

# News & Views

## Winter

### 2013

Issue No. 64

Chanukah festival of light



**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**

**Patrons: Joan and Ray Branch and Aubrey Rose CBE**

**Chairman: Steve Sharpe**

**Hon. Secretary & Membership Secretary: Francine Benjamin**

55 Mount Pleasant, Cockfosters, Herts. EN4 9ES - Telephone 020 8449 8670

**Hon. Treasurer: Martin Vangelder**

**Hon. Auditors: Cane Terry & Co.**

31, Hardwick Court, Marsh Lane, Stanmore HA 7 4HJ

**Committee for 2012**

**Steve Sharpe - Dora Richardson - Rita Vangelder**

**Francine Benjamin - Pat Greenberg - Margot Garcia**

**Vedant Wood - Harry Luck - Yetta Powell - Maurice Powell**

**Editors of J.A.S.H. Newsletter: Yetta and Maurice Powell**

45, Old Church Lane, Stanmore, Middlesex HA 7 2RG - Telephone: 020 8954 0787

**EDITORIAL**

Chanukah is a festival of light, a struggle of hope against despair, light against darkness. It's a similar theme for all people. The leaves have fallen the days are shorter the sun is lower in the sky and people need uplifting and the candles of Chanukah, Xmas, Dwali and other such festivals remind us that all is not darkness and gloom. Light is still with us .

And so it is with healing. As healers we prove to those in need that there is indeed a light within and when we tap into the Source of such light and energy we can feel much better and be healed.

So happy Chanukah to all and may the work we do as healers bring light into the life of others.

*Maurice & Yetta Powell - Editors News & Views.*

**Email:** [jashhealing@hotmail.com](mailto:jashhealing@hotmail.com)

**Website:** [www.jashhealing.com](http://www.jashhealing.com)

## **Chairman's Report November 2013**

*Welcome to the winter edition of News and Views. I thank Francine Benjamin, Milan Conway, Sandra Robinson and Patricia Geminder for their time and expertise on our stand at the Jewish Living Expo at Wembley stadium on 3rd November.*

*It was an excellent promotional experience, with our team giving healing to approximately fifty people, most of whom had never experienced spiritual healing before, never the less they left comments on our forms such as "Very relaxing" "I don't know how I could relax so well amidst all this bedlam" "Amazing experience" "Out of this world" etc. The interest shown by passers by was phenomenal and on the lighter side, there was a television set immediately next to our stand showing the sign "No channel found" we obviously were not plugged in to a conventional channel!*

*Yetta and Maurice, our editors, have had more than their fair share of health*

*problems of late, so please join me with keeping some extra energy flowing in their direction.*

*The British Alliance of Healing Associations will have their Annual General Meeting 30th November, therefore I will advise of any changes in the next issue of News and Views, as we go to print before then. Following their AGM, the NFSH Healing Trust appears to be in turmoil again, so I think the less said the better! I have said many times in the past that we will not be recognised fully within government and conventional medicine until the individual groups for Spiritual Healers (somewhere about one hundred and fifty different organisations) come to some kind of agreement regarding regulation and cease the constant internal bickering and arguing amongst themselves, or maybe it is our human frailties coming to the forefront!*

*I am pleased to say that we are keeping our membership subscription the same as last year at £23, which, of course, you all know is due 1st January 2014. Francine and Martin would appreciate your prompt settlement in order to avoid any unnecessary extra work. Please keep us up to date with your details and sign the insurance declaration form.*

*My thanks as always to our committee for their time and expertise in keeping the Jewish Association of Spiritual Healers at the forefront of the healing movement. I wish you all a Happy, Healthy and Prosperous 2014.*

***Steve Sharpe***

## **‘IS Complementary Medicine Here to Stay?’**

**The title of the talk given by Dr. George Lewith. MB BChir MA DM MA DM MRCP MRCGP to members of the London Jewish Medical Society 23rd April 1998.**  
*Dr. Lewith's C.V. ran to 21 pages. He was at the time honorary visiting Clinical Senior Lecturer in the Department of Medicine, Southampton University Medical School. He was in great demand as a speaker on complementary medicine and was acknowledged to be forthright and colourful in the presentation of his ideas.*

So when I was invited to attend this talk, by a doctor who knew of my interest in healing and complementary medicine I jumped at the invitation. I expected the talk to be interesting, enlightening and provocative. As one would expect the audience was made up of almost 100 % medically qualified Doctors, (on this occasion they were in the main, highly qualified consultants). Dr. Lewith, because of his deep interest in complementary medicine and the access that he had to statistical research, through his connection with Southampton University Medical School, presented some rather startling information about the movement by patients towards unorthodox treatments. In fact he was able to inform us that expenditure on this type of medicine was now beginning to overtake that which was being spent on treatment given by medically qualified doctors. The most interesting aspect of this move, by patients, towards this 'chosen form of treatment', was that it was nearly all patient led. Qualified medical practitioners were in the main sceptical of such 'fringe treatment' as being at best unproved, and at worst, dangerous to the well being of their patients.

***However Dr. Lewith made it quite clear to his listeners that, when qualified members of the medical profession formed real working relationships with complementary medicine practitioners, patients benefited. But he did state that it was essential that a better relationship had to be established.***

Question time showed up the fears of the doctors, that unqualified people were diagnosing patients illness' and problems, much to the detriment and danger to the patients well being. However it should be noted that members of the audience conceded that qualified doctors could also misdiagnose and prescribe drugs that sometimes harmed rather than cured. But in general terms it was apparent that the doctors would like to see some kind of policing of those who practised complementary medicine and that acceptable levels of qualification had to be met before a person could become a practitioner offering complementary treatments to patients. **The one area where they felt it to be almost impossible for such qualification to apply, was in the practice of “Spiritual Healing”** After a very brief discussion it was accepted that **“Spiritual Healing” did work**, but, notwithstanding this, it relied very much on anecdotal proof; but those present conceded that, so long as the Spiritual Healers and other complementary practitioners worked closely with doctors and their patients, nothing but good would result.

*M. Powell*

## **All is Energy**

*We constantly hear about the energy crisis and the need for sustainable energy. Yet we forget that everything in the world is energy in manifestation. The word energy is derived from the Greek energos meaning active. Everything in the physical world, including all human activity, is a result of this vital, dynamic quality of life.*

### **The Energy or Etheric Body**

The entire manifested universe - the cosmos, the solar system, human beings, the various kingdoms of nature - possesses an energy body. Although this is subtle and intangible, and cannot be seen by the naked eye, it is nevertheless substantial and conditions all outer forms. While mainstream science rejects the notion of an energy body, there is a momentum within certain scientific circles suggesting the reality of some form of subtle, universal energy field. This is especially noticeable in the networks of scientists working on ideas of an electrical universe, exploring morphic resonance's and quantum coherence. Wisdom teachings down the ages affirm that we live within an ocean of energies, and that we ourselves are a finely tuned system of interacting vital forces. Our own energy body is an integral part of the energy body of the planet, which is itself an integral part of the energy body of the solar system. In esoteric traditions of the West and the East this energy body is often referred to as the etheric body, with networks of centres, or chakras, and subtle pathways of relationship. Through this medium, every human being is related to every other expression of the one universal, divine, life.

*The quality and focus of our thinking conditions the energies flowing into and through our etheric body. As we develop the qualities, for example, of a loving mind, and as our thoughts become more potent, the vibrations we put out into the world radiate these qualities with increasing effectiveness. This applies to groups working in meditation with particular points of focus just as much as it does to individuals - particularly those groups using some form of shared service meditation.*

### **There is a Plan**

The outer world of circumstances and events can be understood as the product of the dominant qualities circulating through the planetary etheric body at any particular period in world history. Ideas that hold the seeds for future world culture and civilization - such as the idea of wholeness and interdependence sweeping through the etheric body and transforming life in our time - come from the Universal Mind, the Mind of God. They carry the energies of a great design or pattern, a divine plan working out in response to the evolving mind of humanity. During times of transformation creative thinkers register and respond to these vitalized ideas.

*The Lucis Trust*

## Maimonides's Relish

The Rambam Maimonides, a famous doctor as well as a rabbi, wrote ten books on medical subjects and in several he included recipes, for he thought that right eating was important. He was a man of great common sense, In his book On Asthma, which is really a guide to healthy living as valid today as ever it was, he included this recipe.

*A relish to eat with cooked meat, simple to make and delicious. Of course, you can use modern conveniences. And because twelfth century recipes do not give precise amounts of the kind we are used to, it is necessary to use common sense.*

*'Take a handful of stoned dates or seedless raisins. Soak them in vinegar for at least two hours'. Originally this would have been wine vinegar.*

*'Mix the soaked dates or raisins with one quarter that amount of ground almonds'. He actually said "take unshelled almonds and beat them", but ground almonds work perfectly and are much easier, not to mention quicker. Put the mixture through a food processor \_\_\_ and you have a paste which tastes something like mustard but is uniquely itself and excellent with meat fish or whatever. Although, he suggests pouring it over meat. Another use he suggests is to mix it in chicken soup.*

Maimonides says this relish is particularly healthy as it is good for the liver and also it helps prevent heartburn and to clear the lungs. In addition it is delicious.

Another of Maimonides's suggestions was to drink almond milk, which he says assists the digestion and gets rid of phlegm.

Among his other advice is never to sleep on an empty stomach.

\*\*\*

## HAPPINESS IS A JOURNEY

*We convince ourselves that life will be better after what ?*

Your car or home are paid off, you get a new car or home, when the kids leave home. If you lose 10 lbs., if you gain 10 lbs.. When you retire. In summer, in spring, in autumn, in winter.

**Stop waiting... remember that time waits for no one. There is no better time than right now to be happy. Happiness is a journey, not a destination. So work like you don't need money, Love like you've never been hurt, And, dance like no one's watching.**

*Author Unknown*

## SCHOOL DAYS

*Truly it seems that  
This earth is a school  
And we are the students  
Who attend every day*

*We all have  
So many lessons to learn  
For the allotted time  
We're allowed to stay*

*Some lessons  
Seem much too short  
But others  
More complete*

*But if the lessons  
Are not learned properly  
We have  
To repeat and repeat*

*It may seem a bore  
But you can be sure  
That it's something  
You just have to do*

*You don't need  
To be clever or academic  
For the lessons are geared  
Just for you*

*Playing truant? No way  
You can't go far  
For you'll have to  
Come back one day*

*So be grateful  
That you are a student  
And that you have been  
Granted a stay*

*The 3 R's are out  
You'll be pleased to hear  
Far more vital lessons are taught  
Kindness, respect, and integrity  
And unconditional love  
Are the subjects that are sought*

*The school itself  
Is magnificent  
With so much beauty  
To see*

*It's full of wonders and miracles  
And best of all  
It's free*

*There is only one teacher  
For everyone  
And he teaches  
With love and care*

*He seems to know  
Every subject  
Though his lessons  
Seem so hard to beat*

*And when the end of term  
Arrives  
Do you get a  
Good Degree?*

*I really couldn't  
Tell you  
You'll just have  
To wait and see!*

## *‘Nectar of the Gods’*

Sweeten your autumn by trying some of these honey remedies. Use a **ark unrefined honey, preferably Manuka organic honey from New Zealand, or honey obtained from a local beekeeper or from a reputable manufacturer.**

### **Garlic and Honey Cure All**

Place 25 cloves of peeled garlic in a glass jar. Immediately pour one cup of Manuka honey over the top, screw the lid on and stand the jar on a windowsill in the sun until the cloves become opaque. Strain the honey and keep in a clearly labeled jar. Use one teaspoon of this when you first suspect the onset of a cold, flu, sore throat or cold sore. It is also good for coughs.

### **For Asthma Prevention --- try Onion and Manuka Honey**

Place half a sliced onion in a glass jar, add just enough honey to cover the onion, and leave to stand overnight. Use one tablespoon of the strained honey and eat the onion, or better yet, use the onion in cooking or to make a delicious honeyed onion sauce. Taken daily this is known to help prevent asthma attacks.

### **For Healthy Circulation --- Lemon and Manuka Honey**

Soak organic lemon peel for a couple of hours in water, then stir in one teaspoon of Manuka honey. For healthy arteries and circulation it is recommended that this be taken winter and summer, or spring and autumn - i.e. three months on and three months off.

### **For Arthritis Prevention --- Honey and Cider vinegar**

Mix one teaspoon of Manuka honey with one tablespoon of organic apple cider vinegar dilute with water to taste. Drink this every morning on rising to help prevent arthritis and to stimulate digestion.

\*\*\*

## **WATER**

1. ***75% of people are chronically dehydrated.***
2. In 57% of people the thirst mechanism is mistaken for hunger!
5. ***Mild dehydration will slow down your metabolism by 5%.***
4. ONE large glass of water can shut down midnight hunger pangs.
5. ***Lack of water equals daytime fatigue.***
6. 8 — 10 glasses of water per day can decrease back and joint pain by up to 80%.
7. ***A mere 2% drop in body water can trigger fuzzy short-term memory, basic maths and focus difficulty.***
8. Drinking 5-6 glasses of good water per day decreases the risk of colon cancer by 45%, slashes breast cancer by 79%. and bladder cancer by 50%.
9. **HAVE ANOTHER GLASS OF WATER!!! It's good for you.**

# **THEN I'LL BE HAPPY** by Ajahn Brahm

**When we have no happiness inside us, we have no happiness to give to others.**

**When I was 14 years old, I was studying for my O levels.** My parents and teachers advised me to stop playing soccer and stay at home instead giving time to my homework. They said if I did well, then I'd be happy. I did very well but it did not make me happy because my success meant I now must study harder for the Alevel exams. My parents and teachers advised me to stop going out in the evenings, to stop chasing girls, and to stay at home instead and study. They said if I did well then I'd be happy.

**Once again I did very well** and once again it did not make me happy because now I had to study hardest of all for a degree at university. My mother and teachers advised me to steer clear of the bars and parties and work hard and long at my studies. Again, if I did well then I'd be happy. At this point I became suspicious.

**I saw some of my older friends** who had worked very hard and got their degree. Now they were working extremely hard to save up enough money to buy something important say a car. They told me, when I have enough money to buy a car then I'll be happy.' When they had enough funds and had their first car they still weren't happy. Now they were working hard to buy something else and then they'd be happy. Or they were involved in romance. They told me, ' When I get married and settle down, then I'll be happy'.

**Once married they still weren't happy.** They had to work even harder to save enough money for a deposit on a small house. They told me, "When I have bought our own house, then we'll be happy.' Unfortunately, paying off the monthly instalment for the house meant they were still not very happy. They then started a family. Now it would be 20 years before they could do what they wanted. They told me, ' When the kids are grown up, have left home and settled, then we'll be happy'.

**By the time the kids left home most of the parents were staring at retirement. So they continued to postpone their happiness working hard to save for their old age. They told me, ' When I retire then I'll be happy.'** Even before they retired, and certainly after, they started to become religious and going to church. Have you ever noticed how many old people occupy the pews in church? I asked them why they were now going to church. They told me, 'Because when I die then I'll be happy'. For those who believe that ' When I get this, then I'll be happy' their happiness will be just a dream in the future. It will be like a rainbow one or two steps ahead, but forever just out of reach.

**They will never in their life, or after, realise happiness.**

## **THE PINEAPPLE** Some fascinating facts .

*The pineapple is a member of the bromeliad family and, so far as is known, to-date, the pineapple maybe the only known edible bromeliad.*

It is a multiple fruit. One pineapple is actually made up of dozens of individual floweret's that grow together to form the entire fruit. Each scale on a pineapple's surface is evidence of a separate flower. Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Colour is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit. The more scales on a pineapple, the sweeter and juicier the taste.

*This delicious tropical fruit is not only sweet; it also offers many health benefits, a truly remarkable fruit. Enjoyable because of its lush, sweet exotic flavour, it may also be one of the most healthful foods available. If we take a more detailed look at it, we find that pineapple is valuable for easing indigestion, arthritis or sinusitis.*

It's juice has an 'Anthelmintic' effect; (antihelminthics are drugs that expel parasitic worms (helminths) from the body, by either stunning or killing them. They may also be called vermifuges (stunning) or vermicides (killing). it even helps get rid of intestinal worms). But let's look at how pineapple affects other conditions.

*Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become brittle with age.*

Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also an effective anti-inflammatory.

*Just drinking a half cup of fresh pineapple juice daily is purported to relieve painful joints common to osteoarthritis. It also it is also said to give mild pain relief. In Germany , bromelain is approved as a postinjury medication because it is thought to reduce inflammation and swelling.*

Orange juice is a popular with those suffering from a cold because it's high in Vitamin C, yet fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat.

*If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a postoperative measure to cut mucous after certain sinus and throat operations.*

Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. And of itself, pineapple has a very low risk for allergies.

*Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.*

An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference. It's also good for a healthier mouth. The fresh juice discourages plaque growth.

*Submitted by Ab Cohen USA - as published on the Internet 1st October 2013.*

\*\*\*

**On Wednesday, 20 November 2013, Rita Vangelder wrote:**

*Well the year is almost at a close and I was asked to write something for the magazine, for me it has been a year of ups and downs.*

Lots of our friends reached their 70th birthday. There have been quite a few golden weddings to celebrate, some bar mitzvahs and bat mitzvahs, too at the White Dove Healing Centre; also some traumas, and this year I had more of these than many, but coped by supporting each other through the good and the bad.. It is a time of great change, and no one welcomes change because of the unknown, but it is, what it is we cannot stand still. The healing movement too is going through transition and it is up to us to spread the word about how healing has helped so many and changed many lives for the better. This is why it is so important to take part in exhibitions and give people an opportunity to experience healing.

None of us are getting younger, so it's important that the next generation to take an active role in the work we do. Healing saves lives, gives hope, and understanding. Development and tuition groups are the way forward: for in such an environment, one can experience meditation, get to unwind. Learn about the role of prayer, the importance of protection for you and the patient during healing. About distant healing. How to be careful when working from home, to protect ourselves and our work place. For example I just received a call from someone who said he felt he has a spirit attachment and that he was from Nigeria. I told him that I could only send him distant healing at this time as I was dealing with children. Maybe that call came for a reason and I had to write about it, anyone can read a book, but experience is the best teacher.

*Love and light Rita Vangelder.*

*A Recommended Book*

## **THE DEPRESSION CURE by Dr Steve Ilardi**

***Chapter 1 starts off ----I don't know what's wrong with me. All I want to do is close my eyes and never wake up again. It's like my whole life is slipping away and there's nothing I can do about it. Everybody keeps telling me I just need to snap out of it. Do they know how cruel that is?'***

This easy to read book by an American psychiatrist who has published 50 other books, outlines a simple 6 point plan to help (or cure) anyone suffering from depression without the use of anti-depressants. He calls it TLC (Therapeutic Life Change).

Apparently at least 1 in 5 people suffer from depression at some time in their lives. This applies to depression, which is an illness not the sadness, grief or feeling a bit 'down' we all experience as human beings. Many people suffering from depression are prescribed antidepressants, but it has been stated that they help only about 20% of sufferers and that sometimes the side effects can be horrendous.

This book is written in a clear, simple and sympathetic way. Dr Ilardi writes that the pain of depression is extreme. He states that there is in this modern age a veritable epidemic of depression and he puts this down to our life style. He writes that in the far off past, our ancestors were what he calls hunter gatherers, living active lives outdoors in the light. He feels our lives are far too sedentary and states that the only exercise some people get is going from the TV couch to the refrigerator.

There are many interesting case histories in the book which you can get from Amazon. Here are the 6 points he recommends and full explanations are given in the book.

- 1. Take Omega 3 - 1,000 milligrams every day.***
- Avoid negative thoughts that go round and round. He calls this 'Rumination' and suggests that you become aware of this and when it happens, do something positive and productive --- anything.
- 3. Exercise -- he suggests walking for at least 30 minutes 3 times a week or more.***
- Light -- get outside for at least 30 minutes a day especially when the sun shines.
- 5. Social contact is vital. Many people suffering from depression avoid other people and withdraw from social contact because partly they are afraid of their reaction, but many are sympathetic and caring.***
- Sleep --- get enough of the right sleep. There is help for this in the book

I would add the following:-

- \* ***Good nutrition. Vitamins and plenty of water.***
- \* Deep breathing (in fresh air).
- \* ***Meditation --- Doctors call this 'Mindfulness' and find it helps, 20 - 30 minutes twice a day.***
- \* Watch and read comedy, not depressing films and books.
- \* ***Help and heal others. In helping others you help yourself.***
- \* Listen to classical music especially Mozart (very healing). Dance to the radio also good.
- \* ***Find things you love and enjoy doing and be with people you feel comfortable with.***
- \* Maybe join a laughter club!
- \* ***And of course Spiritual Healing!***

*Yetta Powell*



Love cannot be had for the asking;  
it comes only as a gift from the heart of another.

—Paramahansa Yogananda

## **The Gift of Chinese Herbal Medicine**

Dr Ming Zhao Cheng MD (China) MSc (Oxford) PhD (London) MBAcC MATCM

**As the debate on regulation of herbal medicine is raging on, I would like to write something about Chinese herbal medicine.**

Chinese Herbal Medicine (CHM), is a traditional medical system that has been used by the Chinese for thousands of years. It is still widely used in modern China and is fast growing in other parts of the world, together with the development of modern China.

CHM has a holistic approach to diagnosing, preventing and treating diseases by identifying patterns and then applying individual or most of the time, combination of a number of herbal ingredients. Its unique characteristics which distinguish it from 'orthodox' medicine are rooted in the "concept of holism - zheng ti guan nian" and "treatment according to syndrome differentiation - bian zheng lun zhi".

The fundamental theories of TCM include those of Qi, Yin Yang, the five elements, zang-fu, the four diagnostic methods and syndrome differentiation systems. It emphasises the importance of the relationship between human and nature.

This unique and independent medical system, which originated from China and developed down through the centuries, imbues with the spirit of Chinese civilization and culture. For thousands of years, CHM has played a vital part in maintaining the health of the Chinese people and the growth of its population.

Chinese Herbal Medicine was established through centuries of clinical practice and following countless trials and errors ("Shennong - the Devine Farmer - tastes hundreds of herbs and encounters seventy kinds of toxic substances in a single day, and he drinks tea as the antidote"), taking a very long time from the beginning of the practice to the establishment of a complete medical system. Thus although the recorded evidence for CHM reveals its origins to be more than two thousand years ago, its social history, traditions and roots predates this, making it a fundamental part of Chinese civilization.

***By the way, according to an ancient Chinese legend, Shennong discovered tea when he was boiling water over an open fire.***

There are numerous works on Chinese herbal medicine. The following are good examples:

**Shennong Bencao Jing “Shennong's Herbal Classic”**

- First compiled some time during the end of the Western Han Dynasty — several thousand years after Shennong
- Considered to be the earliest Chinese pharmacopoeia.
- Records 367 medicinal materials
- Grades them into upper, middle and lower classes
- Tea, which acts as an antidote against the poisonous effects of some seventy herbs, is also said to have been his discovery.

**The Bencao gangmu "Guidelines and Details of Materia Medica"**

- China's most important traditional book on pharmaceuticals
- 52 juan "scrolls" long
- Written by the famous Ming Dynasty (1368-1644) herbologist Li Shizhen (1518-1593), and published in 1596 · It contains 1,892 herbs and 11,096 prescriptions

**The Chinese Pharmacopoeia 2010 English Edition Volume I**

- 2,165 monographs 1,019 new admissions (439 for prepared slices) and 634 revisions
- Modern Chinese Materia Medica
- Prepared Slices of Chinese Crude Drugs
- Vegetable Oil, Fats and Extracts
- Patented Chinese Traditional Medicines
- Single Ingredients of Chinese Crude Drug Preparations

Chinese herbal medicine can be used as singular medicines or compounded medicines. Here is a singular Chinese herb that's been in the forefront of combating malaria - **Qing Hao (Herba Artemisiae Annuae)**.

Artemisia annua has been used by Chinese herbalists for more than two thousand years in the treatment of many illnesses, such as skin diseases and malaria. The earliest record dates back to 200 BC, in the "Fifty-two Prescriptions" unearthed from the Mawangdui Han Dynasty tombs. Its antimalarial application was first described, in Zhouhou Beiji Fang ("The Handbook of Prescriptions for Emergencies"), edited in the middle of the fourth century by Ge Hong.

In that book, 43 malaria treatment methods were recorded.

Artemisia annua contains Qing Hao Su (Artemisinin), which is an effective anti-malaria chemical ingredient. It was first extracted from the herb in the

1970s. it is an effective treatment for malaria that is resistant to anti malaria drug Chloroquine Diphosphate . It is now one of the most important medicines to combat malaria in the world, as in Artemisinin-based Combination Therapy (ACT).

Compounded Chinese herbal medicines are more commonly practised. The formula below is an example, which was used successfully in treating severe acute respiratory syndrome (SARS) by the Chinese as part of an integrated treatment protocol.

The Chinese herbal formula contains Yin Hua (Flos Lonicerae) 10 grams; Lian Qiao (Fructus Forsythiae) 10 gram; Huang Qin (Radix Scutellariae)10 grams; Fang Feng (Radix Saposhnikoviae)10 grams; Jie Geng (Radix Platycodonis)10 grams; Bai Zhu (Rhizoma Atractylodis Macrocephalae)10 grams; Niu Zi (Fructus Arctii)10 grams; Huang Qi (Radix Astragali)10 grams; Ban Lan Gen (Folium Isatidis)10 grams and Gan Cao (Radix Glycyrrhizae) 5 grams.

**There are two most important herbs in the formula, Yin Hua and Ban Lan Gen. The former is honey suckle flower in English, but it is the Chinese version which has anti virus and anti bacterial properties. The latter is Isatis Root in English. It has a stronger anti viral functions.**

Chinese Herbal Medicine has influenced the development of many herbal medicine systems such as Japanese (Kempo) and Korean medicine. There have also been exchanges of the Chinese herbal medicine system and other traditional herbal medicine systems, such as Ayurvedic medicine and Tibetan medicine. Through the Silk Road and other cultural exchanges, Chinese Herbal Medicine had been exported to Europe and other continents for hundreds of years. And it is being practiced in more than 100 countries around the world today. The contribution of Chinese Herbal Medicine to the health of the world can potentially be much more profound and significant than we realize. We must promote this positive development! Chinese herbal medicine, acupuncture, cupping, tuina and other modalities of TCM have been used for thousands of years by the Chinese to treat all kinds of diseases. As a general practitioner of Traditional Chinese Medicine (TCM), we follow these traditions and apply Chinese Herbal Medicine to help people who have all kind of common clinical conditions. This is our right and our patients' right, and nobody should take this right from us.

**Thank you Dr Cheng for sharing this important article with JASH**

Some interesting facts and Chanukah greetings from one our regular JASH contributors — Dr. Eli Gerseten of Miami Florida, US. Received on the first day of Chanukah. ....

***TO ALL! Members of JASH HAPPY CHANUKAH AND THANKSGIVING 2013***

Once in an eternity will Chanukah and Thanksgiving USA overlap. They do this year, November 28, 2013. It has never happened before ... and it will never happen again. *And here's why.*

*Historically Thanksgiving is inexorably set as the fourth Thursday in November. That means the latest any Thanksgiving can happen is on November 28th. As for Chanukah, the earliest it can occur is November 28th. The Jewish calendar repeats on a 19 year cycle. Thanksgiving repeats on a 7 year cycle. You would therefore expect them to coincide roughly every 133 years (19x7). Looking back, this is approximately correct — the last time it could have happened was in 1861. But Thanksgiving was not established in the US until 1893. So that's never happened before and won't happen again.*

***Why?***

*Because the Jewish calendar is very slowly getting out of sync with the solar calendar, at a rate of 4 days per 1000 years (not bad for a many centuries old calendar!) This means that while Chanukah can be as early as November 28th, over the years the calendar will drift forward, so that the earliest Hanukkah can be is November 29th. The next time Chanukah will fall on November 28<sup>th</sup> is in the year 2146 (which is a Monday). Therefore, 2013 is the only time Chanukah will ever be the same day as Thanksgiving. Of course, if the Jewish calendar is never modified in any way, it will slowly move forward through the Gregorian calendar, until it loops all the way back to where it is now. So, Chanukah will again fall on Thursday, November 28<sup>th</sup> in the year 79,811, that's 77,798 years from now. Consider that as "never again".*

\*\*\*

**“You are beautiful, why are you wasting yourself? You are divine, why are you wasting yourself? You are the ultimate, why are you getting lost in tomorrow, in future preparations in the mind? Why are you wasting your life energy in the desert of time? Be here and now, and this ‘now and here’ becomes the door. And the door is always waiting for you. Just knock. Just for the knocking it opens.”**

*OSHO*

**Encouraging That Healing Smile ...**  
***Remember, —misunderstanding can start at school***

*Small wonder that doctors wonder what symptoms are being described , and not just by children.*

- Guy's Hospital was founded to commemorate the Gunpowder Plot.
- By eating food slowly it digests before it is swallowed, and thus enriches the blood which goes down one leg and up the other.
- Germs are sort of small insects that swim in you when they can get in. Some are called measles but you can't see them.
- An appendix is a portion of a book which nobody has yet discovered to be of any use.
- Blood flows through the alimentary canal into the abdominal cavity.
- Artificial respiration is what you make a person alive with when they are only just dead.
- The sweat gland is called the Pancreas, being named after the Midland Railway Station which is in London.
- What is a microbe? A robe that the mics wear.
- The principal parts of the eye are the pupil, the iris and the lens.
- Food is nourished in the stomach. It is digested by the stomach.
- Digestion is brought on by the stomach when there is something the matter with them. The food then passes from the windpipe to your pores, and passes off your body by evaporation.
- Anaemia is not having blood enough, but you have enough to bleed as much as anyone else if you cut your finger.

***Children's quotes reprinted by kind permission from  
THE SPIRITUAL HEALER***

## ***WHY KEEPING ACCURATE NOTES ON PATIENTS IS NECESSARY***

### **Doctors hospital records (actual notes unedited!)**

- 1. Patient has chest pain if she lies on her left side for over a year.*
- 2. On the 2nd day the knee was better and on the 3rd day it disappeared completely.*
- 3. She has had no rigors or shaking chills, but her husband states she was very hot in bed last night.*
- 4. The patient has been depressed ever since she began seeing me in 1993.*
  
- 5. The patient is tearful and crying constantly. She also appears to be depressed.*
- 6. Discharge status: Alive but without permission.*
- 7. Healthy appearing decrepit 69 year-old male, mentally alert but forgetful.*
- 8. The patient refused an autopsy.*
  
- 9. The patient has no past history of suicides.*
- 10. Patient is always telling me about her pains and problems. This remains a significant pain to me. .*
- 11. Patient's past medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.*
- 12. Patient appears responsive, but unable to communicate with me.*
  
- 13. Between you and me, we ought to be able to get this lady pregnant. Since she can't get pregnant with her husband, I thought you might like to work her up.*
- 14. Bladder is under control, but cannot stop urine from seeping.*
- 15. She is numb from her toes down. While in the ER, she was examined, X-rated and sent home.*
- 16. Rectal exam revealed a normal size thyroid.*
  
- 17. The skin was moist and dry.*
- 18. Occasional, constant, infrequent headaches.*
- 19. Patient was alert and unresponsive.*
- 20. Complains of chest pain occasionally. Otherwise just a pain.*
  
- 21. Testicles are missing on this woman. She stated that she had been constipated for most of her life, until she got a divorce.*
- 22. If it weren't for the fact that the patient is dead, I would say he was in perfect health.*
- 23. Patient was seen in consultation by Dr. X, who felt we should sit on the abdomen and I agree.*
- 24. Heart problem is fixed. Patient died at 10:07 this morning.*
  
- 25. Patient has two teenage children, but no other abnormalities.*
- 26. The blood work-up showed no antibodies present.. Need the rest of the blood to be sure, however.*

## ***A natural help for arthritis sufferers.***

Eat a stick or two of Celery ... Uric acid and toxins in the bloodstream are a major cause of rheumatic and manyarthritic conditions. Long recognised as an anti-inflammatory herb, celery is a rich source of organic sodium and potassium which help to clear the acid and toxins from the joints and surrounding tissues. The mild diuretic effect of celery, also removes excess fluid from around the joints, thus minimising the pain and swelling. Other benefits of Celery include the relief of menstrual bloating, toning the digestive system and assisting peripheral circulation.

Other herbs such as Dandelion, Cranberry and Juniper have similar value for arthritis sufferers, so are often available combined for enhanced elimination of excess fluid, toxins and uric acid. They promote the healthy function of the kidneys and bladder, and reduce inflammation of the urinary tract and bladder.

\*\*\*

## ***Make the World Worthy***

Each second we live is a new and unique moment of the universe, a moment that will never be again... And what do we teach our children? We teach them that two and two make four, and that Paris is the capital of France. When will we also teach them what they are? We should say to each of them: Do you know what you are? You are a marvel. You are unique- in all the years that have passed, there has never been another child like you. And look at your body- what a wonder it is! Your legs, your arms, your clever fingers, the way you move. You may become a Shakespeare, a Michelangelo, a Beethoven. You have the capacity for anything. Yes, you are a marvel. And when you grow up, can you then harm another who is, like you, a marvel? You must cherish one another. You must work - we must all work - to make the world worthy of its children.

*Pablo Casals.*

\*\*\*

## ***ATTITUDE by Charles Swindoll***

*The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day, We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...*

***We are in charge of our Attitudes!***

## *On Getting Old*

The inevitable passing of old Father Time  
Carries a burden not easy to bear  
I cannot help thinking, no reason or rhyme  
Will ever allow men like me not to care.

The climbing of stairs gets more difficult yet,  
I look in the mirror and what do I see?  
A roadmap of lines that I view with regret;  
Can this sorry creature really be me?

My muscle tone's going no matter how hard  
I work out but it all seems in vain  
I try really hard to reduce all that lard,  
But I'm feeling it's not worth the pain!

So I'll sit myself down in my favourite chair,  
Scotch in one hand, Remote in the other  
And pretend to myself that I haven't a care  
Who won 'Strictly' I have to discover.

But one thing is clear and I want you to know  
Time's fleeting and your span's not done,  
So get up each morning and go with the flow  
And give thanks that your new life's begun

My last observation on life my dear friend  
Is like that old toilet roll fable,  
It goes that much faster when nearing the end  
So live it while you are still able.

\*\*\*

**"When the doors are open to within, my light  
comes from within me and fills me.  
My darkness is removed.  
Joy comes from within me and my sadness and  
pain vanish."**

*Prem Rawat - Accra. Ghana. Africa  
October 8. 1995.*

## WHY DO WE TAKE MEDICINES?

Voltaire is reported to have said "We take medicines that we know very little about, to cure diseases that we don't know anything at all about."

Certainly we can go along with the above statement, even today, in this age of scientific progress when we know more about diseases than ever before, only to discover that the true depth of our knowledge is still very, very limited. This however does not limit the expectations of patients, they still expect their doctors, and all involved in helping to bring them back to health, to provide the magic remedy. Such expectations lead to a demand for more powerful drugs, more radical treatments, etc.. It also places healers in a very special situation, for we do not rely on drugs or special treatments to help our patients find their way back to health.

***We are just channels.** Through us patients hopefully find their own way back, and with our help they can indeed together with their physicians regain health. **We can not and must not interfere with the taking of medicines or other treatments prescribed by their doctors or medical advisers.** That is not to say that we should not be aware of the effects of drugs or why certain drugs are used in combating different ailments. We might also become knowledgeable in what alternative or complementary natural remedies are available to treat different illnesses, **but as healers we give a solemn undertaking not to prescribe drugs to our patients and that is how it must be.***

The pharmaceutical industry encompasses the production and promotion of all types of medication, even vitamins. Only by increasing our own understanding of this situation and broadening our own knowledge can we hope to become more useful as healers and more useful to patients who seek to expand their own understanding of this vast subject. There is a vast pharmacopoeia of natural products all about us, they do not heal in themselves, but correctly taken, for the right purpose they help the body heal itself. For example the Aloe Vera plant can be used in a number of situations. If one has a live plant the secretion from a cut leaf applied topically is very soothing if suffering sun burn or eczema, these secretions can be added to fruit juices or yogurt to combat certain digestive disorders. Honey is one of Nature's natural products. It cleanses and heals in a variety of ways. Tea Tree oil a powerful antiseptic with dramatic anti fungal properties. Cranberry juice is helpful in overcoming the problems caused by cystitis. Beet-root soup or more familiarly borsht is a wonderful blood cleanser and diuretic, the list is limitless and the cost of some of these natural products is almost negligible, as well as being less destructive to our bodies than the pharmaceutical industries synthesis of such natural products that abound throughout the world.

***Perhaps now is the time when we should be looking much more deeply into folk cures and the like and reappraising the curative powers claimed of them.***

***Maurice Powell - Co- Editor***

## **YOUR LIVER NEEDS HELP!**

Detoxification is necessary for everyone No one is completely free of the enormous amount of toxins assaulting us in this environment  
The liver is the most important detoxification organ in the body because of the many metabolic processes it carries out.

**Some health professionals suggest taking support nutrients during general detoxification in order to help the liver get rid of toxins.**

The following are just some advocated:

- **Vitamins C & E, zinc and selenium**, which are considered essential in protecting the liver from free radical damage. (Free radicals are oxygen molecules that, unless deactivated, can destroy cells)
- **The B vitamins, especially B2 and B5** And calcium are also needed to support liver detoxification.
- **Glycine**, an amino acid that helps decrease toxicity of food and the preservative benzoic acid.
- **Pure water is an important detoxifier** Two or three glasses should be drunk 30 to 60 minutes before each meal and at night help flush toxins during the body's natural elimination process.
- **Herbs such as burdock root** (improves liver function and cleans skin and blood), **dandelion root** (a liver and blood cleanser), **goldenseal root** (a liver, blood, kidney and skin cleanser) and **Oregon grape root** (a liver stimulant, skin and colon cleanser and blood puffier) and **Yellow dock root** (a liver, skin and blood cleanser) to help cleanse and stimulate the liver.
- **Liver extracts** promote liver cell regeneration and help rid the body of fat-soluble toxins.
- **Dietary fibre** promotes bile secretion, facilitating intestinal fat digestion A diet high in starch or carbohydrates and low in fats and protein are also thought to help liver detoxification.
- **Glutathione** is a part of the detoxification enzymes, working to decrease many toxins such as smoke, radiation, auto exhaust, chemicals and drugs.

**There arc many cleansing programs available Some include these and other suggestions - including bodywork techniques.**

**BUT ALWAYS SEEK YOUR MEDICAL ADVISERS' ADVICE ON THE ISSUE OF DETOXIFICATION**

## Social and Personal

Congratulations to:

**Heather Prince on the birth of her two grandsons (born nine hours apart and at the same birth weight).**

\*\*\*

Congratulations to:

**Marilyn Grosber on her Golden wedding and her 70th birthday.**

\*\*\*

Congratulations to:

**Carina Harris on the engagement of her son.**

\*\*\*

**David Buckman** thanks all those who sent healing and good wishes to him after having had 7 operations on his hip.

He is now recovering.

\*\*\*

**Rita and Martin Vangelder** thank all those who sent healing and good wishes to Martin after he suffered a bad fall.

He is now recovering.

\*\*\*

***JASH members should inform our Secretary - Francine Benjamin of news items for inclusion in social and personal.***

### Reminder:

**JASH Membership subscriptions are due 1st January 2014 --- Francine Benjamin our secretary, and Martin Vangelder our treasurer would greatly appreciate your prompt attention to this matter will reduce their workload by not having to send out reminders at a later date, remembering that we are all volunteers.**

\*\*\*

*Readers are reminded that the views expressed in this publication do not represent the views of the editors or JASH. —Also healers are advised to inform patients that they should always seek the advice of their GP or medical*

*adviser at all times —healing being a complimentary therapy, not an alternative to qualified medical advice or treatment*

**Venues where members of J.A.S.H. Practice healing**

**THE WHITE DOVE HEALING SANCTUARY**

**REDBRIDGE and ILFORD area**

**For further information contact Rita 0208 551 5289**

**Tuesday 10.30 am – 12.30 pm**

**SOUTHGATE HEALING**

**at Pure Health - Health Food Shop,**

**56, Chase Side, Southgate, N14 5PA**

**Contact Francine 07956 261 738**

**Monday 1.00 pm 2.00**

**pm**

**Also available by appointment**

**PINNER VILLAGE HEALING CENTRE**

**Pinner Village Hall, Chapel Lane, Pinner, HA5 1BA**

**(rear of car park)**

**Contact Steve 0208 866 9332**

**Thursdays 2.00 pm - 4.30 pm**

**STANMORE HEALING CENTRE**

**Glebe Hall, Glebe Road, Stanmore, HA7 4EL**

**Contact Bernard 0208 958 9565**

**or**

**Steve 0208 866 9332**

**Wednesday 7.00 pm - 9.00 pm**

**RAINBOW HEALING CENTRE NORTHWOOD**

**St. Johns Church, Hallowell Road, Northwood, HA6 1DN**

**Contact Pat 0208 866 9084**

**or**

**Vedant 0208 863 0261**

**Wednesday 2 pm – 4.15 p**

*Please remember !!!*

*Patients should tell their GP or medical advisor about any healing or complementary treatment*

## Quotes to inspire

**"The highest wisdom is kindness."**

*The Torah.*

\*\*\*

**"We are each a cell in thye great body of humanity."**

*Sir George Trevelyan.*

\*\*\*

**"Faith is the bird that finds the light  
when the dawn is still dark"**

*Tagore.*

\*\*\*

**"In the midst of winter I finally learned that there  
Was in me an invincible summer "**

*Camus.*

\*\*\*

**"Healing is the restoring of harmony to the living whole."**

*Sir George Trevelyan.*

\*\*\*

**"Fall seven times, stand up eight."**

*Japanese Proverb.*

\*\*\*

**"Keep your face to the sun and you cannot  
see the shadow."**

*Helen Keller.*

\*\*\*

**"The longest journey starts with the first step."**

*Confucious.*

\*\*\*

**"Fear, the best way out is through."**

*Helen Keller.*