

Emotional Health Centre News

Essential focus on freedom, health and happiness www.emotionalhealthcentre.com

Issue 1, April - June 2007

Dearest Friends,

Spring is here and summer is round the corner. Hope you are all enjoying the sunshine. We are springing forward with the launch of our website

www.emotionalhealthcentre.com



We are also making changes to the way we work (and play), the newsletter, and our email addresses. Notice how the newsletter is now titled Emotional

Health Centre News...& this is all just the beginning. Thank you for all your calls, emails and continued support. We look forward to seeing many of in the summer by the seaside. In the meantime deep love, peace and happiness from us at the emotional health centre.

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Below are 3 amazing love poems by 8 year old Emma Noakes. Thank you Emma.

Help

Help me
Why can't you see
What I am going through
What if it were you
What would you do
Call for help
Wouldn't you
You wouldn't survive
You wouldn't be alive
Thank you Finally
You set me free

Love Poem 1

All is love
Lots to spare
God above
Loves to share
From all the peace
All the hope
War must cease
Then we'll cope

Love Poem 2

Love never ends
You don't have to spend
Which is a good thing
Love lets you sing
Let your heart explore
Let it lead you to galore
You feel loved even more
I am sure



Below are 3 excerpts from the wddty e-list I find it an essential source of health information check out <http://www.wddty.co.uk> for more

BREASTFEEDING: It helps soothe the baby, doctors confirm 150,000 years of anecdotal evidence

Less than 20 years ago doctors genuinely believed that newborn babies didn't feel pain. As a result, babies were even operated on without any analgesic whatsoever. This thinking was enshrined in the august medical journal, the New England Journal of Medicine, as recently as 1987 (see volume 317; pages 1321 to 29). Since then, medicine has made the remarkable discovery that: a) babies are human, and b) this even applies to babies that have only recently been born. In a new study, researchers have gone even further, and have found that breastfeeding is a great way of calming a baby if it's stressed or in pain. While the researchers concede that this has been known 'anecdotally' by millions of mothers – actually, it's been known by every mother since before *homo sapiens* stood erect – it has finally been proven in a medical trial. And that, after all, is what counts.

(Source: The Lancet, 2007; 369: 721-3).

PARACETAMOL: A deadly painkiller, even at the recommended dose

Paracetamol – or acetaminophen as it's known in the States – is the most widely used painkiller in the world. There's a pack in most homes, and you can always nip out to the local newsagents or general store if you do run out. For a drug that's so freely available, you'd imagine that it is safe. And our drug watchdogs assure us that it is when taken at the recommended dose of 4g a day.

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It's not. One study discovered that it caused liver damage in up to 44 per cent of all participants who were taking it at the standard dose. In fact, paracetamol has become the major cause of acute liver failure in the USA and Europe, a condition that will almost certainly kill the patient unless the diseased organ is replaced.

Some of these cases have been the result of unintentional overdose – where perhaps one tablet too many has been taken – and fatalities have occurred at doses as low as 7g, just 3g above the recommended dose.

Despite the evidence, you won't in anyway be surprised to hear that America's drug regulator, the Food and Drug Administration, isn't changing the way the drug is made so freely available, even after a 'careful consideration' of the many fatalities.

(Source: The Lancet, 2006; 368: 2395-6).

CHRONIC FATIGUE: Does this mystery disease have its roots in an unhappy childhood?

Chronic fatigue syndrome (CFS) is a mysterious condition that usually baffles doctors. Nobody is sure why it starts, how to treat it, or to even guess its course.

A new study has discovered one part of the puzzle, and it all goes back to our childhood. Researchers have found that people are up to eight times more likely to suffer from CFS if they experienced some trauma – such as sexual, emotional or physical abuse, or neglect, or depression – when they were children. When they reviewed the history of 43 CFS sufferers compared with 60 healthy adults, they found that unhappy experiences in childhood was a significant marker for adult CFS.

The likelihood was graded by the severity of the trauma, and those whose childhood experiences were less traumatic had a three-fold chance of developing CFS, while those who were badly scarred by their experiences were eight times more likely to suffer chronic fatigue.

(Source: Archives of General Psychiatry, 2006; 63: 1258-66).

EFT the missing link

Many of you have seen the Movie; *The Secret* or read the book. Bob Doyle one of the main contributors and author of *Wealth beyond Reason* has often said that *EFT is the missing link*. It is the tool that can help us make that shift from wanting to creating from the mental state of disbelief and doubt to one of possibility and intention. **Emotional Freedom Techniques** (EFT) is a psychotherapeutic tool that is claimed to be able to relieve many psychological conditions, including depression, anxiety, PTSD, stress, addictions and phobias. The basic EFT technique involves holding a disturbing memory or emotion in mental focus and

simultaneously using the fingers to tap on a series of 12 specific points on the body that correspond to meridians used in Chinese medicine.

Emotional Freedom Technique, or EFT is fast gaining popularity through TV shows like Richard & Judy, The Good Morning Show and Extreme as well as receiving much positive press in magazines such as Zest, Hello, Daily Mail and even in the Times. Paul McKenna has also used tapping sequences on TV to get results. It has been described as 'psychological acupuncture, but without the needles' and is quick and easy to learn.

For me EFT is a process of awakening that uses Einstein's theory that every thing is energy and the power of intention. It is a tool that helps us release unwanted baggage and pain. The most common side effect I have encountered in my practice is joy, peace and relief after sessions. The beginning of last year (Feb 2006) I began to run Introductory and training workshops to share this amazing tool. The results have been nothing short of phenomenal and I have to say I was amazed and delighted.

Do download and read the Free EFT manual from Gary Craig's (the founder of EFT) website www.emofree.com, this will give you the basics thoroughly. Many times people ask, "How do I use EFT to help with..." This question is often asked with the expectation that there is a library of set-up phrases and if only they can be given the right words then EFT will work wonders for them. Well using EFT effectively isn't quite like that. There is no library of the right words that fit each behaviour, emotion symptom or medical diagnosis. There are no right or wrong words; there are only the words that work. And the words that work for one person are not necessarily the words that work for another. We are all unique human beings with unique life experiences and unique emotional responses. So the words that work are individual and subjective: the words that work are the words that describe and tune a person into their own unique emotional experience. In the advanced training that we run you will learn to use your intuition to tune in to yourself and others.

We run *Approved Content Workshops

*These workshops are for professionals and serious students wanting in-depth, hands on training in EFT to augment and reinforce what they are learning from the EFT videos. They are comprised of 3 levels: **Level 1, Level 2 and Level 3** and are officially approved by Gary Craig as containing the necessary training to become proficient in EFT. They provide a standard so that EFTers may have common training throughout the world*

Recently Ranjana also qualified as an AAMET (To find out more about the AAMET go to www.aamet.org) International Trainer for EFT.

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She trained with Sue Beer and Emma Roberts, EFT Masters and Founders of the EFT Centre.

APPROVED EFT LEVEL 1 AND 2 TRAININGS AND WORKSHOPS

JOIN US FOR AN INTRODUCTION TO EFT (EMOTIONAL FREEDOM TECHNIQUES), the revolutionary healing method that targets **unresolved emotional issues** and the potential blocks to vibrant health and happiness! **SUNDAY JUNE 10TH**, Seating is Limited!

- ✓ WHAT IS EFT AND WHY IS IT SO EFFECTIVE?
- ✓ HOW DO NEGATIVE EMOTIONS DISRUPT MY ENERGY SYSTEM?
- ✓ HOW CAN A HEALTHY ENERGY SYSTEM IMPROVE MY LIFE?
- ✓ LEARN THE BASIC EFT RECIPE AND EFFECTIVE SHORT CUT VERSIONS
- ✓ LEARN HOW TO HANDLE SOME OF THE BLOCKS TO EFT

✓ [Join the EFT Support Group for Free](#)
10am to 5pm (includes veg lunch and refreshments)
£45 per person

Those who participate will be welcome to join the monthly meetings of the [EFT support group](#) for free and participate in specialist group workshops.

AAMET PRACTITIONER LEVEL 2 WORKSHOP APPROVED CONTENT* Expand your effectiveness with EFT

ONCE YOU'VE LEARNED THE BASICS AND SEEN YOUR OWN RESULTS, YOU'RE READY FOR A WHOLE NEW LEVEL OF EFT SKILLS! **THURSDAY AND FRIDAY MAY 24TH AND 25TH** SEATING IS LIMITED!

- DISCUSS PRINCIPLES FROM THE PALACE OF POSSIBILITIES
 - DISCOVER ADDITIONAL TAPPING POINTS
 - FIND WAYS TO MINIMIZE THE PAIN OF UNCOMFORTABLE MEMORIES
 - LEARN HOW TO FIND CORE ISSUES
 - TESTING YOUR RESULTS
 - PLUS... APPLYING EFT OVER THE PHONE AND DELIVERING EFT TO GROUPS
- [IMPROVE YOUR RESULTS FOR YOURSELF AND YOUR CLIENTS!](#)

10AM TO 5PM BOTH DAYS (INCLUDES VEG LUNCH AND REFRESHMENTS) £165 PER PERSON

To register for the workshops, or to learn more about EFT or if you want us to email you a **free** Introduction to EFT manual please [email us](#)

Gary Craig's website www.emofree.com is the best site for more information on EFT.

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Focus on Natural Remedies: **Fennel**

In Germany, fennel seed is approved for treating digestive problems such as flatulence, and mild spasms of the gastrointestinal tract. Fennel stimulates gastrointestinal motility, and at high concentrations it is anti-spasmodic. Fennel is also used in cough syrups and to treat stomach problems. Fennel is also used as a fragrance in soaps and cosmetics.



The fennel herb is a versatile vegetable, which cannot only be eaten cooked or raw but is also a basis for anise, and is one of the ingredients of licorice.

It is not surprising then that fennel and its juice contain some valuable constituents. The nutrients are similar to those in celery, which belongs to the same family, but it is the essential oil that is the basis for its good action on an upset stomach and its stimulating properties. The oil is present in relatively large amounts, from 3-6% of the total weight.

The Greeks called fennel marathron, which derived from their word meaning to become slim; later the Emperor Charlemagne ensured that it was grown on all his farms. He, and other people in early times, thought fennel gave courage and was good for the eyes.

Insects keep away from fennel so the floors were spread with stalks so that the fleas kept their distance. The stalks were cooked as an alternative to asparagus, or put under bread while it was baking to give it an aromatic flavour.

With carrot juice, fennel is very good for night blindness or optic weakness. These two plus beet juice make a good remedy for anaemia especially the one resulting from excessive menstruation.

Fennel juice forms part of formulae for convalescence and for indigestion. The French use it for migraine and dizziness where good results have been noted. In India it is used to relieve menstrual cramps, increase milk secretion in nursing mothers and regulate hormonal change during menopause.

Fennel promotes a healthy immune system with a nexus of vitamins, minerals and antioxidants. It is an excellent source of vitamin C, which has antimicrobial properties, and potassium, which guards against stroke. Fennel's multiple flavonoids also provide robust antioxidant activity. The vegetable's peak season is from September to February, which makes it an ideal antidote to winter colds and flu. It has been shown to alleviate symptoms of upper respiratory infections including whooping cough

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and bronchitis.

The nutritional analysis of fennel leaves reveals an excellent quantity of iron (2.7mg per 100g), high calcium (109mg per 100g) and a very impressive supply of the following vitamins: carotene (4.7mg per 100g), folic acid (100 micrograms per 100g) and vitamin C (93.0mg per 100g).

This is compiled from information available on www.home-remedies-for-you.com, www.whfoods.com and www.thefoodpaper.com

Below is an Excerpt from Phillip Day's latest book, Simple Changes. Available through www.credence.org. I recommend all his books and his talks. He inspired me to start this free newsletter in 2000 and since then it has taken a life of its own.

Have a Relationship with the Sun

First, let's lay a myth to rest. Sun does not cause skin cancer or everyone lounging in the sun would get skin cancer. Clearly, the sun can damage the skin if exposed excessively, giving rise to a healing process, which if it doesn't terminate, becomes cancer. This was the basis of Professor John Beard's thesis, published in 1904, an excerpt of which can be found in my B17 Metabolic Therapy manual. Australian schoolchildren being told the sun can give them skin cancer is unhelpful if they're not being advised at the same time to improve their nutrition and toss out the fizzy drinks and processed diets.

The body needs sunlight to make vitamins and replenish cells in a way we don't understand yet. Shut a plant in a cupboard and it dies. Yet we all know what happens when we get too much sun - skin types vary considerably in what they can absorb, from pale Celtic to black. Skin creams can be a problem too in that many contain chemicals which can react in sunlight to become carcinogens. Mike Adams from the 'Health Ranger' web-site: *'There are two primary reasons why sunscreen causes cancer. First, and most importantly, the use of sunscreen blocks the skin from absorbing the sun's rays. That's what it's supposed to do, right? Yes, but in doing so, it also blocks the creation of all-essential vitamin D, the nutrient that the human body desperately needs to prevent as many as 25 chronic diseases. Notably: prostate cancer, breast cancer, osteoporosis, schizophrenia and heart disease. The second reason sunscreen causes cancer is because it contains toxic chemicals in the form of artificial fragrance, chemical colours and petroleum products used as fillers and stabilizers. These chemicals are absorbed through the skin where they enter the bloodstream and wreak havoc on the immune system. Artificial fragrances, just by themselves, may contain dozens of carcinogenic*

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chemicals that damage the liver, the heart, and even promote systemic cancer.'^[3]

Sunlight can actually prevent and help heal cancer, due to the Vitamin D element. Studies show there are 13 malignancies whose occurrences are inversely proportional to levels of D in the system.^[4] Black races need up to 10 – 20 times the sun exposure than fairer-skinned people to make the Vitamin D levels to avoid cancer, which is thought to be the reason why African Americans in the US, especially those living in the north, have far higher levels of cancer than other ethnic groups. Mercola reports that the prestigious National Academy of Sciences published a comprehensive review 'showing that the omega 6:3 ratio was the key to preventing skin cancer development. An Australian study done ten years ago showed a 40% reduction in melanoma for those who were eating fish. And this was without any attention to lowering omega-6 fats.'^[5]

So sunlight can help with cancer, skin conditions, MS, depression and a whole host of other ailments so long as we don't burn. Combine a wise lifestyle with a healthy whole-food diet and tread those middle boards.

^[1] *Cancer*, March 2002; 94:1867-75

^[2] *Archives of Dermatology*, June 2002;138:771-774

^[3] <http://www.newstarget.com/001264.html>

^[4] *Cancer*, March 2002; 94:1867-75

^[5] http://www.mercola.com/2002/apr/3/sun_prevents_cancer.htm

There's been a lot of talk recently about the effectiveness of probiotics - and, judging by a new study, there may be something to it. A probiotic is a food-based supplement that repopulates the gut with 'good' or 'friendly' bacteria. Advocates argue that drugs, and especially antibiotics, pollutants, processed foods and stress all contribute to strip the gut of the bacteria that establish good health and allow us to absorb and process food properly.

A new meta-analysis of six studies, involving 836 children who were prescribed an antibiotic, discovered that those who were also given a probiotic suffered far less diarrhea than those who just took the antibiotic. The children took either Lactobacillus GG, Lactobacillus sporogens or Saccharomyces boulardii. The finding supports the theory that the probiotic has a protective effect in the gut. Best of all, perhaps, none of the children reported having any side effects from the probiotic.

(Source: Canadian Medical Association Journal, 2006; 175: 377-83)

Have you tried the Neways Probiotic? *Call between office hours for info* on the powerful supplements that we use and endorse for example Neways Noni juice and Maximol Solutions. And Neways Probiotic.

That is all for now. Hope you enjoyed the newsletter. Till the next time much peace, love and light, Ranjana and Eddie