Maximol, Revenol and Noni juice. I wish everyone a happy and healthy New Year.

My life has really improved, as I can now wash my hair and have a warm bath. My skin has improved a lot with the creams I use now. ***I write this letter now without any itching or red patches!***

♥ Yan Arts, January 06, 2002

Questions

One of the common questions we are often asked is, "what should I take?" " What should I do?". The real question is what is going to work for you. In our experience everyone has a unique body that works in a completely individual way. For us the combination of Maximol and Noni are uplifting and powerful. But this is not the case for everyone.

Some find the Noni too strong; others prefer to have only Noni. Every three months, we take stock of what we have been taking and then change or adapt our supplement regime. We recommend this method. Most feel that Maximol is essential as a daily supplement and take it for years.

There are some common guidelines that can help everyone. Firstly it is very important to be in touch with your body's needs and requirements. To do

this the most vital exercise is **relaxation**.

Most people do not give themselves the space or time to relax. Without relaxation it is very difficult to access our inner knowing or to be intuitive. We suggest practising relaxation every night before going to sleep. And at any time you feel overwhelmed by ill health or stress. There are many methods of relaxation and if you wish to discuss a few do call us. If relaxation is practised often you will find yourself becoming more intuitive. You will find yourself drawn to the right

supplement and therapy for you. *(Of course we are always happy to share our knowledge with all. And would be able to check our database of what has worked for many. Yet our experience has shown that everybody thrives on a combination that is unique to him or her. We work very closely with those who seek help to find what suits them best)*

Through relaxation we begin to focus on our health in a positive manner and answers unfold if not drop into our lap. Relaxation is rule number 1. After this follows the need to exercise the body, eat plenty of greens, have fresh fruits and drink lots of boiled water.

Ensure an intake of minerals, vitamins, amino acids, anti-oxidants and essential fatty acids. How you do this is really trial and error and finding what works for you. In the next issue we will outline a relaxation technique that works for us. Another technique that has helped many is Kinesiology one of its branches is commonly known as muscle testing. This works on the premise that the body already knows what is imbalanced and what it requires to return to a state of harmony and well being. One can visit a kinesiologist for an in depth consultation.

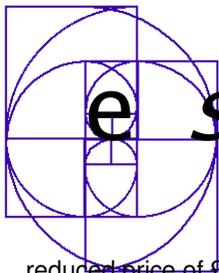
In the near future we will be working very closely with Kinesiologist and Shamanic Healer Trisha Mulholland to run one-day workshops on healing and health. These will be geared to help us take responsibility for our bodies and will furnish us with powerful tools and techniques by which we can become aware of our bodies imbalances and needs. If any of you are interested could you please let me know, as there will be limited seating.

Trisha Mulholland MA Dip ISH MNFSH KF Assoc; Full member of the NFSH and The Association for Therapeutic Healers has been working professionally as a healer for 15 years and runs a successful practice in Kinesiology and Healing in North London. She is trained in and works with Spiritual Therapeutic Chironic and Shamanic Healing.

Trisha is also running a 7 Week Course in **SELF HEALING AND ENERGY AWARENESS**, which will be of great interest and benefit to many of you.

- ♥ Learn to create and work within sacred space. Journey into yourself and heal at the deepest level. Learn practical techniques to increase your vitality to heal and empower yourself. Explore grounding, protection and clearing the energy field. Understand your etheric energy pattern and develop your awareness. Working with sensing, visualisation, inner journeys, flower remedies, breath work, movement and sound to explore the chakra system and the subtle bodies. Working in small groups for individual attention.

7 Tuesdays from 19 March - 30 April 7.00 - 9.00 PM
Islington N7 (please book before 5th March for the



e s s e n t i a l

l o v i n g f o r y o u r b o d y / m i n d / s p i r i t

reduced price of £140) **For more Information**
Please Contact Nicola on 01753 540320

Winter Tips

This is the time when so many complain of colds, coughs, flus, feeling run-down. We have not had voice any such common complaint since Neways came into our lives. If we suspect any reason for our immune system to feel run down we take large

doses of **VMM** and feel completely protected. Another common complaint is dry hair. With the central heating and gas fires my hair would often feel very dry and brittle in the past. I discovered one of our downline using Rebound to give a healthy shine to her hair (she does have fabulous hair) So this winter I just put a little **Rebound**

(after sun lotion) in my palms, rubbed them together and applied it to my hair. I also tried the **Tender Care** and this too gave a soft silky finish. This is the first winter I did not have dry hair.

Diary

A key date coming up is **April 13th**. Tom Mower will be in the UK to divulge all about the Neways products. An absolute must for those who want to be healthy and help others be healthy. We will be attending the next Neways meeting at the Forum on the 20th of January and look forward to seeing some of you there. Do not forget the course on Self healing and energy awareness run by Trisha Mulholland.

My shape and size quandary

I promised to write about how I am dealing with this very sensitive issue. Well the truth is not very well. Winter is not the best time to live on fruits and nuts. I crave for hot stodgy food and ate one too many mince pie during Christmas. I have discovered that "Curb", helps enormously to dampen my cravings but breaking the habit requires mental strength. For me I have always struggled with my body. This year this is going to change. Although my exercise routine has come to a standstill (laziness) I am very positive and am working with the deeper mental and emotional weight burdens. I believe that everything is connected and one cannot isolate the body's problems from the state of mind or the state of being. I became aware that one of my greatest fears was of being overweight. The more I feared this and pondered this; the more energy I gave to it, and the more it became a reality. I allowed it to depress me and I became more and more frustrated with feeling so stuck. I am one of the

many who have been on endless diets, exercise regimes and then binges. It was like a vicious circle. I was fighting with my body all the time. Becoming aware of my fear has been a big step for me. The awareness has helped me release the fear and I find myself eating healthily. Friends have commented that I look more streamlined, and this is a start...Will keep you updated.

The poem below was written by a very close and dear friend who came into our lives through Neways. This reminds me of the wisdom that lies within us just waiting for us. The truth is not out there, it is right here, right now, within the heart.

Plant yourself where you will flourish

*Plant yourself where you will grow.
Plant yourself where you will flourish.*

*Connect.
Connect the Body, Mind and Soul.
Feel the connection flow as One.*

*Listen.
Listen to the Wise.*

*Ask.
Ask the Wise.*

*Follow.
Follow the Wise.*

*The Wise knows where you should plant yourself
where you will grow.
The Wise knows where you should plant yourself
where you will flourish.
Connect, Listen, Follow, and Flourish.*

With love and light and big hug

Kashmira

As you all know we do a fair amount of research and like to be in touch with anything that may help improve our health and state of being. We love receiving your letters, sharing your experiences and enjoy researching your queries.
Love eddie and ranjana

I S S U E 2 , J A N U A R Y 2 0 0 2

