

Emotional Health Centre News

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

Dearest Friends,

Hope you are all enjoying summer. Since the last Newsletter so much has happened, I have the strangest sensation that I had written the last newsletter eons ago and at the same time it feels like yesterday. My relationship with time has changed dramatically this year; it feels a lot more bendy ☺ and less linear. I recently bumped into a close friend with whom I have not had contact for over a year. We both have been doing our own thing. When we met we both responded to each other like it had been ages and yet like it was yesterday, we could see we had both changed but the underlying love for each other had not changed. It was wonderful. We both remarked that we felt connected beyond time and space. I have often felt this for all of you reading this newsletter, some of you I have known for years while others are passing by, yet each one of you has touched my life in the most precious way and for this I am grateful.

All is imagined, all is past, there is nothing that the power of love and truth can't heal. Byron Katie

Wherever you stand, however far from love you may judge yourself to be, you can observe that the universe does not judge you at all and - through synchronicity - it always finds and maps out the shortest route for you between the place where you stand now, wherever it is, and your perfect good. Ann Napier in the July [Cygnus Review](#)

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Since March, our last newsletter, we have had our windows replaced, I am no longer practicing from the Wellington Centre in Hastings (I needed to focus all my attention at our own Emotional Health Centre, and develop and formalize LiberatingTouch-EFT). We have also temporarily stopped doing group

sessions till we find a suitable venue. We are researching the best ways to run group tele-sessions via the internet. Any advice is welcome. Will keep you posted. We are also planning to film some LiberatingTouch sessions so that you can get a feel for it. Writing about LiberatingTouch has been more challenging than I had anticipated; I had not realized how little structure I have when using this art form. How do you articulate something that comes directly from the heart like a divine wind, sometimes in gusts, other times as a gentle breeze and sometimes like a gale force wind? Pinning this down is turning out to be an adventure in itself. As promised I will share with you something about this practical art of Self Realisation in every newsletter. I invite your feedback and questions as it will help us enormously.

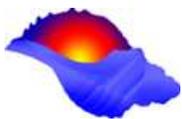
Healing with Love makes us whole, restores us, and liberates us so that we may remember that we are not alone but truly all One. Ranjana

Because Eddie and I now facilitate Emotional Freedom sessions so differently from when I first began working as a practitioner, I am offering all my clients who have not had a session with me for over a year and would like to experience LiberatingTouch-EFT a 50% discount. My understanding, skill and confidence are so dramatically different now. There are moments when I find myself thinking of some of the sessions I had done 2 years or more ago and I can see the different avenues we could now explore and integrate. The way we meet stress, conditioned hurts, patterns and suffering has changed and I would love to share it with those of you that I had the privilege of working with a while back.

Scientific basis of Homeopathy

I do not know how many of you saw this in the Sunday Times, July 4, this kind of news can get forgotten, and so I had to share it. It did make me smile.

Professor Luc Montagnier, a French virologist who won the Nobel prize for discovering a link between HIV and AIDS, has found the scientific basis of Homeopathy by showing that water has a memory that continues even after many dilutions. The idea is one of the foundations of homeopathy, which maintains that the potency of a substance is increased with its dilution. Montagnier has discovered that solutions containing the DNA of viruses and bacteria "could emit low frequency radio waves". These waves influence molecules around them, and turn them into organised structures. These molecules in turn can emit waves. He has discovered



that the waves remain in the water, even after it has been diluted many times.

Recently doctors have described homeopathy as 'nonsense'. Last week, the UK's British Medical Association (BMA) – the trade union of doctors – passed a resolution to stop homeopathy being made available on the National Health Service. It also wants all homeopathic remedies to be placed in a special area marked 'Placebos' in health shops and pharmacies. So the discovery of Nobel prize-winning scientist about the nature of water that suggests the therapy does have a scientific basis has hopefully given the BMA some homeopathy for thought.

Focus on Natural Remedies: Apple Juice

Recently there was an article in the American Journal of Alzheimer's Disease and Other Dementias, 2010; 25: 367 that suggested that two glasses of apple juice as good as drugs for Alzheimer's, dementia patients

From the new research I learnt that some of the worst effects of Alzheimer's disease can be improved just by drinking two glasses of apple juice a day. The juice has had a dramatic effect on one group of Alzheimer's patients. Just two 4-oz glasses of the drink every day for a month produced a big improvement in levels of anxiety, agitation and delusion. Overall, caregivers noted that the juice improved behavioural and psychotic symptoms by 27 per cent. Several studies have now demonstrated that fruit and vegetable juices, and nutritional and vitamin supplements, can delay the progress of Alzheimer's disease and dementia, and can be just as effective as drugs, and without the nasty side effects, Well that is what the researchers say.

I love Apple juice, so here are just some of the various health benefits which are believed to be associated with drinking apple juice.

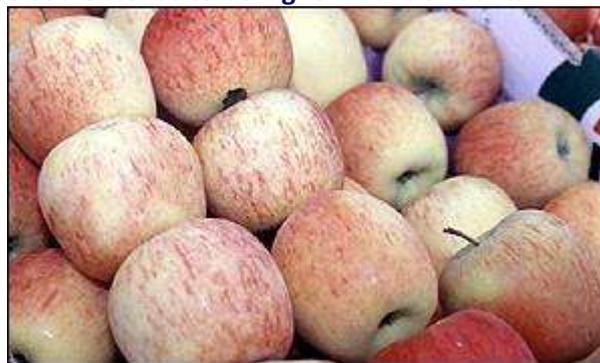
1. There are a variety of essential nutrients and vitamins which may help protect the body from certain illnesses, such as the common cold.
2. Apple juice contains antioxidants, which may help prevent the body from developing various types of cancer, as well as heart disease.
3. As long as you drink it in moderation, it is believed that the antioxidants in apple juice may help promote weight loss.

4. Some scientific research shows that apple juice may help improve brain function and, ultimately, improve cognition due to this reason.

5. Due to the high amount of antioxidants found in apple juice, it may help reduce cholesterol levels.

In order to get the highest amount of health benefits from your apple juice, the main key is to read the label. Choose one that is 100% apple juice. Otherwise, you will mainly be drinking sugar, which will also lead to weight gain and may increase your risk of developing diabetes.

Did you know that Apple juice which looks a bit cloudier tends to be higher in antioxidants.



Apple juice 'protects the heart'

I found this on the BBC health website:

A team of researchers at UC Davis School of Medicine in the US have found that drinking apple juice appears to slow down a process that can lead to heart disease.

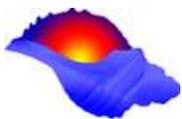
Compounds in apples and apple juice called phytonutrients act in much the same way that red wine and tea do to delay the breakdown of LDL or "bad" cholesterol. When LDL oxidises, or deteriorates in the blood, plaque accumulates along the walls of the coronary artery and causes atherosclerosis (a dangerous thickening of the artery).

Lead researcher Dianne Hyson, a dietician, said: "Previous studies have shown that eating fruits and vegetables is associated with a reduced risk of coronary artery disease. But this is the first clinical study to show the potential benefits of active compounds in apple juice and apples."

Although the researchers expected to see positive results from drinking apple juice, they were surprised to find beneficial effects after only six weeks. Ms Hyson said: "A very moderate intake of apple juice has the potential to reduce risk factors for heart disease in a fairly short period of time. This small diet change might play an important role in a heart healthy diet."

Study results

During the 12-week clinical study, 25 healthy adult men and women added either 12 ounces of 100% apple juice or two apples into their daily diet. Half of the



participants drank 100% apple juice daily for six weeks while the other half ate apples including the peel.

The varieties of apples the group consumed included Fuji, Golden Delicious, Granny Smith and Red Delicious.

After six weeks, the subjects switched groups. Each participant kept a detailed five-day food record every two weeks, and researchers monitored the subjects' body weight throughout the 12-week study period. There were no significant differences in the intake of dietary fat, cholesterol, total carbohydrate, sugar or calories.

Researchers measured how long it took for LDL cholesterol to be broken down before the study and at each six-week interval - this is known as the oxidation lag time. Lag time measurements are commonly used to determine how long it takes for cholesterol to oxidise or break down when exposed to certain chemicals.

A longer lag time indicates a greater delay in the start of oxidation, which is associated with a reduced risk of heart disease. The lag time increased by 20% after six weeks among those drinking apple juice. Eating apples also showed potential health benefits, but not such a dramatic effect.

A spokesperson for the British Heart Foundation said: *"The BHF says that a diet rich in fruit and vegetables is important and that five portions of fruit and vegetables daily, including fruit juices, will provide the body with a good supply of potent antioxidants.*

"This new research certainly gives credence to the rhyme 'an apple a day keeps the doctor away!'" The research is published in the Journal of Medicinal Food.

Apple Juice anyone?

The Woodpecker

Below is a poem from a client and a friend of mine, her name is Catherine Scott. She is a bright shining light in my life, inspiring me with her courage and willingness to heal wounds that many would rather bandage over. I met her first in November 2008 at an EFT Foundations 1 day Workshop that I was facilitating for the Hastings and Rother Counseling Services (HRCS). Catherine has been in recovery from Encephalitis (a disease that has a high mortality rate) and I have been heartened by her resilience, her strength, and her candid sense of humour but

most of all her dedication to the journey of love, truth and healing. There is much that I would love to share about her, her elegance, her grace, her good taste, her wonderful insights, her transformation. She wrote this poem for me, about me, but every time I read it I think about her.

The Woodpecker

*She tap tap taps like the Woodpecker,
Who chisel for their nest
Her colours are bright as that beautiful bird
Her energy and touch, persistent and precise as theirs*

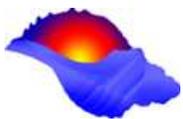
*No migration or desertion for this bird
With her growing flock she stays
To tap tap tap till she finds the source,
Not a nest she wishes to make
Their approach the same,
Their purpose not shared
So sure and clear of her final goal
No hole to be found from her tap tap tapping
Yet a whole to be bound, she's found*

Thank you Catherine for this, I am really looking forward to the publication of your book. If any of you want to contact Catherine and know more about Recovering from Encephalitis how she has lived through such an incredible life changing experience. You can email her on catherinescott50@yahoo.co.uk

Probiotic drink reduces infections in small children (from www.wddty.com)

A probiotic yoghurt drink can dramatically reduce the number of common sicknesses and infections in children. The children who had the drink every day suffered fewer outbreaks of ear infections, flu, diarrhea and sinusitis. The drink, DanActive, was tested on a group of 638 healthy children, aged between three and six, who attended school every day. They either drank DanActive every day or a standard yoghurt drink that did not contain any probiotics. The DanActive children had 19 per cent fewer infections overall, including 24 per cent less gastro-intestinal problems, and 18 per cent fewer ear infections, sinusitis or strep. DanActive contains the probiotic strain L.casei DN-114 001. (Source: European Journal of Clinical Nutrition, 2010; May 19: doi: 10.1038/ejcn.2010.65).

A little bit about LiberatingTouch-EFT and how it can be wonderful for Relationships and introducing a new custom designed adventure for couples and individuals.



Having worked with couples and weathered the storms of our own relationship we have an experiential understanding of what it means to be free to love each other as we grow, we do not have relationships figured out any more than anyone else. They're a very personal thing and your relationship will inevitably be different than ours. Secondly, we continue to learn every day with every breath.



I have observed that in a relationship our partners can reflect our shadows. We can avoid asking for what we want because of our fears. And then there is that shadow of guilt that can suddenly darken our vision too. We think we'll make them feel bad for not meeting our needs, so we stay quiet, hoping that someday soon our partner will develop telepathy and figure things out. That day hasn't come for me yet. But you can go on waiting if you want. Eddie and I discovered the art of communication is truly an art and sometimes we wait to be inspired and then sharing is exhilarating.

Here are my 4 "T" secrets to a Liberating Relationship; we explore these with couples and how to implement them in our sessions together:

1. Trust- Love & Honesty - Accept your partner as they are
2. Time- Spend Time together and simply BE the best partner you can BE. Find Similarities.
3. Talk – Communicate and Listen with as much awareness as you can, BE more concerned with being kind, than with being right. Avoid

making assumptions, avoid taking things personally

4. Touch- Enjoy Intimacy and Healing Touch

We have developed a special program for individuals and for partners who want to embark on a Self Realisation and Custom Designed Healing Adventure with LiberatingTouch-EFT. More information about

[Liberate Your Life - BE FREE TO GROW](#)

[A 7 month custom designed Personal Transformation Adventure and](#)

[Liberate Your Relationship - BE FREE TO LOVE](#)

[A 4 month custom designed Loving Adventure for Couples](#) is on [our website](#).

If you are interested do let us know and we will book in a free ½ hour consultation for you. Other events and workshops are listed at the end of the newsletter.

On the Funny (oh oh) side:

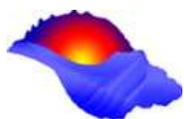
The Little Girl on the Plane

A Congressman was seated next to a little girl on the airplane leaving from Mobile, AL when he turned to her and said, 'Let's talk. I've heard that flights go quicker if you strike up a conversation with your fellow passenger.' The little girl, who had just opened her book, closed it slowly and said to the total stranger, 'What would you like to talk about?' 'Oh, I don't know,' said the congressman. 'How about global warming or universal health care', and he smiles smugly. 'OK,' she said. 'Those could be interesting topics. But let me ask you a question first. A horse, a cow, and a deer all eat the same stuff - grass. Yet a deer excretes little pellets, while a cow turns out a flat patty, and a horse produces clumps of dried grass. Why do you suppose that is?' The California legislator, visibly surprised by the little girl's intelligence, thinks about it and says, 'Hmmm, I really have absolutely no idea.' To which the little girl replies, "Well then.....Do you really feel qualified to discuss issues such as global warming or universal health care when you don't know shit?" She quietly went about reading her book and was not bothered again!

Study Suggests Hand Washing Cleanses the Mind

In the journal Science, researchers write that hand washing seems to lower the amount of second-guessing and rationalization that occur after making a decision. Study author Spike W.S. Lee discusses the paper, and why the simple act of washing one's hands could ease the mind. Here is where I found this:

<http://www.npr.org/templates/story/story.php?storyId=126611413>



Soaping up your hands may do more than just get rid of germs. It may scrub away the inner turmoil you feel right after being forced to make a choice between two appealing options.

That's according to a new study on the psychological effects of hand washing in the journal *Science*. The study builds on past research into a phenomenon known as "the Macbeth effect." It turns out that Shakespeare was really onto something when he imagined Lady Macbeth trying to clean her conscience by rubbing invisible bloodstains from her hands. A few years ago, scientists asked people to describe a past unethical act. If people were then given a chance to clean their hands, they later expressed less guilt and shame than people who hadn't cleansed. This finding fascinated Spike W. S. Lee, a psychology researcher at the University of Michigan. He wondered if hand washing could restore more than just a sense of moral purity. After all, "cleanliness is next to godliness," but people also often talk about "starting over with a clean slate."

"Maybe there is a broader phenomenon here," says Lee. "Anything from the past, any kind of negative emotional experiences, might be washed away."

Washing Away the Stress Of Decisions

He and a colleague named Norbert Schwarz decided to test hand washing's effect on one kind of bad feeling: the lingering tension we feel after being forced to choose between two attractive options, because picking one option makes us feel that we've lost the other.

Psychologists know that people usually try to soothe this inner conflict by later exaggerating the positive aspects of their choice. "In other words, after they make the choice, they will like the chosen option more than before the choice," Lee explains.

To see if hand washing could ease people's tension and do away with the need for this after-the-fact justification, the researchers gave some students some mock "consumer surveys."

They had students rank 10 different music CDs. Then, as a token of appreciation, the researchers offered students one CD as a take-home gift — they had to choose between their fifth- and sixth-ranked CDs.

Some students then lathered up with liquid soap, supposedly to evaluate this product. Others only looked at the soap or sniffed it.

Later, the students again had to rank all the music. People who didn't wash their hands had the

normal response — they scored their take-home CD higher than they had the first time around, suggesting that they now saw it as even more attractive than before. But this wasn't true for the hand washers. They ranked the music about the same.

"They feel no need at all to justify the choice," says Lee.
Does Washing Help In Long Run?

The researchers did another version of this experiment and found the exact same effect after people selected a jar of fruit jam and then rubbed their hands with an antiseptic wipe. "Apparently, you do not need water and soap," says Schwarz — any kind of hand cleaning will do the trick.

But the implications of all this just aren't clear. Schwarz says it's too soon to know whether people should head for a sink after making a tough choice. He says washing may help decision-makers by scrubbing away mental turmoil. But perhaps if they don't go through the usual post-decision process of justifying their choice, they might feel more remorse in the long run. "*We may not do you a favor when you wash your hands and you're not doing that cognitive work to make your decisions appear in the best possible light,*" Schwarz explains, adding that this is something they want to investigate in future studies.

Fascinating...What do you think?

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

Love Ranjana & Eddie Appoo

Free Support Groups, Workshops and more

Meditation- Thursday Evenings Free

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:

1st August 2010

5th September 2010

3rd October 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 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

Jin Shin Jyutsu Workshops

2 day Introduction to Jin Shin Jyutsu

Saturday 16th July & Sunday 17th October 2010

10AM to 5PM £95 per Person