

CARING CLINIC NEWS



I'M WELL

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I'M HAPPY

FOOD IS BETTER MEDICINE THAN DRUGS

A PARADIGM SHIFT

Editorial by Brian Hampton.

Our previous major bulletin was very much dominated by the many illnesses that can and have been helped by Nutritional Medicine. When that was written I had not realised that this concept reflected a trend that has come to fruition during the last year. In 1986, when I qualified, we were very much a fledgling therapy and as such we were obliged not to challenge heavily the orthodox view of dealing with illness. Over time it has become more and more difficult for me to sustain this image. Much of the time the work that I do at the clinic is clearly helping people who can only be described as medical failures.

On that basis I was relieved to see the latest publication from Patrick Holford was entitled **"Food is Better Medicine than Drugs"**. A clear indication that Nutritional Medicine is close to mass acceptance.

Having said that there is a "fly in the ointment", if some one can come up with a better analogy I will be very happy because in this case the fly is in reality bigger than the ointment. The one thing that could derail this paradigm shift in health care is the power of the pharmaceutical industry, often referred to as BigPharma in Email terms. **Most of the scares and negative publicity about the use of supplements can be traced back to BigPharma** who seem more concerned with maintaining their vast profit

position without regard to the health and welfare of the general public. This is the tragedy of companies only being able to focus on the bottom line.

At times it seems there are some journalists and even the courts that are prepared to challenge this colouses. I have particularly enjoyed the TV drama, "Judge John Deed" and have been amazed when the script shows up the corruption and lack of truth that seems to abound when so much money is involved.

The compensations cases faced by Merc, in relation to the fatalities and heart problems caused to patients being prescribed and using their patented pain killer Viox, could have been part of such a script. During the acceptance phase of its introduction, side effects of this nature were discounted as not being significant but were in fact documented in their early research work. **This sounds remarkably familiar, like the idea that smoking was never seen by the manufactures as hazardous, not until their own original research was exposed as showing otherwise.**

When I looked at the number of claims and the size of compensation being awarded to users of Viox I naively thought that it would bankrupt Merc and send a warning to the rest of the industry. Then I got a better indication of what was involved. Compensation costs are measured in £millions

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Is Alternative Medicine Any Less Scientific ?

No doubt some of you will have seen all the anti-alternative medicine propaganda in the papers. I wholeheartedly agree that good medicine needs to be properly proven to work, which is why I abhor the fact that almost a third of all drugs are prescribed 'off label', meaning that they are given to groups of people for whom no benefit has been proven.



I thought the most astute response to this cry against alternative medicine was that made in the Times by Jerome Burne, kindly reproduced below:

'Professor Michael Baum, who laid into alternative medicine, is quite right to be concerned about wasting scarce NHS funds on "unproven or disproved" treatments.

Unfortunately he has the wrong target in his sights. If he's looking to root out marketing dressed up as science and protect patients from being damaged by side-effect that have been deliberately kept hidden, he would do far better to focus on problems with prescription drugs.

While some are life-saving, far too many are marginally effective and carry risks out of proportion to the conditions they are designed to treat. Drug side-effects now kill around 10,000 people a year in the UK – three times the number killed on the roads - and cost the NHS over £4 billion. Patients are being perfectly rational in seeking alternatives and it is simply out-dated medical arrogance to condemn them for it.

Only last week it emerged that one of the anti-depressant SSRI drugs actually increased the risk of young adults committing suicide – a

possibility the companies had always strenuously denied even though in 2003 doctors had been advised not to give these drugs to anyone under 18 because of a suicide link. The evidence for that official ruling dated to 1996 but had never been published. During the intervening years UK doctors were prescribing more SSRIs to children than any other country in Europe and yet there was no proper evidence base for this at all. Treating those children by changing their diet or with acupuncture seems sane and responsible by comparison.

The scandal surrounding the anti-inflammatory drug Vioxx - withdrawn from the market in 2004 because it doubled the risk of developing heart disease and other vascular problems – is another example of a drug that was heavily over-hyped and prescribed to millions for whom it was not appropriate. Evidence that there was a danger was once again downplayed or ignored; one expert estimate puts just the number of Americans killed or damaged by a drug they took to ease aching joints at 140,000.

Professor Baum demonstrates no understanding why people are searching for alternatives to his remedies. In any other business, blaming your customers for deserting you would be regarded as a bizarre and self-defeating management strategy. If he's serious about patient safety and cutting costs, he could start by demanding that drug disasters are followed by an official enquiry and that testing of promising non-drug therapies is properly funded.'

(Source P.Holfords E-News 2006)

A Reminder

We have previously referred to the research regarding statins and their effectiveness at lowering cholesterol. For people who are taking them it is useful to know that this drug can rob the heart muscle of its primary energy source CoQ10. Brian takes the line that it is unwise to take this drug without including 60mg of this coenzyme within your

A PARADIGM SHIFT continued from page 1

whilst the turn over and profits of the company are measured in £billions. The compensation may hurt the profits a little for a few years but it seems likely the compensation only represents five to ten percent of their profits. One would not need to be too cynical to conclude purely in accountancy terms that such a risk would look acceptable.

A quote from a fictional civil servant in John Le Carre book “Absolute Friends” makes the observation **“If you tell a big enough lie long enough and hard enough the truth becomes unthinkable and would be considered absurd.”**

I regularly see clients, particularly older clients, who have been encouraged to take seven to twelve different prescribed drugs and they have no concept that no one anywhere in the world has tested to see what happens when you cocktail drugs.



All are tested singularly and mostly on healthy young men. **Is this good science?**

It is worth looking at an article from the CAM magazine (Complementary/Alternative Medicine) which asked the question, **“Is medicine too dependent on science?”**

The accepted orthodox gold standard means everything is considered unproven unless it stands up to a double blind cross over study. In other words centuries of custom and practice, experience, common sense and the like count for nothing. These concepts are not seen as reasonable and could not be seen as a safe reason for doing something. To illustrate the

point the article showed that by this gold standard **the use of parachutes by airmen ejecting from a damaged aircraft is an unproven technique.**



Arguably before a medical scientist would trust such a device there would need to be a study involving at least twenty airmen that would need to be ejected from an aircraft all with parachute packs but ten would be placebo, probably filled with cotton wool. For “good science” to apply those that survived the first fall without a parachute would be expected to jump again. Again they would not know if they had cotton wool or the unproven parachute. Common sense suggests that finding volunteers for such science could prove more than a little difficult!

The use of food and supplements do not stand up to double blind cross over studies because nutrients are interdependent on each other and work in a synergistic manner. Get the right combination and people thrive, their health improves, they gain greater vitality than they can previously remember



WINSTON CHURCHILL

“The only statistics you can trust are those that you falsified yourself.”

Quoted in “The Week” 3rd march 2007

HOW TO PROTECT YOURSELF FROM ELECTROMAGNETIC RADIATION

One of the big unseen health hazards of the 21st century is electromagnetic radiation. I wrote an extensive report on this back in 2004 but since then, I've been learning some practical steps you can take to protect yourself.

Before explaining these to you, I'd like to give you some of the background so you don't think this is just another unfounded health scare. Exposure to electromagnetic fields, or EMFs for short, is something none of us can avoid, but all of us can limit. Overexposure is now undeniably linked to increased risk of childhood leukemia, brain tumours and breast cancer, possibly because breast tissue absorbs radiation very easily. So too do the testes, and there is an association between male infertility, low sperm count and frequent use of mobile phones, especially if carried on the trouser belt. We also know from animal studies that EMF exposure can kill off brain cells and damage DNA, hence it is likely that overexposure can contribute to worsening memory, concentration and possibly behaviour and mood changes. **Children are particularly susceptible to mobile phone EMFs because their skulls are thinner.**



Your potential for over-exposure to EMFs is most likely to come from your mobile phone, cordless phone base station, wireless network system (if you have one), or exposure to powerlines or mobile phone masts, if you happen to live or work close to one. Mobile phones and masts deliver a higher 'microwave' frequency than TV and radio, which operate at lower 'radio' frequencies.

It's overexposure to these microwave frequencies that are particularly concerning

Reading this you might think, if these really are dangers why aren't the authorities doing something about it? The strange thing is that they absolutely are in some countries, but not in the UK. Let me give you an example. In Switzerland and Luxembourg, the guideline for limiting exposure is 95 watts per square meter (W/m²). In Russia, China and Italy, it's 100. In the UK, it's 900! Your mobile phone could actually operate at 0.002 if legislation required it. At this point in time, however, there is no legislation to protect you from potential over-exposure to EMFs. This may be partly because the science is unclear - we don't yet really understand the mechanism for causing the associated symptoms, and there's a lot more research that needs to be done. In a similar way to the time it took for the long-term dangers of smoking to emerge, we don't yet know what the long-term effects of exposure to EMFs will be. We are only really looking at 8-10 years of widespread exposure to microwave EMFs from mobile phones. Most cancers take 10 years or more to develop. A clearer picture will undoubtedly emerge over time.

What's surprising is that there's very little research being done to find out more, possibly because the incentive to do this might be hampered by the billions of dollars earned from this industry, not least the government's licensing fees for transmitting on frequencies and installing masts. However, the existing evidence certainly suggests a level of risk many times higher than passive smoking. If you avoid places full of smoke you might do well to avoid your over-exposure to EMFs. So, the question is how?

Are you practicing safe mobile phone use?

Your mobile phone transmits at maximum power when you turn it on and off, when you dial out, when it is ringing, and when it connects or disconnects. So, holding it away

dial out, reduces your exposure. Don't put it to your ear until you see that the person has answered.

Keeping it away from your body by using a hands-free kit can make a big difference, especially the sort with air tubes. But there's not much point using a hands-free kit and having your phone in your pocket.

When your phone is on but not in use, keep it away from you - perhaps in your bag if you're moving around, or not right under your nose at work. Ideally, turn it off. I pay £7 a month for a phone service that re-routes my calls automatically to a sequence of numbers so, when I arrive at home or at my office, I turn off my mobile phone.

Your phone will transmit a much stronger signal if the reception is weak - in other words if you are a long way away from a mobile tower. Hence, you are better making calls when the reception signal on your phone is at its maximum.

In any event, it's best to keep calls on your mobile phone short and have long conversations from your regular landline phone. Texting also exposes you to far fewer EMFs, especially if you hold the phone away from you when you send or receive a text.

Beware of Cordless Phones and Wireless Internet

The next biggest source of exposure are newer cordless digital phones that use DECT (Digital Enhanced Cordless Telephone) technology. The problem with these is that the base station transmits EMFs 24 hours a day, regardless of whether you are using the phone or not. The handsets also transmit when in use. At the very least, make sure the base station is not by your bed, or next to where you sit during the day.

If you simply can't live without a cordless phone, the older analogue ones will expose you to far fewer EMFs. I no longer have cordless phones in my house. Computer wireless local area network (wLAN) broadband systems that

allow anyone in the house to access broadband are becoming increasingly popular. The trouble is these mean that the entire household is filled with microwave radiation even when the computers are not in use. It is much better to have a direct broadband link to your computer and, if you wish to use your computer in other rooms, get an ADSL router and run network cables. This is not expensive.

Give your house and workplace an EMF check

If you are close to a major power cable, or might possibly have underground cables running under your house, you can easily check whether these are generating significant amount of EMFs. More insidious are mobile phone towers. Some of these are hidden in what look like lampposts. Others are hidden in signs, for example at petrol stations. Wherever mobile phone use is high, there are likely to be more mobile towers. Due to the heavy use in secondary schools, mobile towers are often erected on or near the school grounds. I think this is a very bad idea. In Russia there is a 2000 metre safety zone around mobile towers. In New Zealand it's 500 metres. In the UK, it's only 20 metres.

Other possible sources of hidden EMFs are transformers or junction boxes, for example, in an apartment block or office. If your bedroom or office is right next to one of these again, this can be a source of exposure. Not only will it affect your health it is also likely to affect your house price as people become more aware of these issues. Personally, I wouldn't buy a house without checking this out with a simple EMF meter. The one I like is called the **ElectroSmog Detector**.

It's terribly simple - and revealing. You just turn it on and it turns the unseen

WHEN A GOVERNMENT LIES

What every parent and grandparent needs to know about vaccinations (and why health officials always quote safety records from Canada)

Fewer children are having the MMR jab than at any time in the past decade. It's a trend that is worrying health officials in the UK, who are blaming parents' reticence on scare stories about the vaccine, such as the possible link with autism.

But What Doctors Don't Tell You (WDDTY), the health journal for consumers, recognizes a deeper – and more disturbing – reason. Parents have lost faith with their health officials, and no longer believe that they are being told the truth about the safety record of vaccines.

Research by WDDTY has discovered parents have every justification for their suspicions: in fact, health officials are playing fast and loose with the truth in order to get immunisation numbers up.

WDDTY research has discovered that:

- officials are deliberately suppressing data about the safety of vaccines
- they are under-playing the side effects, which range far beyond autism
- they are over-stressing the prevalence and seriousness of some diseases in order to scare parents into immunisation
- they know new vaccines they're introducing to the UK have killed children in the USA – something they've never told parents.

Governments lie when they tell us vaccines are safe

The UK government has introduced a bold vaccination programme for the nation's toddlers, and doctors are being incentivized with bigger cash bonuses to get more than 90 per cent of the children on their books vaccinated. **Under the new programme, a child will have been given 21 separate vaccines by the time he or she reaches the age of 24 months.**

This schedule includes the MMR jab, plus three new vaccines – a '5-in-1' jab, and new pneumococcal and meningitis C vaccines.



The 5-in-1, introduced 18 months ago, is designed to protect against diphtheria, tetanus, whooping cough, Hib and polio. It replaces the old 3-in-1 DPT jab, and the Department of Health insists it's far safer. Unfortunately, the safety records supplied by the vaccine's manufacturer don't support the claim. In one study, two-thirds of the 451 infants vaccinated experienced a side effect, which included some severe reactions. These included febrile convulsions, hyporesponsive episodes, where the child loses consciousness, and high-pitched and inconsolable crying, an early warning of encephalitis, or inflammation of the brain. Other reactions included dyspnoea, or breathing difficulties, cyanosis, which is the discolouring of the skin due to lack of oxygen, hives, oedema, hypotension and anaphylaxis.

Why governments quote Canadian safety records

At the age of just three months, a baby should receive its first vaccine against meningitis C. Again, health officials reassure parents that the vaccine is safe – but, again, WDDTY researchers have discovered this is a blatant lie.

In one study, 92 per cent of vaccinated children suffered a systemic reaction of moderate to severe intensity within the first seven days of being inoculated. And yet the manufacturer has gone on record with WDDTY to state that “there are no safety concerns” with the vaccine.

Amazingly, the new vaccine has never been through safety checks. Instead the UK officials relied on data on a similar vaccine being used in Canada – but it’s not the same, as the manufacturer has confirmed with WDDTY.

It’s also more than mere coincidence that UK officials have looked to Canada for its safety check. **In Canada there is no compulsory requirement to report a reaction to a vaccine, unlike in the USA where every possible or likely reaction must be reported to the drug monitoring authority, the FDA.**

It’s left to the manufacturer to voluntarily report an adverse reaction to its vaccine – and according to research by WDDTY, this is a loop-hole that’s well used. Manufacturers can also use a ‘time window’ – a period of time when it might reasonably be expected to see a reaction. Any reaction that falls outside that window again can be immediately ignored. So, when health officials say a vaccine is safe “because of research in Canada”, you know the deck is stacked, and you should treat it with extreme caution.

A ‘safe’ vaccine that has killed 117 children

The introduction of the latest vaccine to this intensive programme – the pneumococcal conjugate, or PCV. It’s designed to protect against pneumococcal meningitis, septicaemia and pneumonia, and it’s been hailed by Britain’s chief medical officer Sir Liam Donaldson as a life-saver. It’s already done much to safeguard children in the USA, and will do the same here.

Unfortunately for Sir Liam, the USA keeps very good safety records for vaccines, and it makes for disturbing reading. In the first two years since the vaccine has been used in the

USA, there have been 4,154 reports of serious side effects, including 117 deaths. Overall, serious side effects were reported in 15 per cent of all children given the vaccine, an alarmingly high figure. And just how many lives will the new vaccine save? According to figures unearthed by WDDTY, 11 children died of pneumococcal meningitis, 2 died of pneumonia, and 10 died of septicaemia in 2004.

These are, of course, 23 tragic deaths – but so were the 117 who died after receiving the vaccine. Furthermore, there’s evidence to suggest the vaccine is not always effective. The USA records show that 34 children who had been vaccinated still went on to develop invasive pneumococcal infection, suggesting the vaccine offered no protection whatsoever.

(Source: WDDTY E-News 2006)



ROBERT IS THE HERO

This edition of The Caring Clinic News is largely due to the diligence of Robert who has pestered for its production and has largely been responsible for its content and layout.

In the past when time frames have slipped the situation could relatively easily be salvaged by using the monthly articles Brian wrote for the Sheffield Telegraph. After nearly nine years of contributions the paper seems to have concluded selling health does not sell newspapers. Strange when you see how popular such programmes have become on television.



Some of the delay also has to be attributed to Brian's discovery that horizontal cycling is both painful and some what debilitating. He claims stabilisers are not the answer.

DON'T WASTE YOUR MONEY ON VITAMINS

One of the questions I get asked all the time is *'do you really need supplements? Can't you get all the nutrients you need from a well balanced diet?'*



This belief is, I'm afraid to say, the greatest lie in nutrition today. Why? Firstly, because the chances that your diet meets all the 'RDAs' are very slim, and secondly, It all depends on what you mean by 'need' and what you want from life.

Do you start from the bottom up, from the point of view of preventing obvious deficiency diseases? Governments the world over have started from the bottom up - from the point of view of preventing obvious vitamin diseases, from scurvy (vitamin C) to beri-beri (vitamin B1) and pellagra (B3 niacin). That's what the RDAs (Recommended Daily Amounts) stands for. But, as we learn more and more the RDAs have drifted up and up. In the case of vitamin C from 30mg, to 45mg to 60mg (in the UK) to 85mg (in the US). Even this is just an average and you are far from average. You are genetically unique.

That's why we all look different. Together with your genetic individuality, where you live, how much exercise you get and your sex can easily alter your nutritional needs by a factor of ten. That's why I call the RDAs the 'ridiculous dietary arbitraries'. They are no more ridiculous than saying everyone should wear size 10 shoes. If you are happy with average poor health achieve the RDAs. That's my advice

(Extract taken from P. Holfords e-news 27th June 2006)

Give your house and workplace an EMF check continued from page 5



electromagnetic radiation into a sound that increases in intensity the stronger the signal.

It made me and my family much more aware of EMF emissions. At the time we had a microwave oven and you had to be about 10 feet away to avoid the radiation. A wall in between made no difference. Since then, the microwave oven has gone.

All these steps are especially important if you are experiencing unexplained tiredness, concentration or memory problems, or are pregnant or have children. Some people are especially sensitive to electromagnetic radiation and, for them, even these steps are not enough.

If you'd like to find out more about how to protect yourself from electromagnetic radiation the best, and most practical book that I've read on the subject is **The Powerwatch Handbook** by Alasdair and Jean Phillips.

(Extract taken from P. Holfords e-news 2006)

BROKEN BONES AND ARTHRITIS

One would have to be a complete optimist to see some advantage or learning from breaking an arm, particularly the right arm when you are right handed and self-employed. Having said that I experienced just such a situation last year. Through stupidity I succeeded in breaking my right arm high up towards the shoulder, which meant it could not be plastered. There was also damage to two bones within the shoulder.



Without me realizing it my steadfast belief in optimum nutrition and the use of supplements meant my recovery was happening much faster than the professionals were expecting. **At the end of five weeks I had not needed to use the cuff and collar sling for over a week and had recovered about 85% use of the arm.** The magnitude of this success was made clear to me during my second appointment with the hospital's physiotherapist. He checked what movements I had, what pain I was experiencing i.e. virtually none, and had an intense feel around the site of the major break. At this point he told me my recovery was about where he expected a patient to be after 12 weeks! The thing I have found most pleasing about the whole episode has been the level of curiosity and the respect the professionals have for nutritional therapy. The physiotherapist wanted to know what supplements I had been using and I shared with him the value of using Celadrin as an anti-inflammatory and I explained I

had slightly raised my use of Calcium and Magnesium during that time and confirmed that I had not changed the level of Vitamin D in use beyond what I normally take, as found in a powerful multivitamin. I stressed that I perceive such a multivitamin to be a priority use supplement no matter what. Following this he wanted to know how I would deal with patients with a diagnosis of Arthritis, again I referred to the use of Celadrin and suggested that my clients find Glucosamine, as Glucosamine Chloride combined with MSM Sulphur, as the most cost effective way of using this joint repairer and stressed that it was best taken away from protein containing meals.

Even my initial visit to the Physiotherapy Department provoked considerable interest in my profession. The lady who did the initial assessment and provided a profile of exercises explained that her daughter was considering a career as a clinical nutritionist. I was pleased to provide some ideas as to how that could be achieved. My final visit with the Orthopedic surgeon was also an indication of how far public opinion had shifted and how people view the importance of nutrition. His expressed concerns about osteoporosis were quickly nullified when he looked at my file and saw that I was a Nutrition Consultant and expressed, much to my delight, that with my background I should know how to avoid such a condition. I am quite sure ten years ago such conversations would not have happened.

More recently I have had the opportunity to reinforce my confidence about my bone strength. Again I was on a cycle, when a patch of ice meant I landed heavily on my right side. The hospital reported nothing was broken although I had no use of my left leg and an ostrich egg sized lump on my left elbow, again using Celadrin the swelling quickly turned the black and blue of bruising "coming out". But my mobility was not improving significantly and I remained

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THE NATIONAL ASSOCIATION OF HEALTH FOOD STORES (NAHS)

Life is exciting. Life always involves change and it's funny the way things work out. Last year we were encouraged by Solgar to become a member of the NAHS. We decided it was a reasonable suggestion because we felt our membership, plus donation, was our means of saying thank you to them for their extensive campaigning with the E.U. to limit the damage and restrictions associated with the Directive on vitamin and mineral supplements. A battle that is ongoing as this bureaucratic nightmare endeavours to reach a consensus on so called safety levels.

We had expected some sort of associate membership because we are a clinic not a store. In fact there is only one class of Membership and the NAHF encouraged us to have a visible profile and commercial aspect to our work. With potentially greater sales from a wide range of supplements and the opportunity to launch **Health MOT's** for people who want to avoid illness or assess their risk of illness. This would involve blood pressure checks, assessment via our usual 5 page questionnaire and a homocystine test. We are also testing the water with an anti-ageing programme. Is South Yorkshire and North Derbyshire ready for what we have to offer? There is only one way to find out-offer it and see what happens..



Is the Hunter-Gatherer Diet Best?

Did you see the BBC 2 Programme: "The Truth About Food"? (11th Jan at 9pm)

Nine volunteers spent 2 weeks living in a zoo enclosure, eating the same diet as the great apes, they consumed up to 5 kilos of raw fruit and veg a day. They all had high blood pressure and cholesterol and most had a family history of heart disease. Within 12 days of the experiment they had dramatically lowered their cholesterol and blood pressure.

BROKEN BONES AND ARTHRITIS

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dependent upon two crutches. The initial bruising had effectively masked torn ligaments in the groin area. As ever once the problem has been identified, appropriate action can be taken. Once I had started consuming heroic levels of Glucosamine supported with L-Proline, Turmeric, Quercetin, Bromelain and Ginger Root, i.e. Joint Complex supplied by Viridian, recovery became obvious. The process was aided by a visit to an acupuncturist and McTimoney chiropractor. The use of acupuncture was suggested by Pam and only reluctantly accepted by me but the results were truly spectacular. This latter injury episode does demonstrate the need for accurate diagnosis and the benefit of seeking professional help.



WATER

The most cost effective therapies are most often the most simple, and often not driven by big profits

75% of Americans are chronically dehydrated and for 37% of them the thirst mechanism is so weak that it is often mistaken for hunger.

Even mild dehydration will slow ones metabolism by as much as 3% and one glass of water will shut down midnight hunger pangs.

Lack of water is the number one trigger for daytime fatigue and preliminary research indicates that 5-10 glasses of water a day could significantly reduce back and joint pain for 80% of sufferers and decreases the risk of developing colon cancer, breast cancer and bladder cancer.

A mere 2% drop in body water can trigger fuzzy short term memory, trouble with basic maths and difficulty focusing on the computer screen or on the printed page. Drinking half a litre at the onset of a migraine or headache helps to lessen the pain.

PAM'S PAGE

Sadly a few weeks ago our daughter Tina's cat died. George and his brother Tinker were rescued cats. Tinker was very nervous around people and shot out of the back door as soon as visitors arrived. Outside he made up for it by being 'macho cat', involved in fights and bringing home numerous birds and toads. By contrast George was a 'stay at home cat'. He liked nothing better than being cuddled and spent his days curled up on a lambs wool blanket. He rarely ventured far, but one particular day he crossed the road and was hit by a car on the side where he had a blind eye. Brian and I went to his funeral and so did the small boys from next door. Brian dug the grave and George was laid to rest. We put stones and flowers on top. It was dark. Tinker was prowling around. Tina and her partner were in tears. I 'tuned in' and said a prayer. As I said the 'amen' there was a loud 'Miow' from Tinker, which made Tina and her partner turn tears into laughter.



It may be seen as just imagination to think that Tinker was joining in with the prayer for George. However, during the last forty years, scientists experimenting within the limits of quantum physics have made seemingly impossible discoveries, showing that directed thoughts are capable of affecting everything from the simplest machines to the most complex living beings. For example in 1966 a lie-detector expert accidentally discovered that plants can read thoughts, in 1992 a

psychologist's experiments revealed a stream of light flowing from healers during healing etc.

Lynne McTaggart has written a book called "The Intention Experiment" exploring these ideas and instructing readers how to train and focus their minds and, with regulation, participate in the biggest mind-over-matter scientific and spiritual study in history, involving philanthropic targets such as healing wounds, helping patients with Alzheimer's and children with attention deficit and counteracting global warming.



As people become more and more dissatisfied with governmental inadequacies, more people are beginning to change things at grass roots- from healthy eating to healthy thinking and beyond. Helping first themselves and then spreading out towards relationships, society and the world.

My training in healing, counselling and hypnotherapy etc has very much involved training of the mind-not to influence other people but to help them find a coherence and a balance within their own thoughts and feelings, which can enable them to find peace and healing within themselves and their lives.

PAM'S PAGE

LEARNING TO LET GO

I've recently qualified in Emotional Freedom Technique (EFT) and I use it sometimes along with the healing, counselling and hypnotherapy. It has been found to be helpful for a whole range of emotional and physical imbalances. The EFT involves tapping on meridian (energy) lines in the body, along with positive affirmations.

I had a big learning myself, in qualifying for the EFT, which was quite unexpected. My father was a teacher and as a child I had an enormous amount of pressure put on me to come top in exams and this dogged me for most of my life. I struggled with the EFT exams and case histories all over Christmas. Afterwards, Robert valiantly typed it all out, so thank you Robert. As I sent off the work to be marked I suddenly realised that for the first time, I really didn't care whether I passed or failed. I'm already qualified in lots of things and I'd done my best and that was that. Well, they say that if you really let go of something, miracles happen. The lesson of detachment from results. The miracle was that I got a high mark for the exam and 100% for the case histories. I've never done that before! And no— I asked around and that wasn't a mark given to everyone. I'm pleased about the mark but over the moon that I don't have to keep on trying to please my dad.



A STRONG WOMAN vs A WOMAN OF STRENGTH



A strong woman works out every day to keep her body in shape
but a woman of strength builds relationships to keep her soul in shape.

A strong woman isn't afraid of anything...
but a woman of strength shows courage in the midst of fear.

A strong woman won't let anyone get the better of her
but the woman of strength gives the best of herself to everyone.

A strong woman makes mistakes and avoids the same in the future.....
A woman of strength realises life's mistakes can also be unexpected blessings, and capitalises on them.

A strong woman wears a look of confidence on her face.....
but a woman of strength wears grace.

A strong woman has faith that she is strong enough for the journey.....
but the woman of strength has faith that it is in the journey that she will be strong.

(Author unknown)