

Dearest Friends,

Wishing you a Prosperous New Year

**Thank you** for your cards, gifts and good wishes. Eddie and I continue to be engrossed with going through all our *LiberatingTouch*® training materials, updating the website and sharing the *LiberatingTouch*® Detachment Process. We have published our first book, "[Detachment, the Secret to Infinite Peace](#)" which is now available as a hard copy and should be available on kindle soon!!

We are also organising the [Jin Shin Jyutsu 5 Day Class in April 2014](#). It will be held in Battle and we have invited Michael Wenninger. Michael is a student of Qi Gong, Chen style T'ai Chi, and Kyudo (The Way of the Bow). He is Zen priest practicing in the Soto Buddhist lineage. He currently lives in Denver, Colorado with his wife Jan Quan and The Dharma. Eddie and I are really looking forward to welcoming Michael into our [Jin Shin Jyutsu](#) community and learning more about the philosophy and wondrous mystery of Jin Shin Jyutsu.

For more information about our practice, workshops, and the book, do visit our website. [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

A few days ago I asked myself while holding my fingers *LiberatingTouch*® style.

*What if I could forgive every stressful thought, every harsh or manipulative word that I have ever uttered, every unaware action in this moment? What then?*

The result: my breath deepened, my body relaxed, I experienced expansive peace. ☺

## Newsletter Contents

- Detachment, the Secret to Infinite Peace
- Maintaining Healthy Teeth and Gums
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- Some excerpts from [www.wddty.com](http://www.wddty.com) about the power of Vitamin E, eating an apple a day and blood pressure concerns
- Focus on Energy Medicine – Jin Shin Jyutsu

## Detachment, the Secret to Infinite Peace

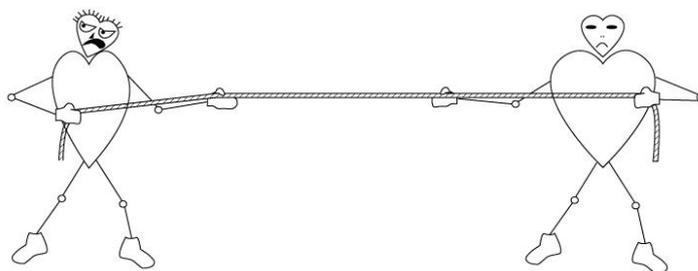
Here are some quotes from our first book:

*"The secret to a life filled with contentment and infinite peace begins with detachment."*

*"Detachment can also be thought of as non-attachment. Non-attachment is when the mind and the senses are not affected by external circumstances, situations, desires and people. It allows us to maintain balance even in the most challenging of situations. The mind obscures the SELF, and therefore, the mind can be described as a veil. It is a veil of ignorance, which keeps you unaware of the magnificent presence of the SELF within you."*

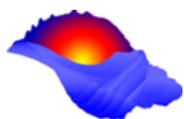
*"Detachment allows us to live in the present, free to make empowered choices, to focus on harmony and avoid getting entangled in unnecessary drama and stress. It gives us clear vision, so even in the most challenging situations we are able to come from a place of power, inner confidence and peace.*

*These energetic ties can keep us stuck in a tug of war; in a constant push-pull and intolerant relationships. Wouldn't you like to end the war and free yourself from the web of limitations and fear?"*



*"Have you ever heard yourself say, 'That's my story and I am sticking to it'? Well perhaps it is time to 'unstick' yourself; only if you want to experience the freedom of an open mind."*

Intrigued... This book will guide you through the Complete Detachment Process. There are scripts within the book that you can use, to ask for what you need to detach from and another script to complete the Detachment Process. You can ask someone to read the script or record it using your own voice or download the audios from the website, which you can find [here](#). The audios (mp3's) accompany the book, "Detachment – The Secret to Infinite Peace" and it is essential that you read the book, before using these audios for best results. The book is available for £7.00 including postage and packing. Email us at



[emotionalhealthcentre@googlemail.com](mailto:emotionalhealthcentre@googlemail.com) to order your copy.

## Maintaining Healthy Teeth and Gums

While researching this area I discovered there are many ways to take care of our teeth and gums. One of the all-time favourites was rubbing vitamin E oil on the gums. A client of ours bought vitamin E capsules, and every evening cut one up and applied the oil with a little organic tea tree essential oil on her gums and teeth and her gum infection vanished. I found this little recipe very helpful and healing. Try it and let us know if it helped.

## Focus on Self-Healing – Alternate Breathing

Here is another ancient Ayurvedic yogic health tip: alternate breathing.



The nose has a left and a right side and we use both sides to inhale and exhale. The right side represents the sun (heating); the left side represents the moon (cooling).

If you feel tired, close your left nostril with your fingers and breathe through your right nostril. After a few breaths you may feel more refreshed.

If you have a headache, close your right nostril and use your left nostril to breathe. It may shift rapidly.

It is written that women breathe with their left nostril more, so they get "cool off" faster, and men breathe with their right nostril, so they get heated up ;-)

Do you notice the moment you wake up, which side are you breathing from? Left or right? If you are fatigued then you may be breathing

predominantly from the left side. So, close your left nostril a few times a day and use your right nostril for breathing. Do let us know if you get refreshed quickly.

**The Articles below are copied from [www.wddty.com](http://www.wddty.com) a conscientious and ethical resource. You can now get their magazine from high street shops.**

## Vitamin E slows progress of Alzheimer's, and lets sufferers lead a normal life

Far from being a 'killer', as a recent study has claimed, vitamin E can slow the progress of moderate Alzheimer's disease, a new study has found. The alpha-tocopherol, fat-soluble formulation of the vitamin can help the Alzheimer's victim carry on with the simple day-to-day routine activities such as shopping, preparing meals, planning and travelling. Taking a vitamin every day slows functional decline in the Alzheimer's patient by 19 per cent, which translates into six months of symptom-free living, say researchers at the Icahn School of Medicine at Mount Sinai. This is great news for the patient, close family members and carers.

The researchers gave 613 patients with mild to moderate Alzheimer's a daily 1200 IU vitamin E supplement, or an Alzheimer's drug or a placebo, or sugar pill, and found the supplement outperformed them all, and was 19 per cent more effective than the placebo.

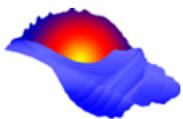
Earlier studies by the same group found that vitamin E had similar benefits even among people with severe Alzheimer's.

(Source: Journal of the American Medical Association, 2014; 311: 33).

## An apple a day is as good as a statin for reducing heart attack risk

Grandmother was right: an apple a day keeps the doctor away. More especially, it's a life-saver that reduces the risk of heart attack and stroke, and is as effective as taking a statin drug.

In fact, eating an apple a day should be compulsory for everyone over the age of 50, say researchers at Oxford University. They estimate it could save a similar number of lives each year as statin drugs, and without the side effects of diabetes and muscle disease. Using mathematical modelling, the researchers say



that eating an apple a day could prevent 8,500 deaths from heart disease every year if 70 per cent of the total population of over-50s did so, compared to 9,400 saved lives if everyone took a statin.

(Source: BMJ, 2013; 347: f7267)



## Fewer over-60s should be taking blood pressure drugs, says new US guidelines

From 2014, fewer over-60s in the US will start antihypertensive drug treatment to lower blood pressure (BP). Instead, they should be encouraged to adopt a healthier lifestyle, according to new practice guidelines. In a surprise move, the Eighth Joint National Committee (JNC) has raised the blood pressure readings at which drug treatment should begin. Up to now, anyone over the age of 60 with a BP reading of 140/90, but the JNC's 2014 Hypertension Guidelines have raised that to 150/90.

There is no evidence that the over-60s are any better off by starting medication at the lower reading, says lead author Dr Paul James, and they also have to contend with the side effects of the drugs. Doctors should instead be encouraging patients to eat a better diet, exercise every day and lose weight. This unexpected move presents a dilemma for the UK's 'best practice' group, NICE, which is currently recommending the US's previous BP reading of 140/90 at which to begin medication.

(Source: JAMA, 2013; December 18: doi: 10.1001/jama.2013.284427)

## Focus on Energy Medicine – Jin Shin Jyustu

*"We need never know FATIGUE. Energy can never TIRE. It is our PERSONAL imbalance that causes FATIGUE. When our 26 "Safety" Energy Locks are unlocked, we are in a state of ECSTASY- the SECRET of the fountain of youth, available equally to all- that which was, is and shall be, IS. The MASTER KEY is our degree of desire and trust, the KNOWING. The SIMPLE reason for perfect health and happiness is being Master of anything we do – LOVE IT regardless of what is – menial, boring or inspirational work. There should be no person or thing one dislikes - as hatred develops imbalance, which causes FATIGUE. HAPPINESS is an indication of our HARMONY. We are all created equally. We have our TWO HANDS as our REJUVENATORS and HARMONISERS. With these two hands we have the privilege of helping ourselves and others to get in tune with the universe. Hands are generators of the Creator Power – not from within us but a part of the ever – constant and forever balanced universal SUPPLY. We need only be AWARE of this supply."*

These words of Mary Burmeister continue to hearten me. I read them during my first Jin Shin Jyustu Self Help Class facilitated by [Astrid Kauffman](#). Astrid is a therapist, healer, artist, teacher and business woman. She shares her knowledge, experience and passion for Jin Shin Jyustu Self Help with the rest of the world via [www.flowsforlife.com](http://www.flowsforlife.com) and via self-help classes. Here is one lovely Jin Shin Jyustu tip from her [blog](#):

### Natural Pain Relief Using the Hands

Put the right hand on the inside of your left heel (under the ankle bone) and the left hand on the outside of the left heel (under the ankle bone). For the other side, put the right hand (again) on the inside of the right heel (under the ankle bone) and the left hand (again) on the outside of the left heel (under the ankle bone).

The Pain Relief hold helps the deep energies in the body, so it helps to revitalize and move everything on every level.

I have used this one hold countless times on myself and with others for all kinds of pain. Recently I used it for menstruation pain too and it subsided like "magic".

If you would like to learn more about Jin Shin Jyustu, you can go to –

<http://emotionalhealthcentre.com/jsj.html>

***That's it for now. Hope you found this newsletter beneficial. Love and Joy, R&E***