

News & Views



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Autumn
2021**

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**THE JEWISH ASSOCIATION OF SPIRITUAL
HEALERS** (non denominational)

**A HEALING ORGANISATION FOR PEOPLE
OF ALL FAITHS**

Registered Charity No. 275081

**FOUNDER MEMBER OF THE BRITISH ALLIANCE OF
HEALING ASSOCIATIONS**

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Committee for 2021/2022

**Francine Benjamin, Harry Luck,
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Pat Greenberg, Teresa Smith and Steve
Sharpe.**

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Chairman's Report

Welcome to the Summer /Autumn edition of News and Views (Sorry I missed the summer edition). On behalf of your committee I wish you all a happy, healthy and prosperous New Year with 5782 being a much more productive year than the last one and where hopefully we will have seen the end to the lock down situations caused by the Covid 19 pandemic.

You were all invited to our virtual Annual General Meeting 27th June but for some reasons better known to cyber space the Zoom meeting could not start until about an hour after its due starting time, which I'm sure had several of our members waiting patiently. I hope cyber space apologised for wasting their time. We finally managed to hold our AGM even though most people had given it up as a bad job and I thank those who persevered.

As you can appreciate, virtually everything has been shut down throughout the last year due to the Covid 19 virus that has rampaged through the world. However we managed to open Pinner and Stanmore Centres from September to December with Stanmore re-opening its doors to the public at the beginning of May this year with Pinner following suit at the beginning of June. The British Alliance of Healing Associations has new badges. The Healing Trust leadership has changed to Jennifer Jones taking on the challenge of Chairwoman supported by Lesley Summers as Vice Chair. All the Doctor Healer Network meetings were cancelled due to the pandemic and the Healing Awareness Week at the beginning of May 2021 mainly involved distant healing and talking to friends and relatives about Spiritual Healing.

Harry Luck advised us that we had £9868 total assets on 31st December 2020.

Francine Benjamin advised us that we have 50 members including nine students.

We only had three issues of News and Views last year.

Harry is controlling our web site. Your Committee for the coming year will be Francine Benjamin Secretary, Harry Luck Treasurer, Teresa Smith, Rita and Martin Vangelder, Pat Greenberg and Steve Sharpe as Chairman.

Steve Sharpe

Social impact of Covid 19

Dear Reader,

Working on the front line I feel it prudent to just submit this anonymously and share some of my experiences with you.

I am a nurse working on the front line, we have survived the first and second wave of COVID19 and now we continue through the third wave. I hear the 4th wave is forecast to begin in January 2022. It seems frightening at times when so many people live their lives being so careless and reckless with others and their own social safety.

For us working in the hospitals we continue to work hard, we're obviously disappointed with the offer of a 3% pay increase and feel that society does not truly care for our total well-being. I've lost colleagues to COVID19, others that risk their lives have been so ill from this ever evolving virus. We serve our nation proudly and with dignity yet wanting to be truly appreciated, not just clapped at on a Thursday.

Working continues to be so hard and I can't see this changing anytime soon. We continue to learn new ways of working, developing so many new skills, whilst pushing the boundaries of Healthcare so that every member of the public will benefit from the services that we offer.

Teamwork has been essential in so many ways. We have relied on each other extraordinarily so, as we have only just been able to see our loved ones we have needed to be each others' soul support networks. Unable to touch and having to maintain social distancing we have been stretched to the very core of our being. I myself have not seen members of my own family since the first lockdown in March 2020.

We have served members of the general public and done our best to prevent their suffering. Working long hours wearing additional person protective equipment (FFP3 face masks, general surgical face masks, eye visors, gowns or aprons). Our hearts breaking with the social impact caused by this virus. We continue to serve even though COVID19 rates are still prominent in our hospitals.

We implore you, **PLEASE** have both doses of your vaccine and focus on all of our safety. We must continue to work together and focus on saving lives. All we ask is for everyone to be respectful and to be supportive to one another. Be nice to your neighbour, be helpful and together we can survive this.

Kindest regards,

An anonymous nurse on the front line.

ISRAELI TITBITS

The Israel Antiquities Authority announced that an intact chicken egg dating back to the Islamic period 1000 years ago was discovered in Yavne. The unbroken egg was found in an ancient cesspit during excavations at a site that revealed an extensive industrial area from the Byzantine period

CSR rankings, the leading metrics-based ranking of top computer science institutions round the world, has ranked the Technion-Israeli Institute of Technology No 1 in the field of artificial intelligence in Europe and 15th Worldwide.

Researchers at Tel Aviv University have unveiled “the world’s tiniest technology” aimed at storing information on the thinnest unit known to science. It is composed of a one-atom-thick layer of boron and one of nitrogen, and “may significantly improve electronic devices in terms of speed, density and energy consumption”.

Clare Labs is a start-up that is developing contact-free patient monitoring technology. It uses sensors for monitoring markers such as heart rate, respiration, airflow, body temperature, and oxygen saturation without touching the patient. The sensors need a partial line of sight to the patient’s skin from which they pick up particles of light emitted on different wavelengths from the skin, providing insight into a wide range of physiological markers which in turn produce accurate evaluations and alerts.

The Sheba Medical Centre Team have invented a method to perform blood tests without drawing a drop. Their device scans the eye for a few seconds, assesses the

number and type of cells in a patient's blood and instantly provides accurate results, the researchers say.

Researchers at the Technion- Israel Institute of Technology say they have identified a possible method to stop the immune system overreaction which has been linked to many deaths from COVID-19 and other diseases. These cytokine storms also harm many people suffering from autoimmune diseases.

The Sheba Medical Centre oncology departments are about to use small Israeli produced robots to deliver drugs from the pharmacy straight to the nurses who ordered them and save patients hours of waiting. The robots will shuttle the drugs to departments using a network of maintenance tunnels but also corridors, walkways, and elevators alongside staff and patients. This is the first deployment of robots by Israeli start-up Seamless Vision.

Cellwize Wireless Technologies, a maker of cloud and AI-based software that can help speed up the deployment of 5G networks, has entered an agreement with Intel for the US giant to include Cellwize technology in the chipsets it provides to cellular providers. Their software allows mobile operators to automatically launch the 5G networks with little manual intervention.

ZzappMalaria, a Jerusalem-based start-up whose mobile app aims to help identify potential sources of malaria, has won a first prize of \$3 million in the IBM Watson AI competition. The firm was also selected as the "Most Inspiring Team" in the People's Choice Award.

A study by a team of international scientists led by professor Haim Cohen of the Sagol Healthy Human Longevity Centre at Bar-Ilan University found that life expectancy was increased by an average of 30% in male

and female mice engineered to have high levels of a protein called SIRT6. The mice were also better able to overcome age-related diseases such as cancer and blood disorders and remained vigorous as they aged. The over expression of SIRT6 acted as a type of “fountain of youth”.

Jerusalem-based start-up Seevix says it has managed to produce synthetic spider silk fibres that are identical in their characteristics to those found in nature, five times stronger than high tensile steel at one-fifth the weight. “The spider’s web does not look strong because it is very, very thin, but if you take the web and make it in the diameter of a pencil, it would probably stop a Boeing 747 while flying. It is that strong” said Seevix CEO. For the largest companies working in material science, creating an artificially developed spider silk is “the holy grail” said Jeffrey Grossman, chairperson of Seevix.

Ben Gurion University of the Negev decided to deploy nanotechnology and build the world’s first chip that mimics the arrangement of different molecules in a cancer cell. This new Israeli nano-chip, acting as an artificial cancer for lab tests, allows scientists to judge how well new immunotherapy treatments will work to combat the real disease. The race is on to develop new immunotherapies but a major challenge is predicting their effectiveness. Now scientists can let new therapies loose on the chip and get a detailed picture of how well they will tackle cancer

Icecure Medical, an Israeli-based maker of tumour freezing technologies has received recognition from the US Food and Drug Administration recognising its Prosense product as “a breakthrough device” to freeze tumours in a number of medical conditions including breast cancer. Its minimally invasive technology which does not require

surgery is a safe and effective alternative to hospital surgical tumour removal.

New Israeli technology will allow doctors to diagnose melanomas and other skin cancers in 10 seconds without cutting into the body. Tel Aviv University scientists say they have developed a super-speedy automatic method to analyse lesions on the skin. They have exploited the fact that lesions emit different colours when placed under infrared light depending on whether they are cancerous and if so what type of cancer is present.

Inspectors have carried out a biannual safety inspection and maintenance of the Western Wall with rabbis overseeing the injection of preservation materials into the corroding stone. “We have an identity card for each of the hundreds of stones in the plaza and monitor dozens of features. We do not drill into the stone but delicately inject dissolved stone into the gaps and fissures”.

A rare scroll of the Book of Esther, believed to have been penned in the mid-15th century in the Iberian Peninsula, has been donated to the National Library of Israel and made available online. The artifact is one of the world’s oldest known scrolls recounting the Purim story.

Stagecoach, Britain’s largest bus, coach, and tram operator, will be using Israeli developed artificial intelligence-based software to help plan bus scheduling and better handle changes in how people travel coming out of the COVID-19 pandemic. Tel-Aviv based firm Optibus have produced schedule-optimising software for bus fleets and public transportation operators which will drive the technological transformation for Stagecoach.

For the third consecutive year, Newsweek magazine has ranked Sheba Medical Centre within the “top 10 Best Hospitals in the World”, citing Sheba’s superior health care in addition to its medical innovation and cutting-edge

research.

Israeli scientists have developed a cancer drug without testing it on animals by using a chip that simulates the human body. Hebrew University researchers created a chip containing human tissue with microscopic sensors to precisely monitor the response of the human body- kidneys, liver, and heart- to specific drug treatments. The idea of organ on chip technology is 30 years old but the Israeli team is believed to be the first to successfully create a new treatment using a chip's capabilities to completely eliminate animal testing.

Israeli scientists have grown 250 cell embryos into mouse fetuses with fully formed organs using artificial wombs, in a development they say could pave the way for gestating humans outside the womb.

An Israeli company has produced an oral COVID vaccine and found that pigs produce the desired antibodies after taking it. Oramed Pharmaceuticals says that the innovation could revolutionise inoculation, and save lives. If people can swallow the planned vaccine pill at home instead of visiting a clinic the whole process can be sped up significantly. Oramed has created a single-dose oral version of a prospective vaccine made by India-based Premas Biotech.

Israeli ophthalmic start-up EyeYon Medical has raised \$25 million in funding to expand clinical trials for their flagship product EndoArt, which the company says is the world's first synthetic cornea implant to help doctors treat chronic corneal edema. Corneal edema is a build-up of fluid in the cornea, the clear lens that helps focus light onto the back of the eye. EndoArt would facilitate treatment of the condition in a minimally invasive procedure that avoids the use of human tissue or corneal donations.

Medial EarlySign, a maker of AI-based software that can flag high-risk patients for a number of conditions, said

that Barts in the UK will use the software to identify those at high risk for developing colon cancer. Their machine learning model called ColonFlag analyses existing clinical data to predict and prioritise those at high risk to help deliver proactive interventions for optimal care. The software is also used by US healthcare providers.

Israeli biopharmaceutical start-up ImmunoBrain Checkpoint is hoping that an immune system-boosting antibody it has engineered will lead to a breakthrough in the treatment of Alzheimers disease. The firm said its solution would be the first therapy of its kind that harnesses the body's immune system to help repair the diseased brain.

Israeli start-up NewRocket has unveiled what it says is a "new generation" of rocket engines that are gel-fuelled, low cost and environmentally friendly. The company's engines are suitable for space and defence purposes, in crafts of all sizes" CEO Ilan Harel said. The firm is still in development with the rockets with the fuel, and is running projects with "leading aerospace corporations". Rockets currently in the market are either highly energetic, or controllable or environmentally friendly, but NewRocket apparently is the only one that combines all of these traits.

Israeli start-up, Tamar Robotics, is developing a surgical robot that aims to revolutionise brain surgery, finally giving doctors a safer, minimally invasive tool to remove tumours and blood clots, and other life-threatening brain conditions that now require major surgery. "Imagine having to decide between removing someone's tumour to give them more time to live, but in doing so they lose their ability to speak" says Professor Moshe Shoham, a professor at the Technion-Israel Institute of Technology and a serial entrepreneur. "We hope we will be able to let people suffering from these conditions get back to their lives. We believe our robotic system can do better than a

surgeon's free hand”

A receptor in the brain, melanocortin 4 (MC4) is known to control the urge to eat. It has been dubbed the “hunger switch”. A genetically inherited malfunction with this receptor is believed to be the most common cause of obesity triggered by a single gene mutation. New Israeli research may pave the way for drugs to “turn off the hunger switch” in the human brain with minimal side effects, scientists say.

I'm in the mood for dancing

To some everything comes easy while others are struggling to win through because that is a difficult achievement. When everything comes easy to you, you miss so much of the lessons you need to learn.

Our creator said “the last shall be the first and the first shall be last”. That is how it is with your learning to have compassion for those with very low esteem and in need of help, so that you will continue to learn during the life you are now living.

Never worry about or envy those who have more than you, health wise or mentally. No one in the human form is better than another, according to our Maker, if you continue to learn the truth of your being. Every step you take for the well being of mankind and all forms of life upon your planet brings you much closer to us in the Higher Realms, therefore as the saying goes the last shall be the first and the first shall be the last.

Continue your learning spiritually, leave no stone unturned then you will never fail as long as you live your lives in truth and the care of all beings on Mother Earth.

Reprinted with the kind permission of Sheila Dorffman from her book “Guidance from the Realms of Spirit”.

The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it.

Albert Einstein

NATURE'S SURVIVAL KIT

There is much that mankind has learned from the animal kingdom, but there is a great deal of wisdom which we have dismissed or ignored to our cost.

"There is no other door to knowledge than the door nature opens".

The same will to live and struggle for survival exists in the animal world as in the human existence. Animals employ all sorts of ways to keep fit and protect themselves against illness or injury.

Naturalists, hunters and farmers have recorded an astonishing range of observations on the instinctive health wisdom of wild animals, birds, bees and other insects. The more they observe, the more convinced do they become that primitive man learned much of his folklore by observing and imitating the behaviour of wild animals.

When animals become sick or are injured they invariably follow their instincts in seeking relief -an infallible instinct which seems to guide them in adopting the best possible methods to ensure survival. An early pioneer of the "water cure", for example, observed how a doe, wounded by gunshot, went every day in the same spring in order to stand in the cold water and bathe its wounded leg. It limped less each day until finally it was well again.

Animals seem instinctively to select the right food for their nutritional needs. A bear will grub for roots of fern, wild turkeys eat the leaves of spice bushes, and cats and dogs seek out couch grass and tender greens when they are ill.

Wild animals have no choice but to eat raw foods, but few domesticated beasts will thrive on cooked or processed

foods, and most of them would die without an ample amount of their favourite raw foods. Cattle have been known to ignore plants growing on artificially fertilised land in favour of the grass and weeds near the surrounding hedges which are growing on untreated virgin soil. If their food is lacking in lime or phosphorous, cattle will seek out old bones and lick them in an attempt to make good the deficiencies.

A cat or dog with a broken leg will seek a safe, quiet place to lie down, position its injured limb as best it can, and wait patiently for the healing process to be completed. It will often lick an open wound or bruise - not only to relieve pain, but because the saliva guards against infection. An injured animal will seldom accept food at first, and will simply seek pure water, quiet and relaxation. Man, all too often, disregards his instincts and relies on his superior intelligence to devise counter measures; usually, he accepts the myth that you must eat in order to keep up strength.

Exercise is an essential function in the life of animals, who are invariably active in their search for food and during brief moments of play. Stretching is another active and instinctive form of exercise that is practised by cubs and by human babies. After a rest, animals usually go through an exercise routine to loosen the spine, release nerve pressures and stimulate circulation.

Nature has provided wild creatures with strange, sensitive systems of directional guidance travel - an unerring method of navigation influenced by light patterns and the position of the sun, moon, stars, mountains and rivers. It is possible that the magnetic field, which surrounds the earth and saturates the air around all living organisms, provides another link in this built-in direction-finder. The migration pattern of birds, the workings of inner "time-

clocks" and many other unusual faculties of wild creatures is well known to experts. The built-in sophisticated instruments of navigation provide a means of information and detection.

Nature also employs colour schemes for the benefit of animals and birds. The yellow stripes of the tiger and the spots of the leopard blend with the long dry grasses and the shifting patterns of light through the foliage of their habitat, just as the polar bear's white fur blends with his Arctic surroundings. A few animals in milder climates are able to alter their colours to match the changing seasons.

There is much that mankind has learned from the animal kingdom, but there is a great deal of wisdom which we have dismissed or ignored to our cost.

Reg Moore

Look deep into nature, and then you will understand everything better.

Albert Einstein



a coronavirus-killing nasal spray has officially gone on sale at pharmacies in Israel. www.israelnewsstand.com

Lifesaver: Company co-founded by Israeli scientist begins selling coronavirus-killing nasal spray in Israel

Enovid releases a small dose of nitric oxide, which is 99.9% effective against coronavirus

In what could be a game-changer in the fight against Covid-19, Enovid, a coronavirus-killing nasal spray has officially gone on sale at pharmacies in Israel.

The Nitric Oxide Nasal Spray (NONS), developed by SaNOtize, which was co-founded by an Israeli scientist and is based in Canada, is designed to kill the virus in the upper airways, preventing it from incubating, spreading to the lungs and causing the illness.

Scientists believe that coronavirus is transmitted via airborne droplets to the mucous membranes in the nose, where it is replicated during a three-day incubation period, damaging the nasal mucosa cells, and is then carried in nasal secretions to the lower respiratory tract, leading to the danger of fatal viral pneumonia.

Last year, SaNOtize CEO and Israeli native Dr Gilly Regev announced during a special summit on coronavirus, which was hosted by Israel's OurCrowd, that the company was pursuing clinical trials for the corona-killing nasal spray in the UK.

The UK trials began earlier this year with much success and followed independent lab tests at Utah State University's Antiviral Research Institute, which proved that their treatment is 99.9% effective in killing coronavirus within two minutes.

As part of their research, studies done in rodents with COVID-19 infection showed over 95% reduction within the first day after infection. It is currently undergoing Phase II clinical trials throughout Canada approved by Health Canada and in other countries.

In the UK trials, Covid “patients with a self-administered nasal spray application found to have reduced SARS-CoV-2 log viral load by more than 95% in infected participants within 24 hours of treatment, and by more than 99% in 72 hours.”

According to Regev, SaNOtize’s technology is based on nitric oxide and supported by Nobel Prize-winning research, and “will be the only recognised therapy on the market proven to prevent COVID-19 from infecting the upper respiratory system.”

Earlier this year, Enovid “was granted an emergency use authorization as a medical device by Israel’s Ministry of Health.”

SaNOtize’s Enovid nasal spray, which kills coronavirus in the upper respiratory tract, has gone on sale in Israel.

(Photo credit: Natalie Solomon/OurCrowd)

“Enovid releases a small dose of nitric oxide (NO), a natural nanomolecule with proven anti-microbial properties including against SARS-CoV-2, the virus that causes Covid-19,” the company explained in a statement.

Commenting on this momentous milestone, Dr Chris Miller, chief science officer and co-founder of SaNOtize said the company is “thrilled to have Enovid available in pharmacies in Israel.”

“We are moving as quickly and diligently as possible through regulatory approval processes elsewhere in the world to make NONS available to the wider public,”

Concluding, Miller stressed that NONS have been shown to reduce viral load, “which decreases a person’s viral

transmission, regardless of variant.”

The company has also made it clear that the nasal spray isn't just useable against coronavirus – it's also able to kill many other viruses in the upper respiratory system and nasal passages that could cause illnesses.

OurCrowd is an investor in SaNOtize.

***Featured Image Credit: Shutterstock*

ILANIT CHERNICK

The invincible human spirit

As healers, we have surely come across people with severe disabilities who have compensated with great courage in some way for their hardships...whether physical, emotional or mental for the invincible human spirit has the power to overcome practically any situation.

With this in mind we invite healers to write about their experiences with patients, so that we can all share them. If we look at famous people in the past who have inspired us in the way they have surmounted their disabilities and problems, there are so many, but I will choose just a few.

In the world of music, the great composer Beethoven comes to mind. When he realised that he was going deaf (what greater misfortune for a musician and composer) he was desolate and decided he would take his life.

But then after a great inner struggle, with great courage he decided to go on. Out of this victory of the spirit the great 3rd Symphony was born ---the Eroica. Sublime music from then on poured out of him although he could not hear it ---the symphonies, sonatas, piano and violin concertos etc. At the first performance of the great 9th

Symphony ---with Schiller's 'Ode to Joy' it is reported that after conducting it, he had to be turned around to see the rapturously applauding audience, because he could not hear them.

Mozart wrote the sweetest, most divine music but was always poor and died in poverty at 35 and was buried in a pauper's grave.

Vivaldi ---the 'red haired priest' whose work has only been recognised in the last 50 years, suffered from severe ill health all his life but produced masses of beautiful music. His 'Four Seasons' are now as familiar as 'God Save The Queen!

In the world of art Renoir suffered from body wracking arthritis in his later years, but kept painting. The paintbrush had to be tied to his arthritic fingers.

We all know how Michelangelo painted the Sistine Chapel ceiling lying on his back. It took him 7 years and caused him crippling back pain, but the work he produced is a profound experience for the viewer.

In the field of literature and poetry so many poets and writers succumbed in the 19th century to the scourge of the time ---consumption, which we now call tuberculosis. Yet in their disease ridden lives they wrote sublime poetry, as for example John Keats who died at 25. William Blake ridiculed and poor all his life, wrote, illustrated and published poetry and words that are powerful and speak to our hearts. They are so relevant today ---simple yet profound.

Sir Winston Churchill suffered from bouts of deep depression, 'his black dog', yet he wrote, painted and governed, and his speeches inspired us all.

There are so many, many others, names well known and many unknowns' ---all with a great spirit and soul who fill us with admiration and inspiration for their courage and determination.

That great man of our time Nelson Mandela who despite 27 years imprisonment for his belief, remained without bitterness, and with great humility, love and understanding led and freed his people from bigotry and enslavement. He has become a light and token of goodness and inspiration for all people, especially the young.

I will end with two quotations from Helen Keller who overcame blindness and deafness.... *"Keep your face to the sunshine, and you cannot see the shadow"* and *"Fear, the best way out is through it"* We can all learn from people like these, for life and the world is enriched by them.

So let us have any information from you about unknown and well known people who have inspired you with their courage and spirit.

Yetta Powell

*Love courses through everything
No, love is everything.
How can you say there is no love,
When nothing but love exists?
All that you see has appeared because of love.
All shines from love,
All pulses with love,
All flows from love-
No, once again all is love.*

Fakruddin Araqi

Six simple steps to help to make your body “flu-proof”

Believe it or not, flu season starts up again soon and that's when our governments will start trying to sell all of us one of the biggest lemons on the lot.

After all, would you buy a car from me that only started once out of every five times you turned the key? Of course not, yet this past year's flu shot was just such a car.

By the CDC's own estimates, the 2014-2015 flu shot only worked in about 20% of the cases, although the numbers vary from year to year, this is by no means an isolated incident, 2003/4 was even worse.

Before you decide whether or not to roll up your sleeve, it's important to understand why our government's vaccine continues to fail us... and the six simple things you can do to help to stay healthy this season, no shot necessary.

Influenza viruses are very difficult to replicate. There are many strains of the virus and the flu vaccine manufacturers more or less guess which strains will be active that particular year.

Receiving a flu shot is of course a personal decision, but if you do decide not to have the jab this year, it doesn't mean that you will remain unprotected.

The flu can be a serious illness in some people and even life threatening to those at the highest risk. It is important to take measures to avoid catching the bug as the following six drug free steps can help you to stay healthy this season.

- 1) The Flu virus is a “droplet” virus, meaning it spreads in droplets when people cough and sneeze, or from exposure to nasal discharge

followed by touching the mouth or nose. To combat this, you should wash your hands well and frequently. You may even consider wearing a mask if you are going to be in a situation where you may be exposed (should you succumb to the virus you should always help to stop the spread by always covering your mouth or nose when sneezing or coughing).

- 2) Watch that sweet tooth. Sugar found in sodas, desserts, ice cream and many processed foods is a well-researched immune suppressor.
- 3) Have plenty of sleep, at least eight hours a night. Sleep is a great immune booster and can help prevent sickness even if exposed to the virus.
- 4) Make sure you are taking daily zinc, 25-50 mg of zinc citrate, picolinate or other chelated form is a good start.
- 5) Stay hydrated by drinking plenty of water, moist mucous membranes are powerful barriers against viruses and other infections.
- 6) Try homeopathy. Certain homeopathic remedies are designed to be taken at the first signs of the flu. *Occilococcinim*, the most well known of these, is as safe as a remedy can be. *Influezinum* is another just as good and homeopathic formulae like these have been shown in studies to modify the symptoms of infections such as influenza.

Reprinted and précised with kind permission from The Atlas of Natural Cures by Dr. Glenn S. Rothfeld

It has become appallingly obvious that our technology has exceeded our humanity.

Albert Einstein

Some observations on the healing of VARICOSE VEINS, VARICOSE ULCERS AND SWOLLEN LEGS

CIRCULATORY troubles in the legs are sometimes rather slow in yielding to healing; this is especially true of varicose ulcers. Varicose veins generally yield more quickly under care. Let us consider these and some of the main causes that bring out the trouble. Varicose veins are veins that have become stretched and dilated out of proportion to the amount of blood they have to carry. The most common causes of the trouble are those forms of employment which require long-continued standing with little muscular action. We see this often with shop assistants who have to stand so much during the day. By means that we do not know, we see, with healing, the pressures within the veins subside, and the symptoms of stress disappear, though at the same time the swollen condition of the vein may continue for a while. This is easy to understand, for the veins have been stretched and enlarged, and it takes a while for the swollen condition gradually to be overcome. The important thing is that the pressure within the veins subsides and a happier condition follows.

We know that we cannot avoid the law of "cause and effect," and if the sufferer continues to overstrain the leg by continual standing, then the cause is maintained and the healing effects negated. We advise patients suffering from varicose veins to seek some other form of employment where they can sit down, but when this is impossible, to improvise some means by which they can take the weight off their legs whenever they can. Tightness should also be avoided, as with garters. It has been proven that with a measure of co-operation varicose veins yield to healing.

Varicose ulcers present a different problem. They are often very obstinate, requiring a protracted healing. These ulcers

constitute a breach on the surface of the skin or on the membrane lining any cavity. The causes that create them are many, but the common ones are damage to the bodily surface, constitutional weaknesses, age, and defective circulation.

Accompanying the healing we often advise that the sore place be gently cleaned once a day with a mild antiseptic lotion, then to leave the sore exposed to the air for a time (with a light covering resting over it to keep it protected from dust and impurities).

The healing is seen by the gradual lessening of the area involved. The "anger" within it dies away, and the now clean skin forms from the edges. We have seen many of these ulcers yield to the healing influences-but as a rule it takes time.

When the new skin covers the ulcer it is often rather thin and great care should be taken to avoid it being knocked. It is wise to continue to wear a protective bandage for sufficient time to allow the skin to harden and be strengthened.

The other very common complaint is swelling of the legs at the foot and ankle. This is often due to a general health weakness and from over-stressing the leg. Very often the swelling subsides during sleep, but becomes aggravated as the day wears on, becoming worse in the evenings.

As the healing builds up the general health tone, helped by slow full-characterized respirations, so the bodily resistance to stress increases and the trouble is overcome. Here again the sufferer is advised to avoid over-straining the legs, by resting with the legs elevated on to a stool, or by lying out on a sofa; and, of course, to avoid standing for long periods.

Thrombosis and phlebitis are other leg troubles for which healing is frequently so helpful, but these come within a different aspect of circulatory troubles.

Elastic stockings are helpful for varicose veins -but they must not be too tight. A crepe bandage can give support to

the veins if a heavy day is expected - but it should not be too tight, but gently supporting. With the ulcers, too, a tight bandage should be avoided.

These leg problems cause a great deal of inconvenience and pain, but with a period of healing treatment and the avoidance of the stress causing them we are pleased to see that they can be healed.

Harry Edwards

Charles Lamb was never bitter. His quick wit was usually more like gentle humour than sarcasm, though he could be superbly crushing when necessary. He thought it necessary on one occasion when he happened to meet a snob.

The snob, anxious to impress Lamb with the dignity of breeding and the worth of culture, argued that all the best men – the men who were really worth notice -had attended a public school. Lamb listened as patiently and politely as he could. "In support of my contention," said the snob loftily, "there was Byron, for example. He, of course, was a Harrow boy."

"Yes," said Charles Lamb drily. "And there was also Robert Burns. He was a plough-boy."

Dolphin therapy helps boy to talk

The following article was spotted in the press and sent in by one of our readers.

A BOY who became unable to walk or talk after a rare virus destroyed most of his brain has spoken his first words after swimming with dolphins.

Jason Crawshaw, 8, of Thornhill, in Dewsbury, West Yorkshire, is now able to pronounce his words correctly

and walk without falling over thanks to this US therapy.

He was just three years old when he was left unable to speak, and with the mind of an 18 month old baby, after falling ill with Herpes Simplex Encephalitis, a rare strain of the cold sore virus.

His mother, Jenny, 26, said: "It was like our son had been taken away from us. The dolphins have helped him where nobody else could.

The two weeks of therapy at the Dolphin Therapy Centre at Key Largo, Florida, was relatively expensive but worth every cent to see Jason make such a remarkable recovery. His mother said: "It has been a brilliant success and has benefited Jason so much". Jason who also suffers from epilepsy, made the journey with his mother, his father Neil, 36, his brother Lee, 12, and his sister, Jody, 6. Mrs Crawshaw said: "He didn't like going in the water with the dolphins at first but by the second week he was really enjoying it. He was making delighted squeals in the water and grinning from ear to ear, it was lovely to watch.

"He was able to speak before he went, but only in bits. He could say things like cat, dog and car, but not properly. Now he is saying the words far more clearly and has a lot more control with his lips.

"He is also in far more control of his body, which used to be floppy and although he could walk before, his knees used to give in and he would fall on the floor. He has not done that since he came back.

The dolphins are used by the centre as an incentive to patients to pass certain tests. When they do, they are rewarded by playing with the dolphins and riding on their backs while hanging on to their fins.

The therapy with dolphins is run in tandem with an intensive personalised range of treatments.

Mrs Crawshaw said: “I should be able to use the techniques they have taught me at home: he loved the dolphins, but I will have to think of other incentives for when he does well. We have a video of him in the water with them and he loves to watch it. He has previously had donkey therapy in Leeds, where you ride on a donkey and are asked to perform tasks, such as putting bean bags in circles, but the treatment in America is by far the best.

Diane Sanderlin, a therapist at the centre, said: “The dolphins trigger cognitive and physical responses and we try to improve the children’s communication skills, using the animals as a reward.”

Vaz Sayed



People talk behind your back for three reasons:

- 1) When they can't reach your level.
- 2) When they don't have what you have.
- 3) When they try to copy your life style but can't.

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