



The Healing Essence Newsletter

Summer/Autumn Edition 2008

by

HeavenEarth Natural Medicine Clinic



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What's Inside?

*Upcoming Workshops,
Classes & Articles*



⚙ Emotional Freedom Techniques

Workshop

-heal and clear your negative emotions

⚙ Sacred Energy and Superlearning Workshops

⚙ Sustainable Seafood

⚙ ADHD & ADD

- Why are doctors using Mind Altering Substances for Learning Problems?

⚙ Quinoa & Millet - nutritious alternative foods



New Website Email

If you would like to receive this newsletter by email, please email us at contact@heavenearthhealing.com

*Never be afraid
to tread the path alone.
Know which is your path and follow it
wherever it may lead you;
do not feel you have to
follow in someone else's footsteps.*
Eileen Caddy

Sex, Drugs and Rock and Roll

Now that I have your full attention -

What's going on? Are we all crazy? Why do we eat the wrong food, drink too much alcohol and take lots of prescription drugs to counter all the side effects from the way we live.

Why do teenagers go on binge drinking? Why is depression and suicide on the increase? Why, why, why does the world seem crazy? Why are we bent upon destroying ourselves either through poor food or pollution or destruction of our environment or a lifestyle that simply goes against ever law of nature?

I was going to start this article listing all the things that are wrong with our society and the world we live in but it was just to depressing to talk about all of what is wrong with our society, so I am going to leave that negative, scary stuff to the experts, the politicians, journalists and the media.

I was told recently that the brain is designed to always look for Danger. Since primitive man stepped out on to the savannah looking for food he/she had to be careful of not being eaten by something bigger. Survival has trained our brains to use our senses to scan the environment for dangers. Our DNA/RNA has been program to look for situations that might be life threatening. Our nervous system can instantly act or react to any situation that has any hint of danger. The reaction can be so fast that our conscious mind can only make sense of what just happened after it happened.

So it is often our subconscious mind and our instincts that will get us out of trouble. But for our brain to keep us safe it has to have lots of information. Scanning the environment gathering data, anything that we might need to know to stay safe. The Newspaper and TV industry has been built on this need to stay safe, this need to avoid danger. That is why we have to read the newspaper everyday, consistently turn on the news and watch as much television as possible.

The problem is we over focus on what is wrong with our society and forget about all the good things happening around us. Good things don't sell newspapers. The big problem with focusing on what is wrong is that we create a world built on our problems and not on our successes.

All of this of course is because we have allowed our brains to be trained by the generation that proceeds it and they to have been trained by the generation before them "The sins of the father shall be handed to the son" it says in the Bible.

I have often said that our brains are a 100% successful at our programming. So you are 100% successful at your life now because you are living the program in the computer between your ears. If you believe that life is a struggle then it is, if you believe life is easy and fun then it is.

The brain doesn't know the difference between outside danger and inside imagined danger. Your imagination is 100 times more powerful than your will. Don't believe me? Then think of eating a luscious, juicy lemon and do your best not to let your mouth water. Our nervous system is built to prepare our bodies for the next moment. But like any machine that is always running at full speed our body will eventually break down. i.e. a nervous breakdown or dis-ease.

Our bodies need rest and recreation time. Our batteries need to recharge. Our fluid needs to be cleaned and new fuel needs to be added. I am always amazed at how the body can keep going for 70 to 80 years on crappy food, no rest, little exercise and mountains of stress. It truly is an amazing machine but still a machine.

So here we are with a brain that feels it is under constant danger sitting in a machine that isn't serviced or taken care of and we then get upset when our body/mind refuses to do what we expect of it. How dare it get sick, how dare it get ill, tired or exhausted. So what do we do? We belt it over the head with



stimulus or medications. We ignore all the signals being sent to the brain, all those body sensations that say “Danger, machine about to blow,” like Captain Kirk of the Enterprise we ignore Scotty the Engineer’s warnings “I’m giving it all its got but its going to blow Captain, its going to blow”.

Our world is speeding up, we all know that. Or is it? Is it not that we are speeding up, not the world. We are the ones in control we decide when to rest and when to work and when to sleep and when to play. We decided what to place in our mouths and when to exercise we decide what to listen to and what to watch on TV. Through our decisions, our choices we create the world we live in, our “Choices Produce Results”

The world is nothing but a mirror of what we have decided to focus on. What is weird is that it is also how our bodies heal. If I eat well, take my vitamins, get enough rest, do the exercise/sports I enjoy. My body starts to respond by healing, regenerating faster, increasing energy, and my brain, free of its overload, works faster and clearer.

The world we are living in seems full of danger if I take what the news reporters say. But if I look a little deeper I can also see how many amazing people there are. People who care for the sick every day, people who look after the poor, the aged, the handicapped. There are people fighting for the Environment, willing to place themselves in harms way. There are caring loving parents, children and families. There is a vast network of compassion that runs through our society that hardly ever gets a mention in the media because its not exciting enough and that won’t sell newspapers to a society based in searching for danger.

I have recently been practising compassion while I am out in public. I do this by imagining that I am in a sea of love; that every one around me is doing what they are doing because of love. That is, they are either looking for love or giving love and that love motivates all their actions.

It feels great to go around seeing everyone in the pursuit of love. My whole external environment changes, my energy goes up and I begin to see and hear a different world. Frighted, angry people are searching for love so I send them some and happy people are already flowing in their love. I am after a loving feeling of flow, so I say

*“The Universe flows in me,
I flow in Universe
The Universe and I flow together.”*

And then I do my best to act as if I can really feel the flow. It is a lot of fun. Give it a go and let me know what happens. If it works well for you, tell your friends. Maybe if we get enough people being in the flow of love, something magical might happen. We might even start experiencing that **peace can be more exciting than war.**

The Dancing Duck

A circus owner walked into a bar to see everyone crowded around a table watching a little show. On the table was an upside down pot and a duck tap dancing on it.

The circus owner was so impressed that he offered to buy the duck from its owner. After some wheeling and dealing they settled for \$10,000 for the duck and the pot.

Three days later the circus owner runs back to the bar in anger, “Your duck is a rip-off! I put him on the pot before a whole audience and he didn’t dance a single step!”

“So?” asked the ducks’ former owner,
“did you remember to light the candle under the pot?”

**Why destroy your present happiness by a distant misery,
which may never come at all?**

**For every substantial grief has twenty shadows and most
of the shadows are of your own making**

Sydney Smith

Sustainable Seafood Choices

At the moment the Marine Park Authority are doing their best to save the fish of Moreton Bay. With over 800,000 licensed amateur and professional fishermen in the area, the fish stocks are beginning to run out.

Most Fishermen who have fished in the region for some years will tell you that they can’t catch the amount or the size of fish they once did. The stories of throwing a line over the side for a quick breakfast are long gone.

Still, there is a Brisbane Fishermens Association that is fighting for the right to catch whatever they like, when ever they like and in whatever numbers they wish. They don’t want any protected areas. Are these people insane or just to dumb to realise that they are destroying the future for themselves, their children and grandchildren. It is this complete lack of vision for the future that has seen the demise of so many previously abundant marine environments.

Shauna and I learnt to dive in the waters off Malta in the Mediterranean. It was a sad experience as there were hardly any fish left. Instead of seeing sea life we were taken to see underwater statues of the Madonna and Jesus Christ and bottles that tourists had left behind. It was like swimming in a giant aquarium without the fish. This experience quickly brought home to us the importance of preserving fish stocks. A sea without fish is an underwater lunar landscape.

If you would like to know more go to :-

<http://www.savemoretonbay.org.au>

Eating fish is popular and as long as there are fish in the ocean we will be eating them. We offer this list below so we can eat fish/seafood without emptying the oceans.

Below are some common sea foods and Australian Marine Conservation Society’s suggested sustainable alternatives.

🚫 Avoid

Commercial scallops
Why?: The scallop has be classified as over fished by the Rural Sciences Bureau, where the oyster and crab are a more robust species

🚫 Avoid

Shark (Flake)
Why?: Some Species of Australian Shark are threatened with extinction, however wild mullet are caught using responsible methods.

🚫 Avoid

SouthernBlueFinTuna
Why?: SBF Tuna is heavily over fished & mostly bred in sea cages. Tuna can be substituted with trevally (not silver trevally) which is a robust fish often caught in the wild.

🚫 Avoid

Altantic Salmon
Why??: Atlantic salmon is bred in sea cages where as the Australian salmon is caught in the wild.

🚫 Avoid

Moreton Bay Bugs
Why: According to the AMC the bugs are vulnerable to over fishing. The Western Australian Rock Lobster Fishery has been environmentally certified by the Marine Stewardship Council.

see www.amcs.org.au for more information

😊 Better Choice

Blue swimmer crab or oysters

😊 Better Choice

Mullet

😊 Better Choice

Trevally

😊 Better Choice

Australian Salmon

😊 Better Choice

Western Rock Lobster

Like to win a copy of Australia’s Sustainable Seafood Guide ? We have 5 to **GIVE AWAY**

- Enter by email on our website, or drop your name into the draw at our clinic.

FinalEntrydate21/4/08. Winners will be notified by email and



Heartfelt Thank You

for your Referrals

*We are grateful for your
good will and for
'spreading the word'.*

☉ Thank You ☉

Is the treatment for ADHD worse than the problem? Why are we drugging our Children?

Over the last 10 years we have seen an explosion of prescription **psychiatric drugs** for Australian children. In the 2005-06 financial year there were 337,000 prescriptions written for antidepressants under 20's in Australia, with 75,500 of these written for under 15 years old. This is despite the fact that no antidepressant has been approved for use in children under the age of 18 in Australia.

Monthly prescriptions for "ADHD" drugs in Queensland more than doubled between April and November 2007. These drugs are classified by the Australian Government in the same category as cocaine, opium and morphine. Together with this are the **400 adverse effects** reported to the Australian Therapeutic Goods Administration for the 2 main ADHD drugs, namely Ritalin and Dexamphetamine

The Diagnostic and Statistical Manual, the main psychiatric manual used in Australia to "diagnose ADHD", actually states there are no tests for ADHD, which means that any claims made about ADHD as a biological, chemically based brain disease has no scientific basis. In 1987, the American Psychiatric Association members merely 'voted' to call a list of behavioural symptoms ADHD and inserted them into the Diagnostic and Statistical Manual for Mental Disorders which Australia has since adopted.

So the diagnosis of ADHD is based solely on an opinion. Once the illness is listed, the drug companies then make drugs and apply to the Therapeutic Goods Administration for their use in Australia. (*source: Human Rights Commission; and Medical Researcher, Phillip Day*)

How can you help yourself or a member of your family that has been given a diagnosis of ADD or ADHD? As with any health diagnosis, the journey of turning the 'illness' around is usually not one that will manifest overnight but is a series of changes. Superlearning techniques and Educational Kinesiology coupled with dietary changes will help make the greatest changes possible.

With ADD/ADHD part of the process is one of eliminating specific foods out of the diet. This is done for at least 60 days to allow the system a complete break from inflammatory agents, preservatives/chemicals and sugars which dramatically affect mental states through the gut lining and go on to antagonise hormone levels and responses as well as hindering the body's ability to detoxify itself. Sounds hard but it is well worth it. Frequently ADD/ADHD is a biochemical/nutritional state that can be changed - it doesn't have to be a life sentence.

If you would like to learn more on diet changes and nutritional supplements that greatly assist ADD/ADHA go to www.heavenearthhealing.com/articles_ADD

(references for this article are on our webpage)

Emotional Freedom Workshop



We are getting such great success stories from our clients who are using the EFT techniques to help them find happiness and peace.

EFT can be truly magical in quickly relieving the pain of deep negative feelings.

We invite you to a relaxing peaceful day.

Our EFT workshop will teach you in one day

all you need to know.

These techniques need no special equipment and once learnt, last a life time.

This year we are offering a

Special 1 day Workshop (\$195)

plus a private follow-up consultation (\$90) and manual all for **\$260**

20th April 08 Sunday 9.30-5pm

Early bird before the 6th April is only \$240

If a group setting doesn't feel right for you then we have

Private Consultations or phone consultations.

For more information ring the clinic or go to

www.heavenearthhealing.com/workshop_eft.htm

Would you like a Qi/Energy Workshop?

This 3 hour introductory workshop is all about Qi (pronounced chi) Qi is the substance, found within all of your organs. It is the energy that keeps you alive.

In Chinese Medicine Qi is the essence, the vital force of the Universe that moves through the meridian pathways of the Body/Mind Complex. In Yoga they call it Prana and in Western Science it goes by the name of Bio-energy. Whatever we call it we need this life elixir to be healthy and happy.

We could say that Qi is the electrical energy that keeps our bodies alive, however it works on *all* levels of our being influencing our physical, emotional, mental and spiritual bodies. Qi is in all living things, the Divine glue that keeps all things flowing and interacting.

- Discover how to raise your body's Kidney Essence
- Breathing Techniques for healing and preventing illness
 - Strengthen your body's Core energy (kidney, lung, stomach Qi) and Immune system
 - Prevent Ageing of Mind and Body

If this workshop interests you please drop us an email or ring the clinic.

Superlearning-Accelerated Learning Workshop

We have had a number of people wanting help in how to learn and to remove the stresses of School and University.

It seems there is too much to learn and not enough time.

Superlearning talks of a 300% to 500% improvement in recall and retention.

If you are interested in a 1 day workshop please call or drop us an email. Check out our **website**:-go to 'health articles' then articles on *Accelerated Learning*

**Gratitude helps you to grow and expand;
gratitude brings joy and laughter into your lives and
into the lives of all those around you.**

Eileen Caddy - The Dawn of Change

Quinoa

(*What??* I hear you say) It's pronounced 'keen-wa' and I have listed below some important information about this amazing food.

Quinoa (*Chenopodium* family, a cousin to amaranth) is not a grain botanically speaking. The Incas used quinoa as one of their staple foods and it has been grown in the high, cold altitudes of the Andes for thousands of years.

It's **Alkalisising** - Generally people tend to consume too many acidic foods which leads to health problems. Quinoa is an alkalisising food that can help us keep our systems balanced.

It is great for **vegetarian diets** as it has a balanced amino acid profile providing high protein.

Quinoa is rated 35 on the glycemic index and is a great source of fibre and protein for **people with gluten related allergies**, as well as **senior** and **diabetic diets**.

In Traditional Chinese Medicine (TCM) terms it is seen as 'warming in nature' and is generally **taken to strengthen the whole body**. It is specific for '**tonifying the kidney yang**' (the warming and energising function of the body) as well as supporting heart and pericardium function.

Quinoa has **more calcium than milk** (so good for dairy free diets) and is higher in natural fat content than any grain (good for sustaining energy). It is also a good source of Vit. B Vit. E, phosphorous and iron.

(Ref: *Pitchford, Healing with Whole Foods*)

Both Red and White Quinoa is available at healthfood shops. Quinoa is also suitable as a cereal food or as nutritious addition to vegetable soups.

:: Red Quinoa Salad Recipe ::

- 1 cup Red Quinoa
- small bunch of Coriander, chopped
- small head Broccoli, small pieces
- Juice of 1 Lemon
- 2 Tablespoon Tamari (this is a soy-sauce alternative)
- 1/2 cup Pine Nuts roasted (Or roasted slivered almonds)
- 1/2 cup Pecans nuts - chopped
- 1 finely sliced Red Onion
- 1/4 Red Capsicum thinly sliced

Method:- 1 cup of Quinoa - 2 cups water, bring to boil, then simmer till water absorbs (15mins) stir with fork, then cool. Add all ingredients and top with a dash of cold pressed Olive Oil. This dish goes well with grilled fish or oven veggies.

(Source: *CompleteHealth, supplier*)

Millet

Millet is another alkalisising grain that has a high amino acid profile. Originally in the early part of last century millet was the **grain of choice in the UK for making bread**. Millet has Vit. B17 in it naturally, which is specific for cancer prevention. Through the last century wheat became a cheaper replacement for millet, and so bakers switched to wheat. Its worth noting, wheat has negligible amounts of B17.

In TCM, millet helps balance over-acid conditions and retards bacterial overgrowth in the mouth. It does this because it has anti-fungal qualities and thus makes a good grain for those who suffer from Candida (yeast like fungus that compromises immunity)

Thoroughly cooked millet in soups or congee is therapeutic for digestive upsets, diabetes and can soothe morning sickness.

How do you cook it?

Cooked Millet:

1 cup of millet, soaked; 3 cups water & A few grains of sea salt Place millet and small amount of salt in a pot of water, cover. Bring to a boil. Reduce heat to low. Simmer 30 minutes or pressure cook

20 minutes. Serve 2.

- * Variations - Toast the millet in a little sesame oil before cooking
- For softer millet, add more water when cooking
- Cooking in vegetable stock will enhance flavour

:: Millet & Cashew Pilaf Recipe ::

- 2 teaspoons sesame oil
- 6 spring onions (scallions), sliced finely
- 1/2 cup (60g/20z) cashews
- 1 quantity cold Cooked Millet
- Freshly ground Black pepper

Heat the oil in a frying pan, skillet or wok and stir-fry the spring onions and cashews over a medium heat for 2-3 minutes. Stir in the millet and season to taste with the pepper. Serves 4.

(Source: *Vikki Leng*)

For more Quinoa & Millet recipes go to our website under our Recipe section in Health Articles:-)

Keep Fluoride out of Queensland Water! ! !

If you are at all concerned about having a known toxic, carcinogenic substance, silicofluoride put into your water supply, please contact Queenslanders Against Water Fluoridation Inc. (QAWF)

www.qwaf.org or email - info@qwaf.org

The Govt. admits water fluoridation is poisonous, but believe that it is necessary to drink a bath tub full to have a (neuro)toxic affect on our mind. What they don't seem to understand is the meaning of TOXIC or ACCUMULATION. Authorities have claimed fluoride to be 'safe', but so was Arsenic, DDT, Thalidomide, Dioxin, Asbestos, Agent Orange, Deildrin, Mercury, Lead, and recently Vioxx, all shown eventually to harm or kill people. At least a lot of these substances were not *compulsory* where Fluoridation will be.

The Govt. is making choices about your health and that of your family, and is not respecting your right to choose. Speak Up!

Dog Humour

One afternoon, a woman was in her back yard hanging laundry when a tired-looking dog wandered into the yard. The woman could tell from the dog's collar and well-fed belly that he had a home. But when she walked into the house, the dog followed her, sauntered down the hall and fell asleep in a corner. An hour later, he went to the door, and the woman let him out.

The next day the dog was back. He resumed his position in the hallway and slept for an hour. This continued for several weeks.

Curious, the woman finally pinned a note to his collar: "Every afternoon, your dog comes to my house for a nap."

The next day he arrived with a different note pinned to his collar: "We have six children. He's trying to catch up on his sleep. Can I come with him tomorrow?"

The most effective way to achieve right relations with any living thing is to look for the best in it, and then help that best into the fullest expression.
J.Allen Boone



Natural Therapies

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