

## Dearest Friends,

Golden Autumn Wishes. The words, "so much has happened and I really do not where to begin", seems to be a common theme in these newsletters. So instead of boring you with the details I will simply say that Life has presented us with so many opportunities to find our centre, to live

in place of dynamic stillness and gratitude. We are incredibly grateful for you, your letters, emails, calls, support and feedback. More please. A good friend sent me this quote recently, "*Sometimes our light goes out but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.*" Albert Schweitzer.

I have also found myself painting and writing more. As contentment with what is grows within, I discover as Friedrich Nietzsche writes, "*The essence of all beautiful art, all great art, is gratitude.*" ...Thank you

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## Events and Workshop Dates

*I hope to see many of you at the Return to Joy Workshop; it is what we have been working towards....*

## Return to Joy

### Coming Home, Living your Truth & Bliss

A One Day (Transformation) Workshop – Using Ancient Wisdom to Well Being and Cutting edge Healing Techniques, Experience Profound Healing, Deep Relaxation and Laughter

**Sunday 30th November 11am to 4pm**

At the Wellington Natural Health Centre, 44 Wellington Square, Hastings,

**For more info call 01424 442520**

*"Cherish your visions and your dreams, as they are the children of your soul, the blueprints of your ultimate achievements."* Napoleon Hill

Don't Panic but Xmas is already on the horizon...so here is an early gift...

## Surviving Christmas with Laughter and Elegant Grace

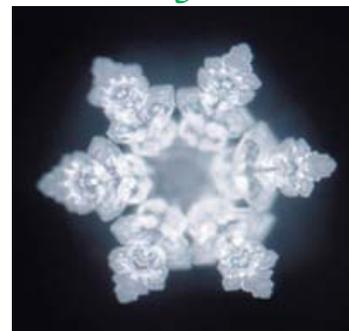
A **Christmas Gift** from the Emotional Health Centre and the Wellington Natural Health Centre: An afternoon workshop of Tapping into Resources of Calm, Confident and Joyous Celebration

**Thursday 11th December 2008, 2pm – 5.30pm**

EFT (Emotional Freedom Techniques) Practitioner, Ranjana Appoo will be facilitating a **Free** group workshop for those of you who are interested in feeling free from the anxiety and stresses of the dark days of winter, the shopping blues, Kitchen claustrophobia, the Christmas excesses and more...

**If you are interested please call 01424 442520 to book your place**

*The image above is actually from [Masaru Emoto's website](http://MasaruEmoto.com). Recommended as a must browse site.*



**The next introductory EFT (Emotional Freedom Techniques) Workshops and Jin Shin Jyutsu Self Help Workshops will be scheduled for the New Year. Will keep you posted.**

### Meditation Circle to start again in the New Year

**We have dissolved our Friday Meditation Circle and will begin again in the New Year (2009) on Thursday evenings from 7pm to 8pm. It will continue to be free, and open to all.**

### Friends' Websites/ Blogs:

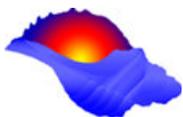
#### Astrid's JSJ Blog

For those of you interested in Jin Shin Jyutsu and Energy Medicine: I really recommend checking out Astrid's JSJ Blog page <http://www.jsj-holds.blogspot.com/>. It is full of useful insight. Astrid writes beautifully, "*Jin Shin Jyutsu is complete. It encompasses all of our human experience on every level: spiritual, emotional, mental and physical...*" The first JSJ Self help class that I attended was run by Astrid and it blew me away.

#### Madeleine's Exclusif Deco

Recently Madeleine Royère-Koonings created/opened a web shop [www.exclusifdeco.com](http://www.exclusifdeco.com) for exclusive and hand-made decoration objects. Decoration and Interior Design is her passion. She decided to create a website in order to share her lucky finds, bring esthetics and beauty to others, thereby contributing to their harmony. She selects the products herself and takes good care of them from their creation to their packing and shipping. I encourage you to check it out; there are some great gift ideas.

[www.exclusifdeco.com](http://www.exclusifdeco.com)



Some of you have shown an interest in my **Chi**



**Machine.** I have had one of these for close to 6 years and have loved it. I use it almost every day in the mornings to relax any stiffness in my spine, and get me centred and flexible for the day.

**To find out more about The Incredible Chi Machine or to arrange a demo, Call Latifa Tbahriti on 020 8932 8686 or**

**07883 033 788**

The original Sun Ancon Chi Machine is the only one to have been subject to extensive clinical trials and medical research.

- ★ Relieves pain and stiffness
- ★ Firms hips, thighs and abdomen
- ★ Promotes sound restful sleep
- ★ Supports weight loss
- ★ Helps get rid of cellulite
- ★ Energizes the whole body
- ★ Boosts the immune system
- ★ Stimulates lymph drainage

*The phrase is, "Lie down and do nothing, this amazing little machine does it for you"*

Here is some news from the website, *What Doctors Don't Tell You*. <http://www.wddty.com/>  
Once again I encourage everyone to visit their website and get the book.

## Arthritis: Rosehip is better than drugs for pain-relief

24 July 2008

Rosehip could be a more effective pain-reliever than standard drugs for people with arthritis, a new study suggests.

A powder form of the wild variety of rosehip, *Rosa canina*, is better at relieving pain among osteoarthritis patients than paracetamol and the nutritional supplement, glucosamine.

The three therapies were tested on a group of 300 patients, who tested each in turn for three months. Overall, the patients reported that the rosehip preparation was almost three times more effective than paracetamol, and 40 per cent better than glucosamine.

Rosehip also didn't come with the side effects associated with paracetamol, including constipation and drowsiness.

The researchers from Frederiksberg Hospital in Copenhagen believe that rosehip is so effective because it also reduces the inflammation in the joints, which is characteristic of osteoarthritis.

*(Source: Osteoarthritis and Cartilage, e-published ahead of print.)*

## Breastfeeding: Why doctors are so wrong about solids

14 August 2008

Doctors are keen to introduce solids as early as possible as a supplement to breast feeding – and they couldn't be more wrong.

Babies who are exclusively breastfed for the first three months at least – and sometimes for the first 12 months – have better cognitive abilities and general intelligence by the time they are six.

Compared with children who were fed solids early on, breastfed babies registered far higher scores for verbal IQ, performance IQ and general IQ when they were tested at six-and-a-half years.

Researchers made the discovery when they assessed the cognitive development of 13,889 children who were exclusively breastfed for a prolonged period.

*(Source: Archives of General Psychiatry, 2008; 65: 578-84).*

## Children: The vital key that can tell you if you're going to get a difficult teenager

05 June 2008

There's one simple key that parents can watch out for in their children that may help determine aggressive and difficult behaviour during the teenage years.

Researchers have discovered a direct link between sleeping difficulties as the child is growing and aggressive behaviour in the teenage years up to the age of 19.

Children, who have difficulty sleeping, or who have troubled and disturbed sleep, were 40 per cent more likely to be anxious, depressed or aggressive teenagers. The extent of the behavioural problems seemed to coincide with the level of sleeping difficulties, as reported by parents.

However, children who overslept or who had nightmares didn't become 'problem teenagers'.

The study involved 2,076 Dutch children aged from four to 16 years.

*(Source: Archives of Pediatrics & Adolescent Medicine, 2008; 162: 330-5)*

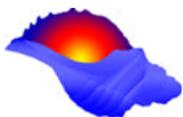
***We recommend [Jin Shin Jyutsu](#) for all children sleep projects***

## Overweight: It doesn't mean you're unhealthy

21 August 2008

It seems doctors have got it wrong all along. Being overweight – or even obese – doesn't necessarily mean you're unhealthy, and more likely to keel over than your slimmer counterparts.

In fact, a new study has discovered, it's better to be overweight and healthy than slim and unhealthy, so putting to rest the long-held belief that being at normal weight or underweight is, on its own, the best passport to



long-term health.

Researchers have compared weight and cardiovascular risk factors in a group of 5,400 adults, and discovered that around half of overweight people, and one-third of obese people, were 'metabolically healthy'. In other words, their levels of the 'good' cholesterol, their blood pressure and their blood glucose levels were all in the healthy range. By comparison, around 25 per cent of those who were slim or who were not overweight had two risk factors for cardiovascular disease.

The research team from the University of Michigan were surprised by how many overweight and obese people were healthy where it matters. But they believe that the problem is the BMI (body-mass index) measurement that medicine uses to determine who is overweight or obese. Obesity, according to the BMI, is a score of 30 or more, while an overweight person registers a score of 25.

In reality, other factors can determine true obesity – such as waist size – and the BMI is a crude measure that will constantly throw up anomalies such as those uncovered by the latest study. (Source: *Archives of Internal Medicine*, 2008; 68: 1617-24).

## Antioxidants: The fruit juice that packs the biggest punch

17 July 2008

There's a fruit juice that has more antioxidants than any other drink, including other juices, green or black tea, and red wine. The wonder drink is pomegranate juice, which has around 20 per cent more antioxidants than other beverages tested by researchers from the University of California.

The research team says that consumers are often misled by the manufacturer's claims that its fruit juice is rich in antioxidants and can reduce levels of free radicals when there have been only limited tests.

So they decided to analyse the claims for themselves, and subjected a range of fruit juices, along with other beverages such as tea and red wine, to tests for their antioxidant levels and abilities to scavenge for free radicals.

The pomegranate juice was a clear winner on all counts, they conclude. (Source: *Journal of Agricultural Food Chemistry*, 2008; 56(4); 1415-22).

## FOCUS ON NATURAL REMEDIES: WATER (Continued)

In the last newsletter, I had written about the importance of drinking water...what I did not mention is the link between Dehydration and Weight Gain. Two of my health activist heroes Dr. Phillip Day and Dr F Batmanghelidj have written another book, "The Essential guide to Water and Salt", which discusses the necessity of hydration for healthy living.

Dr F Batmanghelidj writes: "There is an inverse relationship between water consumption and fat accumulation in the body. The less water you drink, the more you will be forced to eat. The more you eat, unless you are physically active, the more you store fat. Here are the reasons:-

- \* The sensations of thirst and hunger are generated simultaneously to indicate the brain's needs for energy supply. We do not recognize the sensation of thirst and interpret both indicators as the urge to eat. We eat food even when the body should receive water, the infinitely cleaner source of energy.

- \* Water is the primary source of energy for all physiological functions of the body

- \* Water turns 'micro-electric turbines' — the action pumps - and generates electricity for neurotransmission and nerve impulses in the entire body

- \* Every food item that has to be broken down and metabolised will need the chemical influence of water – hydrolysis – before its energy can be utilized by the cells of the body. In effect, water transfers its hidden energy to the substances it breaks down, increasing their energy content by about one order of magnitude

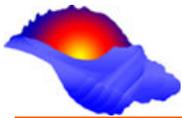
- \* In cell membranes, water is used for its stickiness – like the ice that sticks to your fingers – and acts as the adhesive that holds membrane structures together. In dehydration, the stickiness of cholesterol has to hold and insulate the cell membrane – hence we see a gradual rise in cholesterol levels from increased food intake when the body is dehydrated

- \* Thus, water has two strong direct effects in preventing the body from becoming obese. Firstly, by providing 'clean' energy for brain function, it avoids the storage of fat from excess food intake. Secondly, by constantly activating the fat-burning enzymes, water tips the balance in favour of breaking up the fat reserves when the body is going through the process of recycling its fat stores. This is the reason people who choose water lose weight with little effort."

Science shows that the body derives energy from water intake as the influx of water into the cells spins proteins, which generate a type of hydro-electric energy. This is 'clean' fuel and when water is not plentiful, the body is forced to stock solid fuel (fat) as a replacement. Once a regular intake of water is standardised, the body begins shedding these unwanted fat stores.

Dr F Batmanghelidj continues to write that, "The maintenance of obesity can also be an emotional problem caused by subconscious mind patterning. These patterns need to be addressed. Counselling in this regard is extremely important, but the patient must be co-operative in wanting to change their diet and lifestyle.

Avoid fad diets. They rarely work since the underlying emotional patterning is almost never addressed and changed, paving the way for a return to the old eating and lifestyle habits.



**We believe that EFT (Emotional Freedom Techniques) is a great way to heal the emotional contributors to body discomfort and feeling unfit. If you are interested in finding out more, here is a link to download our free EFT manual.**

<http://www.emotionalhealthcentre.com/Design/Assets/pdf/An%20EFT%20Introductory%20Guide.pdf>

*I asked Penelope to email me this prize winning poem...I hope you enjoy her creative talent as much as I have*

## BE CAREFUL WHAT YOU WISH FOR

By Penelope Salmon

Never believe you know how things are  
Who's happy or sad, or an up and coming star  
For in this life nothing's for sure  
And just when it's over  
There's always some more

So be careful what you wish for  
It might not be what you need  
A new home may be leaking  
A new job incite greed  
A new lover might have herpes or a wife on the side  
For what comes before a fall, is it vanity or pride?  
Sit still like a mountain and don't be too rash  
For whether it comes down to love, sex or cash  
If you blindly rush in, the market might crash.

*The article below was originally written for Gary Craig's website and I hope to see it published in his newsletter soon. Deborah is a deeply intuitive and insightful EFT (Emotional Freedom Techniques) professional. I have been often inspired by her dedication to her own personal journey of self discovery. To call Deborah: +44 (0)20 8291 5112 or Visit her website: <http://www.london-therapy.com/index.html>*

## EFT and Morning Sickness

Deborah Lacy

Having studied various complimentary therapies in the past 6 years I came across EFT through a friend and very soon decided to become a practitioner as I had such incredible experiences with EFT. However I was still amazed to be reminded (once again) in an EFT session during my recent pregnancy how our minds, bodies and emotions are not separate but one river of energy.

I had been experiencing some nausea in weeks 6 to 12 and was also feeling very depressed. Both myself and my husband were confused as we both wanted to have a baby so much and now I was finally pregnant after 2 years of trying (another great EFT story), yet I was feeling so down and weepy.

During the EFT session with my incredible EFT practitioner and friend (Ranjana) we started tapping on the symptoms of the nausea and how I was

feeling. After a few rounds some very strong emotions began surfacing. Like a whirlwind of thoughts and memories, the tears flowed and my chest tightened as the fear of 'what if I fail as a mother' surfaced. And 'what if my baby dies'. When I was 6 my baby sister died of SIDS (Cot Death) and the memories of that day came flooding through with all the emotions, and judgements of my mother, 'had she done enough to protect my sister?' etc

So we tapped...

I realised the enormous responsibility of becoming a mother was making me feel sick...

Thoughts of my sister's suicide 4 years ago surfaced and so we did rounds of tapping on that. Again as I was clearing the emotions judgement towards my own mother surfaced that needed clearing. Had she done enough for my sister? Was she to blame? I had to be REALLY honest with myself as it was very hard to think 'bad' thoughts about my mother who I love dearly... but it was good to get it all out as we tapped and tapped.

After quite a few rounds, many tears and a lot of positive affirmations about being a good mother and trusting that Grace is actually the one in control of my baby's life. We ended the session.

The following day I woke up and there was no nausea. I did not feel nauseous again for the rest of the pregnancy. AMAZING!

EFT was such an incredible tool during (pre and post) my pregnancy I would highly recommend it to ALL moms (and Dads)

## Handmade Tapping Teddy Bears for EFT\*



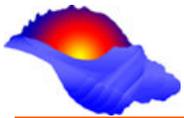
Having witnessed the many benefits of tapping on a toy bear on behalf of ourselves or others, I recommend parents, teachers and surrogate tappers get one. I

have used these bears to teach tapping points to children as well as to reduce stress during therapy.

[Jenny Grist](#) handmade a few of these bears for me as I wanted something made with natural materials. She now has a few for anyone that may want one for themselves. Call her on 01424 812897 to order your own personal Tapping Teddy. They are only £8 each!

If you want more information about these bears and how to use them (these Magical Healing tools infused with the energy of Love) or how they can work for you and your loved ones, do give [Steve and Jenny Grist](#) a call. (01424 427919) They are both talented & creative EFT'ers'

Why it works is easily explainable through the findings of quantum physics and in spiritual terms (we are all connected).



## \*What is EFT?

Quite simply EFT (Emotional Freedom Techniques) entails tuning into whatever is creating disharmony or distress, getting to the core of it through awareness and inquiry while at the same time tapping on various locations on the face, chest and fingers so balancing the body's energetic field and healing mental and emotional resistance, blocks and suffering.

## Experts point to dramatic changes in brain waves as a result of EFT

By Gary Groesbeck BCIAC Fellow

Donna Bach, ND and I saw evidence that EFT works at a verifiable level in the field of EEG brain wave measurements. We were pleased to observe Gary Craig and some of the EFT Masters working with groups of people who volunteered to be part of a project to make the benefits of the EFT process more visible and measurable. In our experience of over 15 years of private practice in the fields of neurofeedback and biofeedback, we have been very impressed with the way EFT has been beneficial to the client. We started using the EFT tapping while the client is being hooked up to brain wave monitoring systems. We saw many changes for the better taking place in real time.

Biofeedback is based on the practice of brain wave monitoring, heart rate measuring, and the monitoring of other biological functions of the body for the purpose of boosting performance and assisting in the improvement of mental and physical health. While working with Gary Craig we made some amazing observations that could assist in making EFT, and the benefits that the person is receiving, instantly visible during an actual tapping session. Here is a brief summary of what we are seeing:

1. Initial field studies show some very rapid and significant changes in the overall brain wave patterns that mirror the release of emotional issues during sessions, and a movement towards a more brain optimal function.
2. There is a reduction in brain energy, which occurs more rapidly than in just a simple relaxation period, often within a single round of tapping. When the brain works more efficiently, the amount of electrical activity being measured through the skull decreases.
3. An increase in brain wave symmetry; that is both sides of the brain begin to work together in a more balanced manner. People often have the mistaken assumption that they are either right brained or left brained, in truth we are both, and the two sides of the brain need to work together for optimal health and performance.
4. Finally the band of energy often associated with emotional intensity, anxiety, stress, negative worrying and a possible history of addictions, the "monkey mind" band, reduces beautifully as emotional issues are released during tapping.

## Below are excerpts from the article Results of Practicing EFT for over 9 years:

By Ranjana Appoo

**What I love about EFT is that it is a powerful self-help tool**, especially if used persistently. I encourage all my clients to learn it and all my trainees to be adept self-helpers (I also run a free monthly EFT self help support group too). When I first began to tap on myself after studying Gary Craig's EFT manual and DVD's, it didn't seem to work. The depression and fear that dogged my life felt insurmountable. In the early days I didn't know how to refine the process or really get to the bottom/the core of my many hang-ups. I persevered, I recognised EFT as a tool that worked with our energy body and with the power of intention, I knew that I had stumbled onto something that could change my life, I just did not know how or when. **My first lesson as a newbie and self-tapper was to keep it simple. I didn't have to get it right, or get the right word, once the intention was there, I was already tuning in.** Instead of waiting to put time aside to tap through my stuff, I tapped whenever I was feeling anxious or scared or in pain. This is how I first noticed that I could self soothe effectively with the tapping. I was not 100% free of the anxious feelings but I was able to reduce the intensity to 50 or 70%, which made a huge difference. I studied all Gary Craig's DVD's over and over again, tapping, tuning in and basically modelling Gary. After about 7 months I noticed that things were definitely different in my life. I could go out, be with people and not feel like I needed to crawl home and die. It was very exciting; people around me were noticing changes too....

....Having Used EFT for almost everything, experimenting on myself for more than 9 years now; I still can't get enough of this wonderful unravelling. It continues to be the most exciting process of self discovery and self-realisation. I would love to say that I am free from all mental and emotional suffering/stress and anxiety, but this would be a lie. The fact is for me it has happened little by little and yet the shifts happen so rapidly and I am able to maintain a heightened state of joyous awareness sometimes for days. I still experience fear and discomfort...the difference is that they pass through in moments... sometimes hours....I never dreamt I could be this happy, this contented, this free...

To find out more about EFT call us or check out: [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com) or you may want to buy the movie: **Try it on Everything** to get a feel for this new and upcoming therapy. To view the trailer: [http://www.tryitoneverything.com/watch\\_the\\_trailer.shtml](http://www.tryitoneverything.com/watch_the_trailer.shtml)



*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. Ranjana & Eddie Appoo*