



*Doing* research, digging and studying has made us aware of trends in the health world. People are looking for answers and these are the buzzwords going round the block: Allergies, Food Intolerances, Stress, Toxins, Acidosis, Alkaline, Detox, Nutrition, Weight loss, Balance, Harmony, Pain free, Hormones, Regeneration. The most interesting thing I heard recently is that Allergy people are toxic sensitive. But as you know we will keep in touch and keep you informed of what we learn. We love receiving your letters, sharing your experiences and enjoy researching your queries.

## Tips, *buzzwords*, Conversations and Notes:

### Neways Convention, 8 June 2002,

This year we could only go for the Saturday event. It was once again inspiring and revealing. Tom Mower began the day with talking about some of the new products. Two of the new products were particularly geared for weight loss; the pro-mega and the pro-thin. I will be trying them out. He did say that for them to work efficiently 30 minutes of exercise 3 times a week were a must. (*This may help me with my shape and size quandary*)

Tom revealed that independent studies in Singapore showed that Nutri-Fizzion removes heavy metal from the body, reduces LDL levels and prevents Aids from developing. And because of these benefits the medicine control agency was unable to register it! We are living in sinister times. I will repeat this later.

For all the *football* fans out there, do you remember when Beckham broke his toe. Guess what he took for a speedy recovery? Yes he took Neways. Sheila Gill received a letter from Beckham's doctor thanking her for introducing them to Neways. He was taking Maximol and Mass advantage among other supplements. Neways is perfect for the athletes, those who want to be fit and for the aging baby boomer generation.

Tom also introduced CalQlat. The ultimate in Calcium supplements. Pure bone with flavonoids and vitamin D in a chocolate flavoured chew. Only Tom could have dreamt that one up and executed it. Most women need calcium supplements, as they are susceptible to osteoporosis and brittle bones. This is the reason Doctors justify the use of HRT. But most women have enough oestrogen, it is the progesterone level that falls. HRT does not stop osteoporosis but only keeps the brittle bone in place until the fall. Did you know that potassium helps balance bone density! The calcium supplements that are commonly available on the shelf are carbonates which are rich in lead!(This is

poisonous, in case you do did not know) Fortunately we have Neways!

For those of us that snore "Silence" is a great spray for a good nights rest. It is a combination of herbs, which do the trick.

The sun pack has been much improved and does not contain PABA, Benzophenone, Mineral Oil and Petrolatum, which are definitely to be avoided. You do not want to increase the chances of cancer or any other ailment that are so common in our society. Most scientific data now suggest that we are actually suffering from chemical poisoning.

At the convention there was also much talk of the impending action of the European Union. Dr. Rob Verkerk who left the Imperial University to spearhead the movement, "Alliance for Natural Health" spoke about the necessity of taking action. The European Union has passed two directives; the vitamin directive and traditional medicines directive, these could seriously jeopardize our ability to take care of our bodies. I was shocked to hear that *we may no longer be able to buy Noni in this*

*country* and would have to order it from the states. The MCA (Medicinal Control Agency) have decided that it is a novelty item and therefore cannot be retailed here! For those of you who like me require Noni to function better call us and we will explain the best way to acquire it. What is going on the government is about to legalise cannabis and ban vitamins and herbs for general consumption. It seems as if they want people to be sick. *We live in a very sinister world.* Unless we join together and fight this, health is going to be dictated by pharmaceuticals that need sick people to survive. (*Please sign the letter enclosed with this newsletter, if you wish to add your voice to the protest against injustice*)

**Dr. Mathias Rath** has launched an activist site against Codex (they are a pharmaceutical conglomerate trying to protect their profit margins against the health of humanity). In his landmark presentation at Stanford University (May 4, 2002) he said, "*I would like to congratulate Stanford University for addressing the need for preventive and natural answers to the number one cause of death in the industrialized world. I will present to you the facts that atherosclerosis, heart attacks and strokes are not diseases but the direct result of long-term vitamin deficiency. And therefore they can be prevented by natural means, without pharmaceutical drugs or surgical intervention.*" He ended his talk saying, "*Now that we have identified the true nature of cardiovascular disease, its eradication is only a question of time. Already in ten years from now the headlines of the leading newspapers may read: "WHO proclaims heart disease as eradicated / The pharmaceutical market of statins and other symptoms*





*oriented drugs have collapsed on Wall Street / and the cardiology departments at Stanford and other Medical Schools are closing".*

### **“ Who is the real menacing drug dealer?**

Mr. Nice guy selling a cholesterol reducing drug that kills (Bayer had to remove their drug from the market because of the number of deaths attributed to the drug!), or chemotherapy that destroy all cells indiscriminately, or promoting vaccines that contain mercury a known neuro toxin and is extremely poisonous!

The Drug pushing lobby is vast, it is huge, compared to them the tobacco industry is smaller than an ant. Do you remember how long it took for the tobacco industry to admit that smoking kills? There are many brave people out there who are risking all to tell the truth, to fight for you and me, the least we can do is to support them. Pass on the message. Knowledge is power. We have fought slavery, prejudice, colonialism, barbaric leaders, dictators, this is not a time to be complacent and hope that a greedy conglomerate is going to start caring for you. We are being bombarded by advertising that sells the pharmaceutical lie.

### **Nobody wants their child to be hooked**

**onto drugs**, so why do parents allow a child to ingest addictive anti-depressants, steroids or make them brush their teeth with fluoride, WHY? Ignorance kills. The figures for cancer are now one in two will die of cancer. Are you going to let this happen? I watch on helplessly as I see so many succumb to the lie. Cancer does not kill but ignorance does. Years ago thousands died because of poor hygiene, there were plagues and epidemics, but it took a long while for them to clear up the gutters of ignorance. How many loved ones do we have to watch suffer, before we take action. The figures should state one in two would die of ignorance. They were never told that they were being slowly poisoned by their environment. (In June the New Scientist, published an article that warned those who eat fish that they are being contaminated by mercury) by the toiletries that they use, they did not know about supplements or herbs because their Doctor did not pay attention in the one nutrition class he/she had in the years of study! What is so frustrating is that safe alternatives are available. Neways is the leader in healthcare. If you want to know more call us on 01424-427-919.

If you go looking there is plenty of third party research and publications on health issues, which tears big holes into the fabric of conventional medicine and supports the necessity of good supplementation. Dr Mathias Raths' lecture at Stanford University is a perfect example. (If you want a copy of the speech do call us, it has important information for those with cardio-vascular problems.) Check out [www.vitamins-for-all.org](http://www.vitamins-for-all.org), for the protest against pharmaceutical control. [www.mercola.com](http://www.mercola.com) is also a site we visit often.

Lynne Stracker, editor of

### **“What Doctors Do Not Tell You”**

spoke quite passionately. She pointed out that years ago viruses and bacteria killed. Today the killers come in the form of chemicals. We are slowly poisoning our children and their bodies are expressing agony in the form of eczema, ADHD, asthma, headaches, allergies and what do we do give them more of what is not good for them. What happened to wisdom? Environmental protection Agency studies show that Indoor air is more hazardous than outdoors! Even in polluted cities. Air fresheners, chemicals from personal care products, perfumes are partly to blame. We are causing cancer. We are ignoring good advice, for eg. Dr Michael Cork of Sheffield University warned parents on BBC News, 13<sup>th</sup> May 2002 to avoid Baby Wipes as they contain alcohol and detergent. He stressed that these ingredients in Baby Wipes can cause eczema. The advertising of baby wipes looks so seamless and clean that we do not look further. We have to take more responsibility. (A good way to clean a baby's bottom is by spraying it with Eliminator and then wiping clean with loopaper. Rebound is a safe and excellent moisturizer.)

I noted

### **11 deadly chemicals** in lynne's talk,

1. DEA (diethanolamine, also used in agent orange), TEA, MEA, these are foamers and hormone disrupters
2. Formeldehyde used in nail varnish
3. Alcohol
4. Sodium Laurel Sulphate
5. Petrolatum, used in baby oil, mineral oil
6. Talc
7. PVP/VA copolymer- hairsprays
8. Perfumes
9. Methyl paraben
10. Synthetic colours
11. Sunscreens

Safe ingredients are natural waxes, natural powders, vitamin E, Iron Oxide and everything in Neways as they have all been tested by the Cancer Prevention Coalition (an independent body on the side of humanity)

It would be a good idea to avoid getting cancer in the first place. Another good site to visit for information is [www.allyouneedtoknowaboutcancer.com](http://www.allyouneedtoknowaboutcancer.com), [www.credence.org](http://www.credence.org).

*Did you know that belief in god and argumentative people are less likely to get cancer?*

Chris Woolams whose daughter survived cancer outlined the 4 pillars of cancer

1. Toxic Bodies
2. Acid Bodies
3. Parasites, viruses and yeast





## essential focus

L o v e y o u r b o d y , m i n d &amp; s p i r i t

## 4. Mental attitude

The most poisonous substances to the body are anti-inflammatory and anti-biotics

We have to **Detoxify**, clean up our act and spread the word.

**Tip** for those suffering with hot flushes and night sweats; Geranium and Rose essential oils. We will be preparing a HRT info pack which will outline ways to balance if not tame our hormones.

For me *one of the most impressive speakers was Lady Gaie Vickers.*

Her humility and love shone out. She had trained with Robert Tisserand who could be called the father of Aromatherapy in the West. She has been an aromatherapist for 16 years and at present shares much of her time in a hospice helping people to make the change. She said that she felt very privileged to work with those who were at a momentous phase of their lives. Her interest lay in the spiritual properties of the essences. She said that she was saddened by how aromatherapy has been greatly devalued in the west, by the mass market, glib advertising and poor ingredients. She emphasized the importance of quality, which is a trade mark of Neways. It is a great shame because most people do not recognize the value of the olfactory system. I was so absorbed by her talk that I only noted a few tips:

*Basil is good for the memory*

*Rose soothes anger and grief*

*Frankincense helps abate nightmares and fears*

*Geranium is fabulous for women suffering from hot flushes*

*Insomnia can be greatly relieved with Majoram, Lavender and Bergamot*

Neways essential oils show a deep reverence of the essence of life.

## Amazing Recovery

After Lady Vickers, Bill Young, A Natural Body Builder, and World Champion came bounding on to the stage. Muscles rippling, he got a lot of appreciative looks and gasps. In bodybuilding everything is nutrition. He had an interesting experience with Neways. He had a slipped disk and thought it would take 2 to 3 years to return to shape. With Maximol and Revenol he began to recover from being temporarily paralysed to being in shape to compete and become the World no. 2. He said that Neways helped bring his body back to strength in less than a year.

Bill Kellner-Read, dentist, author and health activist spoke next. He pointed out that dentists suffer from tumours, divorces and have the highest suicide rate than any other profession. Much of these sad statistics could be attributed to their exposure to mercury (in amalgam fillings) and other toxins. He aptly quoted John Stuart Mill, who said, "*Over his own body and mind, the individual is sovereign.*" We all take care

of our cars, give it the right fuel, take it to the garage for a service, and top up with all the right fluids. Yet this body, which is infinitely more precious than a car of our dreams, is neglected by us.

We believe times are changing. With Neways we can step into healthy present right now!

Neelam and Yan Arts sent me the following to share:

### *Decide to Network*

*'Use every letter you write  
Every conversation you have  
Every meeting you attend  
To express your fundamental beliefs and dreams  
Affirm to others the version of the world you want  
Network through thought  
Network through action  
Network through love  
Network through spirit  
You are the centre of a network  
You are the centre of the world  
You are a free,  
Immensely powerful source of life and goodness  
Affirm it  
Spread it  
Radiate it  
'Think day and night about it  
And you will see a miracle happen:  
The greatness of your own life,  
in a world of big powers, media, and monopolies  
But of four and a half billion individuals  
Networking is the new freedom  
the new democracy  
A new form of happiness*

## Diary

Phillip Day continues to travel around the UK giving talks on Health Issues. It is a must for the healthy and the sick. Call us for more info.  
Better yet visit [www.credence.org](http://www.credence.org)

