

Emotional Health Centre News

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

Dearest Friends,

Thank you for your emails, phone calls, support and loving thoughts. We are thrilled with your response.

We love being of service. Big Grin and love... Spring is in the air, and the urge to clean has got us doing **another detox, parasite-cleanse and build up to the Liver Flush...**

Other Emotional Health Centre News:

From March 10th Ranjana will available on Fridays at the Wellington Natural Health Centre for EFT appointments. Call 01424 442520 or go to www.wellingtonnaturalhealth.com

EFT Group Sessions start in March! This group is open to anyone with an interest in EFT at any level. It gives you the opportunity to use EFT on yourself (**bring all your fears, aches, pains, anxieties, phobias**), see EFT demos and further develop your skills and experience in this exciting technique. Come and join us for an informal and relaxed evening.

Venue: Wellington Square Natural Health Centre, 44 Wellington Square, Hastings, East Sussex, Telephone 01424 442520

Cost: £18, or £15 if you prebook

Time: 6.15-7.45pm

Upcoming Dates:

Monday April 7th

Monday June 2nd

Monday July 7th

Congratulations to Steve & Jenny Grist who completed their EFT level 3 Training in February and are now available for consultations and appointments. Call them on 01424 812897.

Maria Cooke is also available for consultations and appointments. She has been practicing as an Advanced Level EFT Practitioner for 2 years. Call her on 01424 719033

Below is a picture of the EFT Level 3 Graduates and Trainees



More on our website:

www.emotionalhealthcentre.com

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Some of you asked me for the telephone number of my **Chi Qong Teacher, Catherine Burnett**, and here it is. She lives, breathes and eats chi Qong and is a wonderful & loving chi qong guide.

01424 203614 / 07909516578

gigongcentre@yahoo.com

As many of you know that since I began my **Yoga classes with Fiona Livingstone**, I have been enjoying a newfound freedom and flexibility with my body. Every lesson has been Wow...So I really recommend classes with Scaravelli Yoga Teachers:

Fiona Livingstone or **Hilary Totah**, both hold classes at the Wellington Natural Health Centre and they have started monthly all afternoon sessions...looking for a bit of body bliss... Call 01424 442520 or go to www.wellingtonnaturalhealth.com

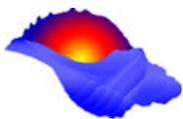
We encounter the most incredibly gifted and talented people through our practice. One such person is **Kate Macairt**. She is running workshops and holds day classes on developing **Creative Communication with Children and igniting your creative spark**. Contact Kate on KMacairt@hotmail.com.

The whole planet is waiting for someone else to change, are you? Ranjana

"Even if you are on the right track, you'll get run over if you just sit there." Will Rogers

Spring Clean: Our Detox and Liver Flush

This year we are doing a simple but intense 25-day detox. The first 7 days we cut out all dairy, sugar, wheat, caffeine, (we are already vegetarian) and are having lemon water, psyllium husks first thing in the morning and Neways Puri-tea at night to kickstart the detox process. The next fortnight we will further simplify our diet and have only fruits, salads and vegetables, with maybe a few legumes and loads of apple juice. At this stage we will include the strong anti parasitic herbs (Neways Parafree) and antioxidants (Neways Revenol) for clearing out the parasites. This will then take us to the day of the Liver flush; we will start our day with fruits and then from 12pm will have no food, drink or herb teas. At 4 pm we will take 1 tablespoon of Epsom salts in warm water; drink it fast and sip some water after this. Will do the Do the same at 6pm...we might have to do this again at



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8pm...Before going to sleep we will have ½ a pint of **extra virgin organic olive oil** mixed /shaken with 1 freshly juiced **grapefruit**. We will keep a little bit of the grapefruit juice aside as a chaser...the next morning we will spend clearing (good thing we have 2 loos) and enjoy feeling squeaky clean. For the next 3 days we will return to the diet we had at the start of the detox, ie rice and vegetables. As many of you have asked us for an outline of our cleanse; we have compiled an info sheet on **A Gentle Detox and Liver Flush** (attached with this newsletter). We also recommend checking out www.curezone.com for more recipes and cleanse outlines.

We clear the gut with Puri-Tea It is a safe, natural and powerful way to promote healthy digestion. Puri-Tea contains a synergistic combination of herbs to gently assist the body's own mechanism with the removal of the sticky, gluey substance known as mucoid plaque. Mucoid plaque may inhibit your body's own absorption of vital minerals, vitamins and nutrients from food and supplements and, with this removed, your body can then maximise nutritional intake. (£12.28 for 25 teabags) **To order call us**



We clearout Parasites with ParaFree is a natural, broad-spectrum, nutritional food supplement. ParaFree is a powerful comprehensive range of herbs to maintain and support the digestive system. We use it in conjunction with Feelin' Good and Maximol Solutions as a parasite cleanse. (£20.68)

Ingredients include Pumpkin Seed, Garlic, Black Walnut Hulls, Grapefruit seed Extract, Citrus Pectin, Clove, Citrus Seed Extract, Wild Ginger Root, Anise Seed, Papaya Leaf, Fig Powder, Cranberry Concentrate, Pomegranite Fruit, Butternut Bark, Stearic Acid, Pau D'Arco, Red Clover, Olive Leaf, Gentain Root, Hyssop, Peppermint Powder, Fennel Seed



Budgeting for Organic Foods

We are often asked whether we buy organic foods and don't we find it expensive. We do buy organic foods and sometimes they can be very dear. Not all of us can afford to go 100% organic. The solution? Focus on just those foods that come with the heaviest burden of pesticides, chemicals, additives and hormones. The U.S. Department of Agriculture found that even after washing, some fruits and

vegetables consistently carry much higher levels of pesticide residue than others. Based on an analysis of more than 100,000 U.S. government pesticide test results, researchers at the Environmental Working Group (EWG), a research and advocacy organization based in Washington, D.C., have developed the "dirty dozen" fruits and vegetables, above, that they say you should always buy organic, if possible, because their conventionally grown counterparts tend to be laden with pesticides. They do cost more — but are well worth the money.

The "Dirty Dozen" (heavily contaminated foods): Must-buy organic foods

Fruit

- * Apples
- * Cherries
- * Grapes
- * Nectarines
- * Peaches
- * Pears
- * Raspberries
- * Strawberries



Vegetables

- * Bell peppers
- * Celery
- * Potatoes
- * Spinach

These products generally do not contain much pesticide residue. So its okay to buy the non-organic fruits and veg listed below

Fruit

- * Bananas
- * Kiwi
- * Mangos
- * Papaya
- * Pineapples

Vegetables

- * Asparagus
- * Avocado
- * Broccoli
- * Cauliflower
- * Sweet Corn
- * Onions
- * Peas

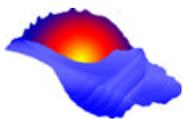
For the comprehensive list and more information go to <http://www.foodnews.org/>

Why Should You Care About Pesticides?

There is growing consensus in the scientific community that small doses of pesticides and other chemicals can adversely affect people, especially during vulnerable periods of fetal development and childhood when exposures can have long lasting effects. Because the toxic effects of pesticides are worrisome, not well understood, or in some cases completely unstudied, shoppers are wise to minimize exposure to pesticides whenever possible.

Will Washing and Peeling Help?

Nearly all of the data used to create these lists already considers how people typically wash and prepare produce (for example, apples are washed before testing, bananas are peeled). While washing and rinsing fresh produce may reduce levels of some pesticides, it does



not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.

Why does organic cost more?

Growing the food is more labor-intensive. And even though organic food is a growing industry, it doesn't have the economies of scale or government subsidies available to conventional growers.

Hope this helps

Living Proof and Cancer Active

In every issue of **ICON-a magazine launched by Chris Woolams and Cancer Active-**

(www.canceractive.com) they have an opening feature called **Living Proof**. It's my favourite part of the magazine. These are personal stories of how people 'beat' their cancer. They have had 45 to date, telling their personal stories, their way - tips, traumas and tears. These Living Proofs give newly diagnosed patients an understanding that their emotions, experiences and their fears are not abnormal and that others have been through it all - and come out of the other side. Some people only used orthodox treatment, some used only Complementary or Alternative - but most used a mixture. What helped them beat their cancer?

Some will say 'the expert Hospital staff', some will say it was their belief in God or, simply, their belief in themselves. All are fascinating.

For anyone dealing with Cancer or know someone with Cancer this is a vital resource.

Beating Colon Cancer

Living Proof - Judy Place

Judy Place wrote her inspiring story about how she developed her colon cancer in 2000 after a pregnancy. In her later update you will see that she has her life back on track and is even starting

a new life - after completing a writers' course.

<http://www.canceractive.com/page.php?n=308>

Beating Breast Cancer

Living Proof - Hazel Scade

Hazel Scade was diagnosed in the late 90's - she started out having Orthodox treatment - but this former nurse realised it wasn't for her.

Hazel had always been interested in Complementary Therapies - and so she put together her own plan to deal with her cancer. She talks about her concerns, and her optimism when she started hearing more and more about alternative and complementary therapies. Now nearly 8 years on, she even has her own book.

<http://www.canceractive.com/page.php?n=305>

Beating Prostate Cancer

Living Proof - John Wallace and Ken Jones

First, John Wallace tells his story. Complementary Therapies were not for John. He had the surgery,

despite the 'fears' for his sex life after the doctor's blunt warning - 'There's no sex in the graveyard'. Read his story and his update - He's out on that bike and thriving, even having done a stage of the Tour De France Ken Jones went another route. He did his research and chose only those options, which to him seemed successful - and he is using the Pfeifer Protocol. It's a testimonial more than the total story, but you will appreciate his concerns and the factors that were important to him.

<http://www.canceractive.com/page.php?n=307>

Beating Lung Cancer

Living Proof - Terry Kavanagh

It's 13 years since Terry Kavanagh, 57, learned he had lung cancer and had just a 5 per cent chance of recovery. Married with three children, the Liverpool joiner was inspired by a man in the next hospital bed who had survived the same disease 22 years earlier.

<http://www.canceractive.com/page.php?n=316>

Focus on Natural Remedies: Oatmeal

The WDDTY (www.wddty.com) website had posted this article in January, The Best Breakfast: Eating oatmeal reduces cholesterol, and much more

Eating a bowl of oatmeal for breakfast every morning could be about the healthiest start to the day you can have, a new study has discovered. The whole-grain cereal can reduce cholesterol levels, and lower the risk of raised blood pressure, weight gain and type II diabetes.

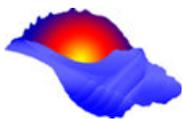
The health benefits of oatmeal have been recognised by America's drug regulator, the Food and Drug Administration (FDA), which has allowed manufacturer to put health claims on packaging since 1997.

But in the 10 years since then, every study has confirmed the benefits, and now researchers believe oatmeal's abilities as a cholesterol-lowering agent are even stronger than earlier research suggested.

Leading the latest review is Dr James W Anderson, professor of medicine and clinical nutrition at Kentucky University's College of Medicine. He says: "Whole-grain products like oatmeal are among some of the best foods one can eat to improve cholesterol levels, in addition to other lifestyle choices."

Each study he reviewed concluded that total cholesterol levels are lowered by eating oats, and that LDL (low-density lipoprotein, or 'bad' cholesterol) is reduced without reducing levels of HDL (high-density, lipoprotein, or 'good' cholesterol).

Separate reviews have also discovered that eating oatmeal can reduce your chances of getting high blood pressure, type II diabetes and gaining weight. Oatmeal also contains simple unique compounds that may protect against premature hardening of the arteries, or atherosclerosis.



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Dr Anderson says: "Lifestyle choices such as diet should be the first-line therapy for most patients with moderate cholesterol risk, given the expense, safety concerns and intolerance related to cholesterol-lowering drugs."

(Source: American Journal of Lifestyle Medicine, 2008; 2: 51-7).

Anger and Hostility are proven to

Damage Lungs; Simple Acupressure Technique Offers a Solution



San Francisco, CA (PRWEB) -- Emotional Freedom Techniques (EFT) has been

successfully addressing physical illness by getting to the true cause of illness – unresolved emotional issues like anger, fear and hostility. This is done without lengthy psychotherapy or medications. When unresolved negative emotions are neutralized with this needle free acupuncture technique, symptoms associated with asthma, Multiple Sclerosis, Parkinson's Disease, and even cancer tend to subside or disappear, often permanently.

EFT was initially developed to accelerate and improve the psychotherapy process. Soon EFT users were reporting that addressing their emotional issues resulted in a reduction in their physical symptoms. Thousands of case studies have shown an 80% success rate and it often works when nothing else will. It can be learned freely by downloading the EFT Manual at <http://www.emofree.com/downloadeftmanual.asp>

Harvard researchers recently published findings from a study that explored the link between anger and hostility and lung function. Even at the beginning of the study, men with the highest anger and hostility ratings had the poorest lung function, and their condition deteriorated over the period of the study.

According to Dr Paul Lehrer, one of the authors of the study, "Stress-related factors are known to depress immune function and increase susceptibility to, or exacerbate a host of diseases and disorders," he said. "Indeed, it is hard to find a disease for which emotion or stress plays absolutely no part in symptom severity, frequency, or intensity of flare-ups."

The scientists did not know how unresolved negative emotions contribute to the physical deterioration of the lungs but expect that this question will be the topic of another study.

Dr. Eric Robins, a medical doctor who uses EFT with his patients offers a possible explanation ... and a

simple solution. "At least 85% of medical problems are physical manifestations of how stress, anxiety and past traumas are held in and processed by the body. Stress and negative emotions are frequently stored in the smooth muscles that function automatically, without our conscious control. If people store tension in the smooth muscles of the blood vessels going to the head, we might call this a migraine headache. If they store tension in the smooth muscles of the air passages of the lungs we might call that asthma. The best technique to address these issues and to clear them out of the body is EFT."

Gary Craig, the Stanford-trained engineer who developed EFT, recommends that researchers who are exploring the link between emotion and physical illness become familiar with EFT. "We have filmed more than 120 hours of EFT demonstrations where people are addressing their emotional issues and measurably improving their physical conditions," says Craig. "This collection, which is available from the EFT website, includes forty hours of people using EFT to address symptoms associated with serious diseases like prostate cancer, Rheumatoid Arthritis, Multiple Sclerosis and diabetes.

"EFT is a simple solution," says Craig, "that many health professionals are incorporating into their regular practice. Surgeons use EFT to avoid unnecessary surgery, chiropractors use EFT to correct misalignments and therapists use EFT to avoid lengthy and costly psychotherapy sessions. And every day people are using EFT to address their own physical and emotional issues."

Over 350,000 people have downloaded Craig's free training manual and another 10,000 download it each month. Known as The EFT Manual, it has been translated by volunteer practitioners into nine languages. The EFT website is the fifth most actively visited natural health site in the world.

The EFT Manual gives anyone all the basics so they can apply it right away. It can be freely downloaded at... <http://www.emofree.com/downloadeftmanual.asp>

An extensive display of EFT research is given at <http://www.emofree.com/res.htm>

Do email if you have any queries.

This Newsletter would not be complete without a little giggle... Thank you Deborah for bringing this little gem to my attention:

Airline Food

It was mealtime on a small airline and the flight attendant asked the passenger if he would like dinner. "What are my choices?" he asked. She replied, "Yes or No." Author Unknown
So much in life is as simple as this...

Note; This year we will be having a break in May. (i.e. will be incommunicado in May 2008)

That's it for this Newsletter. *Hope you enjoyed the newsletter. Sending you wishes of joy, happiness and infinite peace. Eddie and Ranjana Appoo*



The Amazing 8 week Gentle Detox, Parasite Cleanse and Liver Flush

It is important to understand that we do not suggest that our programme will or could be suitable for you. The programme outlined here is the one we have personally used. We simply provide you with information and our opinions on the understanding that you retain the responsibility for your own health. Personal responsibility is, we believe, a vital part of good and continuing health.

Day 1 and then for 2 weeks

AM Start with **Psyllium Husks** and Lemon drink first thing in the morning:

2 teaspoons of psyllium husks in a glass of water with a freshly squeezed **lemon**

PM Before going to bed have a **Senna tea** or a teaspoon of **Triphala powder**

(an ayurvedic combination of 3 herbs) in half a glass of juice and then some water.

We recommend Neways **PuriTea** instead of the Senna Tea or Triphala.

After 2 Weeks

Begin to take (for one-month) herbs to remove parasites from the body

We recommend a course of **Parafree Tablets** from Neways

(Parafree contains: Pumpkin Seed, Garlic, Black Walnut Hulls, Microcrystalline Cellulose, Grapefruit seed Extract, Citrus Pectin, Clove, Citrus Seed Extract, Wild Ginger Root, Anise Seed, Papaya Leaf, Fig Powder, Cranberry Concentrate, Pomegranite Fruit, Butternut Bark, Stearic Acid, Silicon Dioxide, Pau D'Arco, Red Clover, Olive Leaf, Gentain Root, Hyssop, Peppermint Powder, Fennel Seed)

2 Parafree in the morning with breakfast and 3 at night with dinner, along with this a cup of **Puri-Tea** from Neways at night.

(Puri-Tea contains a synergistic combination of herbs to gently assist the body's own mechanism with the removal of the sticky, gluey substance known as mucoid plaque. Mucoid plaque may inhibit your body's own absorption of vital minerals, vitamins and nutrients from food and supplements and, with this removed, your body can then maximise nutritional intake. Complementary supplements are Feelin' Good and Digestamin. The ingredients are Senna Pod, Senna Leaf, Frangula bark, Barberrry Bark, Chinese Rhubarb Root, Ginger Root, Chamomile Flower, Raspberry Leaf, Fennel Seed, Lemon Grass herb, Peppermint Leaf, Orange Peel, Sucralose, Cayenne Fruit).

Continue the psyllium husks.

2 weeks later

Stop ALL Wheat
 Dairy
 Sugar
 Meat, fish and eggs
And Caffeine

2 weeks later

Add **Apple juice** to your diet.

Drink a minimum of a litre of Apple juice a day

(Esp. for the week before the liver flush)

Cut out Potatoes, bananas and starchy food and all cereals

Increase your intake of salads and fresh green vegetables.

2 Weeks later – The Liver Flush –2 Days

Stop all supplements and husks



Begin liver flush, 2 days where you are near a toilet

In the morning have only fruits or lightly steamed vegetables it should be fat free

After 12 pm NO FOOD OR DRINK, HERB TEAS, OR WATER

At **4 pm** take 1 tablespoon of ***Epsom salts*** in warm water; drink it fast, you can sip some water after this.

Do the same thing at **6pm**

By **8 pm** your stool should be watery and clear if it not take one more dose of Epsom salts. By **9 pm** you should have clear watery stools....

8.30 Keep ready ½ a pint of ***extra virgin organic olive oil*** mixed /shaken with 1 freshly juiced ***grapefruit***. Keep a little bit of the grapefruit juice aside as a chaser (you can squeeze half a grapefruit if you want to as a chaser)

Brush your teeth and get ready for bed before you drink this.

Drink the olive oil grapefruit mix before lying down to sleep.

Lie on your right side (or on your back with head propped high on pillows)

Visualise the stones coming out, GO TO SLEEP, or rest lying down, DO NOT GET UP EXCEPT TO GO TO THE TOILET TILL MORNING.

The next day; As you wake, get up and take another dose of Epsom salts in warm water. You can sip water till lunchtime. If you have no bowel movements in the next 2 hours take another dose of Epsom salt.

Lunchtime, light meal of steamed vegetables or fruits, chew well

Dinner Eat Healthy

*Congratulations you have now completed the gentle detox, parasite cleanse and liver flush.
How do you feel?*

The words in Italics and bold are we had to get for the cleanse

Other optional products that will support your cleanse are

MAXIMOL SOLUTIONS

Maximol Solutions is an advanced nutrient-rich formula fortified with ionic minerals, Vitamin C - Vitamin B complex, 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, which can be found in its supply of high ORAC scoring fruits

Noni Juice

Hawaiian Noni Fruit is a great favourite 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.

Key Points:

- A valuable source of natural antioxidants
- A highly prized, exceptionally powerful nutritious food supplement
- Promotes a sense of general well being
- Supports the immune systems natural defences

VMM from Neways

This product contains a unique blend of western and chinese herbal extracts including echinacea, rosemary leaf and hawthorn berry

Supergreens from Innerlight is also a great support.

We also encourage the use of Omega 3,6 and 9 oils either Udo's or Essential Balance from Higher Nature.