

Emotional Health Centre News

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

Dearest Friends,

Happy Happy New Year



Thank you for all your emails, Christmas cards, gifts and joy. We look forward to 2009 with you. Here is a picture with a bunch of us at the Emotional Health Centre wishing you a year of magic and miracles. In the picture, I am surrounded by some amazing EFT practitioners who are changing our world with their dedication to peace and joy.

"When the power of love overcomes the love of power the world will know peace." - Jimi Hendrix

Recently, I have had a few calls asking me about fatigue and how do I shift this. I recommend using EFT -Emotional Freedom Techniques and/or Jin Shin Jyutsu. [More information about these therapies is on our website.](#) In November 08 during my time in India, there were few days when I was feeling sleep deprived and the symptoms of fatigue were beginning to manifest.

Recollecting what Mary Burmeister wrote about fatigue helped me. She wrote, "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.

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I never get tired of reading this. Its truth continues to amaze me and I have found that when I am happy and in a place of contentment, I might get tired, require rest but I do not feel drained or fatigued. I only feel this way if I am not connected to present moment awareness which is only another way to describe constant loving awareness. In India, the minute I became aware of whatever was making me feel disgruntled I could Tap on me using EFT or sit a while in a restful Jin Shin Jyutsu pose and before I knew it, I was no longer fatigued. At times it may seem like a distant dream, almost impossible to have that kind of awareness and trust, yet I invite you to challenge your belief about what is possible for you in 2009. I invite you to discover the infinite energy of goodness in your hands.

The Aim of life is to live, and to live means to be aware, joyously, serenely divinely aware.

Henry Miller

Contents

- The placebo effect, written by Lynne McTaggart
- Focus on Natural Remedies: Almonds
- When Alternative Therapies Don't Work: Here's What You Need to Know
- Some Simple and Easy Tips for Good Health in 2009
- On the funny side: Amazingly Simple Home Remedies NOT TO BE TRIED AT HOME
- Must See Events and Workshop Dates
- EFT level 1 and 2 Trainings and workshops

I often re-read articles and emails that I have collected before compiling this newsletter. While browsing through my notes I re read the article below and discovered that I had not shared it. It is well worth a read. I also recommend the [What doctors don't tell you website](#) as a must browse site.

The Placebo Effect,

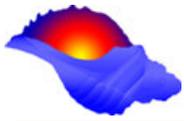
by Lynne McTaggart

LTF Bulletin: No 39 - 15th November 2006

As I was perusing through New Scientist this week, my eye alighted on an interview with a Patrick Lemoine. This orthodox French psychiatrist made the astonishing admission that something like 35-40 per cent of all official prescriptions given patients are 'impure' placebos. By that he means a pharmacologically inactive substance—a sugar pill—"contaminated" with a little bit of active ingredient. It's not enough to have a clinical effect but just enough for doctors to claim that it does.

The good French doctor was basically saying more than a third of all prescriptions are dummy pills and if they work at all, it's because of the power of the mind.

That statistic blew my mind. Here was an orthodox psychiatrist, up until recently; the head of a psychiatric services at a hospital in Lyon, admitting that a giant chunk of doctors count on a patient's belief in the drug.



The placebo effect has shown that beliefs are powerful, even when the belief is false. The placebo is a form of intention – an instance of intention trickery. When a doctor gives a patient a placebo, or sugar pill, he or she is counting on the patient's belief that the drug will work.

It is well documented that belief in a placebo will create the same physiological effects as that of an active agent – so much so that it causes the pharmaceutical industry big headaches when designing drug trials. So many patients receive the same relief and even the same side effects with a placebo as with the drug itself that a placebo is not a true control.

Our bodies do not distinguish between a chemical process and the thought of a chemical process.

Witchdoctors

Lemoine says that the placebo effect 'rests in the relationship between the patient and the doctor—the belief on the part of the patient that what the doctor has given him will work.

"It is what remains of the craft of the witch doctor, because unless you really know what you are doing, it's unpredictable," says Lemoine. "Doctors hate not to be able to predict or control the outcome of a treatment, because it makes them feel like charlatans."

This is why, in Lemoine's view, they prescribe 'impure' placebos. "This way they can fool themselves, at the same time as they fool their patients, that the treatment has predictable, scientifically tested effects."

I remember reading about a study once that proved that it was the patient's belief in the doctor's 'power' that had mostly to do with his getting better. What he actually took—whether real drug or placebo—made absolutely no difference.

The study involved 46,000 heart patients, half of whom were taking a placebo. After examining the statistics of who got better, the researchers made the astonishing discovery that patients taking a placebo fared as well as those on the heart drug.

The only factor determining survival seemed to be belief that the therapy will work and a willingness to follow it religiously.

Those who stuck to doctor's orders to take their drug three times a day fared equally well whether they were taking a drug or just a sugar pill. Patients who tended not to survive were those who had been lax with their regimen, regardless of whether they had been given a placebo or an actual drug.

Dummy dopamine

The power of the placebo was best illustrated by a group of patients treated for Parkinson's disease, a motor system disorder in which the body's system for releasing the brain chemical dopamine is faulty. The standard treatment for Parkinson's is a synthetic form of dopamine.

In a study at the University of British Columbia, a team of doctors demonstrated with PET scanning that, when patients given placebos were told they had received dopamine, their brains substantially increased the release of their own stores of the chemical (Science, 2001: 293: 1164-6).

In another dramatic instance, at Methodist Hospital in Houston, Dr Bruce Moseley, a specialist in orthopaedics, recruited 150 patients with severe osteoarthritis of the knee and divided them into three groups.

Two-thirds were either given arthroscopic lavage (which washes out degenerative tissue and debris with the aid of a little viewing tube) or another form of debridement (which sucks it out with a tiny vacuum cleaner). The third group were given a sham operation: The patients were surgically prepared, placed under anaesthesia and wheeled into the operating room. Incisions were made in their knees, but no procedure carried out.

Over the next two years, during which time none of the patients knew who had received the real operations and who had received the placebo treatment, all three groups reported moderate improvements in pain and function. In fact, the placebo group reported better results than some who had received the actual operation (New England Journal of Medicine, 2002; 347: 81–88).

The mental expectation of healing was enough to marshal the body's healing mechanisms. The intention, brought about by the expectation of a successful operation, produced the physical change.

The doctor's own placebo

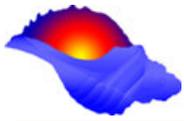
But what was most astonishing of all about Lemoine's interview was his disclosure that doctors also grow to believe in the power of their own placebo 'sorcery'. The power of THEIR minds also seems to be involved in the healing process.

It's not "uncommon", says Lemoine, for a doctor to lose respect for a patient when the patient fails to respond to treatment. "He may decide the patient is imagining or faking his symptoms."

This becomes a vicious circle of doubt. The doctor's lack of respect gets transmitted to the patient, and then he, in turn, is less likely to believe in the doctor. "Any treatment he then prescribes is less likely to be effective and may even produce unpleasant side effects," says Lemoine. This is called the 'nocebo' effect and it means the power of the mind to believe an inert substance causes harm.

Perhaps the most remarkable case concerned a woman called Annie, whose severe depression landed her in a Lemoine's psychiatric hospital for more than a decade. Most of her days were spent curled up in an armchair in the corner of her ward. After Lemoine struck up a friendship with her, he persuaded her to take part in a trial of a new antidepressant. She agreed and responded so well to the drug that she was able to leave the hospital. Subsequently she found both an apartment and a boyfriend. Her case in fact may have helped get the drug on the market.

Much later, when the ward was being redecorated, Lemoine found the antidepressant pills Annie was



supposed to have taken, buried deep in the folds of her armchair. She'd hid them away, he realized, and when he checked he discovered she hadn't taken even one.

Instances like this convince me that for the most part, we don't need drugs, just our sincere belief that something is going to work.

What I have discovered in my own health journey that believing is much harder to do when you do not know how to,

Focus on Natural Remedies: Almonds...Something to get really nutty about

Almonds had been considered too fatty to be a healthy snack, but research has shown that the nuts actually lower blood cholesterol levels. 90 percent of the fats in almonds are unsaturated, and the nuts are high in protein, fiber, calcium, magnesium, potassium, vitamin E, and other antioxidants. Almonds help prevent osteoporosis and they regulate blood pressure.



Townsend Letter (2008; 305: 24) notes that the Almond is the healthiest snack you can eat between meals.

New research suggests the very best food you can nibble on between meals – and especially after a meal – is the almond nut.

Even a modest daily intake of no more than 73 grams – or around three ounces – can dramatically reduce 'bad' LDL cholesterol levels, it can lower the body's insulin output, and it may even help with gut health.

These good effects can be seen after just four months of eating almonds every day, new research has discovered. Although the health-giving effects of almonds have been known for some time, the new research underpins just how good almonds can be for us.

Two new studies, presented to the Experimental Biology conference, discovered that eating almonds every day reduced LDL cholesterol levels by 24 per cent, while three further studies have shown that almonds can reduce the body's production of insulin, especially if the nuts are eaten immediately after a meal.

Some Almond Notes:

- Almonds are among the earliest cultivated foods in history.

- Almonds are thought to have originated in China and Central Asia.
- Explorers brought almonds back with them, and before long almond trees flourished.
- Almonds, like most nuts, were thought to have too much fat to be a healthy snack. But research has debunked that belief as an old myth.
- One study showed that three ounces of almonds a day actually lowered a person's cholesterol by 14 percent.
- Munching on almonds helps people feel satisfied and less inclined to overeat at dinner!
- Ninety percent of the fat in almonds is unsaturated fat, and frequent consumption, as a result, could help lower blood cholesterol levels.
- Of course, since almonds are a plant based food, they contain no cholesterol.
- Almonds are loaded with protein, fiber, calcium, magnesium, potassium, vitamin E and other antioxidants and phytochemicals.
- Almonds have been shown to promote good health, especially when they are part of a healthful diet consisting of fruits, vegetables, and low fat whole grain products.
- According to one study, almonds are a well balanced food.
- They contain the right kind of fats- monounsaturated and some polyunsaturated, so they help lower low-density lipoprotein (LDL), the bad cholesterol, while not touching the high-density, or good cholesterol levels.
- The folic acid in almonds is believed to help lower levels of homocystein, the amino acid that is thought to contribute to the buildup of fatty plaque in the arteries.
- And studies have shown links between nut (especially almond) consumption and lower risk of cancer, diabetes, Alzheimer's disease, and other chronic illnesses.
- In a **nutshell**, almonds are an excellent source of fiber, vitamin E, zinc, selenium, copper, potassium, phosphorus, biotin, riboflavin, niacin and iron.
- Almonds are the most nutritious of all nuts.

I remember as a child, my mother used to soak and peel Almonds for us and then we would have them with honey, delicious. Of course we were told to chew them to get the most out of them!

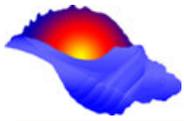


The next excerpt is from an article on [Total Health Breakthroughs](#): a free, natural health eNewsletter that offers alternative solutions for mind, body and soul and is another good source for no-nonsense, natural health information. Maria Cooke emailed this to me. Thank you!

When Alternative Therapies Don't Work: Here's What You Need to Know

By Dr. Mark Wiley

It must have been 26 years ago that I had my first experience with so-called "alternative medicine." I was 13



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and had been suffering chronic daily headaches and mid-back pain for half-a-dozen years. I was already seeing the best in Philadelphia's mainstream medicine, taking a plethora of prescription meds, and being put through dozens of tests, scans, and protocols.... All to no avail.

My father then took me to see a chiropractor, and do you know what? Within minutes my back and neck felt so much looser! My restricted movement was returned to within normal ranges. And I also started taking supplements. Over all, it was an amazing feeling... empowering!

I went back several times that week for treatments, and at home, attempted the exercises he instructed me to do. But the pain, and my suffering, returned and continued. This is not surprising. In fact, it is a common occurrence when people try alternative therapies -- making them think that they don't work.

The problem is, many people turn to "alternative therapies" as a last resort. They have had little success with mainstream medicine, have become perhaps desperate, and now are expecting a miracle cure or at least a fast turn-around of their signs and symptoms.

While I served as Director of the Integrated Energy Medicine healing center in Philadelphia, I did thousands of examinations, consultations, and treatments using alternative therapies and herbal medicines. I would have been delighted to offer patients both a miracle cure and fast results... if it were possible. And many times I was successful in "curing" someone in short order. But with other cases, the sheer depth, difficulty, and time-line of the problem made that task impossible.

Let me explain why some patients experience great success and why others have no change in signs and symptoms and find alternative therapies to be a waste of time.

In general there is a vast philosophical and procedural difference in the approaches (and results) of mainstream medicine and alternative therapies. Mainstream bio-medicine uses a disease-based model of health. That is, patients see their primary care physician when they are ill, the doctor diagnoses the illness (disease), and then prescribes a protocol of curing that disease. Often there is no cure... but pain and other signs and symptoms are controlled by prescription medication and/or invasive surgery.

Alternative therapies, on the other hand, work from a wellness model. That is, the focus is on returning the body to homeostasis (balance), and maintaining that balance to ensure good health and long life.

They accomplish this proactively, through diet, exercise, mind/body techniques, herbs and supplements, massage, and so on. All are methods of

alleviating pain, illness, and disease by restoring balance to the body.

If you have back pain and take a supplement, the pain will probably remain... for a while. But if you follow a protocol of regular supplementation with safe stretches and perhaps acupuncture or chiropractic care... the body will rebalance, and the issues will resolve. But this takes time. This was my situation at age 13. The pain did continue for awhile, but after my body was rebalanced with continued natural care, the headaches and back pain went away -- for good.

In a general sense, many alternative therapies aim at rebalancing the body to restore health. Chinese medicine uses herbs to balance blood, qi, body fluids, and organ function. Acupuncture uses needles to open meridian lines and correct energy imbalances. Chiropractic uses manual adjustments to realign the spine to allow correct functioning of the nervous system.

So when are alternative therapies a waste of time? Well, actually never. But the "trying" of alternative therapies most certainly IS. You see, there is a difference between "trying" and "doing." Trying means "you didn't do" something. Let's examine some common statements I hear in my office, and what they really mean.

Statement: I tried to call you and cancel my appointment.
Translation: I did not call you.

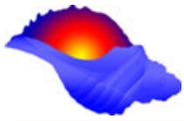
Statement: I tried acupuncture, and it didn't help.
Translation: After a few visits I was not cured and so decided not to continue and follow the protocol to the end.

Statement: I've been really trying to eat right and do my exercises.
Translation: I eat right once in a while, and I do my corrective exercises when I remember to do them. Trying means not doing. And if you are not fully engaged in the doing of alternative therapies... seeing them through to the end... following the protocol... doing what you have been instructed to do... then they will not "work." Not because they failed you, but because YOU failed you.

You see, the therapies themselves are not the problem (unless you have chosen to follow the wrong one for your health issue), and they are also not time-consuming. Rather, it is the body that takes time to "allow" the method to take hold, effect change, and re-establish balance. But this takes time because the body likes to stay where it is, because it requires little effort to do so.

After repeated treatments or a period of time spent doing exercises, or taking herbal supplements, the body finally realizes that it is actually easier to be in a state of homeostasis (balance) than to exist in a state of imbalance. It then "lets go" of its old unhealthy holding pattern. Now it can fully embrace a healthy pattern, and positive changes take effect.

Think of it like working out at the gym. If you are out of shape and lift weights, you will be sore. But little by little you will be less sore after the exercise. If you only lift



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weights once in a while, the size, shape, and density of your muscles will not visibly change. But if you stick with it ("do" it), you will notice your body changing in positive ways. Internally this is what is happening with alternative treatment. Each day, each treatment, each bottle of herbs taken brings you one day closer to the body allowing them to take hold -- and then the body steps out of its own way to effect a cure.

The worst part is, people still look to alternative therapies as a last resort, and mainstream pharma drugs and surgery as a first choice. This is perverse. Using the big guns for the beginning of a problem (depending on the severity) is ridiculous. You don't blow up a house to kill kitchen ants.

My feeling on maintaining a balance in health and between mainstream and alternative medicine is this:

Everyone needs to get a physical every year, including blood and urine tests. If a problem is found, they should seek alternative, non-toxic, non-invasive methods to balance the body. After a period of time, they should have more tests run to see if the problem is better or worse. If better, continue with alternative medicine. If worse, and in the red zone of health, then turn to mainstream medicine for help. Not the other way around!

As it stands, we alternative practitioners get the worst cases, and we get them after years and decades of tests and toxic drugs and surgeries have truly damaged the body. And we are left to balance these bodies, in short time, at low costs, and with high hopes.

It's time people reframe their minds on this issue. The next time you feel un-well, seek out alternative therapies first. But you must DO it and not simply TRY it. It takes time, effort, and discipline, but in the end, being balanced means being healthy. And taking personal responsibility to do what needs doing -- and not depending on a doctor to do it for you -- is the greatest gift you could ever give yourself.

To your health!

Dr. Mark Wiley is a practitioner of Oriental and alternative medicine and the author of 10 books. He teaches health seminars internationally and is a health adviser and the editorial manager for The Healthy Back Institute.

Some Simple and Easy Tips for Good Health in 2009

★ Relaxation

Spend time to relax the body and mind every day. Even 10 minutes feels really good.

★ Water

Drink pure clean water as much as you enjoy

★ Greens

Eat a healthy portion of fresh green foods daily, supplementing boosts the whole body and is easy to do too.

★ Movement

5 minutes of walking is a great start. 5 minutes of dancing and stretching even more fun.

★ Forgiveness and Letting go

Discover your Truth and Power. Transform your thinking and create Joy in your life

★ You may also want to reduce environmental pollutants

*This winter, we had many calls from people suffering from the winter virus. And we haven't experienced common illness in years! It's not part of our reality anymore. We do not catch colds. It's simply not possible for us. More than 10 years ago I was ill a lot. Now that's a very distant memory. So how do we stay healthy and feel so good? Eddie and I love relaxing and enjoy Jin Shin Jyutsu sessions, meditation, singing and lots of laughter. We start our day with warm water and keep water always within arm's length for sipping ease. We love our veggies and nuts and also have Maximol and Noni regularly to keep our body feeling good. We both play badminton, I also love Yoga, Qigong and gentle strolls in Nature. We are very clear that Love and Truth is what drives us and this keeps us sane and healthy. All our interactions with you keep us focused. Enjoying good company helps enormously. As Eddie likes to say, "There is no magic bullet" but you can find your own customized winning health combination. **Ranjana and Eddie***

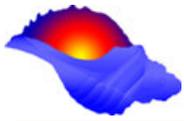
PS. Do Call us on 01424 427 919 for more info on supplements and safe and pure healthcare. If you are interested in getting rid of mental emotional clutter and moving into the life you want and want some help with this feel free to call us....

Amazingly Simple Home Remedies

1. If you're choking on an ice cube, simply pour a cup of boiling water down your throat. Presto! The blockage will instantly remove itself.
2. Avoid cutting yourself when slicing vegetables by getting someone else to hold the vegetables while you chop.
3. Avoid arguments with your wife/girlfriend about putting down the toilet seat -- use the sink instead.
4. For high blood pressure sufferers, simply cut yourself and bleed for a few minutes, thus reducing the pressure on your veins. Remember to use a timer.
5. A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.
6. If you have a bad cough, take a large dose of laxatives - - then you'll be afraid to cough.
7. You only need two tools in life: WD-40 and duct tape. If it doesn't move and should, use the WD-40. If it shouldn't move and does, use the duct tape.
8. Have a bad toothache? Smash your thumb with a hammer and you will forget all about the toothache.

Author Unknown

NOTE: These are intended to be humorous....please don't try them at home.



★ **FREE** SHOWING OF THE FILM

Try it on Everything

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.

Date and time: Sunday 8th February at 3.00pm

At [The Wellington Square Natural Health Centre](#), 44 Wellington Square, Hastings, TN34 1PN

Free - but we suggest you book, as places are limited

To reserve a place or for more information call 01424 442520

For more information about the film www.tryitoneverything.com

★ Mental Emotional Spring Clean using Emotional Freedom Techniques (EFT)

★ For Feeling light and open to a world of possibility

Over 6 consecutive Wednesdays, the plan is to focus on healing the attitudes of worry, fear, anger, sadness, grief and pretence...to feel lighter, clearer and ready to embrace a life of contentment, fulfillment, adventure, joy and peace. To step away from inner suffering and turbulence into a life of beauty and calm



Time 5pm to 6.30pm

Dates:

18th February

25th February

4th March

11th March

18th March

25th March

Cost: £60 for all 6 sessions payable in advance or £15 before each session

★ Return to Joy

A One Day (Transformation) Workshop –

Using Ancient Wisdom to Well Being and Cutting edge Healing Techniques, Experience Profound Healing, Deep Relaxation and Laughter

Date: Saturday 28th March 2009 Time: 11 am to 5pm

Cost: £65 – Call 01424 442520 to book

Venue: [Wellington Square Natural Health Centre](#), 44 Wellington Square, Hastings, TN34 1PN.

For more information download pdf:- [Return to Joy A4.pdf](#)

For Specialist EFT Level 3 workshops please check our [website](#) or call us

The specialised workshops that we facilitate for the EFT Level 3 students are equivalent to 4 to 6 Professional Development hours. These EFT Level 3 workshops are designed with the sole purpose of increasing knowledge of EFT and to improve the delivery of it.