

# ***News & Views***



***Winter 2017***

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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 2017/2018**

**Francine Benjamin, Harry Luck,  
Margot Garcia, Rita and Martin Vangelder, Latha  
Kathirkamathamby, Pat Greenberg, Teresa Smith  
and Steve Sharpe.**

## **Chairman's Report**

Welcome to the Winter edition of News and Views. It is that time again when we have to ask for your support in keeping the Jewish Association of Spiritual Healers afloat by renewing your annual membership subscription due 1<sup>st</sup> January as always, which we are maintaining at £25 for a further year even though the cost of the insurance cover has increased. Please renew promptly in order to help our Secretary and Treasurer keep their workload to the minimum, thank you.

It is also the time to wish everyone compliments of the season and a happy, healthy and prosperous 2018 looking towards a world living in peace and harmony. Maybe, as healers, all our dreams will come true one day!

Should you come across any stories or articles you would like to share with the rest of us, please send them to the editor (that's me) by e-mail [jashhealing@hotmail.com](mailto:jashhealing@hotmail.com) (or by snail mail to 22 Boldmere Road, Eastcote, Pinner, Middlesex, HA5 1PS) for inclusion in the News and Views. Keep us all informed with news from our healing centres, social and personal events, the laughter side of life, situations that "cannot" happen, unless of course they have happened to you!

I thank all our committee for their continued hard work and expertise, we are all getting old and could do with some new blood, any volunteers will be made most welcome.

*Steve Sharpe*

## **Talks given at the Doctor Healer Network meetings**

Living with Asperger's.

Guest speaker Andrea Watts.

Andrea lives in France and is bilingual. She is hyperactive and also has ADHD. She is self -diagnosed.

She has chosen not to have medication as she prefers healing. The Asperger's is treated as an asset.

Andrea grew up in Birmingham where she realised at primary school that her brain worked differently to everyone else's. The family moved to Sheffield where she attended Junior school. Family life was uncomfortable and Andrea, because she felt herself to be very different, often played truant. She read very early. Her attention wavers. English subjects were easy but maths were hard. Her IQ is above average.

Although she did "A" levels at college she did not achieve the results to go to university and worked in retail. Later she moved to France as an au pair. Even without any previous experience she was good at her job. Andrea lived in France for 35 years, marrying and having three sons. Her youngest son has similar learning problems to herself. Although having no certificates in education she absorbs information well. She is unable to express herself well and this leaves emotional difficulties. After having her family she went into part time work as a bilingual secretary and proceeded to work in Human Resources absorbing other peoples' emotions. This led her into business life coaching. The ability to pick up other peoples' emotions e.g. she could

pick up on potential suicides which was frustrating and so she set up her own company to deal with emotional aspects outside the standard structures. Andrea became aware she had a wider view than the established norm. Her attention deficit became worse as she aged.

Andrea started to look into Havening, Quantum Touch and Trust Therapy. She became aware of a Spiritual awakening. Questioning everything in society where most people are content to accept. People with ADHD have the ability to hyper focus on the peripheral and are more open to healing traits. In order not to absorb other peoples' emotions they appear cold. Art therapy is useful, sports are not. They do not have the ability to lie and cannot do small talk. There is difficulty in small talk and are likely to explode in an effort to try to express emotion. Boys are likely to be disruptive, girls are distracted easily.

The more rigid the school structure the more likely for these problems to be diagnosed. Nurture or genetic? Spirituality is the missing link with constant curiosity. A child needs to be able to define their own feelings.

Andrea is clairaudient and synchronicity occurs frequently. She finds she reads peoples' faces easily. No one is perfect and one must appreciate everyone's abilities.

The meeting ended with questions and discussion. It appears that Spiritual people are more likely to have a connection to these symptoms.

## **The meaning of life**

Guest speaker Dr. Stephen Simpson.

Doctor/Mind Coach/Hypnotist/Inspirational Speaker/Author/  
Acupuncturist

The meaning of life is to laugh. According to Karl Jung we are all on a journey, synchronicity, serendipity, coincidence. Luck is not random but logical.

Fear (what is happening)

Anxiety (what may happen).

Ego is destructive.

Spinoza-if you are looking for G-D you will find him everywhere.

Einstein-we are all connected to G-d.

He was bored at school but enjoyed psychology and biology. Best to live in the unconscious mind. Whatever you want in life you already have it but you do not know where it is! The talk was about attracting more luck into your life. Intuition, Inspiration. He is the coach for the number one online poker player (Chris Moorman) who was so lucky the bookies closed the accounts. He is an acquaintance of Stephen Hawking. Follows the beliefs of Albert Einstein. Paul McKenna says he is one of the fastest rising stars in international personal development.

The afternoon was entertaining and he has an interesting web site for anyone interested.

*Francine Benjamin*

## Getting to Know Your Liver

Although our organs are what keep us running, we often take them for granted. So we eat unhealthy foods, don't exercise, drink lots of alcohol, and fail to get a good night's sleep.

Because our organs are inside of us, we can't exactly observe the abuse our organs are taking.

One of the most prominent organs in the body is the liver. It plays a number of vital roles such as:

Manufacturing blood proteins that aid in clotting, oxygen transport, and immune system function.

Storing excess nutrients and returning some of the nutrients to the bloodstream.

Manufacturing bile, a substance needed to help digest food.

Helping the body store sugar (glucose) in the form of glycogen.

Ridding the body of harmful substances in the bloodstream, including drugs and alcohol.

Breaking down saturated fat and producing cholesterol.

*Look at a tree, a flower a plant*

*Let your awareness rest upon it*

*How still they are, deeply rooted in Being.*

*Allow Nature to teach you stillness.*

*Eckhart Tolle*

## **Aubrey Rose looks back**

*Aubrey Rose CBE has had a distinguished career as lawyer, author and human rights activist. This is the first extract from his memoir about his childhood. It is published by permission of the author and of the magazines "Ma Chadash" and "The Cable" where it originally appeared.*

My children may not remember now, but when they were very young, six or seven, they loved to hear stories of when I was very young. They curled upon their beds, before going to sleep and listened attentively while I repeated familiar stories of my upbringing in London's East End.

Perhaps the material poverty, the constant sense of adventure, freedom of the streets, the extraordinary characters involved contrasted vividly with the heavy respectability and bourgeois order of suburban Highgate in the sixties.

I was a wild child, a *v'/de brio* in Yiddish. I roamed the streets daily. I climbed something daily, a tree, a lamppost, and a wall. I played games daily, in the street, in the school playground, on the gravel pitch at Shadwell besides the Thames. I knew the ghetto within the Ghetto in which I lived, like the back of my hand.

I started my learning career at five in Dempsey Street School. A teacher played a piano as we danced about. We learned nothing as far as I recall, maybe the alphabet, a few words, a few sums. The teachers were wise. We were bursting with energy and they let us run it off. The school still stands. I grew older, seven, was whisked away to another school, Redmans Road, a street or two away. Everything was within walking distance. I joined the boys section. Girls had their own section. We did not think much of girls, apart from those in our street. Each afternoon I left school, came home, had tea, and then wandered off to the local Hebrew classes at Redmans Road Talmud Torah. We

went there too on Sunday mornings, but not on Friday nights and Saturday mornings, when we attended Jubilee Street Zionists Great Synagogue, close to our home where my grandfather had been involved, and where Rabbi Levene gave his sermons in Yiddish, bringing a flood of tears to all eyes in the women's gallery. Every day I was involved in being a Jew, learning Hebrew, praying in Hebrew. It was the natural way.

Aubrey's mother was one of many who emigrated to London from Poland in the early 1900s

### **An East End childhood**

There were people who lived in our street who were not Jewish, not many but we all got on very well together. We shared the same poverty. They used to drink beer, and sometimes got drunk. I used to gaze at them in wonder. It was so alien to my world. We drank kosher red wine on Friday nights and festivals, all of us, children, babies, and adults. No one ever got drunk. It was impossible on kosher red wine. What was in the drinks the Gentiles drank to make them behave so strangely?

I remember my mother used to tell me how she came to London in 1902 from Karlisch in Poland, then under Russian control. It was a reasonable-sized town. She had not wanted to come. She was 16 at the time and travelled to London alone. She did not wish to leave her beloved grandma, Golda Devorah, who died aged 97. My mother was horrified in East London seeing men and women lying about in gutters, dead drunk. She had never seen such a thing before. She wanted fly back to Karlisch. No wonder

General Booth of Salvation Army fame has a bust erected to his memory in nearby Mile End Road. As children we lived in our own little world, part real, part fantasy. We were lucky not to be aware of the terrible things happening in Europe. We heard the names Hitler and Stalin, we gathered there was some sympathy for the Revolution in Russia,

since our families had fled from the poverty and antisemitism of pre-First World War East Europe. Fortunately we kids of the street had not the faintest idea of the racist Holocaust of Hitler ahead and the existing ideological Holocaust of Stalin that engulfed the world. I realise now, that part of our families must have perished in one or the other, and only by luck had we ourselves escaped. But these are later thoughts. At the time we knew nothing of impending disaster. Often I crept out of the house at 7.30 in the morning, waited in the street, outside the school playground door and then played a solid hour's football before classes began. My mother, concerned that I might waste away from starvation, often rushed round to the playground with the breakfast I had forgotten to eat. I was consumed with the sport, lived for it. I played for the school, and was never prouder than when Mr Goldstein, our Headmaster announced in assembly how we had beaten neighbouring schools, mentioning the goals I had scored. On Friday nights a walk along the street revealed lighted candles in so many front rooms, gleams of Sabbath light and rest. After a mid-day Sabbath dinner, we strolled up and down Mile End Waste, meeting, talking, gesticulating, gossiping, walking down the cholent, potatoes, meat and beans, that weighed heavily on our stomachs. My father knew so many people that a walk with him rarely got beyond 100 yards. So much talk, so many people. Mile End became a street employment office, where master tailors looked for workers and workers for jobs. I loved the way everyone examined the quality and cut and make of everyone else's clothes, feeling the material and turning jackets inside out. On the holiest days in the religious calendar, Yom Kippur (Day of Atonement) and New Year, people dressed up to go to synagogue. Some men even put on evening dress and black top hats. We, imps, played games with them. We tied

cotton between wall and lamppost. Unsuspecting solemn well-dressed elders paraded along in dignity, only to find suddenly that their top hats were sent flying into the kerb. Did they ever know what caused their descent from sublimity? Did they ever find the evil, chuckling children, the cause of their discontent? Going to synagogue was as natural as breathing. The service was traditional all in Hebrew, no English. We did not attend the United Synagogue. It was, I gather, regarded as too anglicised. Of Reform, Liberal, Progressive synagogues we knew absolutely nothing. Our group of villains loved the festivals of Purim and Simchat Torah when sweets and cakes were distributed to children. We went from synagogue to synagogue adding to our vast hoard. On those festivals my grandmother made special dishes. I loved the wafer-thin sugar fritters and the little butter beans. On Shavuot we had marvellous cheesecake. On Purim we took presents. On Succot I used the Pearlman's succah and waved the palms and said the prayers.

## **Foods to Avoid if you Suffer from Gout**

Gout is a particularly painful type of **arthritis** caused by high levels of uric acid in the blood. The uric acid eventually causes crystals to form around joints in the body, which is what makes it such a painful condition to have. Fortunately, there are several medications that can be prescribed to help alleviate the symptoms of the disease and prevent further crystals from forming. However, the medications are usually given along with several dietary restrictions. Without a change in diet, the medications alone may not be enough to treat the disease. That's why individuals suffering from gout must be very careful about what they eat. Read on to learn more about making healthy food choices to treat or prevent gout.

## What To Avoid

Because uric acid is produced as the body is breaking down purines in the body, it's important to avoid foods which contain excess amounts of this compound. Some of these foods include seafood, meat and alcohol. Avoiding foods that are particularly high in purines is a great way to help treat the condition because it keeps uric acid at a normal level. It's especially important to avoid the following foods which are high in purines:

**Seafood:** Almost all types of seafood contain high levels of purine, so it's best to avoid these foods whenever possible. Most doctors recommend that you limit your daily intake of seafood to four to six ounces. During a flare-up of gout, it's wise to avoid seafood altogether until the symptoms subside. Some good choices when you do want seafood are small portions of **scallops, salmon, shrimp, crab, eel or lobster**. However, it's best to avoid **herring, anchovies** and **tuna** entirely because they have so much purine; even small portions of these types of seafood can lead to gout attacks.

**Meat:** Choosing meats to eat is very tricky when you're on a restricted gout diet. In general, white meat is a better choice than red meat. However, there are some exceptions. Beef and pork are slightly less dangerous than turkey, goose or lamb, for example, while chicken and duck tend to be the safest choices meat-wise. However, be sure to limit your meat intake to less than six ounces per day, and cut back even further if you are experiencing problems with your gout.

**Alcohol:** Beer is especially bad for those with gout since it increases uric acid levels significantly. Like with seafood, very small portions of alcohol can be tolerated, but it's wise to keep a close eye on whether drinking aggravates the symptoms of the

condition. In general, a small portion of wine is preferable to a bottle of beer. If a flare-up occurs, avoid alcohol until it subsides.

**Sugary drinks:** Basically any drink with high fructose corn syrup, like sodas and fruit drinks, can potentially make gout worse. That's because the sweeteners cause the body to up its production of uric acid. It's best to stick to unsweetened drinks and **water** to be safe.

**Certain veggies:** Not all vegetables are bad for someone with gout, but a few should be eaten very sparingly. Those veggies are asparagus, **spinach**, mushrooms and cauliflower, all of which have especially high purine levels. Though not as dangerous as seafood or meats, it's still important to monitor your intake of these vegetables if you have gout.

## **What To Eat**

There are some foods with lower purine levels that are great for people with gout. Additionally, some practices may help get rid of any extra purines in the body. It's important to keep in mind that some of the recommended foods for this condition are simply healthy foods that are meant to prevent obesity - a common cause of gout. The following foods are optimal choices for individuals suffering from gout

**Vegetables:** Interestingly, it's the starchy veggies like potatoes, butternut squash and **sweet potatoes** that are the best vegetable options for those with gout. Baking, boiling, mashing or grilling are all healthy options for preparing these delicious veggies as part of a meal.

**Low-Fat Dairy:** Reduce your risk of gout or prevent symptoms from reoccurring by choosing low-fat or fat-free dairy products.

Skimmed milk and low-fat **yogurt** are two excellent options in this category.

**Fruits:** Fruits are rich in antioxidants, which may help reduce the appearance of symptoms related to gout. Although citrus fruits, berries and **apples** all contain a significant amount of antioxidants, cherries seem to be the top option when it comes to fruits that help with gout.

If you suffer from gout, be sure to consult with your doctor about the best nutritional choices for you. Though these are general guidelines for a gout diet, it's best to take a personalized approach for your own experiences and symptoms.

*From the Internet*

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## **Healers by nature---CATS**

The people at the Fauna Institute in the U.S.A. have discovered that cats purr on the same frequency that heals bones. I think that this may partly explain why so many people instinctively love cats.

The Fauna Institute people can measure the vibrations in bones but I also believe that the purring helps the whole body.

*John Walsh. Edgar Case newsletter.*

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There is a logical reason for everything that is happening in the world and beyond---it all makes sense.

One day you will understand the divine purpose of God's plan.

*Lois Pearl*

## ***ISRAELI TITBITS***

The US approved a gene therapy for cancer from an Israeli founded company. The new treatment method harnesses the body's own immune system to recognise and attack cancer cells. The gene altering treatment for patients suffering from Lymphoma is only the second-ever approval for a gene therapy procedure and one that could revolutionise cancer treatments. The drug, called Yescarta, was developed by Israeli-founded Kite Pharma.

Israel's 'NRGene', the only company in the world to map the genome for bread, pasta, and wild emmer wheat, has successfully identified a mutation that causes colon cancer, by means of a full analysis of a human's family genomic profile. Its software is able to quickly, accurately, and in a cheaper way identify genetic abnormalities and mutations in humans. It can now be used to detect other genetic-borne diseases, from a peanut allergy to cancer to get early detection and hopefully prevention.

Haier Electronics Group, China's largest home appliance maker has opened its first innovation centre in Tel Aviv to scout for local technologies to create 'smart-home' products for the Chinese firm and boost its global expansion.

Booking.com, one of the world's largest e-commerce websites, plans to open a research centre in Tel Aviv to scout for new artificial intelligence technologies that will improve its product offering.

Israel Aerospace Industries (IAI), Israel's largest aerospace and defence firm has won a contract from Airbus Defence &

Space to supply it with maritime patrol radars. Canada is acquiring 16 airplanes from Airbus Defence that will be equipped with advanced sensor systems to support its search and rescue operations. The key surveillance sensor that will be installed will be the radar system developed by AIA's subsidiary ELTA Systems Ltd.

Samsung could join multinational companies such as Intel and Amazon who are already expanding their AI business in Israel. Intel announced it is recruiting dozens of AI engineers for a new research centre in Israel focused on AI and deep learning technologies. Multinational Amazon announced it is opening an ALEXA research and development centre in Israel, which will employ some 100 engineers including AI specialists. Samsung already operates a number of development centres in Israel, as well as a marketing arm and several investment arms.

Mobileye's CEO and founder Amnon Shashua has set out a mathematical model to ensure the safety of self-driving cars and also proposed a software design for autonomous cars which he believes enables them to be both safe and cheap enough for mass production. Shashua presented his solution at the World Knowledge Forum in Seoul, South Korea.

Amyotrophic Lateral Sclerosis, (ALS) is a debilitating neuro-degenerative disease. Current treatments are able to slow the progression of ALS but generally fail to maintain or restore movement. Now, multiple clinical trials conducted by an Israeli firm, Brainstorm Cell Therapeutics, **show a first ever reversal of its effects** and is likely to transform how ALS is treated. Brainstorm announced that its first patients had enrolled in a phase 3 clinical trial for its

treatment of ALS at the Massachusetts General Hospital, UC Irvine Medical Centre in California, and The Mayo Clinic in Minnesota

Chinese e-commerce giant Alibaba is launching a global research project including an Israeli research hub. It announced the creation of a global 'Academy' dedicated to innovation and technological collaboration. The programme, which will see a \$15 billion in R&D investment over the next three years, includes the creation of seven research laboratories worldwide, including one in Tel Aviv.

In September Israel's only commercial Natural Gas field, Tamar, was shut down because of a cracked pipe. It is problems like this that Israel's Precognise works to prevent using artificial intelligence to analyse data, detect risks, and send out warnings. Using vast amounts of data received from thousands of sensors installed around utilities or manufacturing plants, the predictive maintenance technology developed by Precognise can translate the raw information into specific warnings in time to prevent problems and prepare a response. The company has secured customers internationally, including BASF the largest chemicals producer in the world.

New York officials are aiming to reduce the amount of distracted driving on its roads. Textalyzer, a technology from Israel is focused on distracted driving and is being examined by the NY Traffic Safety Committee under the direction of Governor Andrew Cuomo. Cellebrite is the company developing the technology, which can detect swipes and taps on a phone, and the police could therefore determine if a driver was texting. Cellebrite's technology is already in use by the FBI.

Camero-Tech's radio wave technology was used recently to help find victims buried by rubble in Mexico. The company's 'sense-through-the-wall- imaging technology uses radio waves to map the layout of areas that are blocked by bricks or any other material. The radio waves penetrate the rubble and get signals back from within. These signals are then analysed by powerful algorithms that are able to detect in real time if there is movement or breathing within the destruction, indicating if there is someone alive.

Israel Aerospace Industries (IAI) has expended the capabilities of its unmanned vehicles, which are now able to carry wounded soldiers away from battlefields, and bring supplies to isolated troops in the field, all through remote manoeuvring.

The Israel Innovation Authority is setting out policies that it hopes will double the number of employees working in technology-oriented firms in the next decade, from 270,000 to 500,000.

Intel unveiled a new family of desktop computer processors that are faster and stronger than its previous creations. Their development team in Haifa led the design of the new chips that are built for gamers and content creators and those who need high performance standards. They open 'the door for a new level of faster, easier and more immersive experiences'.

Israel's Healthymize believes the future of disease prevention may be in our voices. The firm has developed technology that uses artificial intelligence to analyse the voice and breathing of patients via a normal voice call to detect symptoms of diseases such as asthma, COPD, heart

failure, and mental illnesses. Healthymize won first prize in the connected health start-up contest of mHealth that touts itself as the largest connected health community in the Middle East. It seeks to detect disease quicker and to initiate treatment sooner, increasing chances of survival and full recovery of the patient by turning smartphones, tablets, smart watches and home virtual assistants into continuous health monitoring devices.

*Harry Luck*

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They say an **apple** a day keeps the doctor away and that statement couldn't be truer. Research has found that apples are filled with nutritious antioxidants, vitamins, and minerals that can assist with lowering blood pressure and preventing heart disease. Better yet, there are so many varieties of apples, each with their own nutritional properties, that you won't get bored when it comes to flavour and reaping the health rewards!

**Chia seeds** may be tiny but they certainly are mighty when it comes to nutrition and being beneficial to your heart health. Thanks to their high levels of antioxidants and omega-3s, chia seeds provide a natural method to lower your cholesterol and improve heart function. Some people like adding them to smoothies—others make a chia “pudding” to enjoy with fruit for breakfast. Regardless of how you enjoy them, the lasting benefits are where it's at.

## **Shiitake mushrooms and their extracts**

Shiitake mushrooms are native to East Asia but are grown worldwide for their supposed health benefits. They are valued in some cultures as an anti-cancer agent. The fresh and dried forms of the mushroom are commonly used in

East Asian cooking. Extracts from the mushroom, and sometimes the whole dried mushroom, are used in [herbal remedies](#).

One shiitake extract called lentinan is a beta glucan. This is a type of complex sugar compound. Beta glucan is believed to stimulate the immune system and trigger certain cells and proteins in the body to attack cancer cells. In laboratory studies, it seems to slow the growth of some cancer cells. In mice, lentinan has been shown to stop bowel cancer cells growing. In laboratory tests, the protein part of lentinan (lentin) can stop some fungal cells growing. It can also stop leukaemia cells dividing.

Some Japanese researchers give lentinan along with chemotherapy to treat patients with lung, nose, throat, and stomach cancers. A recent clinical trial didn't show that it helped to treat prostate cancer. Some doctors in Japan use another shiitake extract called eritadenine.

There is limited evidence that lentinan, given alongside chemotherapy, could help some patients with advanced stomach cancer. But we need larger scale studies before we will know how shiitake extracts can help people with cancer. More clinical trials are currently under way to understand which compounds in shiitake mushrooms might work as cancer treatments.

## **Maitake mushrooms and maitake extracts**

Maitake mushrooms and the maitake D-fraction prepared from them contain the sugar compound called beta glucan (sometimes called beta glycan).

Japanese studies using an injectable type of maitake-D have found that it boosted the immune system and slowed or stopped the spread of breast and liver cancer in animal studies. A [phase 1 study](#) is currently being carried out in the USA to see whether beta glucan can help a [biological therapy](#) called [rituximab](#) to work better. It is for young patients with lymphoma or leukemia that has come back after previous treatment. Another trial is looking at whether maitake extract affects breast cancer.

A US study tested another complex sugar compound from maitake mushrooms called grifola frondosa in breast cancer patients. The study aimed to find out if the extract affected the immune system. Patients took the extract by mouth for 3 weeks. The researchers took blood tests to measure any effects. One patient stopped taking the extract because of sickness and joint swelling. Another stopped because of a rash and itching. The researchers found that the extract boosted some immune functions but slowed others. So we don't yet know whether this compound can help the immune system to fight cancer.

## **Agaricus sylvaticus mushroom**

A Brazilian study gave patients agaricus sylvaticus mushrooms as part of their diet after bowel cancer surgery. It found that patients who had the mushrooms had a better quality of life compared to patients who did not have the mushrooms. The benefits include:

- More ability to do physical exercise
- Less feeling sick
- Better mood
- Fewer aches and pains
- Better sleep
- Better appetite
- Less abdominal pain, especially after eating

- Fewer bowel problems such as constipation, diarrhoea, and wind.

### **Phellinus linteus mushroom extracts**

Used for centuries in Eastern Ancient medicine, this extract is believed to refresh bodies and extend life. Phellinus linteus is known as song gen in Chinese medicine, sanghwang in Korean and meshimakobu in Japanese. Recent studies have shown that this type of mushroom extract slows the growth of breast cancer cells in the laboratory. It has also been shown to have anti cancer effects on skin, lung and prostate cancer cells.

One study showed that when used in combination with the chemotherapy drug [doxorubicin](#), the extract increased the number of prostate cancer cells killed. We have to be cautious about such early research though. Substances that can kill cells in laboratory conditions don't necessarily turn out to be useful treatments in people.

### **Safety of mushroom and mushroom extracts**

There are no known side effects from eating normal amounts of mushrooms in our diet. Mushroom extracts are classed as dietary supplements. Most of these supplements have not been tested to find out if they interact with medicines, foods, or other herbs and supplements.

Shiitake mushroom extracts are generally considered safe, although there are some reports of diarrhoea or bloating. With other types of mushroom there are some reports of allergic reactions affecting the skin, nose, throat, or lungs.

Read more at <http://www.cancerresearchuk.org/about-cancer/cancers-in-general/cancer-questions/mushrooms-in-cancer-treatment#kAwmrfyKBkYoZlhm.99>.

## **A natural therapy without medication.**

Do you suffer from continual headaches?

Try out this breathing therapy during a headache,

Close your right nostril and breathe through your left nostril.

Your headache will be gone in about 5 minutes,

The nose has a left side and a right side, we use both to inhale and exhale.

Actually they are different.

You'll be able to feel the difference. The right side represents the sun. The left side represents the moon.

If you feel tired, just reverse, close your left nostril and breathe through your right nostril.

After a while, you will feel your mind is refreshed.

Right side belongs to 'hot', so it gets heated up easily.

Left side belongs to 'cold'.

Most females breathe with their left nostrils, so they get "cooled off" faster.

Most of the guys breathe with their right nostrils, they get worked up.

Do you notice, the moment you awake, which side breathes better?

Left or right?

If left is better, you will feel tired.

So, close your left nostril and use your right nostril for breathing.

You will feel refreshed quickly.

*Give it a try.....It can't do any harm. If necessary continue the exercise for one month, your headaches will go.*

## **BORN BEFORE 1986?**

According to today's regulators and bureaucrats, those of us who were kids in the 60's, 70's and early 80's probably shouldn't have survived, because our baby cots were covered with brightly coloured lead-based paint which was promptly chewed and licked. We had no childproof lids on medicine bottles, or latches on doors or cabinets and it was fine to play with pans. When we rode our bikes, we wore no helmets, just flip-flops and fluorescent 'spokey dokey's' on our wheels. As children, we would ride in cars with no seat belts or airbags and riding in the passenger seat was a treat. We drank water from the garden hose and not from a bottle and it tasted the same. We ate chips, bread and butter pudding and drank fizzy juice with sugar in it, but we were never overweight because we were always outside playing. We shared one drink with four friends, from one bottle or can and no-one actually died from this. We would spend hours building go-carts out of scraps and then went top speed down the hill, only to find out we forgot the brakes. After running into stinging nettles a few times, we learned to solve the problem. We would leave home in the morning and could play all day, as long as we were back before it got dark. No one was able to reach us and no one minded. We did not have Play stations or X-Boxes, no video games at all. No 99 channels on TV, no videotape movies, no surround sound, no mobile phones, no personal computers, no DVDs, no Internet chatrooms. We had friends - we went outside and found them. We played elastics and rounders, and sometimes that ball really hurt! We fell out of trees, got cut, and broke bones but there were no law suits. We played knock-the-door-run-away and were actually afraid of the owners catching us. We walked to friends' homes. We also,

believe it or not, WALKED to school; we didn't rely on mummy or daddy to drive us to school, which was just round the corner. We made up games with sticks and tennis balls. We rode bikes in packs of 7 and wore our coats by only the hood. The idea of a parent bailing us out if we broke a law was unheard of...they actually sided with the law. This generation has produced some of the best risk-takers and problem solvers and inventors ever. The past 50 years have been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned how to deal with it all.

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While Thomas Edison was working out a type of phonograph that used a cylinder as a record, Berliner invented a machine that would play a disc. The machine he patented was called the gramophone, and the famous RCA trademark is a picture of a dog listening to "his master's voice" on Berliner's device. The gramophone was superior to Edison's machine. In short, Emile Berliner made possible the modern record industry. His company was eventually absorbed by the Victor Talking Machine Company, now known as RCA.

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The two most important days of your life are the day you were born and the day you understand why. *Mark Twain*

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"Tis easy enough to be pleasant when life flows by with a whistle, but the man worthwhile is the man with a smile, when he sits down a thistle. *Author unknown*

## **I AM MUSIC**

I am the most ancient of the arts. I am more than ancient;  
I am eternal.

Even before life began upon this earth, I was here - in the  
winds and the waves.

When the first trees and flowers and grasses appeared, I  
was among them.

And when humanity came, I at once became the most  
delicate, most subtle and most powerful medium for the  
expression of emotions.

In all ages I have inspired people with hope, kindled their  
love, given a voice to their joys, cheered them on to  
valorous deeds, and soothed them in times of despair.

I have played a great part in the drama of life, whose end  
and purpose is the complete perfection of human nature.

Through my influence, humanity has been uplifted,  
sweetened and refined. With the aid of humanity, I have  
become a Fine Art.

I have a myriad of voices and instruments.

I am in the hearts of all and on their tongues, in all lands  
among all peoples, ignorant and unlettered know me, not  
less than the rich and the learned.

For I speak to all, in a language that all can feel. Even the  
deaf hear me, if they but listen to the voices of their own  
souls.

I am the food of love. I have taught people gentleness and  
peace; and I have led them onward to heroic deeds. I am  
comfort for the lonely, and I harmonise the discord of  
crowds. I am a necessary luxury to all,

**I am MUSIC**

**Anonymous**

***Reprinted from the African Journal of Natural  
Medicine.***

## **Never let yesterday's disappointments overshadow tomorrow's dreams.**

A well-known speaker started off his seminar by holding up a £50 note. He asked his audience of 200, "Who would like this £50 note?"

Hands started going up all over the room.

He continued, "I am going to give this note to one of you but first let me do this.".... And proceeded to crumple the note up. He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he responded, "What if I do this?" With that he dropped it on the ground and started to grind it into the floor with his shoe. Then picking it up, now all crumpled and very, very dirty, and asked, "Who still wants it?"

Still the hands shot into the air.

"Well my friends," he continued, "you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth £50.

Like this note, many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we or others make, and the circumstances that come our way. We feel as though we are worthless. But remember, no matter what has happened or what will happen, you will never lose your value. *You are special - Don't ever forget it!...*

**VALUE HAS A VALUE ONLY IF ITS VALUE IS VALUED BY YOU...**

**PEOPLE DON'T PLAN TO FAIL BUT THEY DO FAIL TO PLAN!**

*From the internet*

**VENUES WHERE J.A.S.H. HEALERS CAN BE FOUND**

**BUCKHURST HILL  
CONTACT RITA 020 8257 9325**

**BUSHEY  
BUSHEY YOUTH AND COMMUNITY CENTRE,  
FALCONER ROAD, BUSHEY, HERTS. WD23 3AD.  
THURSDAY 7PM TO 9PM  
CONTACT KAREN 07866 048086  
OR JUNE 07796 914830**

**NORTHWOOD  
RAINBOW HEALING CENTRE,  
ST. JOHN'S CHURCH, HALLOWELL ROAD,  
NORTHWOOD, HA6 1DN.  
WEDNESDAY 2PM TO 4-15 PM  
CONTACT PAT 07905 221640**

**PINNER  
PINNERS VILLAGE HEALING CENTRE  
PINNERS VILLAGE HALL, CHAPEL LANE,  
PINNERS, HA5 1BA (REAR OF CAR PARK)  
THURSDAY 2PM TO 4-45PM  
CONTACT STEVE 020 8866 9332**

**SOUTHGATE  
CONTACT FRANCINE 07956 261738**

**STANMORE  
STANMORE HEALING CENTRE, GLEBE HALL,  
GLEBE ROAD, STANMORE HA7 4EL  
WEDNESDAY 7PM TO 9PM  
CONTACT STEVE 020 8866 9332**