

Dearest Friends,

Spring is here, time for gardening, cleaning, growing, feel the sap rising, and expanding consciousness. We hope some of you will join us at the Foundations of [LiberatingTouch and EFT](#) (9th and 10th April) workshop, or the [Jin Shin Jyutsu Self Help](#) (seriously relaxing) weekend in June. In May we will be having guests from all over the world including my mother who is coming for the [8 day In Depth LiberatingTouch Seminar](#). So an exciting few months up ahead. Eddie and I have just finished our annual [detox and liver flush](#) and are feeling the benefits. ☀

Hope you enjoy this newsletter. Thank you for sharing this journey with us. ∞ Love & Gratitude
Eddie and Ranjana

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When you feel you can't and it holds you back...

Everyone has multiple talents and everyone can sing. If you don't acknowledge your ability to sing because you think you can't, it will not diminish the singer within you.

One of the common issues that comes up with clients and in workshops is the statement:
I CANNOT...

It often seems like an unobtrusive statement, and most people accept this as normal and rarely challenge or trace the origins of this belief system. Depending on the situation, this general sweeping statement **can** (-:-) be disempowering and it denies what we are truly capable of. Sometimes it is said as a defensive measure, as protection, sometimes it is a conditioned way of thinking passed down by parents, social mores and so on. What I have noticed is that the statement in itself is not the problem. It is the emotional tag of incapacity, incapability, inability and all the corresponding emotions that go along with these labels that are the problem.

I cannot relax...

I cannot sleep...

I can't draw...

I can't sing...

I can't write...

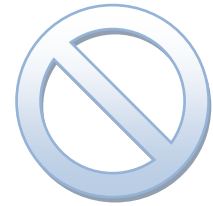
I can't cope...

I can't love myself...

I can't stand up for myself...

I can't afford...

I can't....



How many "I cannots" do you have in your repertoire? But more importantly how disempowered are you when you give voice to this? Do you say to yourself, "I cannot **until** I..."

Success and Confidence Coaches teach us how to find positive reframes and positive language when meeting our *cannots*, for example:

Instead of I cannot relax...I am learning to relax...

Instead of I cannot sleep...I can rest...

Instead of I can't draw...I can doodle and squiggle with style...Etc.

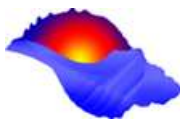
This is very useful. But for some this works only as a temporary measure, despite flicking oneself with a plastic band or using other aids to remind ourselves of our potential and authenticity, the energy of "I cannot" *can stay* with us like a shadow. One of the ways I help my clients release this pattern is to sneak their "I cannot" gremlins into the light with LiberatingTouch.

As I mentioned earlier, the words of "I cannot" are not in themselves the problem. Sometimes we genuinely cannot. For example at this present moment in time, I cannot run 100 metres in under 10 seconds!! Mr. Bolt can and I love that he can and I can get the thrill of watching him. So for me not being able to run like lightning has no charge, in fact it reminds me of what I can do and this is balance.

Through experience I discover that **balance and honesty** are the keys to transformation, equanimity and self actualisation. Balance and honesty helps us find that **we can**. We have been taught to focus on what we cannot for so long, that it has become our reality and this is an imbalanced belief. It is a partial picture. Imagine you are holding the scales in your hands, in one side lies the words I cannot, in the other I can, which one is heavier?

Another discovery I made was that the energy of "cannot" tends to stem from conditioning, probably stored messages in the subconscious mind, while "can" seems to come from possibility, openness and dare I say it from the heart... It is so much easier to "can" when love is involved.





Try these phrases and notice where they seem to originate from for you, which of these phrases seems loaded with "history". This level of recognition requires awareness and honesty because sometimes we are quick to defend our stories and pull away from facing them.

*I cannot give this up,
I cannot accept this flaw
I cannot cope*

Now try:

*I can give this up
I can accept this flaw
I can cope*

The best way I know how to transform the heaviness of the "cannot" energy, is to throw the mind into disarray, not to give it linear connections or linear reframes. But to make our minds think of something else unrelated to "the story of cannot" and so bring in an unconnected element and change the balance of power that "cannot" has in our lives to "can". By doing this we remind ourselves that *I cannot* and *I can* are simply stories that we have identified with and become attached to.

So here is the Self help I prescribe for this:

Step 1: Make a list of at least 10 "I cannot...." for eg.

*I cannot keep up with all my emails
I cannot make time for...
I cannot live without...
I cannot relax*

Step 2: Now make a list of 10 things that you can do that have nothing to do with what you cannot for eg.

*I can tickle my toes
I can arch my eyebrows*

*I can enjoy chocolate
I can love my.... (cat)*

Step 3: Then randomly mix and match the phrases *I cannot keep up with all my emails* **and** *I can tickle my toes*

I cannot make time for myself **and** *I can arch my eyebrows*

More eg.

I cannot afford a holiday **and** *I can brush my teeth*
I cannot tell others my talents **and** *I can drink water*

Step 4: For the next 7 to 10 days, keep this mix and match list in a place where you will notice it, you can either use [EFT](#) with it or as in [LiberatingTouch](#) you can hold any sequence of the energy balancing locations while saying the phrases. Notice what happens. Do this a few times and you may even

enjoy it. My clients love it and somewhere along the line it opens the door to laughter and who knows what will happen when our whole being resonates with *I can laugh, I can cry, I can laugh...* for me when I can laugh, I am effortlessly grateful.

I leave with you with a very special intention that many of you know:

*God, grant me the serenity
to accept the things I cannot change;
the courage to change the things I can;
and the wisdom to know the difference.*

Statins - to have or not to have

I don't know about you but are doctors prescribing Statins as a "drugs for life prevention program"? The question is does it work?

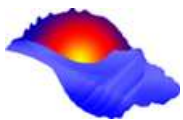
Statins are a class of medicines that are frequently used to lower blood cholesterol levels. The drugs are able to block the action of a chemical in the liver that is necessary for making cholesterol. This was really brought home to us when I asked Eddie to have his blood pressure and cholesterol checked (he has not been to the doctor's for a long long time) once there the doctor kept insisting that Eddie needed to take statins, his cholesterol was marginally high at that time, even the Doctor admitted it was marginal, the language he used was strong. The scare tactics did not work. Eddie and I have been researching health matters for over 15 years so being responsible about our health has always been important to us. For us the side effects of these drugs far outweigh any benefits they may have. But this is our personal opinion; you need to decide for yourself.

What is cholesterol?

Cholesterol forms part of the outer membrane that surrounds every cell. It's used to insulate nerve fibres (and so make nerve signals travel properly) and make hormones, which carry chemical signals around the body.

Without cholesterol, your body wouldn't work - it's vital to ensure the body's normal function. Too much cholesterol in the blood, however, increases the risk of coronary heart disease and disease of the arteries.

In recent years, researchers have come to realise that to decide whether an individual's cholesterol levels are dangerous, these levels need to be considered in the light of the person's overall risk of heart disease. In particular, it's the balance of different types of lipoproteins, rather than the overall total cholesterol level, that matters. This overall risk is determined by a



combination of factors, including age, gender, family history of heart disease, and whether someone smokes, is overweight, has high blood pressure or diabetes. The higher the risk of heart disease (for example, a male smoker with high blood pressure and diabetes), the greater the need to get cholesterol levels down. But what constitutes a healthy cholesterol level is controversial, even among doctors.

Some Doctors argue that because cholesterol-lowering drugs mostly appear to have minimal side-effects, almost everyone should take them. (Check out the side effects below and decide for yourself). But other experts argue that the research evidence doesn't show any particular benefit for certain low-risk groups and some point to recent concerns about side-effects, such as damage to muscles or the kidneys.

With anti-cholesterol drugs now being sold without prescription at the pharmacy, **the decision about how far to control cholesterol is being pushed into your hands.**

Recent research suggests that in addition to suppressing CoQ10, the major side-effects of statins include muscle pain and weakness (myopathy), liver and kidney damage, and a potentially fatal muscle-wasting disorder called rhabdomyolysis. In August 2001, the statin Baycol was withdrawn by its German manufacturer Bayer after 31 people died due to drug-induced rhabdomyolysis. From November 1997 to March 2000, 601 cases of statin-induced rhabdomyolysis - and 38 deaths - were voluntarily reported to the US Food and Drug Administration (Lancet, 2004; 363: 892-4). Minor adverse effects include skin rash, constipation and headache. Some researchers even suggest that side-effects include cancer, nerve damage (peripheral neuropathy), memory loss and other cognitive problems. There's also the strong possibility that statins may cause diabetes, as insulin sensitivity is significantly reduced by these drugs.

Below are 3 articles from the [WDDTY](#) (What Doctors don't tell you) newsletter that highlight the side effects of statins and might help you make an informed choice.

Statins: Too many people are taking them (and they're doing far less good than you think)
25 January 2007

Cholesterol-lowering statins have become one of the most popular 'just in case' drugs on the market. They're handed out to anyone who may be at risk from developing heart disease – which, in the eyes of the doctor, will be pretty much everyone over the age of 50 or so.

So it's not surprising to learn that 36m Americans take a statin every day, generating annual sales of \$15.5bn for the manufacturers, and making two statins - Lipitor and Zocor - the top two best-selling drugs in the USA. Statin use has been increasing by an average of 12 per cent a year, and it's a trend that is likely to continue while medicine sees almost all of us as being at risk from raised cholesterol levels.

There's evidence to suggest that those of us with a diagnosed heart condition may benefit from a statin, but this is a small fraction of those who take the drug.



A new Harvard study has discovered that just 8 per cent of people taking a statin had a heart condition – the rest were merely considered to be at risk, a judgment that was entirely subjective, and based on very little evidence.

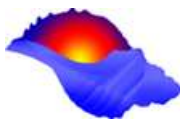
The Harvard researchers looked at the results of eight trials, and discovered that the statins didn't reduce the number of deaths, even among those with a known heart condition.

The drugs had a marginally positive effect on men, although it works out that 67 people would need to take the drug for five years in order to prevent one heart attack. It had no benefit whatsoever among 10,990 women who took it. All of this suggests that far too many people are taking a statin, and with no positive outcome. Instead of being the universal 'just-in-case' drug, its use should be restricted to people who have been diagnosed with a heart condition, the researchers conclude.

Their findings follow on from last week's discovery that statins may cause Parkinson's (see WDDTY E-news No. 326), and from earlier studies that suggest the drugs may be causing the heart conditions they're supposed to be preventing. (Source: The Lancet, 2007; 369: 268-9).

Why statins can make you depressed and anxious
07 July 2010

People who take statin drugs to lower their cholesterol often become depressed, and anxious, and they start suffering from memory loss – and now scientists have



worked out why this happens. The brain needs serotonin, an enzyme, in order to control mood and behaviour – but taking a statin for a long time changes the structure of the cells that are sensitive to the enzyme. They tested the theory with the statin drug mevastatin. They noted significant changes to the structure and function of serotonin cell receptors – and they resumed normal functioning only when cholesterol levels were restored to normal. In other words, we need cholesterol in order to maintain a healthy and well-functioning brain, and the cost to our lifestyle of the statin may be a price too high to pay. (Source: Biochemistry, 2010; 49: 5426).



Other Cholesterol lowering Helpers:

Apples: Apple pectin is a soluble fiber that helps draw cholesterol out of the system. The flavonoids (Quercetin) in apples act as a powerful antioxidant that seems to short-circuit the process that leads “bad” LDL cholesterol to accumulate in the bloodstream.

Beans: Beans and vegetables are an excellent source of soluble fibre and high in vegetable protein. By properly combining beans with brown rice, seeds, corn, wheat you can create a complete protein. Properly combined beans become an excellent substitute for red meat protein that is high in saturated fat.

Brown Rice: The oil in whole brown rice, not its fibre, lowers cholesterol. Brown rice can be combined with beans to form an inexpensive complete protein low in saturated fat. In addition, this whole grain also supplies good doses of heart-healthy fibre, magnesium and B vitamins.

Cinnamon: A study published in the journal Diabetes Care found that half a teaspoon of cinnamon a day significantly reduces blood sugar levels in people with type-2 diabetes. It also reduces triglyceride, LDL, the bad cholesterol and the total cholesterol level.

Garlic: Garlic contains the chemical allicin, which has been shown to kill bacteria and fungi, and alleviate certain digestive disorders. It also lowers the blood-clotting properties of blood. But the most notable attention garlic has received over recent years is its possible usefulness in lowering cholesterol levels.

Grapes: Flavonoids in grapes protect LDL cholesterol from free radical damage and reduce platelet clumping. The LDL lowering effect of grapes comes from a compound that grapes produce normally to resist mold. The darker the grape, the better.

Oats: Oatmeal contains soluble fibre, which reduces your low-density lipoprotein (LDL), the “bad” cholesterol. Five to 10 grams of soluble fibre a day decreases LDL cholesterol by about 5 percent. Eating 1.5 cups of cooked oatmeal provides 4.5 grams of fiber — enough to lower your cholesterol.

Nuts: Walnuts can significantly reduce blood cholesterol because they are rich in polyunsaturated fatty acids. Walnuts also help keep blood vessels healthy and elastic. Almonds appear to have a similar effect, resulting in a marked improvement within just four weeks. A cholesterol-lowering diet with a little less than 1/3 of a cup of walnuts a day may reduce LDL cholesterol by 12%. According to the American Food and Drug Administration, eating about a handful (1.5 ounces, or 42.5 grams) a day of most nuts, such as almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts and walnuts, may reduce your risk of heart disease.

‘Just-in-case’ statin drug use is dangerous

19 January 2011

Many people who reach their mid-fifties will be on a cholesterol-lowering statin drug, often as a ‘just-in-case’ measure. But the practice offers no benefits, and it could even be harmful, a new study suggests.

People who don’t have heart problems shouldn’t be taking a statin drug, which can cause liver problems, kidney failure and muscle weakness, say researchers from the Cochrane Collaboration. *As we age, cholesterol also becomes more important, and helps the brain function efficiently. Some cases of dementia in the elderly are caused by too low levels of cholesterol rather than ageing.*

Lead researcher Fiona Taylor says: “The decision to prescribe statins in this group (older people with no heart problems) should not be taken lightly.”

Doctors routinely prescribe statins to most patients over the age of 55 or so; low-dose versions of the drugs are also available at pharmacies without a prescription. (Source: Cochrane Database of Systematic Reviews, 2011; 1: CD004816).

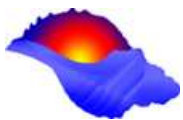
So what can we do to bring balance to our Cholesterol levels? Here are a few tips that many agree on:

Healthy eating: Eat a high-fibre diet

Foods that are high in soluble fibre such as oats, beans, pulses, lentils, nuts, fruits and vegetables, can help lower cholesterol. The Mediterranean diet, rich in fruits, vegetables and oils is also recommended.

Do regular physical activity

This can help increase your HDL cholesterol (the ‘protective’ type of cholesterol).



Just make sure the nuts you eat aren't salted or coated with sugar.

But the question is what raises cholesterol levels. In 2005 a team from University College London found stress appeared to raise cholesterol levels in some people. Have you ever been with people who are stressed, what do they eat? Having worked for many years with stress I can safely say that manage stress and health dramatically improves. Our favourite way of letting go of stress is meditation, [Jin Shin Jyutsu](#) and [LiberatingTouch](#).

At the end of the day it is your choice...Statins or Nuts and Relaxation (and maybe some TLC and [LiberatingTouch](#))? ☺

Focus on Natural Remedies: Nuts - Pecans



The Daily Mail reported on the 25th of February that eating pecan nuts can lower the risk of developing heart disease or cancer. Nuts can boost health. Walnuts help

lower cholesterol, while almonds are a great source of bone-building calcium and Brazil nuts are high in the antioxidant selenium, linked to preventing some cancers.

The Mayo Clinic conducted a study which found that all nuts are nutrient dense and naturally cholesterol free. Not only are nuts cholesterol free but, studies have suggested that eating pecans may help reduce LDL cholesterol levels, leading to a reduction in the risk of heart attacks and coronary artery disease. The serving size for nuts is about one ounce, which equals about 15 pecan halves. Pecans are a great staple for vegetarians, because one serving of pecans can take the place of the protein found in an ounce of meat.

Journal of Nutrition, 2010; 141: 56 reports that the pecan nut is one of the best snacks to eat to keep your heart and arteries healthy – and it may even lower your chances of cancer. The nut is rich in a form of vitamin E that reduces inflammation, one of the main causes of many chronic illnesses.

Eating the nuts could reduce your levels of LDL, or 'bad', cholesterol by 16.5 per cent. Researchers from Loma Linda University, who tested 16 participants, said the nut protects against heart and artery health, as well as lowering the risk of cancer.

Conversations and letters – A poem – *For You*, by Deborah Lacy



*Before I die I want to write a beautiful love song
A song the whole world sings
A song that will tell of love lost and died for
A song that happiness brings*

*Reaching out from my heart, each note a melody
Falling upon you like rain
Each beat like my heart a rhythm of energy
Repeated again and again*

*Sing it out loud so your voice reaches thousands
Sing it out like God is inside
Shouting a message through tunes and lullabies
Sound has no place to hide*

*Fall on those ears that are closing and open them
Fall upon hearts that are sore
Let each person know at the depth of their being
That they are loved to their core*

*I know I don't know you just yet in this place
This place we call home, on earth
But for all that I am I know we will meet soon
That is why our mother's gave birth*

*Listen in evenings as quiet as dark nights
Listen when everything's bustling
Somewhere in between all that is nothing
And all that is something, hear rustling*

*When you hear it please listen and follow your heart
This song that I'll sing to my grave
That love is why I was brought to this planet
And love is what's making us brave*

*I'm trusting now in this love that I'm feeling
Sensing deep in my bones
And I pray that you feel it wherever you're standing
And follow its beautiful tones*

*I'll meet you there with God's divine blessing
In the garden of life we will grow
And each day that we journey and love and get closer
Will be a seed that we sow*

*So listen my friend to the beautiful love song
A song the whole world sings
A song that will tell of love lost and died for
A song that happiness brings*

