

Emotional Health Centre News

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

Dearest Friends,

THANK YOU. Feel as if the gratitude in my life is increasing exponentially. For me, Surrender is the most profound and healing act of Love and Gratitude the highest emotional vibration, to experience both is truly liberating. More and more this is what I wake up to... I often feel this powerful combination when sharing this journey home with you.

So here goes, loads and loads of news, changes and updates. Eddie and I will once again be travelling, running workshops in Malaysia and India (dates and details attached). If you are interested in any of these please let us know ASAP. **We will not be available for sessions or appointments from the 1st of December 2010 till the 28th of January 2011, so please book your appointments in before the end of October.**

Changes:

This year has been a year of changes especially in the way we work and we are still implementing them. I suspect that it will take a while for the dust to settle (if ever) from all that we have let go of and the way our work is now developing.

Some of the activities and services that we provide are listed below:

- A Resource Rich Website
- LiberatingTouch-EFT Training
- LiberatingTouch Self Knowledge Workshops
- AAMET certified EFT Workshops:

EFT Level 1 Introductory Training
 EFT Level 2 Certified Practitioner Training
 EFT Level 3 Advanced Training and Mentoring (now included as part of the LiberatingTouch-EFT practitioner Training)

- Jin Shin Jyutsu Self Help Workshops:
- Personal, Family and Group Therapy

Jin Shin Jyutsu Sessions

LiberatingTouch-EFT Sessions (Both Face to Face and Telephone Sessions)

Cutting Ties Sessions

- Free Support and Resources

Monthly EFT Support Group

Monthly Cutting the Ties that Bind Support

Weekly Meditation Group

Emotional Toothbrush Series

Newsletter with the latest Health Research and more...All this info is available on our website.

Hope this clarifies where we are at. Thank you for your continued support and energy.

If you have trained in EFT with us, we have emailed you the changes that will affect you.

Contents

- Upcoming Events
- The 4 main Tenets of LiberatingTouch-EFT
- Fascinating Research news about Pain
- Focus on Natural Remedies: Vitamin B
- An update on The MMR safety debate
- Scientists prove chronic stress causes heart disease
- Just Enough from Dan Millman

Upcoming Events – Now you know what we are up to, do join us if you can.

23rd -27th October - [5 Day Jin Shin Jyutsu Seminar in Redhill](#) Studying the Art of the Creator practiced by a person of Compassion

All weekends in November [EFT Explorations and L3 Training](#)

15th November Talk on [Jin Shin Jyutsu](#) for the Bournemouth Positive Living Group
<http://www.powerofpositiveliving.com/>

10-12 December 2010, [LiberatingTouch-EFT Class](#) Penang, Malaysia for Self Help, Self Confidence and Self Healing, join us in detaching from stress and pain

4-12 January 2011, [LiberatingTouch-EFT – In Depth Seminar](#) on Healing through Self Realisation, Prashanthi, India, Join us in creating this sacred space of Constant Integrated Awareness

15-18 January 2011 – [Introducing JIN SHIN JYUTSU® IS](#), Getting to Know MYSELF, IT IS, Prashanthi, India

29-30 January 2011, [EFT Gathering](#), Ilkley, West Yorkshire, a must attend EFT feast of insight and inspiration

As promised here is *another little glimpse into LiberatingTouch-EFT.*

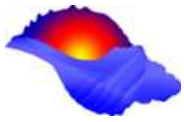
Here are the 4 main Tenets of LiberatingTouch-EFT

1. Truth

Connecting to SELF, the Highest (Absolute) Truth, Higher (Cosmic) Consciousness, The Source, Love, The Creator, acknowledging our innate divinity and wisdom

2. Responsibility to SELF and others

Meditative Inquiry and Unconditional Listening, Investigating and understanding the mind (the cause of ALL suffering and separation). Through



intuitive understanding liberate the mind from fear, attachment and negative emotions

3. Peace

Awakening Awareness with the Breath and the Hands Dialoguing with the mind-body through the 5 sensory organs. BEing The Constant Integrated Awareness (Universal Supply of Divine Energy). KNOW (heal) MySELF.

4. Love

Liberation and the Heart, Meeting ALL of suffering with Love and Compassion

Invoking Forgiveness, Surrender and Gratitude from the Heart

Intrigued...[Hope you will join us for one of our Workshops or Seminars.](#)

Fascinating Research about Pain

I found this article on www.wddty.com

Rubbing your hand really does reduce the pain

It's something that most of us do instinctively when we get a sudden jabbing pain – we rub it with our hand. And scientists have this week discovered that it really does help.

Self-massage is a very effective way of reducing pain levels, especially after an injury. Researchers from University College London have discovered that touching the area in pain seems to help the brain form a representation of the body. This, in turn, lets the brain integrate the signals, and this means you feel less pain.

Something similar is going on when people still feel pain in a phantom limb that has been amputated. Only when the brain 'gets' that the limb is no longer there does the pain finally stop.

Any therapy that allows the brain to form a better representation of the body could be a useful method for pain reduction, the researchers say.

(Source: Current Biology, 2010; doi: 10.1016/j.cub.2010.08.038).

This maybe why [Jin Shin Jyutsu](#) works so well for pain management

Physical pain is the great crucible which can bring us face to face with our fears, anger, rage, frustration, sadness, deep grief, pretence and stored memories. In pain we get given the opportunity to transform the mundane, the hidden, forgotten and not forgiven memories, unconscious behaviours into

understanding, compassion and love. If you can stay **Aware** when in pain (this can be done with the help of any energy medicine art form) you can free yourself from lifetimes of trapped fear and negative emotional conditioning. Eddie and I have worked with many many people and witnessed the wonders of [Jin Shin Jyutsu](#) & [EFT](#) for Pain Management.

Focus on Natural Remedies: Foods with Vitamin B

Eddie and I have just begun our vitamin B regime in preparation for our travels. We have noticed that taking Vitamin B for 6 weeks before we travel to the Far East keeps the bugs at bay (esp. Mosquitoes). We have absolutely no scientific evidence to support this, just the advice of an Ayurvedic Doctor. It seems to have worked. But Vitamin B does a lot more than keep us bite free. Here are a couple of articles from www.wddty.com vouching for the value of Vitamin B

- **Vitamin B could protect against Alzheimer's and dementia**

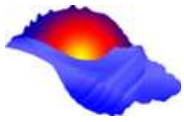
A daily B vitamin can halve the rate of brain shrinkage in older people, and could ward off dementia and Alzheimer's. The supplements – including folic acid, vitamin B6 and B12 – dramatically slowed brain shrinkage, or atrophy, in a trial involving 168 volunteers aged 70 years and older. As atrophy is common in people with Alzheimer's and dementia, the research team believes the supplements could also reduce the risk of developing cognitive problems. While it is a good idea for everyone to take the supplements, the researchers especially recommend the regime to older people, and for those who are beginning to suffer from slight memory loss. (Source: PLoS One, 2010; 5: e12244).

- **B vitamins reduce risk of heart disease**

Blood levels of homocystine - a metabolic waste product involved in coronary heart disease (CHD) - can be inexpensively and effectively lowered with vitamin supplementation, according to new data.

US researchers have concluded that a diet fortified with folic acid or folic acid and cyanocobalamin (vitamin B12) is one of the most cost-effective ways to lower the risk of death due to CHD. They estimate that simply consuming grains fortified with folic acid at the recommended level could reduce the rate of heart attacks by 13 per cent in men and 8 per cent in women, with similar reductions in mortality risk.

In addition to the fortified grains, if all CHD patients took 1 mg of folic acid plus 0.5 mg of vitamin B12 daily, they



predict there would be 310,000 fewer deaths and lower CHD-related costs over 10 years, compared with consuming fortified grains alone. Given this, conclude the authors, supplements can be considered standard therapy for men over 45 and women over 55 without CHD (J Am Med Assoc, 2001; 286: 936-43).

Our Favourite Vitamin B Supplement is [Higher Nature's B Vital](#), and their True Food B. Of course there is no replacement for good nutrition so here is a list of B Vitamins and the foods that contain them.



- **Vitamin B1**

Vitamin B1, also called thiamin is a water-soluble vitamin that is essential for the breakdown of carbohydrates into the simple sugar glucose. Thiamin is also important for the proper functioning of the nervous system. Thiamin is found in whole-grain cereals, bread, egg yolks, green leafy vegetables, legumes, sweet corn, brown rice, berries, and yeast.

Deficiency of Vitamin B1

Thiamin deficiency is rare. However, thiamin deficiency often occurs in alcoholics. It occurs in alcoholics because alcohol interferes with the absorption of thiamin through the intestines. Thiamin deficiency can cause beriberi, wernicke's encephelopathy, and sensitivity of the teeth, cheeks and gums.

- **Vitamin B2**

Vitamin B2, also called riboflavin is a water-soluble vitamin that is important in the breakdown of carbohydrates, fats, and proteins. It is also important in the maintenance of the skin and mucous membranes, the cornea of the eye and for nerve sheaths.

Riboflavin is found in whole-grain products, milk, eggs, cheese and peas.

Deficiency of Vitamin B2

A deficiency of riboflavin can cause skin disorders, anemia, light-sensitive eyes, and inflammation of the soft tissue lining around the mouth and nose.

- **Vitamin B3**

Vitamin B3, also called niacin, is needed for the metabolism of food, the maintenance of healthy skin, nerves and the gastrointestinal tract.

Niacin is found in protein-rich foods. Some protein rich foods are: brewer's yeast, milk, eggs, legumes, potatoes and peanuts.

Deficiency of Vitamin B3

A deficiency of niacin causes the disease, pellagra.

- **Vitamin B6**

Vitamin B6, also called pyridoxine, is essential in the breakdown of carbohydrates, proteins and fats.

Pyridoxine is also used in the production of red blood cells.

Pyridoxine can be found in many foods. Some of the foods that contain it are: brown rice, butter, wheat germ, whole grain cereals, and soybeans.

Deficiency of Vitamin B6

Deficiency of pyridoxine is rare. Deficiency can cause skin disorders, disruption of the nervous system, confusion, poor coordination and insomnia.

- **Vitamin B12**

Vitamin B12 is necessary for processing carbohydrates, proteins and fats and to help make all of the blood cells in our bodies. Vitamin B12 is stored in the liver.

Vitamin B12 can be found in vegemite, soya milk, seaweed, egg yolk and raw milk.

Deficiency of Vitamin B12

Deficiency of vitamin B12 can cause mouth irritation, brain damage, and a disease called pernicious anemia.

- **Vitamin B9**

Vitamin B9, also called folic acid, interacts with vitamin B12 for the synthesis of DNA. Folic acid is also necessary for the breakdown of proteins and the formation of hemoglobin. Folic acid is produced by bacteria in the stomach and intestines.

Folic acid is found in many foods, including yeast, green vegetables, and whole grain cereals.

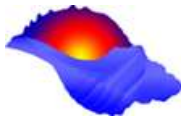
Women who are pregnant have an increased need for folic acid.

Deficiency of Vitamin B9

Deficiency of folic acid can cause anemia, poor growth, and irritation of the mouth. Deficiency of folic acid is common in alcoholics, the elderly, and people who are malnourished.

An update on The MMR safety debate

I read with interest that the Sunday Times reported on August 29, 2010 that the UK government was forced to concede in court that the MMR vaccine isn't safe. After years of reassuring parents about the safety of the MMR (measles, mumps, rubella) vaccine, the UK government has finally had to concede that it can have serious side effects. A UK court has ruled that the vaccine caused severe brain damage in a boy, now aged 18, and has ordered the government to pay compensation. The ruling brings to an end a lengthy campaign by the boy's mother, Jackie Fletcher, who created the pressure group JABS to help other parents win compensation for their vaccine-damaged children. Jackie's son, Robert, was just 13 months old when he had the MMR vaccination. From being a healthy baby who was developing normally, he



started to suffer epileptic fits and became unresponsive. He is now severely disabled. Jackie and her family have been awarded £91,000 in compensation. The judgement also sends out hope to the thousands of parents in the UK who are also fighting for compensation.

In the US, CBS News reported on September 9, 2010 that a US court had awarded a family a payment of up to \$20m as compensation for their daughter who suffered autism after she was given multiple vaccines, including the MMR. The parents of Hannah Poling, now a 13-year-old girl, will receive an immediate \$1.5m compensation payment followed by annual sums of \$500,000 to pay for her care. The award could easily reach \$20m, say prosecutors. Hannah was a normal and healthy child until she was given five vaccinations, including the MMR (measles, mumps, rubella) shot, in 2000. Her health declined rapidly and she developed fevers, stopped eating, didn't respond to stimulus, and started to display symptoms of autism, her parents said. Although the US government accepted liability in 2007, the settlement figure has only recently been agreed. Pro-vaccine groups are quick to point out that Hannah's is a special case, and that it doesn't prove an MMR-autism link. They say that Hannah suffered from a rare mitochondrial disorder that predisposed her to autism. The condition was the result of the vaccine, but was not caused by it, they say. However, there are around 4,800 other vaccine-damage cases waiting to be heard in US courts and, as Time magazine once suggested, it's not unreasonable to assume that some of the other children could also have Hannah's same underlying problem.

Scientists prove chronic stress causes heart disease

It is always good to hear about Scientists that finally prove what we've always known – long-term stress, from worries such as financial, marital and job problems, cause heart problems. Although all of us intuitively know it, scientists have been unable to prove a link between chronic stress and heart disease – until now. Scientists at the University of Western Ontario in Canada have come up with a hair analysis system that can detect stress over a long period, such as six months. Until now, serum, urine and saliva analysis could tell if the person was stressed only at the time the sample was taken, whereas heart problems are associated with chronic stress – when it

is sustained over a lengthy time. As hair grows at around one centimetre a month, a hair sample that is six centimetres long gives a picture of stress levels – by measuring the levels of cortisol, the stress hormone – over a six-month period. To test the theory, the researchers took hair samples from 56 heart attack patients and 56 hospital patients without heart problems, and discovered that the heart patients had higher cortisol levels. (Source: Stress, 2010; doi: 10.3109/10253890.2010.511352).

We can show you many ways in which to break the cycle of stressful living. This is what we do.

I leave you now with something Dan Millman wrote, "In real life, with its variety of personalities, it may be best to let go of the labels and just be who we are. In fact, I wish you:

- Just enough paranoia to stay alert to frauds and tricksters***
 - Just enough schizophrenia to have a rich and creative imagination and associations***
 - Just enough dyslexia to see the world a little differently from others***
 - Just enough ADD (and hyperactivity) to be vibrant and a wellspring of different interests***
 - Just enough bi-polar qualities to experience life's ups and downs fully, with passion***
- My heart goes out to those people who have serious physical or mental pain and disability. Mental and physical illnesses are no laughing matter. But as the saying goes, "In each of us lives all of us." Let's recognize that we each have seeds of every sort of malady, but we cope and learn and adjust in daily life, functioning as best we can. You and I are not either sick or well, ignorant or enlightened – we are all these things in different moments. We live in that world of in-between, sometimes this and sometimes that. We are not labels, categories or diagnoses. **We are interesting people in quite an interesting world.**"*



That is it for this Newsletter. Call us, email us, and stay in touch. Hope you enjoyed the newsletter.

Love Ranjana & Eddie Appoo