

Emotional Health Centre News

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

Dearest Friends,

Thank you for your continuing support, letters and friendship. We have updated our website www.emotionalhealthcentre.com with information about the Intensive Breakthrough sessions, (these are amazing opportunities for profound rapid healing shifts) and our pricing policy and concessions. In the New Year we will also be running Quit Smoking Workshops, do pass the info on to those wanting to kick the habit.

We are also in the process of organising Free Introductory Workshops (Emotional Health Clinics) for Caring Groups and Charities in and around Hastings. If you know of any groups who may be interested do let us know.

Contents

- * Personal Transformation with EFT
- * Laughter Makes Breast Milk Healthier
- * EXERCISE: You need far less than you think in order to stay fit
- * Rescue Remedy: It really does reduce stress
- * Just One Glass of Alcohol a Day Can Lead to Bowel Cancer
- * Focus on Natural Remedies: Garlic
- * Daddy how was I born?
- * Events and Workshop Dates

"When the doors of perception are cleansed, man will see reality for what it really is, infinite."
- William Blake

Personal Transformation with EFT

Having worked on a professional basis with clients for the last few years on a variety of issues I discovered that using EFT over a period of 9 months to a year has profound benefits. On average most of those who contact me for individual consultations organise sessions on a short-term basis. This varies between two to six sessions (Face to Face sessions and/or phone sessions), although if an issue is complex, more sessions may be required. This is very effective, & in 85% of all projects, relief is experienced and people move on. However, the clients who I have worked with over a longer period of time (on average 2 sessions a month for 9 months to a year) have benefited in a way that has transformed nearly every aspect of their lives!

In my own life, having used EFT (Emotional Freedom Techniques) good nutrition and Jin Shin Jyutsu, I can say that I have not had a cough or cold in years. When challenges come my way they are adventures. Aches, pains and injuries heal swiftly now. Having had a history of depression, chronic fatigue and migraines, I never dreamt I could feel this relaxed,

happy or confident; that I could be completely free from addictions, and that I would love myself and enjoy being alive. Before EFT and Jin Shin Jyutsu came into my life I would easily succumb to depression. Now it is easy for me to shift my vibration, face myself with honesty and acceptance, restore harmony in my body (*I also pay close attention to my physical needs, like diet, nutrition, supplementation, rest and relaxation*), mind and spirit, and focus on truth and love. And for this I feel incredibly grateful. So it is with great excitement and joy that we are **introducing a new and unique Personal Transformation Program with EFT.**

Are you seeking Peace, Harmony, Balance, & Joy in your life?

Are you struggling with Fatigue or Pain?

Are stressed and anxious?

Are you unhappy with your life/relationships/ work?

Do you want to break free of addictions and feeling trapped?

Do you want to know your SELF?

If you are then this is the perfect program for you.

The purpose of this program is to work with you to discover your dreams and desires, to experience contentment and most of all to know your Self intimately. It will give you the opportunity to work closely with a dedicated EFT professional and energy therapist for nine months. To give birth to yourself, and live the life you choose.

At present this offer is open exclusively for women, who are committed to rediscovering their truth, finding their bliss and falling in love with themselves.

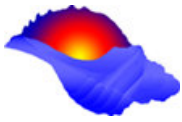
The Plan, Cost & Benefits of the 9-Month Personal Transformation Program with EFT Via phone sessions or with face-to-face sessions:

For Telephone Clients

- 9 months working with a dedicated EFT professional focused on supporting your transformation, choices and journey
- 2 EFT 1 hour phone sessions every month
(Normally £90 / \$180 for 2 EFT telephone sessions)
- Email and Telephone Support (you can call me whenever you have questions, for e.g. Post Session Questions, Self Help questions, if you get stuck or are feeling overwhelmed I will be available for you before 7 pm GMT) for 9 months (Priceless)
- Will also surrogate tap for you when needed
- Will be able to schedule convenient appointments on the weekend and in the evenings only for those registered on this program (normally £60 for 1 hour evening sessions)

Cost £70 per month or £630 in total
(a saving of over £180)

We are not medical healthcare professionals; most of this information is available on the World Wide Web. Any recommendations we have made are based on our personal experience and opinion. E&R Appoo 01424 427919



Emotional Health Centre News

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For Face to Face clients

- 9 months working with a dedicated EFT professional focused on supporting your transformation, choices and journey
- 2 EFT 1 hour phone sessions every month (Normally £90 / \$180 for 2 EFT telephone sessions)
- Email and Telephone Support (you can call me whenever you have questions, for e.g. Post Session Questions, Self Help questions, if you get stuck or are feeling overwhelmed I will be available for you before 7pm GMT) for 9 months (Priceless)
- Will also surrogate tap for you when needed
- You will also receive 4 free Jin Shin Jyutsu sessions to help balance and harmonise the changes (normally £120)

Cost £95 per month or £855 in total (a saving of over £345)

We are also Introducing the first **6-Month Relationship Transformation Program with EFT for couples** for face to face sessions

This program is for those couples that are committed to rediscovering their truth, finding their bliss and falling in love with themselves and each other.

Are you seeking Peace, Harmony, Balance, & Joy in your relationship?

Do you have difficulty trusting your partner?

Do you feel that you are not being heard?

Do you wish that you could express yourself better?

Do you feel that s/he is always pressing your buttons?

Do you want to experience the union of your SELF?

Are you committed to having a relationship based on love, trust and happiness?

If you both are then this is the perfect program for you both. Check out our website for more info.

The next 3 excerpts are from the website of What Doctors Don't Tell You (www.wddty.com). We recommend joining their mailing list or getting their magazines.

Laughter Makes Breast Milk Healthier

According to a new study, breastfed babies with eczema experienced milder symptoms if their mothers laughed hours before feeding them. Breastfeeding mothers were shown either a Charlie Chaplin movie or weather information, and samples

of their breast milk were taken at regular intervals afterwards.

Their babies' allergic reactions to dust mites and latex was also measured two milk feeds afterwards.

Infants whose mothers laughed had markedly reduced allergic reactions. There were also significantly higher levels of melatonin in the laughing mothers' milk.

Melatonin, which is associated with relaxation, tends to have reduced levels in people with eczema.

Journal of Psychosomatic Research June 2007;62(6):699-702

NewScientist.com June 16, 2007

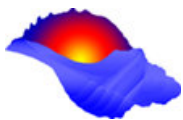


EXERCISE: You need far less than you think in order to stay fit

How much exercise do you really need in order to be fit? Apparently, it's far less than we've been told by government health agencies, who reckon on 20 minutes a day.

Researchers have discovered that people who walk or cycle for just half that amount – 72 minutes a week, or just over 10 minutes every day – improve their overall fitness by 4.2 per cent.

Double the exercise time and your fitness level will improve by 6 per cent, while those who walk or cycle for 27 minutes every day can see an 8 per cent improvement. The other good news is that everyone – in all the exercise groups – saw a 2cm average reduction in their waist measurement, and that's without changing their diet. However, none of the group – made up of post-menopausal women who lived mainly sedentary lives –



lost weight, and their cardiovascular risk factors didn't reduce, either.

So some level of fitness is attainable for pretty much all of us, just as long as we're prepared to walk 10 minutes every day.

(Source: *Journal of the American Medical Association*, 2007; 297: 2081-91).

Rescue Remedy:

It really does reduce stress,

Rescue Remedy, the alternative health stand-by that everybody seems to have in his or her home, really does work. This very popular Bach flower remedy can reduce stress and anxiety, a new study has discovered.

It was tested on a group of 111 participants who were put in a stressful situation. They were given the remedy and an identical placebo, and it was the remedy that reduced their levels of stress and anxiety.

Although Rescue Remedy has been a popular stress reliever since its introduction in 1930, nobody had tested it in a scientific trial.

Researchers from Miami University's school of nursing carried out the study.

(Source: *Complementary Health Practice Review*, 2007; 12: 3-14).

Many of you have seen me ready with the rescue remedy at the sign of any crisis. I carry drops in all my handbags; there is a bottle under the staircase and in the kitchen. I never leave home without it. I find it a versatile stress reliever.

Focus on Natural Remedies: Garlic



Almost all cultures in the world use garlic. Not all cultures in the world know that garlic is Nature's most potent antibiotic and a lot more besides. Biochemist Peter Josling does, he's studied the stuff for years at Britain's Garlic Centre and his book, *Allicin – The Heart of Garlic*, is the first

popular, comprehensive outing by a scientist on the benefits of this most marvellous of extracts.

'Garlic contains many beneficial components,' he writes, 'and over the last 10 to 15 years an enormous amount of research has been published on the properties of various breakdown components that are formed when fresh garlic is cut, crushed, chopped or processed. Of these well-known and

categorized sulphur-containing chemicals, it is alliin that stands out head and shoulders above the rest, showing the most exciting, interesting and beneficial properties.

Garlic has strong anti-cancer benefits. In particular, it seems to restrict the blood supply to cancer tumours. The problem is that scientists don't seem to know exactly why it has all these benefits!

Garlic is particularly protective in stomach, gastric and colon cancers, although across several epidemiological studies, it has been linked to reduced rates of a wider range of cancers, from lung to oesophageal.

For example, in the Iowa Women's Health Study (USA - Steinmetz 1994) of 127 foods, tested with 41,387 women, garlic was the only fruit or vegetable that produced an effect; one or more serving of fresh garlic a week was linked with 35% less colon cancer and 50% less distal colon cancer.

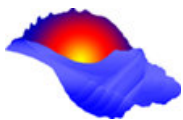
In a 1998 study in China (You et al) people taking large quantities of garlic every day had less than half the cancers of those taking only a little.

The bad news is that **fresh, chopped or squeezed garlic is essential**. Cooking ruins the effect and, in tests, some garlic pills are pretty useless. Although many reports talk about the active ingredient of garlic being alliin, other anti-cancer agents appear to be produced on cutting or crushing. They include alliin and the enzyme alliinase. It is possible that alliin works as an antioxidant, and it is certainly effective in reducing blood cholesterol levels. Alliin is also a very strong natural weapon against infection, particularly bacteria, viruses, yeasts and intestinal amoeba. By eradicating them it could help the fight against cancer in several indirect ways.

These enemies of the body use up vitamins and minerals, especially B Vitamins like folic acid, choline and inositol, crucial to DNA replication and the immune system. Amoeba produce toxic nitrates; parasites produce toxins like aflatoxin B, both of which poison cells. Alliin interferes with enzymes necessary for the growth of these infectious organisms and also enhances a liver enzyme, which detoxifies aflatoxins before they cause damage. Alliin thus wards off infection and allows the body's natural defences to be stronger. Alliinase seems to promote this action and in tests, alliin has been shown to inhibit cancers of the breast, liver and colon. Alliin appears to bind to breast cell receptor sites preventing the action of cancer agents. Prostate cells exposed to the garlic chemical SAMC grow at only 25% of the normal rate.

Garlic also seems to protect the body against the side effects of radiotherapy, particularly DNA and chromosome damage.

Professor Wargovich of the University of Texas has been working with two other active ingredients: diallylsulphide and S-allylcysteine. These have been shown to reduce



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animal cancers by 50 to 75 per cent and, in another test on animal cells, to totally protect against a deliberate attempt to induce a particularly virulent oesophageal cancer.

Finally, there are two other possible routes for cancer protection:

Garlic contains quite good levels of selenium and, in separate tests, selenium is proven to reduce cancers by 20%.

Garlic also contains good levels of tryptophan, which is the precursor of serotonin, which in turn is the precursor of melatonin. Melatonin is produced in the pineal gland in the brain about one hour after falling asleep. It is an excellent and very powerful neutraliser of free radicals.

However, its production declines with age from a maximum at puberty to virtually nil at age 70, which in part explains why more cancers occur later in life. However, precursors are known to stimulate its production, even in people of advancing years.

You will all be pleased to know that the EEC is not about to ban garlic. If they did, I'm sure the French would make a real stink!

Find out more!

[Phillip Day's video interview with Peter Josling](http://campaignfortruth.com/Eclub/160507/joslinginterview.htm)
<http://campaignfortruth.com/Eclub/160507/joslinginterview.htm>

Just One Glass of Alcohol a Day Can Lead to Bowel Cancer

Cancer researchers in the United Kingdom have concluded that drinking as little as one glass of alcohol a day increases your risk of developing bowel cancer by about 10 percent. And, the more you drink, the more your risk of cancer increases. The study included almost 480,000 people in the U.K. who were questioned about their level of alcohol intake, with follow-ups over the course of six years. In that period, 1,833 developed colon cancer. The study showed that those who drank more than 30 grams of alcohol per day (less than two pints of strong lager) raised their cancer risk by about 25 percent.

According to Dr. Walker, Cancer Research UK's director of cancer information, "While there is increasing evidence that over indulging in alcohol can increase the risk of some cancers, research also shows that by far the biggest risk for life threatening diseases is the combination of smoking together with drinking alcohol."

[BBC News July 30, 2007](#)

[International Journal of Cancer July 19, 2007](#)

Dr. Mercola from www.mercola.com writes, there is a lot of confusion over safe drinking levels. However, despite the fact that there are some studies touting "benefits" of drinking small amounts of alcohol, such

as wine, I personally do not recommend drinking alcohol. There's far too much evidence showing that alcohol is seriously detrimental to your health.

Alcohol is, in fact, a neurotoxin that can poison your brain. It can also cause a serious disruption of your delicate hormone balance.

In addition, excessive drinking -- just like [smoking](#) -- may also be the cause of several other cancers, including cancer of the:

Mouth, larynx, and esophagus

Liver and pancreas

Colon

Breast

Lung

A previous study on alcohol consumption and breast cancer even found that postmenopausal women who drink more than half a glass of alcohol per day, and have low intakes of the B vitamin folate, are [60 percent more likely to develop breast cancer](#) than those who do not drink alcohol and have the highest intake of folate.

Does that mean you could just eat more vegetables (high in folate) and be safe? While that would provide you with many health benefits, it will not protect you from the toxic effects of alcohol.

Alcohol is broken down in your body into a chemical called acetaldehyde, which, by the way, is the chemical responsible for hangover symptoms. When acetaldehyde reacts with the neurotransmitter dopamine, it can cause mental and emotional disturbances such as anxiety, depression, and poor concentration.

If you look up the toxicology of acetaldehyde, you'll find that it adversely affects many tissues and organs in your body, which may play a large part in increasing the risk of so many chronic diseases and cancers.

And remember, wine does count as alcohol. Most of the [benefits from drinking wine](#) are largely related to the [polyphenolic bioflavonoids](#) found in the grape skins and seeds. It is not the alcohol or the carbohydrate content that is helpful.

Daddy how was I born?

A little boy goes to his father and asks "Daddy, how was I born?"

The father answers: "Well son, I guess one day you will need to find out anyway! Your Mom and I first got together in a chat room on Yahoo. Then I set up a date via e-mail with your Mom and we met at a cyber-cafe.

We sneaked into a secluded room, where your mother agreed to a download from my hard drive. As soon as I was ready to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a little Pop-Up appeared that said: 'You got Male!'"

Sign of the times?

That is all for now. Hope you enjoyed the newsletter.

Sending you wishes of joy, happiness and infinite peace

Eddie and Ranjana Appoo