

YOUR HEALTH NEWS

Vol. 1, No. 3

October, 2005

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

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

EMOTIONAL FREEDOM, Part 2

Last month you read about a simple, strange, yet effective technique to bring reduction and release from all sorts of emotional and physical disorders. This technique is called EFT or Emotional Freedom Technique. Hopefully, each of you has had occasion to use this approach this month, not because you are so emotionally or physically dis-eased (!!) but because it is so helpful for so many things.

This month, as we look further into EFT, let me give you a couple of stories, beginning with my own.

My first introduction to the technique was in a conference workshop. The instructor asked one of the nearly dozen of us to be the "guinea pig" and used her symptom (fear of needles) and tapped through the process with her. The rest of us were to pick our own symptom and follow the tapping on ourselves, thinking about our particular symptom.

(This brings up an interesting point - tapping in a group gets what is called a shared benefit. Works as well as one on one!)

My symptom was the abject fear I had (a 10 on the 0 to 10 scale) of sitting in front of the Virginia State Board of Medicine when they reprimanded me for doing "alternative medicine" several years before. Just thinking about still caused complete collapse of my energy system. We went through the tapping one time and I gave myself a score of "8". I could feel an easing of the anxiety symptoms as I pictured myself in that situation once again. Since the result for no one in the room was a "0" (and especially the official testee) we repeated the tapping. By the end of the third round of tapping I could honestly say that my fear of the situation was completely gone! I was at a "0". I could have walked back into that situation with NONE of the anxiety and sense of failure that I had experienced originally. That has continued to this day without the need for further tapping.

An interesting thing happened, however, which brings up another interesting benefit of EFT. After the third round of tapping on my anxiety before the State Board, I realized

that I now was experiencing a more general fear of being disapproved by loved ones. Interesting.....

*****Sponsor*****

JUICE PLUS+ IS A WAY TO GET ALL THE RAW FRUITS AND VEGETABLES YOU AND YOUR FAMILY NEED EVERY DAY! What is Juice Plus? It's a convenient and inexpensive way to get all the nutrition from fresh, raw fruits and vegetables everyday. Juice Plus is more than extra vitamins and minerals. It is actually a whole food supplement. The fruit capsules are made from apples, oranges, pineapples, cranberries, peaches, cherries, papayas, dates and prunes. The vegetable capsules are made from carrots, barley, parsley, beets, kale, broccoli, cabbage, oats, spinach, tomatoes. (Taken from <http://www.askdrsears.com>).

For more information on Juice Plus+ please contact Jamie Groff-Kuenzie OTR/L, LMT at 1-866-210-0977 or 314-276-4489. Or check out her [web site](#).

*****Sponsor*****

Here's another story that occurred just last week.

A young lady - we'll call her Jane - was scared of going to school. Each morning as she dressed to leave home, she would become hysterical, cry, scream and feel sad. At school much of the same behavior continued. Lots of crying, inability to focus.

We taught her, along with her family, how to do the tapping on a Friday night after supper. The next Monday, Jane's mother wrote to say,

The next morning we did the tapping and she cried about a third as much as she usually does and when she came home, she said that she only cried five minutes while at school. Usually she cries almost the whole day and the teachers have to put her out in the hall. She said that she was not happy, but neither was she sad. She was somewhere in the middle.

Neat stuff, eh?

Now you try it. On anything. Anytime. Often. Simple, costs nothing, works. Let us know what happens.

If you forgot how to access the basic info, find it on the [GoodHeart Group, Inc. Website](#) and click on the www.emofree.com link.

*****Sponsor*****

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>

*****Sponsor*****

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.

*****Sponsor*****

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>.

*****Sponsor*****

NUTRITION YOU CAN USE

Last month in this section you were reminded about the benefits of Echinacea, Zinc and the all-time favorite Vitamin C for protecting against colds and flu. Many people do well with these and they are certainly wonderful and effective aids to your health. However, as it was pointed out by a friend as well as by a study published very recently in a prominent medical journal, the best way to get nutrients is still from whole foods. This is absolutely true. The problem is, many foods, though "whole" in the sense that they are not processed, are not very nutritious. That is, there is not a lot of usable nutrients in them. Or to put it in a more scientific way, they are not "nutrient dense." So, the dilemma remains, do you need to take a supplement or not? And, if so, which one or ones?

The safe answer to the first question is a resounding, "Yes."

The best answer to the second question comes from the concept just noted: "Take one made from whole foods." This would be opposed to one made in the laboratory or processed out of food into an individual component (like Vitamin C by itself).

OK, you say, now what? How do I know where to get one of these whole food types and are they any good and how about cost?

Let me answer the last question first. Cost is a relative term, mostly related in actuality to "cash flow." If I spend \$50 per bottle on a "good" vitamin that I could get for \$20 from a store, the \$20 one is cheaper, right? Not necessarily. You may have an improved cash flow, but if the \$20 version is of little value, in the long run the cost to your health and medical bills and anxiety, etc. will be MUCH more than the \$30 per month in cash flow. Do the research; find out what is in the bottle; spend enough money to make a difference in order to really improve your health and save money in the long run. Be willing to pay a price now for real freedom and real wealth later.

*****Sponsor*****

Appropriate time for a word from a sponsor!
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>.

*****Sponsor*****

Next question - where to get and are they any good?

As I just noted, do your own research. Really you need to be sure they are good FOR YOU! Everyone has biochemical individuality and that needs to be taken into account. The easiest way to determine this is energetically. Future issues will talk about this large and fascinating subject more. Stay tuned!

Meanwhile, here are some choices that I know about and have seen some of the research:

Life Force International - product called Body Balance. Liquid.
(To order, see Sponsor sidebar)

Juice Plus - multiple products. Capsules. (To order, see Sponsor sidebar)
Health Specifics - multiple products. Made by a Chiropractor who couldn't find a good vitamin on the market twenty years ago when he did the research. Powders, in capsules. (For a product and price list call GoodHeart Group at 1-866-956-6986 toll-free)

*****Sponsor*****

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>.

*****Sponsor*****

Before we leave this area of nutrition, let me remind you to be protected from infections, including colds and flu, and get your bottle(s) of BioDefense. This is the anti-viral, anti-bacterial, anti-fungal NATURAL remedy put together by my friend, Dr. Fierro, that will knock out infections of all kinds. If you call his number, toll free, 1-877-434-2495 and use Code JM0001 you get a discount as a subscriber to this newsletter! Go [here](#) for more info.

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.

FINANCIAL HEALTH

We'll talk more about this in the future, as well. For now, a good place to start is by reading a, perhaps the, basic text that explains how the financial world works. Hint: it has more to do with "you" than with "them." Written in 1937, it is still current and very up-to-date. The book is *Think and Grow Rich* by Napoleon Hill. Find it at your local bookstore or on Amazon.com by going to my website <http://www.goodheartgroupinc.com/GHGBooks.htm> and clicking on the banner of the same name.

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 and take your vitamins!

Dr Jon
goodheartgroup@sbcglobal.net
314-750-6916
<http://www.goodheartgroupinc.com>

This newsletter is brought to you by GoodHeart Group, Inc. and its divisions. It is free of charge, supported by advertising (sidebars). Its purpose is to inform, educate and assist you in creating the best possible health that you can. You are receiving this because you have expressed an interest in the products or services of GoodHeart Group, Inc. Opinions expressed are those of the author solely. Subscription correspondence (signups and cancellations) can be made by replying to this e-ddress: goodheartgroup@sbcglobal.net.

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!

*****Sponsor*****

Interested in turning an interest in nutrition into a business as well?
Take a look at <http://www.vitamark.com/?affid=192739>
and click on "Join Vitamark" link at the bottom of the page.

*****Sponsor*****

Previous issues can be found [here](#).