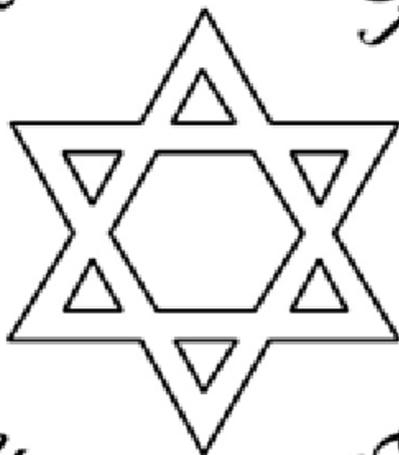


News & Views



The Jewish Association of Spiritual Healers



Registered Charity
No. 275081



Autumn 2012

Rosh Hashanah 5773

Issue No. 59

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

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Since our last issue, there has been much joy and excitement, in all our lives; The Queen's Diamond Jubilee, and the Olympic Games have taken place. Positive happy events. Perhaps we've seen a lot more rain than we might have wished for, but much better than the droughts some parts of the globe have suffered.

The athletes in the main are now back home some with well earned medals, but all with memories that will last a lifetime, having been participants in 'the greatest show on Earth!

Now, we are at the start of the year, 5773 according to the Jewish calendar, and we wish you all a Happy, Healthy, Peaceful and Successful 5773

Maurice & Yetta Powell - Editors News & Views.

CHAIRMAN'S REPORT JULY 2012

Welcome to the Autumn edition of our News and Views. Our stand at the Gateway 2 Well Being Show at the Holiday Inn Elstree 20th May was well attended, with people receiving healing, often their first experience with our form of complementary medicine, throughout the day and I thank our team, Francine, Margot, Yetta, Maurice, Pat, Vedant, Bill and Izrat for their time, expertise and dedication involved with the manning of our stand.

Our Annual General Meeting took place 10th June which was reasonably well attended (although I am always pleased to see more of our members), with various discussions including my report covering the events of the last year, i.e., the situation with the British Alliance of Healing Associations- new Secretary- finance deficit- our £50 loan / donation-insurance payment- Standards accepted by Complementary and Natural Healthcare Council- Tutor registration-- amendment of the constitution-- possibility of working with armed forces on return from active duty.

Members who had passed their panel. First Aid course.

Doctor Healer Network- talk about animal healing with Lucy Lofting-the Parliamentary debates Francine had attended etc. Situation with the NFSH Healing Trust and their new Board of Trustees and the legacy they had received- the Jewish Living Expo at Wembley-- The Vitality show at Earls Court and the Gateway 2 Wellbeing show in Elstree-- NVQ is now called the Quality Control Framework and the Primary Care Trusts are now under Health and Social care. Our bank accounts are reasonably healthy and 110 members have renewed their membership subscriptions this year, which is a few down on last year.

Harry Luck has very kindly offered to join our committee and we thank and welcome him to the fold.

Your committee for 2012/13 are, Secretary Francine Benjamin, Treasurer Martin Vangelder, News and Views editors Yetta and Maurice Powell, Committee members Rita Vangelder, Dora Richardson, Pat Greenberg, Margot Garcia, Vedant Wood, Harry Luck and myself as Chairman.

We may be manning a stand at the Gateway 2 Wellbeing show in Elstree Sunday 18th November 2012, if anyone is interested in helping on the stand, please contact me on 0208 866 9332 or by e-mail jashhealing@hotmail.com.

My always, for the time, expertise and dedication your committee give to our Association, keep up your good work.

Steve Sharpe

THE PENCIL AND THE ERASER

... Submitted by David Passes



Pencil: "I'm sorry" !

Eraser: "For what? You didn't do anything wrong".

Pencil: "I'm sorry because you get hurt because of me.

Whenever I made a mistake, you're always there to erase it.

But as you make my mistakes vanish, you lose a part of yourself.

You get smaller and smaller each time".

Eraser: "That's true. But I don't really mind. You see, I was made to do this.

I was made to help you whenever you do something wrong.

Even though one day, I know I'll be gone and you'll replace me with a new one, I'm actually happy with my job.

So please, stop worrying. I hate seeing you sad".

I found this conversation between the pencil and the eraser very inspirational.

Parents are like the eraser whereas their children are the pencil.

They're always there for their children, cleaning up their mistakes.

Sometimes along the way, they get hurt, and become smaller / older, and eventually pass on.

Though their children will eventually find someone new (spouse), or partner, but parents are still happy with what they do for their children, and will always hate seeing their precious ones worrying, or sad. All my life, I've been the pencil.

And it pains me to see the eraser that is my parents getting smaller and smaller each day.

For I know that one day, all that I'm left with would be eraser shavings and memories of what I used to have.

Thank you David for sharing this with News & Views



Harry Edward's Prayer

May I be thankful for all the blessings I already have. Grant me relief from pain and sickness, protect me from all ills and grant me good health in the days to come. Remove all causes of imperfection and bring Thy Healing Ministers close to me that I may be conscious of their presence and so receive guidance and inspiration. Grant me courage and fortitude to overcome all adversity. Let me be conscious of thy strength in all time of need. Grant me confidence to overcome my fears and not anticipate harm. Teach me, how to live rightly in Thy sight, to do only which is right and true.

I pray that good guidance and right influencing will inspire all Thy peoples to be brothers, one to the other and that peace shall endure for all time.



Amen.

-◇◇◇-

Wisdom

Wisdom is the understanding of good over evil.

Wisdom is hearing another soul cry out for help.

Wisdom is the understanding of life eternal and not the materialism of today.

Wisdom is only the filling of ones needs.

Wisdom is helping others of lesser understanding.

Wisdom is the understanding of another human being because, every ones needs are different.

Wisdom is knowing and understanding the truth of our being.

Wisdom is picking up of the fallen and cradling them in your arms until they are strong again.

Wisdom is the understanding of all things important to the growth of all souls.

Wisdom is the loving of The One and Only God, The Maker of all that is good, sincere and true.

Sheila Goldsmith JASH Healer.

WHAT MAKES US TICK?

When a clock stops ticking, it is either run-down or broken, so we decide to get it fixed or to throw it out. When we begin to stop ticking, we will either “go over to the other side” or we must search for someone to fix us and start us ticking again.

When the clock stops, it is probably due to a mechanical or a power failure. But what makes us stop ticking? It is usually due to a combination of many factors: poor health, diet, exercise (too much or too little), lifestyle, work, play or attitude.

Our attitude toward life involves having TENACITY - a nice, sharp, clicky word. Tenacity is the ability to hang on - like clinging to a large rock in the ocean with the sea of life pounding all around us. When we have no ship in sight, high winds buffeting us, rain pouring down upon us - why do so many of us hang on? It would be far easier and simpler to just let go - just slip into the ocean without a fight.

If a group of people were to be asked why they continue to hold on, one reason would be because they have FAITH. Faith helps us travel through life ticking away, and hanging on when we find ourselves on the rocks. With faith it is not a matter of what life does to you, but what YOU do to life.

TENACITY and FAITH keep you in control and ticking - it is that simple!

Gloria Gersten - Miami - USA



Beware of Sugar ...

CBS News recently reported on the scientific findings that sugar is a toxin that can lead to major chronic diseases including obesity, heart disease, and cancer. Test subjects in strict clinical trials who were monitored 24 hours a day, who consumed high fructose corn syrup, developed higher risk factors for cardiovascular disease within two weeks.

In the mid-70's, when dietary fats were inaccurately blamed for causing heart disease, spawning the still-persistent low-fat craze, processed food makers began swapping out the fats and replacing them with corn syrup. Trading fat for sugar was not a wise move. We now know, without a doubt, that it's the excessive fructose content in the modern diet that is taking such a devastating toll on people's health

Excessive fructose consumption leads to insulin resistance, which appears to be the root of many if not most chronic diseases. Fructose also raises your uric acid levels—it typically generates uric acid within minutes of ingestion—which in turn can wreak havoc on your blood pressure, insulin production, and kidney function. So far, scientific studies have linked fructose to about 78 different diseases and health problems.



If you feel you can't smile. Stand before a mirror and with your fingers pull your mouth into a smile. It is that important!

-Paramahansa Yogananda.

Yoga and longevity....

One of the reasons people start to practice yoga is for its health and relaxation benefits. In moving and stretching the body yoga asanas (postures) promote flexibility, stimulate the glands, and massage the organs. This keeps the physical body healthy. By incorporating breathing into the *asanas* and the separate practice of pranayama (breathing exercises), cardiovascular fitness is maintained. The beauty is that you do not even realise it. No hard work and buckets of sweat are needed, and the adage “No pain, no gain” certainly doesn't apply to yoga.

Yoga and youthfulness

Yoga is alleged to promote youthfulness and longevity. More scientifically, research has shown that breath control, called pranayama, reduces oxygen consumption and blood lactate levels, indicating better oxygen delivery and/or more efficient use. Yoga may also improve cardio-respiratory efficiency via decreases in heart rate, minute ventilation, and respiratory quotient. As is presumed to be the case with other mind-body therapies, yogic meditation elevates mood in association with hormonal changes in the hypothalamic-pituitary-adrenal (HPA) axis. Yoga also reduces blood pressure and seems to decrease serum cholesterol, triglycerides, low-density lipoprotein, and the cholesterol/high-density lipoprotein ratio. Furthermore, it stills the mind and induces physical and emotional relaxation. These are the factors usually naturally present in younger people. With all these benefits, longer and more healthy life seems inevitable.

The practice of yoga

The practice of yoga regenerates the inner defences of the human body. It enables one to discover the natural, built-in healing power and allows it to flower and emerge in perfect balance. According to the Ayurveda system of medicine (the sister science to yoga), human well being depends on the *equilibrium* of the *tridosha* (bio-energies), namely Vata, Pita and Kapa. Each *dosha* has a primary location known as its seat, which serves as a focal point for treatment of problems related to that particular *dosha's* imbalance. Kapa's seat is the chest and Kapa imbalance principally affects the respiratory system, which can be corrected by yoga *asanas* that focus on the chest area and *pranayama* practice. Vata's seat is the nervous system and all slow *asanas* near or on the ground are balancing to an upset nervous system. Pita's seat is the digestive system and postures that work on the solar plexus area of the body and are cooling keep this in balance.

Good function within the systems of the body leads to healthy body tissue and finally a strong immune system. If there is no excess of any of the *doshas* the general practice of a variety of yoga *asanas* and *pranayama* maintains balance

and perfect health. Thus yoga plays a crucial role in improving the immunity of the human body, and hence increases lifespan.

Find an appropriate yoga teacher

Yoga practice can begin at any age and at any stage of health or ill-health, providing a good, well-qualified teacher is found. Certain yoga teachers are able to provide classes for different groups of individuals, such as senior citizens, children and pregnant women; however, they may like to work on an individual basis for a few lessons before integrating students into a class situation.

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The Blackbird

A blackbird sitting in a tree
Sings his song of melody
He sings his song so loud and clear
So all the people round can hear

But the people hurrying by
Do not hear the bird on high
They are too busy with other things
To hear the song the blackbird sings

But the blackbird does not care
About the people hurrying there
He sings his song himself to please
Sitting there amongst the trees

David Rose (1957-1978)



‘Start by doing what’s
necessary, then what’s
possible and suddenly
you are doing the
impossible’.

Saint Francis of Assisi.

These are sentences actually 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 rigor's or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has a 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. The patient was in his usual state of good health until his air plane ran out of fuel and crashed.
28. Between you and me, we ought to be! able to get this lady pregnant.
29. She slipped on the ice and apparently her legs went in separate directions in early December.
30. Patient was seen in consultation by Dr. Smith, who felt we should sit on the abdomen and I agree.
31. The patient was to have a bowel resection. However, he took a job as a stock broker instead.
32. By the time he was admitted, his rapid heart had stopped, and he was feeling better.

Verdict – STAY AWAY FROM HOSPITAL!!!



Dear Lord,

We ask you to send Healing and love to all the people that we hold, dear, and to the people now in our thoughts —

Lord, send your Healing Energies to ALL people in need, wherever they might be in the world.

May we also ask for Healing to be sent to the suffering victims of wars,

fires, floods and other calamities whether natural or man — made.

Please teach us to be tolerant, compassionate and fair to others.

Please Lord, direct Your Healing to the personnel of the various Humanitarian and Rescue Services, who because they are often volunteers, suffer greatly. Give them both mental strength and physical courage to endure the work they do.

May we also ask you to send Healing to the animal kingdom, to all animals suffering in laboratories, the wild, or even pets whose owners don't know how to look after them safely, securely, with love.

We humbly ask that the planet itself be healed. Lord, surround and suffuse the earth with your Healing Light and your love, for evermore.

AMEN.

By Brian Copeland.

The rippling stream of my thoughts

The rippling stream echoes my thoughts
The fleecy clouds betray the vapours of my mind
This fleeting life is ended far too soon
What joys I've known will vanish for all time.

I lie in bed and night's dark muse is near
Reflecting visions; miserable and drear.
This sombre mood will vanish with the dawn,
I'll waken to the sun of early morn

And thank the Lord above that I was born
And given time to make me what I am,
As my dear wife reminds me every day;
A loving, caring, aggravating man.

by Ivar Segal

Be Conscious

'Always be conscious
Of what you do
Be kind and loving
To all you meet
Let integrity
Be your guide
And then fellow human
Your life will be sweet'.

Y. P.

'The ultimate value of life depends
upon awareness and the power of
contemplation rather than upon mere
survival'.

Aristotle

THE PLACEBO AND COMPLEMENTARY THERAPIES

The word placebo has often been the subject of much controversial and contentious discussion about what exactly it is and its apparent effect in the medical field. This article will look at what it is, the ethical implications and effects and how it can be used to advantage in the healing and complementary therapy field

What is a placebo?

- "A substance or procedure... that is objectively without specific activity for the condition being treated
- "A **placebo** (Latin, "I shall please") is a medically ineffectual treatment for a disease or other medical condition intended to deceive the recipient., a phenomenon commonly called the **placebo effect**"
- In simpler terms - a patient is given an inert intervention (e.g. sugar pills), told that it may improve his/her condition, but not told that it is in fact inert. Such an intervention may cause the patient to believe the treatment will change his/her condition; and this belief may produce a subjective perception of a therapeutic effect, causing the patient to feel their condition has improved — or an actual improvement in their condition

Ethics

Giving a person a placebo when there is an effective treatment available is a bio ethical issue. This can deny some patients from receiving what could be the best available (if unproven) treatment.

Effects

Placebos do not work for everyone. Henry K. Beecher, in a paper in 1955, suggested placebo effects occurred in about 35% of people. Though not everyone responds to a placebo, neither does everyone respond to an active intervention. Medicine identifies many symptoms such as fever, pain, and sickness as evolved body responses to protect or enhance the recovery from infection and injury. Fever, for example, is an evolved self-treatment that removes bacteria or viruses through raised body temperature. These evolved responses, however, also have a cost that can outweigh their benefit (for example, due to this, there is a reduction in fever during malnutrition or late pregnancy). The theory is that the brain has been programmed to ensure that evolved responses are

used only when there is an advantage to the biological needs of the body's healing process. If the brain accepts the likelihood that by belief the body will get well without using these evolved responses then the responses do not occur. An example of this information is the knowledge that the body is receiving care and treatment. In this case if, using the placebo effect, false information about medication is given then this causes the brain not to use any natural self-treatment.

.Another negative consequence is that placebos can cause side-effects associated with real treatment. One example of this is when patients have already taken an opiate to relax; they can then show respiratory depression when given it again in the form of a placebo. In this effect, giving an inert substance has negative consequences. If a patient disbelieves in a treatment they may experience a worsening of symptoms. A similar effect to the placebo can occur but in the negative form. This is termed the "nocebo effect" (Latin nocebo = I shall harm) and could be the patient's mentality towards his or her ability to get well.

Symptoms and Conditions

The placebo effect occurs more strongly in some conditions than others.

- **Pain** - Placebo analgesia is more likely to work the more severe the pain. One study found that for postoperative pain the placebo effect can be as powerful as 6-8 mgs of morphine
- In 1998, an analysis of published antidepressant trials found that 75% of the effectiveness of anti-depressant medication is due to the placebo effect and other non-specific effects, rather than the treatment itself. Later, analyses including data from unpublished trials found that the overall difference between drug and placebo is not clinically significant except in cases of very extreme depression. Another analysis found that 79% of depressed patients receiving placebo remained well (for 12 weeks after an initial 6–8 weeks of successful therapy) compared to 93% of those receiving antidepressants. An analysis in 2002 found a 30% reduction in suicide and attempted suicide in the placebo groups compared to a 40% reduction in the treated groups. In the majority of trials conducted by drug companies in recent decades, sugar pills have done as well as -- or better than -- antidepressants. Companies have had to conduct numerous trials to get two that show a positive result, which is the Food and Drug Administration's minimum for approval. The makers of Prozac had to run five trials to obtain two that were positive.
- Gastric and duodenal ulcers- In the treatment of gastric or duodenal ulcers, placebo treatments were as effective as active drugs.
- **Chronic fatigue syndrome** *It was previously assumed that placebo response rates in patients with chronic fatigue syndrome (CFS) are unusually

analgesic placebo effects such as the release of the hormone dopamine, one of the body's natural analgesics

- Parkinson's disease: Placebo relief is associated with the release of dopamine.
- Depression: Placebos reducing depression affect many of the same areas that are activated by antidepressants
- Caffeine: Placebo-caffeinated coffee causes an increase in dopamine release
- Glucose: Expectation of an intravenous injection of glucose increases dopamine release in men (but not women).
- Methylphenidate: The expectation of intravenous injection of this drug in inexperienced drug users increased the release of dopamine ,

The brain has control over the body processes affected by placebos. Pain, motor fatigue, and fever are directly organized by the brain. Other processes such as the immune system are also controlled indirectly through the sympathetic and parasympathetic nervous system.

Doctor/Patient Relationship

A study of Danish general practitioners found that 48% had prescribed a placebo at least 10 times in the past year. Frequently prescribed placebos were used as antibiotics for viral infections, and vitamins for fatigue. A 2004 study in the British Medical Journal of physicians in Israel found that 60% used placebos in their medical practice, most commonly to "fend off" requests for unjustified medications or to calm a patient. The accompanying editorial concluded, "We cannot afford to dispense with any treatment that works, even if we are not certain how it does".

Critics say it is unethical to prescribe treatments that do not work, and that telling a patient that a placebo is a real medication is deceptive and harms the doctor-patient relationship. Critics also argue that using placebos can delay the proper diagnosis and treatment of serious medical conditions. Roughly only 30% of the population seems susceptible to placebo effects, and it is not possible to determine ahead of time whether a placebo will work or not. (Patients rightfully want immediate relief or improvement from their illness or symptoms. A non-placebo can often provide that, while a placebo might not.)

Placebo-controlled studies

The placebo effect in controlled studies makes it more difficult to evaluate new treatments. Apparent benefits of a new treatment may not derive from the treatment but from the placebo effect. This is particularly likely, given that new therapies seem to have greater placebo effects.

The placebo effect in such clinical trials are weaker than in normal therapy since the subjects are not sure whether the treatment they are receiving is active.

Placebo Effect and Complementary Therapies

high, "at least 30% to 50 %. CFS is widely understood to be difficult to treat, which could reduce expectations of improvement.

- **Muscle relaxant** can cause muscle relaxation or muscle tension depending how it is described. A placebo presented as a stimulant will have this effect on heart rhythm, and blood pressure, but when administered as a depressant it has the opposite effect. Placebos represented as alcohol can cause intoxication and sensor motor impairment
- **Other Expectations** - Perceived performance aids can increase endurance, speed and weight-lifting ability, leading to the question of whether placebos should be allowed in sport competition. Placebos can help smokers quit. . Interventions such as psychotherapy can have placebo effects. Because placebos are dependent upon perception and expectation, various factors that change the perception can increase the magnitude of the placebo response. Injection and acupuncture have been known to have larger placebo effect than pills.
- **Motivation** to get well may contribute to the placebo effect. Motivation may link to the meaning through which people experience illness and treatment. Such meaning is derived from the culture in which they live and which informs them about the nature of illness and how it responds to treatment

Expectancy and Conditioning

A person's beliefs and hopes, combined with their suggestibility, may have a significant biochemical effect. Sensory experience and thoughts can affect neurochemistry. The body's neurochemical system affects and is affected by other biochemical systems, including the hormonal and immune systems.

The psychological explanation most commonly believed is that when told that the effective drug they are taking is a placebo, they think that it is "all in their mind" and nothing is wrong with them.

As stated previously, the placebo effect is related to the mentality of the patient and their perceptions and expectations; if the treatment is viewed as helpful, it can assist the healing process, but, if it is viewed as harmful, it can cause negative effects i.e., the nocebo effect. Placebos can act similarly through classical conditioning. If we are conditioned to expect an effect then it is most likely to be experienced from the actual stimulus. Both conditioning and expectations play a role in placebo. The expectancy effect can be enhanced through factors such as the enthusiasm of the doctor, differences in size and colour of placebo pills, or the use of other interventions such as injections. In one study, the response to a placebo increased from 44% to 62% when the doctor treated them with "warmth, attention, and confidence." Those who believe that a treatment will work display a stronger placebo effect than those that do not, as evidenced by a study of acupuncture.

Effects on the Brain

If a person recalls the placebo effect and maintains it, a "self-reinforcing memory can result" (during pain an individual recalls having taken the placebo and the reduced pain reinforces it as an analgesic). The brain is also involved in less-studied ways on non

Perhaps in complementary therapy we use the placebo effect subjectively either purposefully or consciously but what we do does enhance the “mind set” of the patients into a more positive state

We are prepared to spend **Time** with the patient. This in itself can be a luxury to many and can greatly assist positive interaction

Our treatment aim is to “**Treat**” the patient. Complementary treatments are generally relaxing, pleasant and enhance the “feel good” factor

We are prepared to **Talk and Listen** to the patient. We can encourage, empathise and de-stress the patient by using kind words, a warm approach, attentive listening and understanding

We often engage in **Touch** with the patient. Non-invasive contact can be comforting and engenders bodily acceptance

Our **Technique** is accepting, non-invasive and professional and totally left to the patient’s choice

We aim to develop **Trust** between therapist and patient. We have unconditional positive regard for the patients thus engendering acceptance and confidence

We never claim to “cure”, never diagnose, never countermand medical advice and use our therapy “as well as” and not “instead of” medical intervention.

Unlike the normal placebo procedure, we are truthful about the limitations of our therapies. Whilst we may not directly use placebos in our therapy we most certainly produce the desired effect

.The above qualities can be said to have a placebo effect on the patients in that they encourage a positive “mind set” and “feel good” factor and help the patient access the body’s own inherent healing process. Remembering the previous studies that showed the response to a placebo increased from 44% to 62% when the doctor treated them with "warmth, attention, and confidence, we can see how we can develop this in our patients. If we can engender trust and positive belief in the healing process then the meaning of placebo –“I shall please” will undoubtedly follow.

WE CANNOT AVOID THE PLACEBO EFFECT IF WE DO OUR WORK WELL – LET’S USE IT AS WELL AS POSSIBLE AND STRENGTHEN THE ACCEPTANCE OF HEALING AND COMPLEMENTARY THERAPIES.

Vedant Wood *JASH HEALER*

REFLECTIONS IN THE MIRROR *by Menorah Charney*

We live in a time of change. The age of individual development draws to its close with the changing of the major energies. This Age of Pisces recognised by the Fish was an age of individuality and growth through struggle and the darkness of fear due to the lack of knowledge of the higher consciousness. As the new energies of Aquarius, the water carrier, make their appearance, changes are being felt in every field of life. The weather, the earth itself, the ways of thinking and reactions are showing a growth. - A quantum leap forward into group consciousness. As this takes place the development of groups is seen. Groups with many different ideals are developing, creating, searching for a new way of healthful, peaceful living. This will explain the getting together of all the many groups. At this point however many cling to the old and still search for the Piscean authoritative figure.

There are however groups to be found now who, through the meditative process open themselves to a higher consciousness, where contact is made with intellects, minds from sources other than this earth. Such a group has made contact, working with dedication to peace, growing in harmony towards a way that will lead to a peaceful solution to the world problems. Receiving guidance, work is done by thought projection and purification to enhance the entirely positive view of the Aquarian Age.

From Menorah Charney's Book - Reflections in a Mirror -

Acupuncture by

Dr. Ming Zhao Cheng MD MSc PHD MBAC MATCM

Acupuncture is a unique form of Chinese medicine. The ancient Chinese believed that there is a system of energy called 'Qi' or 'Chi' that flows freely through channels or meridians within the body. Qi consists of equal and opposite qualities - Yin and Yang - and when these become unbalanced, illness may result.

Acupuncture involves the insertion of a few very fine needles into specific points along the channels. It stimulates the body's own healing power and helps restore its natural balance. Many scientific researches have confirmed that acupuncture works for many conditions, such as pain and arthritis. Some people may be a little apprehensive before their first treatment. They are usually surprised that acupuncture is generally painless, although they may often experience a mild tingling-like sensation during treatment.

Pre-sterilised disposable needles are used and safely discarded after each use.

The following factual report shows how Chinese medicine solved a somewhat baffling medical situation ...

' The 15th Medical Consultant'

It was a very cold day at the end of February 2012. A strange request was made over the phone by a very worried son - that before coming to my acupuncture clinic, his father would like the treatment room to be cold, with the window open and an electric fan on.

I duly gave him an appointment the very next morning. In came the chilly air and this 82 years old gentleman, his turban in his left hand, and a walking stick in his right hand. He was hot, loud, anxious, agitated and unsure about what I could do for him.

Careful interrogation on his past medical history was essential, with careful physical examination for signs and symptoms.

The main problem, according to him, was extreme anxiety and hot flushes. He had both knees replaced a few years ago, but the main operation to decompress his spine some 3 months earlier had caused many complications. Since the operation, his inner body was feeling very hot.

He has been feeling very hot from the waist up, with his head and the chest being red and burning. By contrast, at the same time, his limbs were extremely cold. He has been confined to his own room for 4 months, with the heater turned off and an electric cooling fan on.

His strange bodily sensation has caused major problems for the family. The central heating system in his home has to be switched off. Everyone has to bear the cold by putting on many layers of clothes. According to his son; "The house is like hell".

Since the back operation, he has not been able to walk properly. From a healthy man who used to cycle around to being unable to stand up, he is now having to crawl in the house, it was a huge shock for him.

He has had many medical examinations and tests by 14 medical consultants. The tests include MRI of the brain, ECG and stress echo of the heart, nerve condition tests and --5 X-rays.

Nothing was found in regard to these consultations. He has needed to see his hospital A & E department frequently due to panic attacks; but they have learnt to ignore him as they did not find anything wrong with him either.

Desperate, his family decided to try acupuncture even he does not believe in it.

Through a roundabout way, they have come to my clinic to see his "15th consultant".

This 15th consultant, that is, me, looked at his patient. The patient's face is flushed. His eyes are blood shot. His neck, shoulder and chest are red. He is nervous, speaking in a loud but shaky voice. He tells me that he is unable to sleep at night due to the heat. When he dozes off, he will have nightmares.

He will then wake up in a hot sweat, which soaks through his pyjamas. His feet are extremely cold, but he does not want any heating on.

I recall that in Chinese Medicine classics, similar cases were recorded. Heat in the top central parts of the body with cold in the far extremities indicate a severe imbalance of the? ----Body Yin and Yang. This imbalance affects the mind and the spirit of the patient.

The body-mind-spirit axis is disturbed. I confirm this syndrome of imbalance by asking the patient a few more questions. Do you see shadows when nothing is in front of you? He answers: 'yes'. Do you dislike television pictures? He answers: 'yes, they dazzle my eyes'. Do you hear funny noise in your ears? He answers: 'yes, like the waves of the sea'. Do you smell odd smells? He suddenly bursts into a big laugh - 'Yes! How

do you know that?! You are the first person who knows what is wrong with me'!

His son is now in tears. He says that his father cannot bear the smell of heating radiators. That is one reason why we have suffered from the cold and we are not allowed to switch the heating on!

I check the old man's pulses on both wrists. They were typical of this imbalance syndrome. I look at his tongue. It is pale with some yellow coating, indication Yin and Yang imbalance.

I am now confident that I will be able to help him. I set a course of acupuncture, twice per week, for him. Meanwhile, I prescribe the Chinese herbal medicine that was used in cases recorded in the classics, which is one pack per day (12 herbs with a total weight of about 100 grams to be boiled in water to make herbal tea).

Three days later, he came back to see me. All the symptoms he presented three days ago have improved. He did not even use his walking stick. We are all very glad, but not to be complacent, I reminded.

It has been five months now. He has been getting well steadily. All his senses are normal now. He rides his bicycle twice a day for an hour. He is enjoying his gardening. He goes back to the temple again regularly to meet people and spread the word. "Ming the King", he says, "has saved my life."

I am so pleased that my acupuncture and Chinese herbs have helped him, and many other people, but I wish I were not the 15th consultant before people got better.

Dr. Ming Cheng.

Try Some Fresh Ginger....a reported by **University of Maryland Medical Centre - USA**

Ginger -- has been used as a medicine in Asian, Indian, and Arabic herbal traditions since ancient times. In China, for example, ginger has been used to help digestion and treat stomach upset, diarrhea, and nausea for more than 2,000 years. Ginger has also been used to help treat arthritis, colic, diarrhea, and heart conditions.

In addition to being used as a medicine, ginger is used throughout the world as an important cooking spice. It also has been used to help treat the common cold, flu-like symptoms, headaches, and painful menstrual periods.

Ginger is native to Asia where it has been used in cooking for at least 4,400 years.

The important active components of the ginger root the volatile oils and pungent phenol compounds (such as gingerols and shogaols).

Health care professionals often recommend ginger to help prevent or treat nausea and vomiting from motion sickness, pregnancy, and cancer chemotherapy. It is also used as a digestive aid for mild stomach upset, to reduce pain of osteoarthritis, and may even be used in heart disease or cancer. Pregnancy-Related Nausea and Vomiting

Studies suggest that 1g daily of ginger may be effective for nausea and vomiting in pregnant women when used for short periods (no longer than 4 days).

In a study of 70 pregnant women with nausea and vomiting, those who took 1 gram of ginger every day for 4 days reported more relief than those who took a placebo. But remember, pregnant women should ask their doctor before taking ginger, and should be careful not take more than 1g per day.

Other studies suggest that ginger reduces the severity and duration of nausea -- but not vomiting -- during chemotherapy. However, one of the studies used ginger in combination with another anti-nausea drug, so it's hard to say whether ginger had any effect. More studies are needed.

Similarly ginger might alleviate nausea and vomiting after surgery. Two studies found that 1g of ginger root before surgery reduced nausea as well as a leading medication. In one of these studies, people who received ginger also needed fewer medications for nausea after surgery.

Helping those with Osteoarthritis: Ginger extract has long been used in traditional medical practices to reduce inflammation. And there is some evidence that ginger may help reduce pain from osteoarthritis (OA). In a study of 261 people with OA of the knee, those who took a ginger extract twice daily had less pain and needed fewer pain-killing medications than those who received a placebo. But another study found that ginger was no better than ibuprofen in reducing symptoms of OA. It may also take several weeks to see any effect.

Other uses

A few preliminary studies suggest that ginger may lower cholesterol and help prevent blood from clotting. That can be helpful in treating heart disease, where blood vessels can become blocked and lead to heart attack or stroke. But more studies are needed to know whether ginger is safe or effective for heart disease.

Laboratory studies have also found that some substances in ginger may kill cancer cells in test tubes. More research is needed to know if ginger would have the same effect in humans. Fresh ginger root can also be purchased and prepared as a tea. Ginger is also a common cooking spice and can be found in a variety of foods and drinks, including ginger bread, ginger snaps, ginger sticks, and ginger ale.

The herb is available in extracts, tinctures, capsules, and oils. Such ginger products are made from fresh or dried ginger root, or from steam distillation of the oil in the root.

How to Take It:

Ginger may be used by children over 2 years of age to treat nausea, stomach cramping, and headaches. Don't give ginger to children under 2.

Ask your doctor to help you determine the right dose.

Adults

In general, don't take more than 4g of ginger per day, including food sources.

Pregnant women should not take more than 1g per day. Medical advice should always be sought before taking it. Likewise, women who are breastfeeding should talk to their doctor before taking ginger.

For arthritis pain: 250 mg 4 times daily.

Precautions:

Side effects from ginger are rare, but if taken in high doses the herb may cause mild heartburn, diarrhea, and irritation of the mouth. You may be able to avoid some of the mild stomach side effects, such as belching, heartburn, or stomach upset, by taking raw ginger or ginger supplements in capsules

The use of herbs is a time-honored approach to strengthening the body and treating disease. Herbs, however, contain components that can trigger side effects and interact with other herbs, supplements, or medications. For these reasons, herbs should be taken with care, under the supervision of a health care provider qualified in the field of botanical medicine.

People with gallstones should ask their doctor before taking ginger. Make sure to tell your doctor if you are taking ginger and will be having surgery or placed under anesthesia for any reason.

People with heart conditions and people with diabetes should not take ginger without asking their doctors. Also, do not take ginger if you have a bleeding disorder or if you are taking blood-thinning medications, including aspirin.

Possible Interactions:

Ginger may alter the effects of some prescription and nonprescription medications. If you are currently being treated with any of the following medications, you should not use ginger without first talking to your health care provider.

Blood-thinning medications -- Ginger may increase the risk of bleeding. Talk to your doctor before taking ginger if you take blood-thinners such as warfarin (Coumadin) or aspirin.

Diabetes medications -- Ginger may lower blood sugar, raising the risk of hypoglycemia or low blood sugar.

High blood pressure medications -- Ginger may lower blood pressure, raising the risk of low blood pressure or irregular heartbeat.

ROLE MODEL'S ...

The 2012 Olympic and Para-Olympic Games are now over, the medals won the spectator cheers a memory, the athletes have returned home, but what a role model legacy. It was wonderful to hear so many youngsters and teenager's say how they want to be like them and want to start training. The athletes courage, endeavours, dedication and modesty was a shining example to all.

A MAN CALLED ELI

Cats, dogs, kittens, puppies! That was the world of Eli. Eli was a solo practicing veterinarian for fifty years in South Miami, Florida.

He knew what he wanted to be in 1928 when he was five years old. On the beautiful residential streets of Forest Hills, New York, Eli could be seen wheeling his baby sister's carriage, not with his baby sister, but with one animal or another. Constantly searching for small dogs or cats, he'd wheel them to the local veterinarian, claiming that they were lost. Eli made so many of these trips that the vet started charging him 25 cents for each visit. Residents always knew where their pets were.

At 17 Eli entered the veterinary school of Auburn University in Alabama. After graduating with high honours, he and his wife, Gloria, were married in 1949 during the Korean War in which Eli served as an officer. Eventually, they had two children. In 1953, after the war was over, they opened the South Miami Animal Clinic. After a lucrative practice of 50 years, Eli retired. He was greatly beloved by his many nurses and his patients.

Today at age 88, Eli enjoys rock 'n roll dancing, singing groups, and exercise classes. They attend many educational lectures together. Eli and Gloria reside in the Kendall area of Miami, Florida, where they have many friends and often see them socially. They have always had pets, and right now the resident pets are a black rescue Labrador Retriever and a 15 year old talking calico cat. Finally, they have been blessed with a great grandson. They have most of life's most important things; 63 years of marriage, love, companionship, and trust.

Many of our readers will have enjoyed regular articles for 'News & Views' sent in by Dr. Eli Gersten, and Gloria Gesrten both in their own way remarkable healers, and we look forward to their continued input.

Social and Personal ...

Do let us have information for inclusion in .

Children Say the funniest things, here is one such gem.

As sent in by Francis Benjamin: 'My granddaughter Gabrielle's teacher hurt her hand and her teacher told me she was most touched when Gabrielle, told her she needed her Nana's magic hands'!

Do let us have other remarks about the power of healing made by children and adults.

We have published this article previously, but it applies even more so today.

KALI YUGA

We live in a remarkable era. This has been called Kali Yuga, the age of darkness and illusion, the darkest age humanity has yet experienced.

It is a time of much chaos, brutality and intolerance, racial prejudice, greed, hunger for power, lack of respect for human life, animals and other forms of life. It is a time of famine, disease, earthquakes and volcanic eruptions all over the world, massacres and war such as have never been known before.

Every day, the media report horrific happenings and crimes, innocents suffering unspeakably, and it is as if we are becoming so immune to these horrors, that we hardly raise an eyebrow any more, let alone voice a protest.

And yet there is great hope for there are always some voices to be heard - some great souls - to remind us that we are spiritual beings inhabiting human bodies on this Earth, in order to enjoy the gift of life we have been given so lovingly and kindly - a priceless gift — and to learn at this Earthly School of Life.

To those who have the awareness, every breath is precious, putting us in touch with and recognising the Source of all life and creation, love, peace, light, beauty, energy and truth.

We are so blessed, since this Source of Creation — we call God — doesn't live far, far away 'up in the sky' as it were, but dwells in each human heart with infinite kindness and unconditional love, allowing us all access if we so wish - particularly through prayer and meditation.

We have made incredible strides in technology over the past 50 to 100 years. The past century has been phenomenal in the way such great advances have been made enabling us to communicate globally through computer Internet, to travel further and faster, to speak to and see people thousands of miles away and so on.

We have been given gadgets to relieve us of drudgery, more and more leisure pursuits to enjoy, ways hopefully to improve health and happiness.

But are we any happier?

Fundamentally we all hunger for simplicity, joy and happiness and these are natural born gifts that we see in little children. They are to be found within us, not in the complicated, constantly beckoning distractions outside. These say 'try this, try that!' 'Buy this and buy that!' but no matter how much we try and buy there is no lasting satisfaction.

For us as healers and knowing others like ourselves, we hopefully have the awareness to recognise the true hunger in the people we meet and give healing to. We understand that we are spiritual beings endeavouring to grow in the process

of enlightenment and the purpose of life, which is to accept and realise God and, to learn and enjoy this gift of life.

As healers we can help others to recognise this so that they can be in touch with the peace, joy and love within themselves. We are truly fortunate for we can now all help the age which has already begun and which has been promised to us, in which darkness and illusion and ignorance and fear are dispelled, –so that the Golden Age of harmony, joy and peace may prevail –when ' men shall be brothers,' for even a very little light will dispel darkness.

In the interest of that healing smile, here are some gems of observation from school kids ...

‘All teachers at our school are certified’.

‘Our school is ventilated by hot currants’.

‘Shakespeare married Anne Hathaway, but he mostly lived at Windsor with his merry wives. This is quite usual for actors’.

‘Britain has a temporary climate, with sunshine between the snow and rain.’.

‘A native American call his wife a squaw and his children squawkers’.

‘Alexander the Great conquered Persia Egypt and Japan. Sadly he died with no hairs’.

‘Magna Carta said that no man should be hanged twice for the same offence’.

‘Anthropologists have proved that when animals were not available the people ate nuts and berries’.

‘In the Dark Ages the scientists developed a special suppository of knowledge which greatly helped later generations’.

And here are some attempts by school children at story writing...

‘As he walked through the room he heard the sound of heavy breading’.

‘When the wedding was over the bridegroom clasped his loved one tight in his arms, while the little organ began to swell and fill the room’.

‘While rowing up the river I slumped over the whores in a state of physical exhaustion’.

‘She took me indoors and called her husband he was very practical and gave me a nightdress and some hot soup, and told me to lie down in his bed’.

A GOOD LAUGH IS SUNSHINE IN A HOUSE

William Thackeray.

Beginning Today

Beginning today I will no longer worry about tomorrow. Tomorrow will always be there, waiting for me to make the most of it. But I cannot make the most of tomorrow without first making the most of today.

Beginning today I will look in the mirror and I will see a person worthy of my respect and admiration. This capable person looking back at me is someone I enjoy spending time with and someone I would like to get to know better.

Beginning today I will cherish each moment of my life. I value the gift bestowed upon me in this world and I will unselfishly share this gift with others.

Beginning today I will take a moment to step off the beaten path and to revel in the mysteries I encounter. I will face challenges with courage and determination. I will overcome what barriers there may be which hinder my quest for growth and self-improvement.

Beginning today I will take life one day at a time, one step at a time.

Discouragement will not be allowed to taint my positive self-image, my desire to succeed or my capacity to love.

Beginning today I walk with renewed faith in human kindness. Regardless of what has gone before. I believe there is hope for a brighter and better future.

Beginning today I will open my mind and my heart. I will welcome new experiences. I will meet new people. I will not expect perfection from myself nor anyone else: perfection does not exist in an imperfect world. But I will applaud the attempt to overcome human foibles.

Beginning today I am responsible for my own happiness and I will do things that make me happy... admire the beautiful wonders of nature, listen to my favourite music, pet a kitten or a puppy, soak in a bubble bath... Pleasure can be found in the most simple of gestures.

Beginning today I will learn something new; I will try something different; I will savour all the various flavours life has to offer. I will change what I can and the rest I will let go. I will strive to become the best me I can possibly be.

Beginning Today, And Everyday.

Author unknown.

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Quotes to inspire

‘In the middle of every difficulty lies opportunity.’

ALBERT EINSTEIN.

‘Seek not to change the world, but choose to change your mind about the world.’

A COURSE IN MIRACLES.

‘A man is but the product of his thoughts. What he thinks he becomes.’

MAHATMA GANDHI.

‘As our souls evolve, the more challenging our challenges become.’

ROBERT SCHWARTZ.

‘Before enlighten, a man chops wood and carries water, after enlightenment he chops wood and carries water,’

BUDDHIST SAYING.

‘A human being -- experiences himself, his thoughts and feelings as something separated from the rest -- a kind of optical delusion of his consciousness.’

ALBERT EINSTEIN.

‘If we could see the miracle of a single flower clearly our life would change.’

BUDDHA.

‘Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.’

BUDDHA.

‘God doesn’t look at how much we do, but with how much love we do it.’

MOTHER TERESA.