

## Dearest Friends,

Summer has truly arrived. It is so good to share our latest news with you all. **THANK YOU** for your support, encouragement and feedback. So here goes –

In June we uploaded our blog – [www.appoo.co.uk](http://www.appoo.co.uk) and also created a new group on Facebook named Liberating Consciousness. We would like to invite all of you to join this group. It is a wonderfully easy way to share freely loads of resources for creating peace and harmony in daily life. In August we will be facilitating The LiberatingTouch® 8 Day Class -- The Heart of Understanding, which is always momentous. Here is the link with more info- <http://emotionalhealthcentre.com/litworks hops.html>

*In my own personal experience working with energy medicine as a part of my spiritual journey since 1999, as I understood that everything in the world—all worldly relationships, all worldly things—are ever-changing and impermanent, my attitude towards the world changed. I gained detachment. I noticed that as I became more and more detached, my desires also naturally decreased, because I understood completely that the things of the world are impermanent and cannot bring me lasting happiness. As the desires (the desire to control, to have, to know, to understand, to manifest) decreased, the mind became less and less agitated. It obtained serenity, stillness, peace. Then, with this stilled, subtle, penetrating mind I came to see a glimpse into “my” true nature. I have moments of clarity that transcend time and space, and in those moments all my words are inadequate. I know then that there is nothing that is not Truth.*



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## Depression not Caused by ‘Chemical Imbalance’, Researchers Confirm

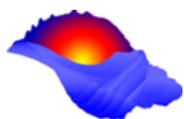
Copied from [www.wddty.com](http://www.wddty.com) a conscientious and ethical resource-

The idea that depression is caused by a lack of the chemical serotonin in the brain launched the multi-billion pound SSRI drug family—but it was a theory that has never been proven. And, this week, it has been disproven.

Instead, depression has more to do with brain cell activity, and especially excitatory connections. Normal activity is reduced in the depressed person, and it affects the ability to concentrate, remember and make decisions, says Prof Scott M Thompson from the University Of Maryland School Of Medicine. Because serotonin can strengthen the communication between brain cells, researchers wrongly believed that its lack was a direct cause of depression. Although the theory was never proven, it launched the SSRI (selective serotonin reuptake inhibitor) drugs industry, which includes major brands such as Prozac, Zoloft and Celexa.

Instead of developing drugs that promote serotonin levels, the pharmaceutical industry should instead be focussing on promoting better communication between brain cells, says Prof Thompson.

(Source: Nature Neuroscience, 2013; doi: 10.1038/nn.3355).



## Focus on Energy Medicine – More Proof for Energy Psychology

The prestigious Journal of Nervous and Mental Disease has published a report confirming the effectiveness of EFT for trauma treatment in the US Veterans' Stress project. In the programme, six hours of coaching with EFT left 90% of one group and 86% of a second group so improved that they no longer met the diagnostic criteria for Post-Traumatic Stress Disorder. The journal abstract concludes: "The results are consistent with that of other published reports showing EFT's efficacy in treating PTSD and co-morbid symptoms and its long-term effects." You can read the abstract free or pay for the full report from:

<http://eftnewsletter.us2.list-manage.com/track/click?u=22f24fe3334fc6d21486d08c2&id=1137677614&e=790184d08b>

### These are exciting times.

Some of you may also be interested to know that Prof Tony Stewart will be speaking on EFT at another NHS Conference Tony is an AAMET EFT Trainer and Professor of Public Health, currently working at Staffordshire University. He also practices as an NHS Consultant in Public Health. He is a published author and won a BMA award in 2011. Tony and Liz Boath (who is a guest speaker at the AAMET Conference in October this year) have co-written research papers on the efficacy of EFT. Liz and Tony have been talking on EFT to students, nurses, midwives and psychologists at conferences.

## Focus on Self-Healing with Exercise – The Downward Facing Dog Pose

I love physical (hatha) yoga, it is a fantastic way for me to keep myself supple, fit and energised especially as I spend hours and hours sitting. There are days when I sacrifice my hour of blissful stretching because of a phone call, an email or that extra client face to

face. But there is not a day that goes by when I do not take 2 or 3 minutes to practice the downward facing dog pose. If you like me, get glued to your chair, setting an alarm to do this for a minute every two hours will be so relaxing for your body. You could do it more often if you want.

The pose resembles that of an upside down letter V. Look at your hands--they should be shoulders-width apart and your wrist line (joint) should be parallel to the front edge of your mat. There should be equal space between each of your fingers and in general, your middle finger will point straight ahead.

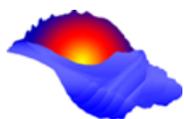


### Benefits of Downward Facing Dog

Done properly and consistently, the most noticeable benefits include:

- Stronger hands, wrists, low-back, hamstrings, calves and Achilles tendon
- Decrease in back pain by strengthening the entire back and shoulder girdle
- Elongated shoulders and shoulder blade area
- Decrease in tension and headaches by elongating the cervical spine and neck and relaxing the head
- Deepened respiration
- Decreased anxiety
- Increased full-body circulation

From an acupuncture perspective, downward-facing dog is a good stretch as it activates the Bladder channel. Sara Calabro writes, in <http://acutakehealth.com/the-real-reason-downward-facing-dog-in-yoga-is-so-good-for-you> , "The Bladder channel, sometimes referred to as tai yang, is the longest channel in the body... since it takes up such significant territory on the back, is our first line of defense against invaders from the external environment—cold, wind, germs, pollen, etc. For this reason, points along the Bladder channel are frequently selected to get rid of cold and flu symptoms, and to boost



immunity... Downward-facing dog elongates the entire Bladder channel, enabling flow and strengthening the body's primary defense mechanism...."

The downward facing dog pose is also great for increasing blood flow to the brain and eyes and helps with memory and concentration as it is a mild inversion. Downward-facing dog is unique in its ability to help us come into harmonious alignment. Want to try it right now?

*Ps. You should always consult your physician and research a properly-trained teacher before starting a yoga practice, there are a few instances where you should avoid this pose entirely: If you have a history of carpal tunnel syndrome, if you are in the late stages of pregnancy and if you experience sharp pains while performing the pose.*

## Books & Resources – From Credence Health - FORTY-SIX REASONS WHY YOUR BODY NEEDS WATER EVERY DAY

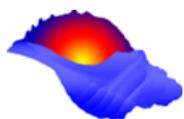
**Compiled by Philip Day -**

Phillip is an independent researcher dedicated to reporting contentious issues that may harm the public. His goal is to report properly annotated and verified information that enables us to make wise health decisions.

**More info at - <http://credence.org/>**

1. Without water, nothing lives.
2. Comparative shortage of water first suppresses and eventually kills some aspects of the body.
3. Water is the main source of energy - it is the 'cash flow' of the body.
4. Water generates electrical and magnetic energy inside each and every cell of the body – it provides the power to live.
5. Water is the bonding adhesive in the architectural design of the cell structure.
6. Water prevents DNA damage and makes its repair mechanisms more efficient – less abnormal DNA is made.

7. Water increases greatly the efficiency of the immune system in the bone marrow, where the immune system is formed (all its mechanisms) – including its efficiency against cancer.
8. Water is the main solvent for all foods, vitamins, and minerals. It is used in the breakdown of food into smaller particles and their eventual metabolism and assimilation.
9. Water energizes food, and food particles are then able to supply the body with this energy during digestion. This is why food without water has absolutely no energy value for the body.
10. Water increases the body's rate of absorption of essential substances in food.
11. Water is used to transport all substances inside the body.
12. Water increases the efficiency of red blood cells in collecting oxygen in the lungs.
13. When water reaches a cell, it brings the cell oxygen and takes the waste gases to the lungs for disposal.
14. Water clears toxic waste from different parts of the body and takes it to the liver and kidneys for disposal.
15. Water is the main lubricant in the joint spaces and helps prevent arthritis and back pain.
16. Water is used in the spinal discs to make them 'shock-absorbing water cushions'.
17. Water is the best lubricating laxative and prevents constipation.
18. Water helps reduce the risk of heart attacks and strokes.
19. Water prevents clogging of arteries in the heart and the brain.
20. Water is essential for the body's cooling (sweat) and heating (electrical) systems.
21. Water gives us power and electrical energy for all brain functions, most particularly thinking.
22. Water is directly needed for the efficient manufacture of all neurotransmitters, including serotonin.
23. Water is directly needed for the production of all hormones made by the brain, including melatonin.
24. Water can help prevent attention deficit disorder in children and adults.
25. Water increases efficiency at work; it expands your attention span.
26. Water is a better pick-me-up than any other beverage in the world – and it has no side-effects.
27. Water helps reduce stress, anxiety, and



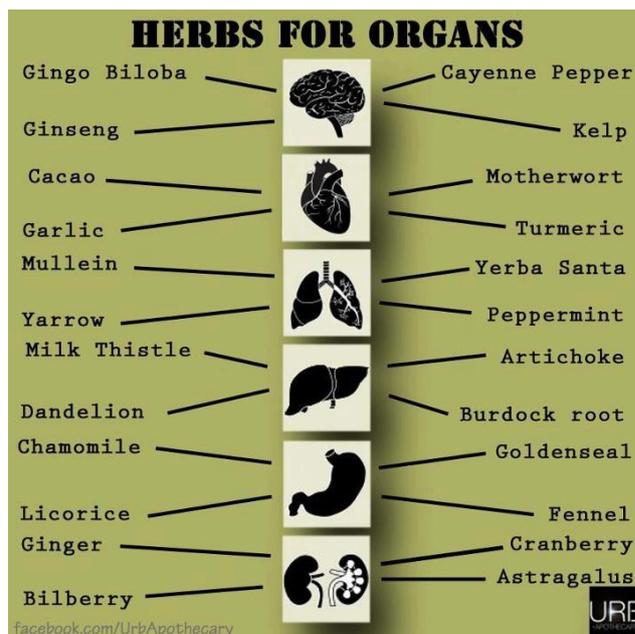
- depression.
28. Water restores normal sleep rhythms.
  29. Water helps reduce fatigue – it gives us the energy of youth.
  30. Water makes the skin smoother and helps decrease the effects of ageing.
  31. Water gives lustre and shine to the eyes.
  32. Water helps prevent glaucoma.
  33. Water normalizes the blood-manufacturing systems in the bone marrow – it helps prevent leukaemia and lymphoma.
  34. Water is absolutely vital for making the immune system more efficient in different regions to fight infections and cancer cells where they are formed.
  35. Water dilutes the blood and prevents it from clotting during circulation.
  36. Water decreases premenstrual pains and hot flushes.
  37. Water and heartbeats create the dilution and waves that keep things from sedimenting in the bloodstream.
  38. The human body has no stored water to draw on during dehydration. This is why you must drink regularly and throughout the day.
  39. Dehydration prevents sex hormone production – one of the primary causes of impotence and loss of libido.
  40. Drinking water separates the sensations of thirst and hunger.
  41. To lose weight, water is the best way to go – drink water on time and lose weight without much dieting. Also, you will not eat excessively when you feel hungry but are in fact only thirsty for water.
  42. Dehydration causes deposits of toxic sediments in the tissue spaces, joints, kidneys, liver, brain, and skin. Water will clear these deposits.
  43. Water reduces the incidence of morning sickness in pregnancy.
  44. Water integrates mind and body functions. It increases ability to realize goals and purpose.
  45. Water helps prevent the loss of memory as we age. It helps reduce the risk of Alzheimer's disease, multiple sclerosis, Parkinson's disease and Lou Gehrig's disease (motor

neurone disease).

46. Water helps reverse addictive urges, including those for caffeine, alcohol and some drugs.

## A Lovely Illustration – Herbs for Organs

Thank you M for sending me this link - <https://www.facebook.com/VegetableJuicing?gr>



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Here is a beautiful poem written by [Angela Kirk](#). She is an extraordinarily sensitive practitioner that I see regularly. She uses a combination of aromatherapy, spiritual healing, bodytalk and more. Her phone number is – 07500060623



## Reflections

*Waiting by my window  
I look outside to see an inner truth*

*But see just images reflected back  
A mirror of my expectations  
So now I'm standing still  
To get my insights back  
Watching visions pass the screen  
Of life all round me  
Choosing sight to guide me on my way*

**That's it for now. Next time, we will be looking at how to maintain healthy teeth and gums and more. Love and Joy, R&E**