

Dearest Friends,

Thank you for your feedback and continued support. We have been away for most of the summer and are looking forward to the cool winter and time indoors with you all. We have many activities planned for the autumn and winter. Before Christmas I will be holding a special EFT workshop for Kids, I will send you more information when the dates and times have been confirmed. We look forward to spending time and joy with you all. The activities and workshops for your diary are as follows;

Meditation held every Friday evening from 7 to 8pm. (Free)

The Next **EFT Self Help Support Group** will meet on the 1st Sunday of every month at 3 pm (only for those who have attended a level 1 workshop) so the dates are:

October 1st,
November 5th,
December 3rd,
None in January
February 4th,
March 4th

Next **Approved EFT Level 1 workshops** will be held on the
12th November
10th December
11th February

The next **Approved EFT Level 2 workshop** will be held on the 17th and 18th of March. Seating is limited and so please let me know as soon as you can if you are interested.

The Next **One-day Introduction to Jin Shin Jyutsu** are on the

26th November 2006
24th February 2007

We have also started a **Cutting The Ties That Bind Circle** on the 1st Sunday of every month at 4.30 pm. (Free)

If you are interested in any of the above or want information or you wish to attend please [email us](mailto:essentialfocus@essentialfocus.co.uk) or call us on 01424 427 919.

"In every culture and in every medical tradition before ours, healing was accomplished by moving energy."

Albert Szent-Gyorgyi, Nobel Laureate in Medicine

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DEPRESSION: Therapy's better than drugs, but it's available only to a tiny minority

Depression is often called the 'common cold of psychiatry'. Loads of people get it, it's nothing too serious, and it will either right itself or it can easily be treated.

Unfortunately, every assumption except the first is wrong. Certainly, many will suffer depression sometime – in fact, up to 15 per cent of all adults will experience clinical depression, which is far further along the spectrum than the general feeling of being 'down' or despondent.

The statistics also argue that it's a very serious condition, and one that's not easily treatable. Of those who suffer clinical depression, 20 per cent will never fully recover and 80 per cent of those that do will suffer a further episode. Overall, 15 per cent of all depressed patients will commit suicide.

And the vast majority of people who suffer mild depression will go on to have major, clinical depression. All of this suggests that it's about time that psychiatric medicine started taking depression far more seriously. In the first place, it's vital that medicine starts viewing depression as an ongoing problem rather than as an isolated episode.

Once that's understood, the remedy may shift from powerful antidepressants and the 'one-shot, magic bullet' approach, and instead turn to regular and ongoing psychological therapies, which in study after study have been shown to be just as effective as drugs.

Sadly, while drugs are available to everyone, only around 4 per cent of people with depression and anxiety have been offered therapy in the past year, a new study has found.

The most popular therapy is cognitive behaviour, in which patients are taught to challenge their negative thoughts and to follow positive strategies. Studies have demonstrated that weekly courses of cognitive behaviour therapy are just as effective as antidepressants, with both approaches lifting around half of all patients out of their depression after four months. The big advantage of cognitive behaviour therapy is that the patient has done it for himself, and so 'owns' the remedy.

(Source: British Medical Journal, 2006; 332: 1030-2).

Check out <http://www.wdtdy.co.uk/> to join their e-list, I often receive interesting information from them.

Focus on Natural Remedies:

Good Salt and Good Health

Salt is a critical part of our life and health. We need salt; so cutting salt out of our diets is not the right approach. Salt is in our sweat and tears and it's in our blood and bones, literally. In our bodies, salt: in proper proportion to water, regulates and normalizes blood pressure. Stabilizes irregular heartbeats.

Helps to balance blood sugar levels.

Helps us maintain energy levels.

In combination with other essential minerals, sodium helps regulate metabolism.

Helps remove acidity from our cells and alkalises them.

Helps our body absorb nutrients.

Enables the liver and kidneys and adrenal glands to function properly.

Helps maintain the electrolyte balance inside and outside of cells and helps the cells communicate and function properly.

Helps prevent muscle cramps, dizziness, exhaustion and convulsions.
 Supports life like water and air support life
 Helps flush mucus and congestion.
 Helps control saliva (otherwise saliva would pour right out of our mouths while we sleep. Wait, you know someone like that? Which, by the way, if you are a salivator, it's highly likely you are not drinking enough water either! When you don't get enough water you saliva glands work in overdrive to lubricate your insides and this can, in turn, get this, lead to a double chin because the glands are so overactive! So DRINK UP!) Salt works with water to help hydrate us!
 Salt helps make strong bones and bodies.
 Salt helps brain cells function properly.
 Salt can help regulate sleep and can help us get a good night's sleep.
 Salt is a natural antihistamine and can help relieve allergies.
 Salt is necessary for proper digestion and works to eliminate digestive problems.
 Salt helps build a strong immune system and prevent disease and health problems (like gout, spider veins, and more) and can help our bodies heal (from surgery, sickness, burns, mental disorders, depression, etc.) and stay healthy.
 Salt is a necessary part of good health.

Our bodies are like the earth and like the oceans. Creatures living in natural ocean water would die in a mixture of Table Salt and water because it is chemically different from true Salt. Our bodies are made up of water and salt in the right proportion with a mixture of minerals, all in balance. We are created and grow in a salty (amniotic) fluid. It doesn't make sense to strip away the very essence of life from the salt and then add synthetically made minerals back. We need real natural salt in perfect balance to survive. We must replenish our bodies with pure salt and pure water daily to stay healthy. We need the balance of minerals in real natural sea salt to maintain optimal health.

What are the different salts?

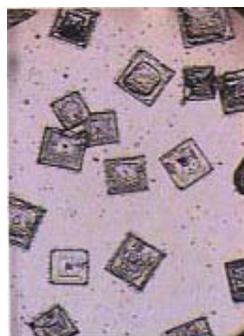
Table Salt is harsh. It is mined, refined and bleached; minerals are removed until it is virtually pure sodium chloride. Anti-caking chemicals and iodine are usually added. It is overpowering. It isn't tasty. It is an unnatural addition to food, salt stripped of its essential minerals.

Real Salt, Natural Salt, Sea Salt, Grey Salt, Himalayan Salt, Celtic Salt are all names for salt that hasn't been stripped like Table Salt (but watch to make sure they are the real thing.) The real thing looks moist. Magnesium in real sea salts helps it retain moisture so real sea salt has moistness to it and doesn't flow freely like Table Salt. Pure Salt should not be cooked but instead added at the end to

enhance the flavor or food. It is alive with nutrients! What are the different pure salts?
Course Grey Salt contains a little more minerals than **Finely Ground Grey Salt** because in order to grind it finely it has been heated and dried over a natural stone.
Celtic Sea Salt is the trademarked name for **French Grey Sea Salt** harvested from the pristine coast of Brittany, France so they are one and the same.
French Sea Salt is unrefined so it retains trace minerals (including naturally occurring iodine; this salt is also harvested from the pristine French waters.
Fleur de Sel is considered the finest of gourmet salts with a wonderful flavor. It is light enough to dissolve easily and is used as a finishing salt. It is naturally white salt crystals created on the top of salt ponds in Guerande, France. Lower in sodium chloride and higher in trace minerals.
Black Salt is pink in color and is common in Indian cuisine.
Organic Sea Salts meet rigorous guidelines for purity of water, cleanliness of salt beds, and harvesting and packaging procedures.
Sea Salt is not as refined as table salt and contains some trace minerals.
Himalayan Salt is a fossil marine salt containing 94 elements including calcium, magnesium, potassium, copper and iron; it is higher in sodium than chloride and is mined from the pristine mountains of Himalayas. It mirrors our body with trace minerals.

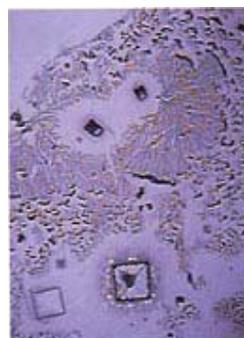
Crystalline Comparison of Some Salts

Common Table Salt



The unnatural cubed crystals are totally isolated from each other and dead. In order for the body to try to metabolise these crystals, it must sacrifice tremendous amounts of energy with very little results, resulting in a damaging loss and zero gain. The salt deposits in our bodies look similar to this photo, isolated and dead.

Regular Sea Salt



Salt labelled Sea Salt may be no better than Table Salt. It is processed and is from polluted waters. The Irregular and isolated crystalline structures are disconnected from the natural elements surrounding them. Because of this, the body cannot absorb the vital minerals, however many it may contain, unless the body expends tremendous energy to vitalize them. **Grey Salt and Celtic Sea**

Salt is different and is a far better choice than Table Salt.

Himalayan Crystal Salt



The balanced crystalline structure reveals fine branching, no shadows or rough edges. The crystal is not isolated from the inherent mineral elements (84) but is connected to them in a harmonious state. This tells us that the energy content, in the form of minerals, is balanced and can be easily metabolised by the body. This crystal is full of life.

When taken as food, it will have a vital energetic effect on the body. The result is only a net gain for the body with zero energy loss.

Courtesy and copyright American Blue Green, LLC, 2003

**note: According to Dr. Mercola, if your fasting sodium level is higher than 142 or your chloride level over 105, you should restrict salt intake, but if you are within the range of 146 - 142 for sodium and 99 - 105 for chloride, salt should be a healthful part of your diet.*

Table Salt is pristine white. It is mined and highly refined to remove minerals. Then iodine may be added (this was done in the 1920s when people were getting goiters from iodine deficiency) back to the salt. (People need less than 225 micrograms of iodine a day. Iodine occurs naturally in seafood and in sea salt. While some of the world still has iodine deficiencies, we now have new issues with the overdose of iodine. Hyperthyroidism is prevalent in our society today.)

Regular table salt may also contain other additives including aluminum silicate, dextrose, bleaching elements, other chemicals, and even (dextrose) sugar! Since it's so refined and practically pure sodium chloride (although 2% is added chemicals), it's quite easy to over salt food. On top of that, Table Salt is dried at over 1200 degrees Fahrenheit changing its very structure.

Salt has been said to cause stroke, high blood pressure, heart attack, kidney disease, and heart failure. Excessive Table Salt is found in processed foods and most restaurant and fast food meals. It actually lingers in the body long after it's been useful. To lessen our risks, we could simply eliminate processed foods from our diet, but instead the enemy is simply "salt" without any further explanation. When we look at it's composition, we see that the real culprit is Table Salt (virtually pure sodium chloride, additional chemicals, a total lack of minerals.) That's not food, that's a strong chemical. It is not alive with minerals. It is dead. **Table salt is indeed toxic.** At the same time, a salt-free diet can promote aging and illness and is not the answer for most of us*.

Natural Salt comes in a variety of colors. Sea Salt gets it's color from the 100+ trace minerals missing from today's diet and is a healthier natural alternative to Table Salt. Natural Salt is dried from the sun and wind only and harvested by hand. Celtic or Grey Sea Salt is only about 84% sodium chloride, and in its natural form in balance with important minerals. Celtic Salt has magnesium so excess sodium is actually removed from the body when the body is done using it. (Eat salt to rid your body of salt!) Real Sea Salt is an important part of life and is actually good for us. It enhances the nutrition of the food we eat, even fresh vegetables and fruit. It is alive. It wakes up our taste buds and enhances our body. Plus it tastes so much better! People who eat (sea) salt live longer too!

Many thanks to
<http://www.deliciousorganics.com/Controversies/foodcontroversies.htm> for this article

Vegetables Much Better Than Drugs at Building Bone Density

by Dr Joseph Mercola

The evidence continues to pour in that eating plenty of fruits and vegetables is good for your health. In this case, researchers found that both young and old age groups had improvements in bone mineral status when they ate a lot of fruits and vegetables.

Specifically, boys and girls aged 16-18 years and women aged 60-83 years had significant positive associations between spine bone mineral content and fruit intake. In boys, the association was true for neck bone mineral content as well.

Among women aged 60-83 years, a significant positive association was also found between spine bone mineral content and fruit intake. The results found that if fruit intake doubled, it would result in a 5 percent increment in spine bone mineral content.

Previous studies have also found associations between fruit and vegetable intake and positive measures of bone health.

It is not yet known how fruits and vegetables may affect the bones, though some suggest it may be the alkalizing effect of fruit and vegetable consumption on acid-base balance. Other possible mechanisms include the dietary effects of vitamin K, phytoestrogens and other unidentified dietary components they contain.

American Journal of Clinical Nutrition June 2006, Vol. 83, No. 6, 1420-1428

DR. Mercola's COMMENT: Traditional media sources have gone a long way toward convincing most people that if they want to increase their bone density they need to swallow their calcium pills along with some vitamin D. If they already have osteoporosis, then of course the next step would be one of the biphosphonate drugs like Fosamax. More nutritionally enlightened individuals will realize that there are other micronutrients besides calcium

that are useful for improving density, like boron, silicone, manganese, copper, iodine, magnesium, chromium, zinc and selenium.

But how many people would recognize that fresh vegetables have nutrients that improve bone density?

One of the best reviews I ever read on this topic was in my favorite clinical journal, American Journal of Clinical Nutrition (AJCN, the same journal that this study was published in). Four years ago they had a nice review from the Framingham study on how vegetable intake affected bone density.

If you review the study you will find that higher intake of vegetables in children and older women had a very beneficial effect on bone density. The investigators weren't able to identify the precise mechanism on why eating more vegetables worked, but they determined very clearly that it did work.

www.mercola.com

Mean old Mom

Someday when my children are old enough to understand the logic that motivates a parent, I will tell them, as my Mean Mom told me:

I loved you enough . . . to ask where you were going, with whom, and what time you would be home.
I loved you enough to be silent and let you discover that your new best friend was a creep.

I loved you enough to make you go pay for the bubble gum you had taken and tell the clerk, "I stole this yesterday and want to pay for it."

I loved you enough to stand over you for two hours while you cleaned your room, a job that should have taken 15 minutes.

I loved you enough to let you see anger, disappointment, and tears in my eyes. Children must learn that their parents aren't perfect.

I loved you enough to let you assume the responsibility for your actions even when the penalties were so harsh they almost broke my heart.

But most of all, I loved you enough . . . to say NO when I knew you would hate me for it.

Those were the most difficult battles of all. I'm glad I won them, because in the end you won, too. And someday when your children are old enough to understand the logic that motivates parents, you will tell them.

Was your Mom mean? I know mine was. We had the meanest mother in the whole world! While other kids ate candy for breakfast, we had to have cereal, eggs, and toast. When others had a Pepsi and a Twinkie

for lunch, we had to eat sandwiches. And you can guess our mother fixed us a dinner that was different from what other kids had, too.

Mother insisted on knowing where we were at all times. You'd think we were convicts in a prison. She had to know who our friends were, and what we were doing with them. She insisted that if we said we would be gone for an hour, we would be gone for an hour or less.

We were ashamed to admit it, but she had the nerve to break the Child Labor Laws by making us work. We had to wash the dishes, make the beds, and learn to cook, vacuum the floor, do laundry, and empty the trash and all sorts of cruel jobs. I think she would lie awake at night thinking of more things for us to do.

She always insisted on us telling the truth, the whole truth, and nothing but the truth. By the time we were teenagers, she could read our minds and had eyes in the back of her head. Then, life was really tough!

Mother wouldn't let our friends just honk the horn when they drove up. They had to come up to the door so she could meet them. While every one else could date when they were 12 or 13, we had to wait until we were 16.

Because of our mother we missed out on lots of things other kids experienced. None of us have ever been caught shoplifting, vandalizing other's property or ever arrested for any crime. It was all her fault.

Now that we have left home, we are all educated, honest adults. We are doing our best to be mean parents just like Mom was.

I think that is what's wrong with the world today. It just doesn't have enough mean moms!

Author Unknown

That is all for now. Hope you enjoyed the newsletter.
Till the next time much peace, love and light,

Ranjana and Eddie,

Ps. don't forget call between office hours for info on [Electro Magnetic Radiation \(EMR\) protection devices](#) and the [powerful supplements that we use and endorse for example Neways Noni juice and Maximol Solutions.](#)

Tel number 01424 427 919

Pps we are not qualified medical healthcare professionals, most of this information is available on the World Wide Web. Any recommendations we have made are based on our personal experience and opinion.

