

# Emotional Health Centre News

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

Dearest Friends,

**Wow**, we feel truly blessed and supported, thank you for all your amazing feedback, letters, emails, good wishes, blessings and love...

**Happy Happy Happy New Year to you all.**

Looking at the year ahead, I fill a tingle of anticipation. For a while now I have kept a few things under my hat so to speak, one is the Emotional Toothbrush Series, a series of downloadable MP3 's that will make it easy to practice your self-help EFT.

The second is The Return to Joy workshop...Watch this space. And third is...can't give it all away now.

We have also added information about [Continuing Professional Development Requirements \(CPD\)](#) for Advanced (Level 3) EFT Practitioners on the website and **some ideas how you can keep your CPD's up to date.** *Just making it easy for you.*

For those of you looking for a healing retreat, wanting to break free from the old habits and the past and to rediscover the joy within I recommend one of our [Breakthrough Intensives](#) or [Workshops](#).

We are also still offering 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.

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*"Reality is merely an illusion, albeit a very persistent one."* - Albert Einstein

*"If we did all the things we are capable of, we would astound ourselves."* - Thomas Edison

*"Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt."* - William Shakespeare

*"Parents can only give good advice or put them [children] on the right paths, but the final forming of a person's character lies in their own hands."* - Anne Frank

*Anyone who has never made a mistake has never tried anything new."* Albert Einstein

## Honey, Honey, Honey....Sweet Focus for 2008

Modern science is often very slow to recognize the ancient, tried and true wisdom from the ages. More often than not, science has scoffed at the folk remedies and communal healing practices of different cultures, only to be proven wrong later on. Fortunately, the situation is slowly changing.

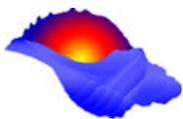
Honey, among other herbal and natural remedies, is finally gaining international, scientific recognition and attention as a wonderful food and medicine. Besides tasting great, and having a sublime consistency, honey is very good for our bodies. Honey has been used medicinally in India, the Middle East, and Africa for thousands of years. In particular, a specific type of honey, Manuka honey, from New Zealand is quickly gaining ground as the ideal type of honey to carry in a first aid kit, and to keep in the kitchen cupboard.

Internally, Active Manuka Honey stimulates the immune system and helps the body deal with infections. Research has shown that Active Manuka Honey also promotes the rehydration of the body, causing the earlier clearing of diarrhea, vomiting and stomach upsets. Active Manuka Honey is also effective in killing the Helicobacter pylori bug, which is present in stomach ulcers, and is effective in treating cuts, burns, wounds, acne, abscesses, cracked skin, sore gums, sore throats, colds, indigestion, eye infections and even Irritable Bowel Syndrome. According to the research, some people have found relief from duodenal and stomach ulcers by spreading a generous amount (about one teaspoon) of Active Manuka Honey on a slice of bread one hour before meals, without fluids, and again at bedtime. The bread is supposed to ensure that the honey stays in the stomach for a longer period. Some people have also reported that they have had good results when they even ate the honey straight from the spoon.

Honey can also be used in treating gum inflammations. The honey has pain-reducing qualities and reduces gum inflammation at the same time. Who in the modern world would have known that medicine could taste so sweet if it were not for the wisdom of the ages?

Honey, despite being sweet, has also been found to disrupt the process by which bacteria in the mouth are able to cause tooth decay. The bacteria Streptococcus mitis, Streptococcus sobrinus, and Lactobacillus caseii, which inhabit the mouth and produce harmful acid, have been found in laboratory testing to have their acid production sharply reduced and almost stopped altogether in the presence of moderate antibacterial strength honey. **Active Manuka Honey is considered the top medicinal honey in the world.**

Recently there was an article in the Guardian on Tuesday December 4 2007 by [James Randerson](#), the science correspondent. He wrote, *A clinical trial has found that honey is more effective at soothing a sore*



throat than a common active ingredient in children's cough medicines.

Honey has been used for centuries to relieve a tickly throat and scientists now believe it may be effective because it has constituents that kill microbes and acts as an antioxidant. That means it might prevent damage inside cells from chemical byproducts of their activity.

The study compared buckwheat honey with dextromethorphan, an ingredient in a range of branded medicines. Dextromethorphan is the most common active ingredient in children's over-the-counter cough medicine in the US, although it is less common in remedies aimed at children in the UK. The team enrolled 105 children with a night cough and their parents and split them into three groups. One group received a syringe-full of honey, one a syringe containing the medicine, and the third received an empty syringe.

The team from Pennsylvania State University report today in the Archives of Paediatric and Adolescent Medicine that honey was more effective than dextromethorphan at relieving the severity, frequency and bothersome nature of the cough. The medicine was slightly more effective than no treatment at all.

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

## Honey: It's such a good wound-healer that surgeons are urged to use it

Surgeons are being urged to apply honey to the patient's wounds after surgery. A new study suggests that it is one of the most effective methods for fast wound-healing, and may be every bit as good as antibiotics.

Wounds that are treated with honey regularly – either hourly or daily, depending on the severity of the wound – usually become sterile within three to 10 days. It's especially effective for treating wounds that become infected or fail to close or heal. Researchers at the North West Wales NHS Trust in Bangor say it can also help heal wounds left by laparoscopic, or 'keyhole', surgery to remove cancers. Honey came out top of a review of 18 studies that looked at different wound-healing therapies, including maggots. Some of the papers were prepared more than 60 years ago, around the time when research into honey stopped with the introduction of antibiotics. Lead researcher Dr Fasal Rauf Khan commented: "It can be used to sterilise infected wounds, speed up healing and impede tumours, particularly in keyhole surgery."

(Source: International Journal of Clinical Practice, 2007; 61: 1705-7).

## Diabetes: Try green tea instead

If you suffer from diabetes, drink plenty of green tea every day. It's just as effective – and far safer – than the world's leading anti-diabetes drug Avandia (rosiglitazone), which also increases the risk of heart attack by 43 per cent.

The tea contains an antioxidant called epigallocatechin gallate (EGCG), which is as effective as Avandia in those with moderate diabetes.

It's been tested against Avandia on a group of mice with diabetes, and the mice that were fed EGCG were just as able to tolerate sugar and produce insulin as the mice given Avandia. At the end of the 10-week trial, the green tea extract preserved insulin-producing tissue and gave other protective effects in the pancreas.

The new study, prepared by researchers at the Karolinska Institute in Sweden, confirms what we've known for a long time. Green tea was first mooted as a successful treatment for diabetes 70 years ago, and recent studies among humans have found that the more green tea you drink, the better. The most powerful benefits have been among people who drink up to six cups of the tea every day.

(Source: European Association for the Study of Diabetes, Amsterdam, 19 September 2007).

## Burns: The trace elements that can aid healing

Burns victims who are given the trace elements of zinc, copper or selenium heal quicker, and have fewer infections.

An intravenous infusion of the elements has been tested on 21 burns victims with burns that covered around 45 per cent of the body. The infusion, given daily, included 37.5mg zinc and copper, and 375 mcg selenium in saline, and the control group was given just saline.

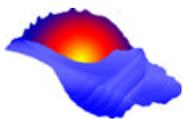
The minerals group had far fewer infections during the following 30 days' treatment, and wound healing was also improved compared to the control group.

(Source: American Journal of Clinical Nutrition, 2007; 85: 1293-1300).

*We believe in the importance of nutrition and I really cannot emphasise enough the importance of good supplementation. Eddie & I have Maximol Solutions and Noni Juice as part of our health regimen daily (almost-sometimes we forget...oops).*

**Maximol Solutions** is an advanced nutrient-rich formula fortified with ionic minerals, Vitamin C - Vitamin B complex,





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amino acids, phytochemicals and Fructooligosaccharides. This groundbreaking blend is highly bioavailable and easily absorbed by the body. Maximol's improved formula contains Maximol Mineral Matrix, an advanced trace mineral complex derived directly from rich deposits in the Great Salt Lake. In addition to this, Maximol Solutions also contains an abundance of antioxidants. (£21.97) **To order call us**

**Neways Authentic Hawaiian Noni** contains high



levels of polysaccharides, phytonutrients and antioxidants. Hawaiian Noni Fruit is a great favorite with natural healers, and has been recognised for centuries as an excellent source of nutrition, often being referred to as the 'miracle' fruit.

Hawaiian Noni is used now just as it has been for many years to promote a sense of well-being and as a valuable source of antioxidants. £28.44 **To order call us**

Recently Terry Coombs, Boxer, Dad and Health Activist leant me the book **Gut Instinct by Pierre Pallardy**, It was a fascinating read, what I wanted to share was the Research Conclusions on p.15. These are truly fascinating

- ◎ The abdomen is both structurally and neuro-chemically a "second brain" connected directly to and complementing the upper brain.
- ◎ The intestine produces between 70 to 80% of the body's immune cells, affording protection against serious illness.
- ◎ The abdomen generates interstitial cells (those that go in the gaps between bone and tissues), which plays a vital role in the proper functioning of muscles and the articulation of joint.
- ◎ The abdomen boasts a complex and hitherto unsuspected network of molecular neurotransmitters ("nerve-messengers", if you will) and modulators identical to those generated by the upper brain. To date, these include some 30 substances such as serotonin, melatonin, acetylcholine and epinephrine

A while back I had read the work of **Dr. Gershin** in the **The Second Brain**, Much of this book confirms

Dr. Gershin's findings especially that of the Vagus Nerve (*Our two brains communicate via an intermediary known as the vagus nerve, or the pneo-gastric nerve. This runs from the skull down the neck, across the chest and into the abdomen, transiting the cardiovascular, respiratory and digestive systems and supplying the organs and glands.*). So trust your guts.

I found this next article on [www.mercola.com](http://www.mercola.com) what do you think?

## **How To Make a Difference in Your Marriage and Your Health**

Do you believe that frequent fighting, or the topics of your fights, can influence your physical health? Wrong, says new research. Turns out it's really **how** you fight, and how you react to and resolve conflict, that matters. And, the impact on your physical health varies dramatically, depending on whether you're a man or a woman. One fighting style in particular garnered special attention. So-called "self-silencing" – keeping quiet during a fight – is especially damaging to women's health, whereas bottling it up did not have a measurable impact on the physiology of men.

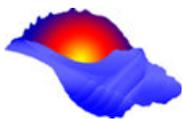
**A study of nearly 4,000 men and women from Framingham, Mass.** revealed that 32 percent of men, and 23 percent of women typically kept their feelings bottled up during marital spats. Women who didn't speak their minds in those fights were four times more likely to die during the 10-year study period as women who always spoke their minds.

In fact, self-silencing takes a surprising physical toll on women. Other studies have linked the trait to numerous psychological and physical health risks, including:

Depression  
Eating disorders  
Heart disease

Additionally, the way you interact during marital arguments is as important a heart risk factor as whether you smoke or have high cholesterol, says Timothy W. Smith, a psychology professor at the University of Utah. For women, whether a husband's arguing style is warm or hostile had the biggest impact on her heart health. Interestingly, the level of warmth or hostility had no impact on men's heart health. Instead, the men's heart risk increased if disagreements with his wife involved a





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battle for control – regardless of whether he, or his wife, was the one vying for control.

[Psychosomatic Medicine July 18, 2007; 69\(6\):509-13](#)

[New York Times October 2, 2007](#)

Dr. Mercola writes, *Mounting evidence is proving, beyond a doubt, that your emotions -- both positive and negative -- play a far greater role in your physical health than conventional medicine ever imagined. There have been quite a few studies done on this topic, and they all point in the same direction.*

*Lingering hostility and running arguments with your spouse do not do your body good.*

*Another study, which looked at women's overall happiness with their husbands (as opposed to their fighting style), found that women who were unhappy with their husbands, and experienced high stress within their marriage, caused "wear and tear" on their bodies and increased their risk of heart disease.*

*The researchers postulated that it might have been due to habitual elevations in heart rate, blood pressure, and stress hormones.*

*Other behaviors linked with stress, such as sleeplessness and changes in eating and exercise, might also exacerbate these health problems.*

*Yet another study came to a similar conclusion as the article above; domineering men increased their risk of clogged arteries by 150 percent. They also found that women who were hostile doubled their number of cardiovascular blockages. The men whose bodies showed the least amount of atherosclerosis were those in relationships in which both spouses could discuss a problem without being controlling.*

*These are all pieces of evidence that happier people are also generally healthier. Stress, of all kinds, is a key factor in any illness, and it plays a major role in the health of nearly every patient that comes to my clinic.*

*To completely eliminate stress from your marriage may be virtually impossible, and probably unhealthy. It is not that arguing, or stress itself, is unhealthy; without tension, you might just become bored to death. But as they pointed out in this article, HOW you argue – your level of warmth or hostility – can make a huge difference in the amount of stress you experience.*

*A good example of this was the two verbal exchanges between two couples during a fight about money.*

*One man said to his wife, "Did you pass elementary school math?" whereas the other said, "Bless you, you are not so good with the checkbook, but you are good at other things."*

*You can FEEL the difference!*

*If you tend to keep your feelings all bottled up, I highly recommend EFT (Emotional Freedom Technique), to help you release them safely and effectively....*

*...Another study shows physical proof how one of those aspects -- a strong and happy marriage -- can be a boon to your health. According to the study, physical wounds take much longer to heal in marriages marred by hostility and conflict than those in which couples build a more pleasurable home life.*

*Scientists used a suction device to create minor blisters on the skin of 42 couples in separate sessions, two months apart. After creating those small wounds, researchers monitored conversations between couples, the first about a neutral issue and the latter regarding an contentious issue requiring a resolution.*

*Then, scientists checked how the wounds healed several times over a number of weeks. Not surprisingly, discussing conflicts slowed down wound healing. In fact, hostile couples took **40 percent longer to heal (two days longer)**, and they produced less of the proteins needed for healing. Researchers pointed out how devastating these conflicts can be to your health, particularly before a surgery that taxes your body's ability to heal.*

*Folks, stress is a key factor in any illness and it plays a major role in the health of nearly every patient I see. To completely eliminate stress from your life is virtually impossible. Yet, if you don't learn how to deal with stress in a healthy way, a recent study shows how your brain may actually "rewire itself," altering its connections in such a way so it affects the way the brain functions.*

*Conventional stress-management protocols like anti-anxiety medication may help you cope with stress. But they don't address the cause of your stress.*

*EFT, on the other hand, targets your disrupted energy meridian system, which is the real driver behind heightened stress levels. EFT's simple do-it-yourself acupressure technique balances out your energy, thereby eliminating your body's and mind's damaging stress response, which is the cause of so many ailments and illnesses....*

***...And, there's no questioning the power of prayer either. So many studies have documented it and the science that proves its healing power is very solid. So solid, I believe it's criminally negligent for physicians not to recommend it. Dr. Mercola***

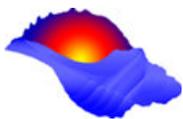
## A New View of Cancer – German New Medicine

More Info on :

<http://germannewmedicine.ca/documents/welcome.html>

German New Medicine (GNM), developed by Dr. Ryke Geerd Hamer, M.D., operates under the premise that every disease, including cancer, originates from an unexpected shock experience.

The discovery came after Dr. Hamer, the former head internist in the oncology clinic at the University of Munich, Germany, lost his son in an unexpected tragedy, then developed testicular cancer. The diagnosis led him to study the connection between stressful events and disease by investigating the histories of his cancer



patients.

He found that, like himself, every one of his patients had gone through a very stressful episode prior to developing cancer, and, upon investigating other diseases found that every disease is controlled from its own specific area in the brain and linked to a very particular, identifiable, "conflict shock."  
Further, Dr. Hamer believes that a person cannot die of cancer in and of itself.

<http://germannewmedicine.ca/documents/Explore%20GNM%20Website%20Update.pdf>

*We have always believed that our spiritual, mental and emotional well-being is key to our health. So it is no surprise to us that articles such as the one above are beginning to surface regularly. I believe that in a few years (ok maybe in 50 years or so) physicians will speak about our time as being the dark ages of medicine, where we poisoned patients with chemo to kill cancer cells and use drugs with side effects to keep children "healthy!"...I now often meet healthcare professionals that disillusioned with the pharma world and are looking for a way to really help their patients. Conventional medicine is opening its doors and heart to Holistic Healing. I am certain in 2008 we will see more and more of these. How exciting.*

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

*Eddie and Ranjana Appoo*

## On the Funny Side

These are from a book called Disorder in the American Courts, and are things people actually said in court, word for word, taken down and now published by court reporters who had the torment of staying calm while these exchanges were actually taking place.

- ⊙ ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?
- ⊙ WITNESS: Did you actually pass the bar exam?
- ⊙ ATTORNEY: The youngest son, the twenty-one-year-old, how old is he?
- ⊙ WITNESS: Uh, he's twenty-one.
- ⊙ ATTORNEY: Were you present when your picture was taken?
- ⊙ WITNESS: Would you repeat the question?
- ⊙ ATTORNEY: This myasthenia gravis, does it affect your memory at all?
- ⊙ WITNESS: Yes.
- ⊙ ATTORNEY: And in what ways does it affect your memory?

- ⊙ WITNESS: I forget.
- ⊙ ATTORNEY: You forget? Can you give us an example of something you forgot?

- ⊙ ATTORNEY: What gear were you in at the moment of the impact?
- ⊙ WITNESS: Gucci sweats and Reeboks.

- ⊙ ATTORNEY: She had three children, right?
- ⊙ WITNESS: Yes.
- ⊙ ATTORNEY: How many were boys?
- ⊙ WITNESS: None.
- ⊙ ATTORNEY: Were there any girls?

- ⊙ ATTORNEY: How was your first marriage terminated?
- ⊙ WITNESS: By death.
- ⊙ ATTORNEY: And by whose death was it terminated?

And the best for last...

- ⊙ ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?
- ⊙ WITNESS: No.
- ⊙ ATTORNEY: Did you check for blood pressure?
- ⊙ WITNESS: No.
- ⊙ ATTORNEY: Did you check for breathing?
- ⊙ WITNESS: No.
- ⊙ ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?
- ⊙ WITNESS: No.
- ⊙ ATTORNEY: How can you be so sure, Doctor?
- ⊙ WITNESS: Because his brain was sitting on my desk in a jar.
- ⊙ ATTORNEY: But could the patient have still been alive, nevertheless?
- ⊙ WITNESS: Yes, it is possible that he could have been alive and practicing law.
- ⊙ ATTORNEY: Doctor, how many of your autopsies have you performed on dead people?
- ⊙ WITNESS: All my autopsies are performed on dead people.
- ⊙ ATTORNEY: Do you recall the time that you examined the body?
- ⊙ WITNESS: The autopsy started around 8:30 p.m.
- ⊙ ATTORNEY: And Mr. Denton was dead at the time?
- ⊙ WITNESS: No, he was sitting on the table wondering why I was doing an autopsy on him!

*P.s. has anyone read the Article by Hilary Totah on Jin Shin Jyutsu in the Hastings Handbook? Hint Hint...(It's all about our JSJ practice) link to the web page below [http://www.hastingshandbook.co.uk/Archive/HHJano8/FJano8\\_JinShinJyutsu.shtm](http://www.hastingshandbook.co.uk/Archive/HHJano8/FJano8_JinShinJyutsu.shtm)*