

Emotional Health Centre News

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

Dearest Friends,

Summer is here and the outdoors beckons. Eddie and I have just got back from our excursion in the West Country. We visited the New Forest, the Isle of Wight, and the Eden Project in Cornwall, Dartmoor and the Marlborough Downs - all in 5 days. It was an amazing Nature feast with lashings of Cornish cream.

So much has happened since our last newsletter. The last 3 months have been a whirlwind of activity, we have been travelling, studying, reorganizing, sharing, running the practice, facilitating workshops, training, researching, and most of all enjoying each day with gratitude and love. We are truly grateful for the ways in which you touch our lives.

This newsletter is full of more health info.



We invite you join us at the many activities listed here. Hoping to see you soon....

Other Emotional Health Centre News:

EFT Group Sessions continue! This group is open to anyone with an interest in EFT at any level. It gives you the opportunity to use EFT on yourself (**bring all your fears, aches, pains, anxieties, phobias**), see EFT demos and further develop your skills and experience in this exciting technique. Come and join us for an informal and relaxed evening. **At the Wellington Square Natural Health Centre**, 44 Wellington Square, Hastings, East Sussex, **Telephone 01424 442520**

Cost: £18, or £15 if you prebook

Time: 6.15-7.45pm

Upcoming Dates:

Monday July 7th

Monday August 4th

Monday September 1st

Free Showing of An Extraordinary EFT Film, at 44 Wellington Square....

Date and Time: Thursday 3rd July at 7.15pm

The Wellington Square Natural Health Centre
Free – but we suggest booking, as places are limited
To Book or get more Information call **01424 442520**

This feature-length film explores EFT in a way that's never been done before. It combines the wisdom and experience of world famous teachers, speakers and

motivators with an element that's usually missing: REAL LIFE CASES, unfolding before your eyes. 10 people spent four days working with EFT practitioners to see if they could turn their lives around. The results are real and documented, and the ride is one you'll never forget.

Can you finally live the life you've always dreamed of?

Deep down, you know that there's more to life than what you're living. You crave a sense of freedom, of peace, of joy that you know is your innate birthright. But how do you find your way there? In this topsy-turvy world, with all of its demands, responsibilities and pressure.... it sometimes feels like the pain, hurt and drama will never end.

There is a way to reclaim the joy you know you're meant to be living. There is a way to feel free of old hurts. There is a way to let go of things you never dreamed you could.... EFT (Emotional Freedom Techniques) is a startling new discovery based on Ancient Chinese Medicine. Some call it "Emotional Acupressure." Other people have named it

"Energy Psychology" Whatever you call it, one fact stands out: IT WORKS

For more information about the film

<http://www.tryitoneverything.com/cmd.php?af=795993>

For more information about EFT:

www.emotionalhealthcentre.com

Congratulations to Maria Darkadas

who completed her EFT level 3 Training in June and is now available for consultations and appointments. Call her on 01424 854530.



The strongest people are not always the people who win, but the people who don't give up when they lose.

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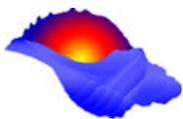
Purifying and charging water

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Return to Joy

An EFT* Afternoon

(Intensive breakthrough) Workshop

T.A.P. your way to Freedom from any block

Using Awareness, Intuition, Words, and Therapeutic Acupressure Points to overcome problems, find solutions and rediscover your true potential as a joyous, amazing and awesome person. Love your body, mind and spirit and feel free to grow.

Date: 19th July Time: 2pm to 5.30pm

Cost: £65

Venue: Wellington Square Natural Health Centre,
44 Wellington Square Hastings East Sussex

Telephone 01424 442520

* **Quite simply EFT (Emotional Freedom Technique) is the most exciting breakthrough in therapy and personal development in a long time.** It is a new treatment tool for anxieties, fears, trauma, procrastination, addictions, weight loss and much more: a gentle highly effective way to transform any issues blocking emotional happiness or personal achievement.

EFT works!!

EFT is one of the new Power Therapies, also known as 'Energy Psychology' which are developed from the ancient Chinese meridian energy system - it is a form of emotional acupuncture without the needles, and is based on the premise that all negative emotions are the result of a disruption in the body's energy system. EFT works by clearing the blockage or disruption by tapping on the end points of the body's energy meridians (while thinking of a specific issue), which sends pulses of energy to rebalance the body's energy system in relation to that thought/specific issue. Shifting energy changes the way the brain processes information about a particular issue, and so tapping while tuned in to the issue is like rewiring or rerouting the brain's conditioned negative response. You can imagine how liberating this is if you or someone you know has suffered from a phobia, or traumatic memories. EFT also works in the same way to release the limiting thoughts and beliefs that get in the way of your success, happiness, health and inner peace.

FOR EFT INTRODUCTORY LEVEL AND PRACTITIONER TRAINING WORKSHOPS &

More information about EFT go to www.emotionalhealthcentre.com

The WDDTY (www.wddty.com) website had posted the next 2 articles. Do browse their site it has a wealth of health information. I check it every month.

Stroke: The single best thing to do to cut your risk

26 June 2008

(Source: Archives of Internal Medicine, 2008; 168: 713-20)

What's the single best way of reducing your risk of cardiovascular disease and stroke? After following the health of 88,500 nurses for 24 years, researchers finally have the answer.

They have found that those who regularly ate healthy foods reduced their risk – and the risk continued to drop proportionately with more of the healthy food groups they started eating.

And of the health-giving food groups, fruit had the most dramatic beneficial effect, followed by vegetables and whole grains. Fruits in particular provided the best protection against coronary heart disease and stroke.

Anybody Surprised?!

Pain control: Massage is just as good as drugs

29 February 2008

(Source: Archives of Surgery, 2007; 142: 1158-67)

Doctors immediately think of giving drugs to patients who are in pain after major surgery. But a new study has found that massage is just as effective, and far safer.

A group of 605 patients who had undergone major surgery, and who were in great pain for more than four days afterwards, reported a significant improvement after massage.

The patients received either standard drug care, or 20 minutes of massage, or back massage for five days after surgery. Both massage groups reported a greater lessening of pain and unpleasantness than those in the drug group.

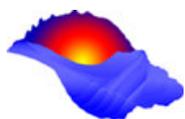
FOCUS ON NATURAL REMEDIES: WATER

We have recently had a few calls in relation to charging and purifying water so here are my thoughts on the matter. Hope this is helpful and clarifying

Water is the single most important substance for life on our planet.

All living beings are made up of large amounts of water. We humans consist of over 70% water. It is therefore vital to have healthy 'living' water to sustain us.

We strongly believe that any holistic healing approach needs to consider the importance of water in forming the foundation for good health.



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In the industrialised world of today, aqua vivens (= 'living', energetically charged water) is a rarity. In our drinking water supply systems; water is exposed to the detrimental energetic effects of water pipes, high mains pressures and chemical treatments. Negative energetic imprints from chemicals, such as fertilisers, pesticides and sterilisers remain in the water, even after physical removal of such substances (Ludwig, 1991).

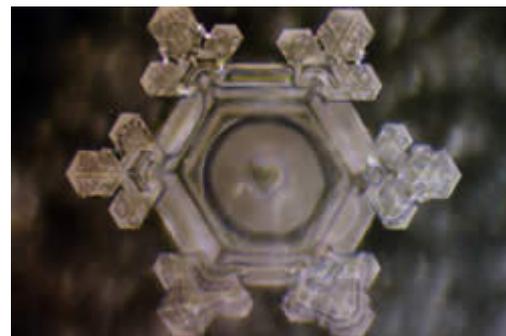
Independent research by Prof. Jacques Benveniste, Dr. Wolfgang Ludwig, Prof. David Schweitzer, Dr. Emoto and others has shown that water can store information and picks up negative as well as positive energetic imprints by way of vibrational transfer. This "memory of water" phenomenon is attributed to the dipolar structure of the water. Hundreds of water molecules group together and form clusters, in which colloidal minerals and biophotons (light energy) interact. These clusters are very sensitive structures and are impressionable by vibrational influences. In this way water acts as a receiver and transmitter of information.

Humans are made up of over 70% water. This water within and around our cells is the medium that facilitates all biochemical processes. On a more subtle level, through its clustered macromolecular structure, our bodies' water is able to transmit light and information. According to Prof. Fritz Popp's biophoton research, water thus enables communication between cells.

We use a vortex energiser ([from the Centre of Implosion Research](#)), which is connected, to our cold water mains supply under the kitchen sink to energise the water in the whole house. For drinking water we use a Brita filtering jug for the water which comes from the mains energised by our vortex energiser, (we do not use any distillation process as this makes the water slightly acidic and it can also leach the minerals we need from our body, the filtration system we use is not as effective as osmosis systems in clearing bacteria, but we have been very happy with the quality of our water ever since we attached the vortex energizer to the main supply) then I boil the water and cool it in green or blue glass bottles which have beautiful symbols of love and blessings under them. I also have a magnetic coaster to place a bottle of water over. When I drink the water I always give thanks. It is important to find your own routine/ritual methods of energising water. You could simply hold a glass of water in your palms for a few minutes with a positive intention before you drink it. This in itself has the ability to transform the water you drink. [Dr. Emoto's](#) work proved that water responds directly to people's consciousness. More information at <https://www.hado.net/>

Drinking good quality water is essential for maintaining good health. Dr. F. [Batmanghelidj](#) (www.watercure.com) points out in his book "[The body's many cries for water](#)" that most people in this day and age are chronically dehydrated. People in general do not drink enough water. This in itself can cause or contribute to a multitude of diseases and ailments. So the first benefit is that energised water is much nicer, more pleasant and natural tasting.

Before drinking I have got into the habit of saying thank you. Below is a photograph of a water crystal kept in a container with the word thank you in Japanese taped to it. Thoughts are powerful. It may sound crazy but you can think your water pure and energised- try it. We change the world we live in by our awareness. In one EFT support group we *tapped* over a bottle of water and everyone noticed a significant difference in taste before and after.



Another question I am often asked is how much water should I drink. My answer is the colour of your urine is a good indicator of how much water you need. If it is a dark yellow or darker then you need more water. If it is a very pale yellow and clear your body is probably well hydrated. I am loath to tell anybody to ingest a prescribed amount as everybody has a unique chemical body system. [Dr. Mercola's website](#) is also a good place to research this further.

As a Therapist I often repeat, be sure to keep your body well hydrated. Emotional Freedom Techniques and other energy therapies work with the electricity of your body, and water conducts electricity. So enjoy Water, it is vital for good health.

More on the Liver Flush

After our last newsletter, we were asked if there was an easier liver flush recipe. I found a great 7-day recipe from [William Bloom](#).

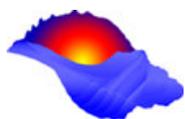
If you have any concerns or caution about doing it, then don't. You may also want to consult your medical doctor first too.

So here is the process that William Bloom uses.

Ingredients Needed: 6-12 litres organic apple juice, Golden Seal tincture, Black Walnut Hull tincture, 2 organic grapefruit, organic olive oil, Epsom Salts.

Days 1-6: Clean up your diet a bit. Don't overeat. If you can, avoid dairy, wheat, sugar, stimulants, red meat ... the usual stuff.

Every morning before breakfast, drink a glass of warm



water. 15 minutes later swallow a tablespoon of organic olive oil mixed with a tablespoon of fresh lemon juice. Wait 20 minutes before eating anything else. At some point during the day take 10 drops of golden seal in water. Every day throughout the day drink 1-2 litres of organic apple juice.

(All of this softens the stones and opens up the bile ducts.)

Day 6: Don't eat anything after 2pm. You may drink water.

Around 6pm: mix 4 tablespoons of Epsom Salts (these used to be called 'liver salts') with 3 cups of water in a suitable container. This makes 4 servings of $\frac{3}{4}$ of a cup (185mls). Drink your first serving now. This will taste a bit bitter.

Around 8pm: drink your next $\frac{3}{4}$ cup of the Epsom Salts. The Epsom Salts will flush through you, usually triggering dramatic bowel movements.

Around 10pm: squeeze 2 fresh organic grapefruit (pink is good) to make $\frac{3}{4}$ cup of juice and mix in $\frac{1}{2}$ a cup of best organic olive oil. Add to this 10 drops of Black Walnut Hull Tincture which acts as an internal disinfectant. Put all this in a container you can shake.

Get ready to go to bed. You may need to visit the bathroom a few times as the Epsom Salts pass through your bowels. Now stand by your bed and shake the container with the grapefruit juice and olive oil until it is well mixed. Standing up, drink it all down. (It may sound disgusting but the two main ingredients harmonise well and it goes down easily.)

Lie down immediately flat on your back and relax. Have a kind and compassionate attitude towards your body, especially towards your liver. Impressions and images may arise. Watch, breathe and enjoy. Go the bathroom when you need to. And sleep well.

Day 7: Between 6 and 7am have your third $\frac{3}{4}$ cup of Epsom Salts. Rest.

Between 8 and 9am have your last $\frac{3}{4}$ cup of Epsom Salts. Rest. You may experience some headaches and discomfort during and immediately after the whole process, but this is completely normal during any detox.

With all your bowel movements you may want to take a torch into the bathroom to see what you are expelling. You will see gallstones floating and sinking, ranging in colour from white to green to brown, as well as a white foam of tiny cholesterol crystals. If you discharge a very large quantity of stones and pellets, this is a sure indication that you need to do the process again. The timing is up to you. I would suggest, at earliest, after three months. What you want to see finally is a liver flush in which hardly anything comes out, after which you just do a liver flush as an occasional process.

The result of this? A healthy liver, stronger immune system, better mood.

Instant Stress Relief With *The Quick Coherence Technique* from HeartMath

This internal coherence technique from HeartMath has been shown to improve thinking, focus, self-alignment, and intuition, as well as eliminate negative self-chatter. This is internal coherence technique from HeartMath is really simple. Athletes, public speakers, emergency service personnel, air traffic controllers, and other professionals use it. You can do it anytime, anyplace, and no one knows you are doing it.

1) Shift your attention to the area of your physical heart. If you have trouble with this, try focusing first on your left knee, then your right elbow, now take the same attention and shift it to your heart area, at the centre of your chest.

2) Breathe slowly and deeply through your heart. Feel the air coming in through your heart and leaving through the heart. Sometimes it helps to place your dominant hand over your heart. You might feel the temperature of the air or imagine the gentle sound of this as it does so. If you become disengaged or your thoughts move back to your head, simply refocus on your heart and continue breathing slowly and deeply. Your only concern in this moment is air in, and air out.

3) Picture something or someone for whom you have intense appreciation and gratitude, and re-experience those feelings now. Allow the picture to grow slightly, and move a bit closer to you. Continue breathing through your heart and allow it to fill up with these growing gladness feelings. Now, notice what's happening to the stress.

That's it! Repeat as necessary.

(from www.heartmath.com)

A Bed Near The Window

During a visit to the mental asylum, a visitor asked the Director what the criterion was that defined whether or not a patient should be institutionalised.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No," said the Director. "A normal person would pull the plug. Do you want a bed near the window?"

Author Unknown

Here's a little discovery that I made... for those of you that use Directory Enquiries, with BT it usually costs 80p a go. With this number 0800 100 100 it is free. The catch is you get to listen to a 20sec ad at the start of your call.

That's it for this Newsletter. Call us, email us, and stay in touch, we look forward to meeting you soon. *Hope you enjoyed the newsletter. Sending you wishes of joy, happiness and infinite peace. Eddie and Ranjana Appoo*