

# Emotional Health Centre News

Essential focus on freedom, health and happiness [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

Issue 2, July - September 2007

Dearest Friends,

Thank you all for your calls, letters and emails. We feel so fortunate to be so supported and appreciated. Some of you asked us about the logo and what it represented. We often get inspired with images and ideas during meditation; in fact the idea of the

Emotional Health Centre was born in a dream, following that Eddie while meditating saw the image of the conch (a shell that when blown produces a wonderful deep resonating cleansing sound) and "heard" that the centre would be a clarion call for health and spiritual regeneration. In India the sound of the conch represents the presence of God. The Shell also has so many meanings and is often linked to the metaphor of looking within, the perfect spiral leading to the truth inside, also when we place our ear next to the opening of the shell we hear the sound of the



sea, the call home. I believe the purpose of the Emotional Health Centre is first to bring to our conscious awareness that we are lit from the inside that we have infinite potential, that we can experience profound joy and happiness and secondly to manifest this light, to feel light and be free to express and be this deep divinity. For a long time I felt lost and confused and every now and then I get lost again in the maze of desire and conditioned thinking and then I am reminded that within me is beauty that cannot be comprehended, there is laughter in silence and more than that we are not alone. We are never alone. Thank you for sharing this journey with me. Do call us and email us with your queries, suggestions, tears and laughter.

**" Alice laughed: 'There's no use trying,' she said; 'one can't believe impossible things.' 'I daresay you haven't had much practice,' said the Queen.**

**'When I was younger, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast.'"**

**Alice in Wonderland  
- Lewis Carroll**

## Contents

- \* What is Emotional Health
- \* 'SAFE' PAINKILLERS: Restricted ingredients are making addicts of thousands
- \* MOUTH-TO-MOUTH: We all think it's the best thing for a heart attack victim, and we're all wrong
- \* MIGRAINE: It could mean you're more likely to have a heart problem
- \* FOCUS ON NATURAL REMEDIES: GREENS
- \* Phillip Day, Be Wise Be Well video resource
- \* Six million Britons are malnourished
- \* Maximol Classic
- \* Should you take anti-oxidants whilst undergoing chemo or radiotherapy?
- \* Ground crews have a sense of humour
- \* Events and Workshop Dates (Attached)

## What is Emotional Health

### Health

The World Health Organisation defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. In any organism, health is the ability to efficiently respond to challenges (stressors) and effectively restore and sustain a "state of balance," known as homeostasis.

### Emotional Health

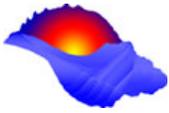
A person with good emotional health has the ability to express all emotions appropriately, and to maintain a balance of emotions so that negative emotions such as depression, stress, anxiety, fear and anger are not dominant.

Bobbie Lieberman writes in "How to Create Emotional Health", The intimate connection between body, mind and spirit has been known and honoured in Eastern medicine for millennia. But only relatively recently have we begun to see that emotional health is directly connected to physical health. Now we know: Neglect your emotional and spiritual health, and sooner or later it will take a toll on your physical body.

Thousands of studies (demanded by the Western cultural paradigm) have proven the mind-body connection. The human body is no longer seen as a machine whose breakdowns are random events. Depression is a risk factor for heart attack (and vice versa); anxiety can provoke digestive and skin disorders; self-centeredness may increase your risk of stroke or heart disease.

Your emotional health also shapes your ability to succeed "out there." According to researcher Daniel Goleman, author of the groundbreaking book "Emotional Intelligence," your "EQ" is a more accurate predictor of your ability to "succeed" in life than your IQ, a phenomenon he refers to as "emotional literacy."

## Detoxify your body of toxic emotions



# Emotional Health Centre News

Essential focus on freedom, health and happiness [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

I s s u e 2 , J u l y - S e p t e m b e r 2 0 0 7

Beyond physical vitality and personal security, there is an even deeper imperative calling us to pay attention to our emotional health: ultimately, the deepest satisfaction—or greatest misery—comes from our ability to live authentically, deeply and intimately with others. If we neglect our emotional development, we run the risk of isolation as we grind ourselves ever more deeply into cyclic patterns of blame/guilt, hostility/shame, anger/self-hate and other toxic emotions. As a wise friend of mine once remarked, "It is difficult to walk through doorways with a chip on one's shoulder."

For the complete article goto [http://health.discovery.com/centers-womens-althealth-emotional\\_healing.shtml](http://health.discovery.com/centers-womens-althealth-emotional_healing.shtml)

*The way I see it is that we are divine energetic emotional electrical beings and that unless we understand and take responsibility for our emotions we are very often powerless over our own actions and are powerless over the world. By recognising and becoming aware of all our emotions somehow we unlock the power and pain of the subconscious mind and enter into a state of possibility, which I also see as a state of grace. With this awareness the power of intention and gratitude is greatly amplified and we begin to experience blessings, abundance and healing in every area of our lives. When we begin to heal the emotional body, our distracted, fragmented, trapped energy is freed up so that we discover coherence, acceptance and who we really are. We discover peace and harmony in daily living.*

*This is a good place to plug our workshops, have attached information about the next events we are hosting. We invite you to join us and experience the benefits for yourself.*

*The next 3 articles are from the WDDTY (What Doctors Don't Tell You). I recommend joining their email list and getting their magazines and books.*

**'SAFE' PAINKILLERS: Restricted ingredients are making addicts of thousands**

Many thousands of people are addicted to the 'safe' over-the-counter drugs, such as simple painkillers. The main culprit seems to be the analgesic codeine phosphate – a controlled substance that is still freely available as part of other over-the-counter drugs, such as aspirin, paracetamol or ibuprofen. Codeine phosphate is derived either from opium or morphine, and it's treated as a controlled substance in most countries, including the UK where it is available only by prescription. It's not certain how many people are addicted to codeine-containing drugs, but one web service alone is helping 4,000 people who are addicted to Solpadeine, which combines codeine with paracetamol.

(Source: British Medical Journal, 2007; 334: 917-8).

**MOUTH-TO-MOUTH:** We all think it's the best thing for a heart attack victim, and we're all wrong

Most of us will attempt mouth-to-mouth resuscitation on someone who we suspect has had a heart attack. After all, we've seen it on the movies and television, first aid people say it's part of correct procedure, and even doctors will probably advise it, too – and it's just about the worst thing we can do.

It dramatically increases the chances of the person dying because it stops you pushing down on the chest, which is about the only life-saving thing that actually might work in that extreme situation.

Chest compression has been proved to be the most effective technique in various studies – and yet doctors continue to recommend mouth-to-mouth as part of emergency first-aid care for heart attack patients.

So why do they? It may be because they treat all sudden and life-threatening attacks the same – and, of course, they're all different, despite having superficial similarities.

A person who has almost drowned or taken a drugs overdose may look like a heart attack victim – but there's one big difference. In these cases, the victim has usually stopped breathing, and so mouth-to-mouth combined with chest compression is absolutely the right thing to do. But most heart attack victims are still breathing very lightly, or gasping, and so mouth-to-mouth is not only unnecessary, it may also increase the chances of death. (Source: The Lancet, 2007; 369: 882-4).

**MIGRAINE:** It could mean you're more likely to have a heart problem

If you're a migraine sufferer, you may also have a greater chance of heart disease, and even a heart attack. The process of artery constriction that leads to a migraine attack also makes the sufferer more likely to suffer cardiovascular disease.

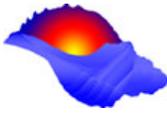
The link has been suggested by researchers who analysed the health profiles of 20,084 men aged between 40 and 84 who are participating in the major Physicians' Health Study.

Of those, 1,449 – or 7.2 per cent – suffered regular migraines, a group that also reported 2,236 major heart problems in 15 years. From this, researchers reckon that a migraine sufferer is almost twice as likely to suffer a heart problem as someone who doesn't get migraines. (Source: Archives of Internal Medicine, 2007; 167: 795-801).

*I used to have the most agonizing intense migraines (from the age of 11 till 4 years ago) until I discovered Neways Noni Juice and EFT. The combination has rid me of migraines ever since. Try it, you never know...*

**FOCUS ON NATURAL REMEDIES: GREENS**

- \* Greens like cabbage, kale, lettuce, spinach, broccoli, beans, etc.



# Emotional Health Centre News

Essential focus on freedom, health and happiness [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

I s s u e 2 , J u l y - S e p t e m b e r 2 0 0 7

- \* Greens contain chlorophyll
- \* Chlorophyll goes to manufacture haemoglobin, the oxygen-carrying truck in your blood
- \* Greens are a great source of *fine* calcium (not that found in cows' milk which is hard to assimilate)
- \* Organic greens are rich in minerals, including iron
  - \* Greens are alkalisng antioxidants which give protection against cancer
  - \* Greens are rich in amino acids, which make protein
  - \* Greens deliver an impressive enzyme payload when eaten in their raw, unadulterated state
  - \* Next time you're in the fresh produce section of your local supermarket, grab handfuls of the stuff

## Phillip Day, Be Wise Be Well video resource

An eye-opening and informative half-hour with people who have overcome various illnesses using natural methods. Including comments from Phillip Day on his Attitude tour in Australia.

<http://video.google.co.uk/videoplay?docid=-2257361582609712661>

## Six million Britons are malnourished say experts – The Independent reported on May 10, 2007

Up to 3.6 million people in Britain are suffering from malnutrition with growing numbers being treated for deficiency diseases, reports The Independent.

Research carried out by the British Association of Parenteral and Enteral Nutrition (BAPEN) has revealed that malnutrition currently costs the NHS more than £7.3 billion a year. This is double the estimated cost of treating obesity related disease in Britain.

BAPEN says that up to 6% of the population could be suffering from malnutrition and serious vitamin and mineral deficiencies caused by poor diet. They say that the problem is being fuelled by a growing reliance on pre-prepared foods and falling levels of micronutrients in fresh fruit and vegetables. Vitamin levels were also being compromised by binge drinking, excess sugar consumption and drug use.

The latest figures available (2002) showed that 2,729 people in English hospitals were diagnosed with malnutrition. Worrying numbers were suffering conditions usually found in the poorest parts of Africa.

Dr Mike Stroud, senior lecturer at the Institute of

Human Nutrition, University of Southampton, told The Independent: "The modern diet is not providing enough vitamins. Malnourishment is going to make you more vulnerable to illnesses and less able to cope with them. The medical profession is only just beginning to take on board the implications."

*We often speak of Maximol Solutions and how much it has helped us. We believe it is the best multi mineral and vitamin supplement for us. So here is a little blurb about it.*



**Maximol Classic** is a highly bio available liquid nutritional supplement, containing a unique blend of minerals, amino acids, enzymes and vitamins, all derived from natural sources, which are readily absorbed by the body.

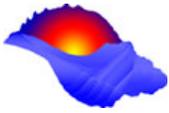
Many bodily processes and functions are dependant on vitamins, including our digestive and immune systems, metabolism and circulation. Generally, vitamins are not produced by the body and need to be incorporated into our daily diet from food we eat and from supplements. It is quite common for our bodies to be lacking in vitamins and if we do not take sufficient on a daily basis, specific disorders may begin to appear.

Minerals supply the drive to get many of our body's functions up and running. However, the body is unable to manufacture or produce these and they need to be sourced on a daily basis.

Some minerals such as calcium, magnesium and potassium are required in larger amounts; these are known as macrominerals. Some minerals, such as chromium, copper, iron, manganese and zinc, are only required in minute amounts; these are known as microminerals or trace elements. Often disregarded, trace elements play a critical role in maintaining good health and supporting the body's chemical reactions. Although each of these elements has multiple functions, in excess they may be hazardous to your health, so their intake should be monitored closely.

Inulin, (Fructooligosaccharides) is an important feature of the composition of Maximol. It assists with the absorption of many important minerals and can also selectively support the growth of beneficial bacteria.

Amino acids are known as the building blocks of the body, and lead to the production and maintenance of proteins. Our bodies use protein in many ways, one of its jobs being to build up, maintain and replace tissues. Maximol Classic contains rice protein concentrate, a valuable dietary source of protein. £20.55 **To order call us 01424 427919**



*We see a fair amount of people who are diagnosed with Cancer and the question we are most asked: "My doctor says I've got to stop taking the supplements when I start chemo as they might interfere with it. Is that right?" I then point them in the direction of the excellent article on the [CANCERActive website](http://www.canceractive.com)*

I s s u e 2 , J u l y - S e p t e m b e r 2 0 0 7

## Should you take anti-oxidants whilst undergoing chemo or radiotherapy?

Originally published in **icon** Issue 4 2006

Our (CancerActive) answer is a categoric, 'YES'. Hitherto we have read the 'tome' by John Boik, one of the senior staff at the prestigious MD Anderson Cancer Centre in Houston, Texas. This book is over an inch thick, published in 2001 and called 'Natural Compounds in cancer therapy'. It contains over 4000 references to scientific papers and basically concludes that, far from in some way interfering with the biochemical process involved in chemo or radiotherapy, **taking anti-oxidants actually improves the success rates of both.** Support for this stance came in 2005 – again covered in icon Cancer Watch, when UCLA produced the conclusion that healthy cells are self regulators and will pick up the maximum concentrations of anti-oxidants available in order to maximize their biochemical processes. However cancer cells have lost most of this regulatory ability and will overload on anti-oxidants. Their view is that this will help the chemo or radio 'kill them off'.

The problem for us, and especially for the cancer patients who call us, is that a number of oncologists adamantly tell their patients that they do not want them taking anti-oxidants during their chemo or radiotherapy as this will somehow weaken the effect. Patients are thus 'scared' into dropping their supplementation programmes. Our problem is compounded because we are very open minded on this issue still, but frequent requests to be sent the 'hard scientific research evidence' supporting the oncologist's concern have come to nothing. We would be happy to print it. But does any actually exist, or is the concern pure subjective opinion and mythology?

In September 2005 a paper was actually published in the USA in A Cancer Journal for Clinicians (Gabiella D'Andrea MD). More of an article than a genuine scientific paper, it warned against using anti-oxidants with chemo and radiotherapy. However by chance, or oversight, it missed all the papers supporting anti-oxidants, used only clinical laboratory research rather than human or epidemiology studies, and omitted the fact that in certain cases (e.g. the use of amifostine) some specific and synthetic anti-oxidants **are** approved by the FDA and recommended for use with

chemotherapy and are known to have enhancing benefits in, say, oral and lung cancers and child leukemia. Icon, for example, carried clinical research in 2004 that vitamin E supplementation could produce the same positive effects from Tamoxifen, at a 25 per cent lowered drug dosage. Great for the patient – but not so great for the profitability of the pharmaceutical company concerned. We doubt any oncologist has even noticed the research. The D'Andrea article did, however, re-open the debate about taking anti-oxidants with chemotherapy and radiotherapy.... For the record, we continue to recommend that all patients having chemo and radiotherapy supplementation using natural supplements (like Chlorella, garlic, astragalus, Aloe Vera, medicinal mushrooms, natural vitamin E etc) as we increasingly find positive research-based evidence. (For example: Prasad K. N: Int. Cancer Therapies 2004, 3:3, 310-323. Multiple dietary antioxidant therapies enhance the efficacy of standard and experimental cancer therapies and decrease their toxicity. But we especially recommend that patients load up on the foods that can provide them with the biggest range of cancer fighting agents possible.

To read the full article go to <http://www.canceractive.com/page.php?n=1222>  
*I encourage you to browse their website and support them. The govt. or any drug company does not fund them*

## Ground crews have a sense of humor

Actual maintenance complaints  
Here are some actual maintenance complaints submitted by the pilots (marked with a P) and the solutions recorded (marked with an S) by maintenance engineers. Never let it be said that ground crews lack a sense of humour. By the way, this airline is the only major airline that has never had an accident.

- P: Number 3 engine missing.
- S: Engine found on right wing after brief search.
- P: Aircraft handles funny.
- S: Aircraft warned to straighten up, fly right, and be serious.
- P: Target radar hums.
- S: Reprogrammed target radar with lyrics.
- P: Mouse in cockpit.
- S: Cat installed.
- P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.
- S: Took hammer away from midget

Source Unknown

*That is all for now. Hope you enjoyed the newsletter. Sending you wishes of joy, happiness and infinite peace  
Eddie and Ranjana Appoo*

