

# Emotional Health Centre News

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

*Dearest Friends,*



Its springtime, have just been in the garden, cleaning and clearing, preparing for a fruitful summer. Planting beans, okra and lettuce seeds and have been thinking about all of you, and am imagining planting seeds of joy with you in the world around us. Thank you for all your supportive emails, letters, feedback

and queries, I do not always have the answers but together we open doorways and transform our world. As the Emotional Health Centre community grows, some days I do not get to reply to you all, but every email, letter, call, matters. And when I read them I feel connected to you beyond time and space. THANK YOU

*In April we will be running a special 2-part EFT Level 1 Introductory Workshop - Friday 17<sup>th</sup> of April and 24<sup>th</sup> of April (both days 2.30pm – 5.30pm), making it easy for those of you with children and other commitments to attend. For other workshops and events do check out our website. We love sharing these with you. To Book call 01424 427919*

**Also in April and May we are giving all you Men folk out there £15 off Jin Shin Jyutsu sessions (normally £30). So if you are feeling stressed, need some time to relax, this is a perfect opportunity. We invite to take advantage of it.**

In May I will be facilitating the first *Body in Joy* Workshop. This unique 2 part workshop uses EFT (The Tapping Therapy that I use all the time to clear my unwanted stuff) to help you get in touch with feeling really good in your body. To experience lightness, strength and delight in the body

Fridays 15th and 22nd May 2.30 to 5.30pm only £65  
VENUE: The Wellington Square Natural Health Centre, 44 Wellington Square, Hastings, East Sussex TN34 1PN. To Book call 01424 427919

Are you comfortable in your skin?  
When you look in the mirror would you like to feel beautiful? When you stretch wouldn't it be wonderful to feel light and graceful?

Imagine feeling lighter, clearer and ready to embrace your body with a sense of contentment, fulfillment, joy and peace. We invite you to heal the inner suffering, criticism, judgment, and experience beauty and calm. Do join us for this special event.



We will be taking time out from the 8th of June to the 17th of July and will be incommunicado. We will check our emails sporadically. So if you need to contact us April and May are good months. If you need to book an EFT and or Jin Shin Jyutsu session during June, there are excellent practitioners you can contact. More info about them on our website

<http://www.emotionalhealthcentre.com/resources.htm#practitioners>

*"We come this way but once. We can either tiptoe through life and hope that we get to death without being too badly bruised or we can live a full, complete life achieving our goals and realizing our wildest dreams." Bob Proctor*

*"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."*  
Thomas A Edison

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## The Importance of Releasing Emotional Pain

Recently there has been a lot of research and discussion about emotional pain and the long term damage it can have on a person.

Vivienne Parry, explored the similarity of emotional pain to physical pain on BBC Radio 4's [The Pain Of Emotion](#) *New brain scanning technologies are revealing that the part of the brain that processes physical pain also deals with emotional pain.*

*And in the same way that in some people injury can cause long-lasting chronic pain, science now reveals why some will never get over such heartbreak.*

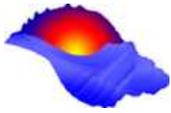
*Emotional pain can take many forms; a relationship break-up or social exclusion, for example.*

*But it does not get any more extreme than losing a loved one, as Scottish broadcaster Mark Stephen did.*

*In July 1995 he was driving a tractor while hay-making and accidentally hit his young daughter. She died shortly afterwards.*

*Mark's grief was overwhelming, he says.*

*"When people talk about a broken heart that for me was where it was*



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seated, just below your sternum.

*"It feels like your heart is leaking and you can't run away from it because you are the source of that pain." Thinking he would go mad with grief, he sought help from David Alexander.*

*Professor Alexander is director of the Aberdeen Centre for Trauma Research. He led the psychiatric team that first responded to the Piper Alpha oil-rig disaster.*

*Since then, he has been involved in helping survivors of many disasters including the Asian tsunami, the war in Iraq and, most recently, the earthquake in*

*Pakistan....Professor Alexander is not surprised about the link between physical and emotional pain:*

*"If you listen to people who are damaged emotionally, they will often translate their pain into physical similes: 'My head is bursting, my guts are aching' and so on. The parallel is very strong." But medical research has tended to concentrate on physical pain.*

*Neuroscientist Mary Frances O'Connor at the University of California, Los Angeles (UCLA) is one of the scientists who have propelled emotional pain up the research agenda.*

*"We're at a very new time when we can use technologies to look at the brain and the heart," she says. Naomi Eisenberger at UCLA has shown which parts of the brain are active when we feel emotional pain.*

*....This knowledge makes it essential to identify and treat those whose emotional pain is likely to become chronic, causing debilitating depression or even death.*

We have known for some time how emotional pain can impact on our lives. Recently Gary Craig released a [20 minute movie clip](#) of the work he has been doing with War Veterans and the results have been astonishing. **Dawson Church**, author of **The Genie in Your Genes** is the motivating force behind collating the research studies supporting EFT. Dawson brings energy, enthusiasm and clear thinking to EFT. You may be interested in downloading his latest study of the benefits of EFT for soldiers returning from Iraq ["Psychological Symptom Change in Veterans after six sessions of Emotional Freedom Techniques"](#)

[http://www.eftevents.com/documents/iraq\\_veterans\\_study.pdf](http://www.eftevents.com/documents/iraq_veterans_study.pdf) Dawson Church will be in the UK at the end of May, more info at <http://eftevents.com/science.htm>

*Many of you who have attended my EFT workshops have asked me for easy Tapping sequences that you can use between sessions and as your own self help. Well I am slowly getting there. On the website are 3 Tapping sequences to get you started on an amazing journey to Feel Free to Grow.*

[Tapping Sequence for if you dont know where to start.pdf](#)

[A Tapping Protocol for freeing yourself from being stuck by negative events.pdf](#)

[A Tapping Protocol for strong emotions.pdf](#)

<http://www.emotionalhealthcentre.com/resources.htm#EFTResources>

If you want me to post them to you, call us on 01424 427919, a donation towards time, printing, posting etc. would be very very welcome.

## Focus on Natural Remedies: Cayenne Pepper

We have just finished our annual Liver flush and I also managed to complete a 5 day fast during which I had a Cayenne Pepper and lemon juice drink which was very refreshing and healing. At the moment I am having Cayenne Tincture every day and it feels good.



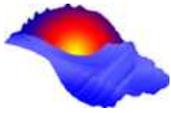
Cayenne Pepper is an herb made from the dried pods of chili peppers. Besides being a very popular spice in cooking, cayenne has also been used medicinally for thousands of years. High in Vitamins A, C, B complex, calcium and potassium, cayenne is a wonderful healing aid for the digestive system since it acts as a catalyst and increases the effectiveness of other foods and herbs when used with them. It is also very healing for the heart and circulatory system. Studies have shown that Cayenne can rebuild the tissue in the stomach and the peristaltic action in the intestines.

Cayenne is traditionally used by herbalists to cure stomach aches, cramping, gas, varicose veins, allergies, increase metabolism and relieve constipation. One of the most amazing healing properties of cayenne is that it has been used successfully time and time again to relieve heart attacks:

Dr. Christopher writes:

*"In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in--if they are still breathing--I pour down them a cup of cayenne tea (a teaspoon of cayenne in a cup of hot water, and within minutes they are up and around). This is one of the fastest acting aids we could ever give for the heart, because it feeds that heart immediately. Most hearts are suffering from malnutrition because of processed food we are eating, but here it gets a good powerful dose of real food and it's something that has brought people in time after time. This is something that everyone should know how great it is, because a heart attack can come to your friends or loved ones any time. And even yourself. The warm tea is faster working than tablets, capsules, cold tea, because the warm tea opens up the cell structure--makes it expand and accept the cayenne that much faster, and it goes directly to the heart, through the artery system, and feeds it in powerful food."*

The 2 articles below are thanks to [www.wdty.com](http://www.wdty.com)



## High Blood Pressure: Dark chocolate can ward off hypertension

We all know that fresh vegetables and fruit are good for us, but so is a little dark chocolate. Even just one square a day can reduce blood pressure, researchers have discovered.

They did the chocolate test on 44 people aged between 56 and 73 years who had the first signs of high blood pressure (hypertension). Half were given 6.3g of dark chocolate, containing 30 mg of polyphenols, every day for 18 weeks while the rest were given polyphenol-free white chocolate.

The dark chocolate group saw a fall in the prevalence of hypertension from 86 per cent to 68 per cent, and systolic BP fell by 2.9 and diastolic BP by 1.9. There was no improvement in the white chocolate group.

(Source: *Journal of the American Medical Association*, 2007; 298: 49-60).

## Pain: Women feel it in a different way

It's just as women have suspected for the longest time – doctors just don't understand them. Doctors have believed that women feel the same level of pain as men, but the female biological and hormonal make-up changes the way they feel pain, and it also means that doctors should treat women differently.

Paracetamol, for example, is less effective for women, and they are likely to suffer more side effects than men from the drug.

Women are also more susceptible to chronic illnesses such as arthritis, fibromyalgia and IBS (irritable bowel syndrome), a conference organised by the International Association for the Study of Pain has heard.

Because doctors are often ignorant of women's pain thresholds, they are likely to dismiss a female patient's complaints, and put it down instead to psychiatric issues.

(Source: Daily Telegraph, August 25, 2008).

Many of our clients have noticed that EFT and/or Jin Shin Jyutsu are both great tools for pain management...

## EMAIL HOAX REGARDING CANCER

Recently I was sent an email that read: **Cancer Update from Johns Hopkins Hospital**

As I always like to check my sources before I assimilate and disseminate information. I discovered that this email is a hoax and Johns Hopkins has got nothing to do with the information given below. This is what Johns Hopkins have got to say about these emails -

Johns Hopkins Kimmel Cancer Center  
Office of Public Affairs  
March 2007

*An email falsely attributed to Johns Hopkins describing properties of cancer cells and suggesting prevention strategies has begun circulating the Internet. Johns Hopkins did not publish the email entitled "Cancer Update from Johns Hopkins," nor do we endorse its contents....*

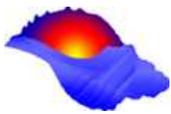
That said, nobody seems to be specifying that these points are false. This may not be endorsed by the premium institute. But, that doesn't mean it isn't true. So, I am including this in the newsletter as I believe it has some very good points.

Have a read and let me know what you think?

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumours.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumour size. However prolonged use of chemotherapy and radiation do not result in more tumour destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the people can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

## CANCER CELLS FEED ON:

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*



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Issue 9, April - June 2009

1. Sugar feeds cancer. By cutting off sugar, one important food supply to the cancer cells is removed. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame, and Aspartame is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in colour. A better alternative is Bragg's aminos or sea salt.
2. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soya milk cancer cells are being starved.
3. Cancer cells thrive in an acid environment. A meat-based diet is acidic so it is best to eat fish and a little chicken, rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
4. A diet made up of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit helps put the body into an alkaline environment. The remaining 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try to drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Because enzymes are destroyed at temperatures of 104 degrees F (40 degrees C), eat uncooked vegetables and fruit.
5. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. The best water to drink is purified water, or filtered, to avoid known toxins and heavy metals in tap water. Avoid distilled water because it is acidic and contains none of the healthy minerals required for a healthy body.
6. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrified and leads to more toxic buildup.
7. Cancer cell walls have a tough protein covering. By refraining from or eating less meat, more enzymes are freed to attack the protein walls of cancer cells. This allows the body's killer cells to destroy the cancer cells.
8. Some supplements build up the immune system (IP6, Flor-essence, Essiac, antioxidants, vitamins, minerals, EFAs, etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis (programmed cell death), the body's normal method of disposing of damaged, unwanted, or unneeded cells.
9. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior conquer and survive. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.
10. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

*Interestingly there are many Doctors who have been documenting the effects of Chemotherapy on their patients and now researchers fear chemotherapy may be more toxic to brain cells than to cancer cells.*

*It's hard to believe that the chemotherapy cancer drugs could be even more toxic than we all thought – but researchers have now discovered they attack brain cells and damage the central nervous system.*

*Patients have for years noticed that they have become more forgetful or lose concentration soon after starting chemotherapy – but doctors have always denied any link, as they didn't believe the drugs could cross the blood-brain barrier.*

*But new research reveals they can, and do, and that 'chemobrain', as it's been dubbed by disbelieving doctors, is very real.*

*Mark Noble and his team at the University of Rochester in New York have discovered chemotherapy can cause delayed brain degeneration, and even short-term use of the chemotherapy drug fluorouracil causes acute injury to the central nervous system.*

*(Source: Journal of the American Medical Association, 2008; 299: 2494)*

**Health products we use regularly** that keep us in fit and energized

We are often asked whether we are supporting our healthy energetic and balanced lifestyle with nutritional products. Yes we are. After we started using the products below we noticed a dramatic shift in our energy levels, our immune system seemed to benefit the most.

We use and recommend:

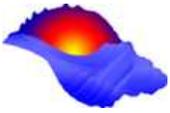
[Neways](#) Nutritional products especially the Maximol (colloidal multi vitamin solution) and Noni Juice

[Neways](#) Personal Skin and Dental Care products

We also use Higher Nature and Biocare products. For herbal tinctures we order them from the net.

Whenever we travel and we do this a fair amount, I use the Innerlight super greens and Higher Natures' True food Vitamin C and Vitamin B complex

[Valerie Dobson](#) emailed me the funny addition to this newsletter. Valerie is a gifted and experienced Shiatsu practitioner, and we have been supporting each other by swapping sessions. She helped me heal an ongoing shoulder tension in one session. I really recommend her.



She sees clients at the Wellington Natural Health Centre in Hastings.

## Sentences typed by Medical NHS secretaries in Greater Glasgow

These are very funny, although I am not sure how these were released from the NHS? In one of my earlier newsletters I did have similar accounts from what was supposed to be a hospital in the US. So I am not sure whether these are for real. They do make me laugh anyway.

These are sentences typed by Medical secretaries in NHS Greater Glasgow

1. The patient has no previous history of suicides.
2. Patient has left her white blood cells at another hospital.
3. Patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
4. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. Discharge status: Alive, but without my permission.
10. Healthy appearing decrepit 69-year old male, mentally alert, but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.
13. While in ER, she was examined, x-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant infrequent headaches.
16. Patient was alert and unresponsive.
17. Rectal examination revealed a normal size thyroid.
18. She stated that she had been constipated for most of her life until she got a divorce.
19. I saw your patient today, who is still under our care for physical therapy.
20. Both breasts are equal and reactive to light and accommodation.
- 21 Examination of genitalia reveals that he is circus sized.
22. The lab test indicated abnormal lover function.
23. Skin: somewhat pale, but present.
24. The pelvic exam will be done later on the floor.
25. Large brown stool ambulating in the hall.
26. Patient has two teenage children, but no other abnormalities
27. When she fainted, her eyes rolled around the room.
28. The patient was in his usual state of good health

until his airplane ran out of fuel and crashed.

29. Between you and me, we ought to be able to get this lady pregnant.

30. By the time he was admitted, his rapid heart had stopped, and he was feeling better.

**Ann Rushbrooke** a while back facilitated one of the monthly EFT Support groups that we host, on the subject of **Being Un-loving to Yourself and How to Stop Beating Yourself Up**. I had asked her if she would write an article, an excerpt from that article is below. Ann is a gifted EFT practitioner, those who work with her experience great results.

*"Love your neighbour as you love yourself." If we really did this most of us would have no friends!*

*There are many different ways how we are so un-loving to ourselves (why, is another question for another time):*

### **Self-critical**

*This means having the attitude of, "I'm not perfect (O.K. none of us are) but I should be perfect!" Do we expect others, especially our friends and loved ones, to be perfect? Well yes, occasionally! However we do understand that that is unrealistic and are content to love them as they are; and of course we want them to love and accept us as we are. Why then can we not accept ourselves as we are, warts and all, whilst still acknowledging the fact that we are a 'work-in-progress'? We find this very difficult; there is always that little voice in our head that says, "Ah! But you are different, you must be better!" We need to be aware of that voice and reply, "Why?"*

*This is where EFT is so helpful. Its basic set-up phrase containing the affirmation, 'I deeply and completely love and accept myself', or similar words, drowns out the little critical voice with love, at least for the moment, thus restoring our mind to peace and sanity. Not everyone can say those words at the beginning. I remember when I first started EFT I refused to say them, simply because I knew they were not true for me. My therapist (Ranjana Appoo) suggested a "I look forward to the time when..." formula which I was happy with. Later, when watching a Gary Craig video containing the original set-up words I asked her, "Why didn't you use those words with me?" She replied "You couldn't say them, don't you remember?" I had totally forgotten! Such is the power of EFT that my new experience of love and acceptance of myself had completely erased the old....*

To read the rest of Ann's Article go to

<http://www.emotionalhealthcentre.com/resources.htm#EFTResources>

*A few of you had sent me a Shiatsu self help chart which I found to be very useful so am attaching it with this newsletter. That's it for now, call us, email us, and stay in touch; we look forward to meeting you soon. Hope you enjoyed the newsletter. Sending you wishes of joy, happiness and infinite peace. Ranjana & Eddie Appoo*