

# YOUR HEALTH NEWS

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Your newsletter providing you with information and resources that will help you become "healthy, wealthy and wise."

-----Feature Article-----

## EMOTIONAL FREEDOM

Last month you read about stuff you already knew, except perhaps rephrased in different terminology. After all, "Global External" space is nothing more than the "Environment" with which we are all familiar. True enough; good pickup, that it was so obvious! However, sometimes it is helpful to rephrase things, use different words, because it gets us out of old "ruts", old thinking patterns, old paradigms, and can open the way to hear and learn new things.

Now it is time to expand a paradigm. Let's begin with a story.

A man, let's call him Jimmy, was talking to a friend of mine today, telling him about his work. It seems he spent 20 or more years as a dispatcher at a trucking firm. It was not a job he particularly liked and after suffering a couple of heart attacks he took early retirement. Since then, to keep busy, he began to do some cleaning for folk. It was part-time, pretty light, kept him out of trouble. Recently he was awarded a contract cleaning a large apartment complex. This put him in a totally different league! This was serious work, a real job. My friend asked Jimmy, "But what about your heart? How is it doing?" Can you guess his answer? His response: "Never been better!"

My friend then made a very profound observation. He said, "The mind is an amazing thing! If you get that right, it all works out right."

The mind. Your desire. Your "heart". That part of you that is within, that controls what is without. Another name for it is **EMOTION**.

This story is an example of a person who seemed to see some improvement in his health because his emotions got straightened out ("released") by "accident." (One could make the case that our minds and hence our actions are never by "accident" but we'll leave that discussion for another day.) Jimmy went from not liking his job, being stressed, emotionally all tied up and a heart attack patient to a happy, emotionally "free," healthy, person.

What if there was a way to actively, purposely find a way to directly influence our emotional blocks and hangups to bring about a "freedom" or "release" that would result in significant healing?

You guessed it. That was a rhetorical question. There is a way. Turns out it is very simple and VERY effective. It is called the **Emotional Freedom Technique**

(EFT). It consists of "tapping" with your fingers on several of your acupuncture points while stating the problem with which you are addressing along with the solution. Turns out it works for everything, both emotional and physical. I know, it sounds too good to be true, but you owe it to yourself to find how easy and how effective it is.

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Clean up your personal space by removing dirt and filtering the air while improving your physical health at the same time. Use a SuperCoach Backpack Vacuum Cleaner from ProTeam. For more information, go to <http://www.healthybackvac.com>  
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Here's an example. Suppose you have arthritis and your joints are swollen and hurt. You would tap on the energy points and say something like: "Even though my joints are swollen and hurt, I deeply love and approve of myself." Expect to experience a marked decrease in joint pain and swelling. Also expect to begin to realize some of the deeper-seated issues that are causing and adding to the joint symptoms. It is truly amazing stuff.

To get the official information, go to the GoodHeart web site "Emotional" page (<http://www.goodheartgroupinc.com/GHGEEmotional.htm>) and click on the [www.emofree.com](http://www.emofree.com) link listed there (or here). This will take you to the EFT website where you can read lots more, download a free manual of instruction, sign up for a free weekly newsletter and get other training materials.

I could go on for pages about this, how it works, how effective it is, etc., but that would just bore you until you have used it for yourself. When you have given it a try, send me an email or call me to let me know how it is working for you. We can post some stories in the next few months. I'll tell you my first experience and how significant it has been for me.

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Save money on gas, save your vehicle's engine by cutting down on engine wear. 90% of engine wear occurs at start up because the oil is in the bottom of the engine, not around the cylinders. Now a tested and tried technology can solve that problem. The MPT RoadRunner system, a three-step, easy solution that will save you money and your car's engine. For more information go to <http://www.goodheart.oceancitynetwork.com>.  
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**THE HERB GARDEN**

Fall is fast approaching and along with it, changes in weather. Keep your immune system in good working order, have the Echinacea ready. This is an immune stimulant. Be sure it is a good quality brand (many store, packaged brands tend to be overly processed and less potent). Remember, if you take it, don't take it all the time. One week on, one week off works better. Dr. Richard Schulze has it in tincture form: <http://www.herbdoc.com> or 1-800-HERBDOC.

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Another way to improve your immune system is to take LIMU Plus. This is a liquid vitamin product that has kelp, Russian adaptogens, Aloe Vera and Green Tea combined. Does lots of neat things for your body and your health! Actually tastes pretty good, too. For more info, go to:  
<http://www.LimuPlus.com/192739>.  
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**NUTRITION YOU CAN USE**

Along with Echinacea, Zinc is also a good immune stimulant. This can be had in pill form or as zinc lozenges on which you suck. Great for sore throats though they taste like tin! Available in health food stores.

Don't forget Vitamin C (ascorbic acid) as well. The old standby; good for most everything. Be sure to take enough, though. At the 3000 mg/day dose, for adults, it turns on your body's production of interferon, your natural viral killer. That is not really such a big dose. Animals that produce Vitamin C themselves (we humans don't) when sick make the equivalent of 30,000 mg/day! Most any brand seems to work; powdered form is often cheaper, can be dissolved in water or juice and sipped throughout the day for a constant dose. If you are bothered by acid intake, get the Magnesium (or Calcium) Ascorbate form. This neutralizes the acid but keeps the action of the vitamin. At large doses, be sure to be getting the usual magnesium dose; a separate tablet or a good multivitamin with minerals can do this. For kids, 1000 mg/year/day works well. For example, a 2-year-old could take 2000 mg in a day. Put it in juice and spread it out.

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Looking for a great all-round multivitamin that is easy to take, effective, and tastes good? Look no further. Body Balance may be your answer. Made from whole foods, in liquid form, so it is absorbed easily. Has nearly everything in it. Check it out at <http://www.lifeforce-intl.com/20448363>.  
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**FEED YOUR SPIRIT**

We are multidimensional beings, composed of body, mind, and spirit. It is easy to get caught up in our body and emotions while neglecting the nurture of our spirits. We need to spend time daily in meditation and prayer, nurturing the relationship with our Loving Father. To help you do this, check out the material we have posted at <http://www.threebrothersbooks.com>. There is writing here that will challenge and stretch you. Works by Liliias Trotter are especially unique with a great message and reproductions of original artwork.

**SO LONG FOR NOW**

That will do for now. LOTS more to talk and write about in future issues. Stay tuned. Your questions and feedback are encouraged and welcomed.

Until next time, find your emotional freedom!

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Over time we will include information from many, if not all, of the various modalities which together comprise "alternative" or "complementary" medicine: diet/food, nutritional therapy, herbs, homeopathy, energy modalities, chiropractic and manipulative therapies, and of course massage/bodywork.

You are encouraged to forward it to your friends who would be interested. Don't forget to click on the links of our sponsors!

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