

Dearest Friends,

Spring is zipping through and summer is on its way. There is so much I want to share with you all. But first of all thank you for all your emails, feedback and support. It has been an amazing few months. After being interviewed on the EFT blogtalk radio show with Gary Williams, http://www.blogtalkradio.com/eft_world_magazine/2010/04/04/discover-liberatingtouch-eft my inbox has been flooded with encouraging, insightful and appreciative emails.

Thank you.

These days as my mind stills, and my heart opens, I find that I regularly have flashes of inspiration and insight; it is as if all those unanswered crossword puzzles fill in as if by magic. But then I have a little panic, what if I forget this, then what? I really want to share those moments of lucid inspiration. Guess what? I forgot. ☺ So now when I have one of those flashes and I am not in a position to record them, I thank the source of inspiration for enlightening me and trust it will filter through into all areas of my life. I practice a little LiberatingTouch-EFT and experience Sweet Surrender. The real magic is that when one of you calls or emails me it all comes back!! This crazy Love.

The contents of this newsletter are all in response to queries, emails and calls that we received about the Liver Flush, Noni Juice, LiberatingTouch-EFT and Change. Hope it helps.

Would you like me to give you a formula for success? It's quite simple, really. Double your rate of failure. You're thinking of failure as the enemy of success. But it isn't at all. You can be discouraged by failure or you can learn from it. So go ahead and make mistakes. Make all you can. Because, remember that's where you'll find success. On the far side." - Thomas J. Watson - Founder of IBM

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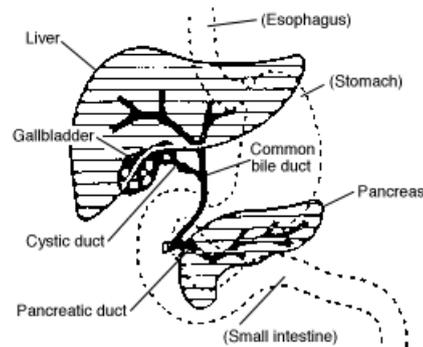
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- Focus on Natural Remedies: Noni Juice
- Can we really Create and Meet Change with Peace, and Clarity?
- A little bit more about LiberatingTouch-EFT and The Return to Joy
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+ Info Attached about the Liver Flush, Workshops and Events

The Liver Flush

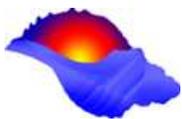
In March Eddie and I completed our Annual Liver Flush. We always get lots and lots of questions about this. So here is some history, what happens for us, and a gentle recipe that we use. Eddie and I have always been interested in enhancing our sense of well being. Our experiences with annual fasting always left us feeling good so we are not averse to "detoxing". In 2004 we felt propelled to do our first liver flush; I cannot remember the details of why or how we became so interested in doing something like this. I recall that we both had recurring shoulder tension for years which cleared up after the first flush. We also knew that in Ancient Asian Medicine the liver is seen to have an intimate connection to anger and emotional sensitivity. The liver is considered to be the most important organ after the heart.

The liver is an amazing organ. The hundreds of vital functions that our liver performs for us daily are often taken for granted. In fact, most people don't consider their liver until problems arise. Weighing in at just over one kilogram, the liver is the only organ that can regenerate itself. In fact, the liver is so amazing that it will continue working even when two-thirds of it has been damaged by scarring (cirrhosis).



A few Liver functions

- Circulation: transfer of blood from portal to systemic circulation, activity of the liver's reticulo-endothelial system (kupffer cells) in the immune system. The liver stores and regulates the blood and is responsible for nourishing every cell in our body. Every part of the body depends on blood from the liver for nourishment and sustenance.
- Excretion: formation and secretion of bile for digestion and cleansing of blood; removal of ammonia from blood; excretion of substances filtered from the blood by the liver such as heavy metals or dyes.
- Metabolism: carbohydrate, protein, lipid (fat), mineral and vitamin metabolism; manufacturing and storage of many nutrients such as glucose and vitamins; production of heat through metabolism.



- Protection and detoxification: removal of foreign bodies from the blood (phagocytosis); detoxification by conjugation, methylation, oxidation and reduction.
- Production; formation of urea, serum albumin, glycogen and blood coagulating proteins such as prothrombin, fibrinogen and heparin; erythrocyte (red blood cells) destruction.
- Regulation of hormones: inactivation and elimination of hormones through the bile or urine. Since estrogen and androgen are both growth hormones which stimulate cell division, elevation of their levels in the blood due to the liver's failure to remove them efficiently can cause their accumulation in tissue. This in turn may lead to abnormal growths such as uterine fibroids, ovarian cysts, endometriosis, breast cysts and breast cancer, prostate enlargement or prostate cancer. Excessive estrogen is apparently also the most common cause of painful menstruations.

So there are many good reasons for taking care of the liver. After researching we decided to try Hulda Clarks' Liver Flush, it was an intense experience and I can still remember the power with which I vomited the next morning. It was a bit much for me. Since then Eddie and I have tried out lots of different Liver Flush recipes and methods and have settled on a recipe that has worked well for us. So well, that I have been really impressed with the amount of "stones" that did make it through this time in March, despite flushing twice a year for the last 6 years. Picture of one of my "stones" below:



Although Eddie and I have an inclination for a clean diet, our dietary history has been not so clean. Before we cleaned up we enjoyed cigarettes, toxic substances, alcohol, and non vegetarian foods. We understand that it is important to clean this body of any toxic buildup. Now annually we do a liver

cleanse, which *releases bile* from the liver. Just think about that phrase releasing bile and you have a fair idea of what happens. This time during my flush, I was surprised by a childhood memory of intense anger surfacing. I had no idea that I was carrying this and so was pleased to be able to heal this memory with Liberating-Touch-EFT and flush out any related physical toxins. I noticed a huge shift in my energy levels after that. I found out that if there is stuff clogging up the liver it not only damages the immune system and longevity, it is also irritating. Physically and psychologically irritating. We use a method which takes 14 days.

It is important to understand that we do not suggest that our program will or could be suitable for you. The program outlined in the attachment is the one we have personally used. We simply provide you with information and our opinions on the understanding that you take full responsibility for your own health. Personal responsibility is, we believe, a vital part of good health.

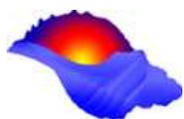
Basically the Liver Flush entails a preparatory period which includes Cleaning up your diet and drinking apple juice for 1 week prior to the actual Liver Flush. At the end of the preparation you will need 2 days off to complete the Liver Flush. For this you will need 2 organic grapefruits, 150ml of organic olive oil, Epsom Salts and proximity to a Toilet. The detailed version is attached with the email and on our resources webpage, if you want to receive our Liver Flush Recipe by post. Simply call us and we will post it out to you.

Focus on Natural Remedies: Noni Juice

Another common query we get is what IS that in your fridge and does it help? I have been drinking Noni Juice for years and it helped my hair to grow back and end menstrual pain. Nowadays I use it to help me with any fatigue, pain or inflammation and it works brilliantly for me.

The following are excerpts from *Nature's Amazing Healer, NONI*, by Neil Solomon, who serves as a consultant to the United Nations and the World Health Organization. Many scientists have endorsed his findings. If you choose to research Noni further, I recommend this book as a starting place; the bibliography is most impressive.

Mona Harrison M.D., formerly assistant dean of Boston University School of Medicine and chief medical officer D.C. General Hospital, Reports:



That Noni enhances the function of the thyroid and the thymus glands, which she believes act to fight of infections and other problems with the immune system. She even reports that Noni helps to fight depression, possibly through its effect on brain hormones and neurotransmitters. Dr Harrison further believes that frequency modulations in the body's energy may account for some of Noni's positive actions. Noni juice has its own specific frequency; this frequency along with xeronine and the other compounds in Noni, is what adds to Noni's therapeutic abilities. It stabilizes blood sugar, reduces menstrual cramping, and lessens the need for men with an enlarged prostate to urinate at night. In reviewing the literature, it appears that Noni is a true adaptogen – it enhances the body's healing system regardless of the medical treatment the patient is receiving. As an adaptogen, Noni brings the body into more balance; this state of being normal is called homeostasis. For example, if blood pressure is too high, Noni helps lower it. If blood pressure is too low, Noni helps raise it. If sugar is too low, Noni helps raise it. Noni acts in the same way if there is too much or too little acid in the body.

Richard Dicks, a New Jersey naturopathic educator believes Noni is effective because it helps cells quickly and effectively regenerate. Once this regeneration takes place, he believes people really start to reap the benefits. Richard summarizes by saying, "We're beginning to realize that we must get back to basics with our bodies. What it boils down to is either burn nutrients or burn your body. Noni saves our body by giving us the nutrients we need."

Neil Solomon practiced medicine for 30 years and was involved with over 30,000 patient visits, used natural food supplements instead of synthetic medication whenever he could. He writes; "I have often wondered why a person experiences undesirable side effects from purified medication, but rarely suffers from side effects to natural food supplements. There is an interesting answer. The World Health Organisation found that 25% of all major medicines used today are derived from natural; herbs, plants, fruits and/or trees. There are 120 of these plant-based medications in use today. Ninety medications (75%) used in modern medicine resemble the plant medicine, the fewer the side effects. This is true for Noni, which has over 140 different ingredients. Mother Nature is by far the most efficient pharmacist and medicine-maker in the world...I still have not why I believe Noni can

work so well, and without any significant side effects. It is I believe, because Mother Nature put together in herbs, plants, fruits, etc., the perfect natural balance. One ingredient balances another in precise amounts and spatial and energy relationships. I believe that the more than 140 ingredients in Noni act synergistically as accessory activating factors that bind to different receptors, all of which work in unison to prevent side effects.



If you would like to find out more about [Noni Juice](#), or where you can get hold of some, Call us on 01424 427 919. Eddie and I enjoy [Neways Hawaiian Noni Juice](#) (we pay £30 for a bottle that lasts us a month)

This was another question that came my way recently

Can we really Create and Meet Change with Peace, and Clarity?

What a great question and what perfect timing.

Can we Meet Change with Peace, and Clarity?

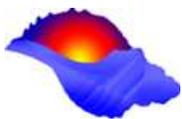
Yes!

Yes, especially with our understanding and use of Energy Psychology (for eg. EFT), Energy Medicine and other Practical Stress Management Techniques like the Endorphin Effect Strategies. These tools and practical strategies not only help us to release stressors they also help to create positive choices and bring balance and harmony into our lives.

In almost all philosophical outlooks change is seen as the constant. From before birth, during birth and after birth the nature of our embodied existence is change. From cellular structures to fingers and toes to menstruation, pregnancy, dentures and walking sticks we are constantly experiencing change. And yet we resist, fight change. We are not great at coping with change. I wonder what would happen in our lives and our experience of life if we could meet change with an Open Heart, a Supportive Mind, Peace, and Clarity.

The most important characteristic of our present society may well be the incredible speed with which it changes. LiberatingTouch-EFT and similar therapies can be seen as a solution to this *growing progress anxiety*.

In 1967, psychiatrists Thomas Holmes and Richard Rahe examined the medical records of over 5,000 medical patients as a way to determine whether stressful events might cause illnesses. Patients were asked to tally a list



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of 43 life events based on a relative score. A positive correlation of 0.118 was found between their life events and their illnesses.

Their results were published as the Social Readjustment Rating Scale (SRRS), known more commonly as the Holmes and Rahe Stress Scale. Subsequent validation has supported the links between stress and illness. At the end of this article you will find a link for THE SOCIAL READJUSTMENT RATING SCALE (Life Change Scale) so you can rate yourself. To see where you stand, simply total the number of stress points you have accumulated in the last year. Then, check your score at the bottom. Note that both pleasant and unpleasant "life events" can cause stress. Notice how Outstanding personal achievement is as stressful as Trouble with in-laws, and a Child leaving home (marriage, attending college) is as stressful as Change in responsibilities at work (promotion, demotion, transfer) or that being Fired is as stressful as Marital Reconciliation. **For the experienced EFT practitioner this makes a lot of sense because they see time and time again how their clients resist and at times fight change, the client may feel that change does feel safe, or that they do not deserve the good fortune that change brings or that they are simply unaware of the unconscious drivers that sabotage beneficial change in order to avoid stress.**

So whether things evolve in a positive or in a negative way; change itself constitutes a problem, change itself is stressful. Scientific, technological, cultural and social innovation are taking place at such a breath-taking pace that no one can really keep up with them.

I heard a colleague of mine say that it was possible for his great grandfather to live an entire lifetime without having anything come along that seriously challenged his worldview, his grandfather had a different experience he was able to live 30 or more years without being confronted by information that would challenge his worldview, and his father probably had to deal with changing how he experienced the world every 15 years. In his own lifetime the cycle of change seemed to take place within 5 to 8 years and this continues to reduce, he can only imagine how fast change will be occurring for his children. Knowing this it is not surprising that so many people are beginning to experience meltdowns, anxiety and stress.

It seems that the biggest problem facing present-day society is not that there is too little progress, but rather too much of it. Our mind, physiology and social structures are stretched with such a rate of change and such an amount of new information. Unfortunately, change, complexity and information overload are abstract phenomena, which are difficult to grasp. Therefore, few people have as yet understood the effects of constant change. With investigation, stress relief strategies and LiberatingTouch-EFT we can completely change our vibration and approach to change. As we change and are changed by our circumstances, understanding, new information we can teach our mind-body to release stress and become open to clarity and peace. Most of all we can strengthen our self confidence and awareness in an underlying permanence, a foundational order in the midst of chaos so that we can integrate change with peace. Now that is a really intriguing idea!!

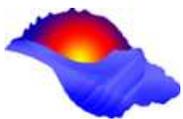
[Martine Moorby](#) and I have been studying [the Alchemy of Change](#) for some time now; how we can consciously transform our resistance to change into delight and openness. How we can create the kind of change that makes our heart sing. We have observed that people often focus on the transformative process of suffering and not on the transformative nature of Joy, this is rarely studied and Joy as a transformative agent not only creates change in our lives but ripples out in ways that defy boundaries. [We will be sharing all this and more in June.](#) I do hope you will be able to make it.

For those of you that need something more immediate to help you experience change with clarity, I recommend the [Emotional Toothbrush Series](#), there you will find 2 Audios called Resistance to Change and Clearing Resistance, they are free to download and are available to you now. [Do check out the Emotional Toothbrush guide before you listen to them.](#)

"The important thing is to be able at any moment to sacrifice what you are for what you could become."
Charles Dubois

[Here is the link for THE SOCIAL READJUSTMENT RATING SCALE \(Life Change Scale\) so you can rate yourself.](#)





A little bit more about LiberatingTouch-EFT

In the last newsletter I promised to share some more about LiberatingTouch-EFT.

Where do I begin? Eddie and I have been experimenting and exploring this method of healing for the last 9 years so much of this has evolved through the insights we have had in sessions with clients, workshops and in our own ongoing personal journey of Liberation and Self Realisation. Perhaps we have been waiting for the right time to share this. Last year after presenting at the EFT Masterclass 2009 it became clear that I really needed to start writing and putting some of these processes down on paper and make them available. At first I was quite reluctant especially as there are so many different methods of returning to wholeness in the complementary health arena and so many pathways emerging from EFT, a part of me was unsure. Last year I even wrote an article for the Emotional Buzz, titled Effective, Efficient, Enlightening, where I shared my doubts about labeling these many stylistic advances and formulas especially as they overlap with other inspirational frameworks, many practitioners use these frameworks without ever having come into contact with a future or past "original" framework but simply because that is where their intuition led them. And to add to this conundrum I couldn't help but notice that once somebody shared a framework it apparently became theirs and the truth for me is that this kind of work, inspiration belongs to everybody, and some of it is simply rediscovered ancient knowledge.

So then what changed? I let go of my prejudice, fear and limitations with the very process (LiberatingTouch-EFT) that I was reticent to share, ironical. The change began in India and Malaysia, especially during the Return to Joy Workshop in Penang. At the post EFT Gathering workshop Joy and Endorphins that I facilitated alongside Martine in Ilkley, it became clear that I could no longer call what I do simply EFT. I had 3 emails simultaneously in which I was repeatedly told the same thing along the lines, "this feels so different to classic EFT, and it feels like a whole different way of working, more intense, deeper, meditative, what is it?" And I found myself replying it is LiberatingTouch-EFT.

LiberatingTouch-EFT did not come about in one big flash of inspiration, or happen because of

one eureka moment, or as a glimpse of enlightenment, it filtered into our consciousness, little by little, transforming us and transforming those around us. I do not know if it is unique or original in any way. We were simply inspired to blend EFT with explorations in subtle energy, Jin Shin Jyutsu and experiences with Transpersonal Awareness, Cutting Ties, and Investigations into the way the mind stores suffering and the transformative power of Love which we describe as LiberatingTouch-EFT. LiberatingTouch-EFT is a way of undoing suffering, confusion, pain, fear, stuckness, lack of confidence, trauma, and the many wounds of the mind so that you can experience and share Truth, Love, Joy, Beauty, Compassion and Peace. It is a gift that we get to share and it fills us with awe.

The more Eddie and I "play" with LiberatingTouch-EFT the more I experience it as a method for liberating consciousness. If everything including consciousness is energy then we can say that trauma, anger, love, money are all expressions of energy. With LiberatingTouch-EFT we focus on freeing the energy from the mind, unrequited desires, and memories of pain, suffering and simply reroute energy to a heart centred coherent openness, joy, connection, fulfillment and well being. Will it work for you as well as it does for us and our clients...I do not know. Will it help you loose weight, get rich, move out of your parents house? I don't know. **I do know that the secret to happiness is detachment from the thoughts that hurt, and Love is the secret underlying all healing.** LiberatingTouch-EFT can be a vehicle that takes us home to that place of healing.

Am out of space... More in the next newsletter

[If you want to experience LiberatingTouch-EFT, you can either book a session with us or join Ranjana for the Return to Joy or the Alchemy of Change Workshop.](#)

On the Cute and Funny Side

Thank you Maria Went for this beautiful handmade card and the joy it gave us, (The 2 chicks in the card are supposed to be Eddie and me in conversation☺)

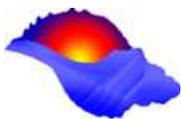
Chick 1 says, "Ahhh Spring is in the air again Eddie"

Chick 2 says, "Hmmm Spring is in everyday Ranjana, my love"

That is it for this Newsletter. Call us, email us, and stay in touch. Hope you enjoyed the newsletter.



Love Ranjana & Eddie Appoo



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EFT Self Help Support Group (Free)

1st Sunday of Every Month 2 pm- 4pm

This is for those who have attended an EFT level 1 workshop or similar.

The next dates are:

2nd May 2010

6th June 2010

4th July 2010



Cutting the Ties That Bind Circle (Free) is also held on the 1st Sunday of every month at 4pm- 6pm. See Dates above.

Emotional Freedom Techniques AAMET certified Workshops

Introductory One Day EFT Level 1 Workshop

Saturday 10th July 2010,

Or Saturday 18th September 2010

10AM to 5PM £65 per Person

AAMET Certified Practitioner EFT Level 2 Workshop

19th and 20th September 2010,

10AM to 5PM both days, £185 per Person

AAMET Certified Practitioner Level 3 Workshops

Advanced Level Comprehensive Training Intensive – 2010 course dates

In May, we will be running an Intensive EFT Level 3 training over 3 weekends

8th & 9th May 2010- Shifting Belief Systems, Healing Trauma, Further Approaches

15th & 16th May 2010 - Client Rapport, Working with

Critical and Chronic Labels, Experiencing Source

22nd & 23rd May 2010 - Mentoring and Further

Explorations in EFT

Please call us for more information.

Jin Shin Jyutsu Workshops

2 day Introduction to Jin Shin Jyutsu

Saturday 17th July & Sunday 18th July 2010

10AM to 5PM £95 per Person

Jin Shin Jyutsu Physio-Philosophy is an ancient art of harmonizing the life energy in the body.

Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being. It is a valuable complement to

conventional healing methods, inducing relaxation and reducing the effects of stress. It

is a gentle and unobtrusive, deeply relaxing, dynamic way of helping the body to help itself.

Specialist Events and Dates

Return to Joy, Saturday 24th April 2010, £65

A One Day (Transformation) Workshop –Coming Home,

Living your Truth & Bliss

Using Ancient Wisdom to Well Being and Cutting Edge

Healing Techniques, Discover Practical ways to Experience Profound Healing, Deep Relaxation and Joyous Laughter

Time: 11am to 5pm

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](#)

The Alchemy of Change

With Ranjana Appoo & Martine Moorby

26th, 27th, 28th of June, £280

We invite you to join us in creating this sacred space in which we can BE with the winds of Change

Venue: The Wellington Health Centre, Hastings, East Sussex, TN34 1PN, www.thewellingtoncentre.com

During this 3 Day Experiential Journey *Martine & Ranjana will share with you* The Alchemical Journey of Change:

1. Awareness of Pain

What makes us want to change? How does change impact us? What happens when we meet Suffering as a gateway to change? Discover ways of transforming pain with transpersonal Awareness that creates effortless Change

2. The Tango with the Light

Unravel the story of two steps forward one step back, instead of frustration, anger, stress, disappointment, imagine meeting the pace of change with a sense of calm, enjoying the movement, getting into the flow and maybe even Dancing to the rhythm of Change

3. Integration and Wholeness

Integrating change, owning your potential, capability, willingness to experience change, Allowing wholeness, Believing in effortless possibilities through Self- Awareness experience Self-confidence, and Self –satisfaction and the wholeness that comes from Self- Realisation

Martine brings to this space her experience as a change agent, her skills of holding, witnessing and deep listening to help you take stock and make liberating choices from the inside out.

Ranjana shares practical ways to cultivate Detachment, Clarity and Freedom in times of change. With Meditative Inquiry, Jin Shin Jyutsu, Movement, Breath Awareness and Liberating Touch-EFT Ranjana reveals the profound Joy that comes from healing the mind and liberating the heart.

Change happens whether we are ready or not. Wouldn't you like to feel centred, safe, inspired, open and empowered when creating and / or meeting Change?

Call [Martine](#) on 01423 501368 for details & to book your

place for more information [click here](#)

More Information on our website

www.emotionalhealthcentre.com

2010
June
3, April

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