



# THE THERAPY BOOK E-ZINE

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## The Happy New Year Reset Plan!

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**So Happy New Year, everybody! And if you're anything like us at The Therapy Book you'll be, as we speak, bidding goodbye to goose fat, brandy butter, chocolate soldiers and sugar-coated mince pies, and trying to clear the decks in order to plan a way to kick start yourself into 2013.**

So you might be very interested in what we have in this issue. We've been doing some research to find the best ways to press the reset button, in other words, to detox, and we've come up with some methods that we hope you'll like.

Basically, detoxing is about ridding the body of all the rubbish that we've taken in over the holiday season, and then replenishing our systems with life-supporting nutrients.

Of course, without us going to any special effort at all, our bodies naturally detoxify everyday as part of a normal body process.

In fact, detoxing is one of the body's most basic automatic functions as it daily eliminates and neutralises toxins through the colon, liver, kidneys, lungs, lymph and skin.

However, after a season of 'eat, drink and be merry' our bodies can find it difficult to keep up. Added to that, any kind of diet that has an over-abundance of animal pro-

tein, saturated and trans fats, caffeine and alcohol radically changes our internal ecosystem.

This means that a body once perfectly capable of cleaning out unwanted substances is now totally over-loaded to the point where toxic material remains inside our tissues.

Our bodies try to protect us from dangerous substances by setting it aside, surrounding it with mucous and fat so that it will not cause an imbalance or trigger an immune response ... and that's why we end up

putting on weight, especially around the torso where the organs are.

Detoxification through special cleansing diets and colonics is the best way to assist your body's natural self-cleaning system.

It is especially important for immune-

compromised diseases like cancer, arthritis, diabetes and chronic fatigue.

However, even if your diet is good, a New Year cleanse and reset can revitalise your system and rid your body of harmful bacteria, viruses and parasites.

So let's get started!



# KICKING THE SMOKING HABIT



**You'll be faced with situations that will trigger the urge to relapse or slip. We call these high-risk situations...**

**So you've made a New Year's resolution to give up smoking once and for all. That's great!**

Statistics show that half of people who decide to give up are successful, so here's a little help to make sure you're in the right half.

The most difficult times, when most people slip up, is when they use smoking as a coping mechanism to deal with life's difficulties.

Those life difficulties won't necessarily go away until you deal with them. So for now, you'll need some new coping mechanisms.

You'll be faced with situations that will trigger the urge to relapse or slip. We call these high-risk situations. Review this emergency coping plan to help you deal with these situations. If you feel the

urge, or are tempted to slip:

**AVOID** the situation.

Identify the situations when you normally smoke or feel cravings. For most, high-risk situations include work breaks, finishing meals, having coffee or being in a bar. Plan how you will avoid these situations for a few weeks. Plan for alternate activities.

**LEAVE** the situation.

If you find yourself in one of these high risk situations, leave if you can. And, leave before you get a craving.

**DISTRACT** yourself from the craving.

If you find yourself in a situation you can't leave and you get a craving, distract

yourself from the craving by:

Thinking about something else, like your Benefits of Quitting (or how much money you're saving every week, how your body is healing itself).

Doing something else to distract yourself like drinking water or deep breathing exercises.

Thinking about an upcoming event in your life, such as a vacation.

**DELAY** acting on the craving.

If you can't keep your mind off it, then make a deal with yourself that you will wait 5 minutes before you give into the craving. The craving will usually pass in a couple of minutes anyway. If you delay, the craving will go away.

**Use SELF TALK**

A craving may be accompanied by negative thoughts about your ability to resist it. Use positive self talk statements to combat your negative thoughts.



## The Life-Enhancing Properties of Echinacea



**The herb, echinacea, after making its debut on the world's commercial markets more than a decade ago, has become one of the top-selling herbs of all time.**

Many of its ingredients are powerful immune system stimulators.

Its contents include high molecular weight polysaccharides, essential oils, alkylamides such as echinacein, isobutylamides such as pentadecadienes and hexadecadienes, polyacetylene, tannins, inulin, heteroxylan, flavonoids and vitamin C.

Indeed, the biochemistry and content definition of Echinacea and most other herbs has taken place decades before the medicinal value of the phytochemicals they contain ever merited investigation.

Echinacea has been viewed as an immunoenhancing herb since it became commercially available several years ago. Indeed, its medicinal significance is responsible for billions of dollars in worldwide sales annually.

Unfortunately, most of the 'evidence' for the

purported medicinal efficacy of echinacea has been anecdotal and, moreover, to this day, there is no formal proof on how to achieve the best results—whether it should be consumed daily throughout life as a prophylactic; consumed by either young or old; or consumed after diseases, such as cancer, have taken hold.

Our work over the past five years has led to conclusive answers to some of these questions, at least in mice.

Our results have shown that daily consumption of echinacea is indeed

prophylactic, extends the life span of aging mice, significantly abates leukemia and extends the life span of leukemic mice.

Given that humans are 97 per cent genetically common with mice and that virtually all our basic physiology is identical, it is neither unjustified to extrapolate these observations to humans nor would it be an arduous task to perform many of these studies in humans, thus establishing viable scientific evidence replacing the anecdotal.

From [CandidaPlan](#)

# "French Women Don't Get Fat" Soup



**Mireille Guiliano, author of "French Women Don't Get Fat" shows how to recast (reduce) the stomach by eating these easy and simple soup recipes on the weekend.**

According to Mireille, "For me, it was the start of a lifelong commitment to wellness. It is a trick I still use from time to time; do try it the first weekend following your own food inventory."

## **Magical Leek Soup (Broth)**

### *Ingredients*

1 pound of leeks

Water to cover in a large pot

*Method* Clean leeks and rinse well to get rid of sand and soil. Cut ends off green parts, leaving all the white parts, plus a suggestion of green. (reserve the extra greens for soup stock)

Cut the leeks into 2-cm slices, put them in large

pot and cover with water.

Bring to boil and simmer with no lid for 20 to 30 minutes.

Pour off the liquid and reserve. Place the leeks in a bowl.

The juice is to be drunk every two to three hours at room temperature. For meals whenever hungry eat some of the leeks themselves, 100-125g at a time. Drizzle the leeks with some extra virgin olive oil and lemon juice. Season them with salt and pepper sparingly. Add some fresh parsley if desired.

Drink the broth throughout the day and throughout the weekend.

For Sunday dinner after two days of drinking just Magical Leek Broth, eat some meat or fish with two steamed vegetables and a piece of fruit.

If not a lover of leeks, then try this version with vegetables called Mimosa.

## **Mimosa Soup**

### *Ingredients*

1 lettuce

225g carrots

225g celeriac

225g turnips

225g cauliflower

225 g leeks

2 hard-boiled eggs, chopped

120g chopped parsley

Water to cover in a large pot

*Method* Clean and chop all vegetables in rough pieces, except for the cauliflower and the parsley. Put the rough chopped vegetables in a pot and cover with water.

Bring the pot boil and simmer uncovered for 40 minutes.

Add in the cauliflower and cook for an additional 15 minutes.

Place all the contents through a sieve or food mill. Serve in a bowl and add the chopped egg and some of the parsley to garnish with.

Eat some of this soup every three hours on Saturday and Sunday. For supper on Sunday, eat the same meal as stated above.

Both of these recipes are very good, but most people will have a hard time training their palates to be happy with these meals at first.

However, you do soon get used to this way of eating, and you end up positively loving it!



# Colonics: The Good, The Bad and The Ugly



**By Robynne K. Chutkan, MD, FASGE**

**When asked to comment on the practice of colonics, most physicians say: "bad idea."**

On the other hand, many naturopathic doctors and alternative health practitioners recommend colonics and even offer them in their practice. There isn't a lot of science to support the use of colonics but there is certainly a lot of enthusiasm for them amongst certain people.

Colonic irrigation, hydrotherapy or colonics refer to the practice of placing a tube into the rectum; this tube is attached to special equipment through which large amounts of water, sometimes mixed with herbs or other substances, are introduced into the colon (large intestine) for the purpose of removing waste matter.

The main argument in favor of colonics is the concept of "auto-intoxication," which has been around since the ancient Egyptians. The belief is that stagnation of feces in the colon causes toxins to be absorbed through the colon lining into the

bloodstream, ultimately poisoning the body. Other pro-colonic theories include the idea that hardened feces that accumulates along the lining of the colon can lead to the overgrowth of harmful bacteria and interfere with the absorption of water and nutrients.

These days, many people have colonics for weight loss and for the feeling of lightness that comes from having an empty colon or as part of a detoxification regimen.

## Complications

Anatomically, most nutrients and other important substances are absorbed upstream in the small intestine with the main function of the colon being to absorb water and transport stool out of the body, so there is little worry about malabsorption of nutrients in the colon.

The downside of colonics includes the possibility of complications, such as infection from improperly cleaned equipment, dehydration, cramps and pain during the procedure, disruption of the colon's unique and delicate bacterial environment, elec-

trolyte imbalances, rare cases of heart failure from over-absorption of water, and even fatal perforation of the colon.

So, if the colon really isn't dirty and is able to adequately clean itself on its own, and if colonics are associated with a low but real risk of complications, why are they so popular?

At least part of the reason is that people feel really good when their colons are empty, and colonics are really good at emptying the colon. Regardless of whether you are for or against colonics, there is no question that the human body is incredibly well designed with little room for improvement.

The colon doesn't need any help in eliminating waste matter when we are doing what we are supposed to be doing:

## High fiber diet

Eating a high-fiber diet rich in fruits and vegetables; avoiding too much processed food, animal protein and sugar; drinking lots of water; and getting lots of vigorous exercise. Things start to go awry when we deviate too much from the plan.

I personally believe in not interfering too much with Mother Nature and therefore recommend trying to make those crucial lifestyle adjustments rather than more invasive measures.

For those who are wedded to the idea of a more drastic clean out, a seasonal one- or two-day juice fast coupled with a fiber supplement can give you pretty similar results.

Ultimately, a plant-based diet, lots of water, and regular exercise will mean less reliance on health-care professionals of any kind – conventional or alternative. The less toxic our lifestyle, the less need there is for detoxification or drugs.

From [Doctor Oz](#)

## Weight Loss Tips from Nicholas Perricone



Researchers have found that the "clock," once thought to be only in the central part of the brain, is also in the part of the brain that controls appetite. It appears that synchronization of meal times has an impact on our weight -- so eat regular meals at regular times to prevent overeating...

**Nicholas Perricone, MD, the world's leading anti-aging health and beauty expert made the groundbreaking discovery that linked invisible, cellular inflammation to ageing in his revolutionary book.**

"My research has shown that the chief therapeutic intervention to prevent weight gain, regardless of age, is the anti-inflammatory diet," says Dr. Perricone in his latest bestseller *The Perricone Weight Loss Diet*.

But we don't have to buy the book. We can just follow the basic guidelines.

Here are some tips to stabilize blood sugar and insulin, maintain precious muscle mass and stay thin for life.

**Eat cold water fish,** such as wild salmon, sardines, trout, etc. Some people think that they "hate" fish -- particularly salmon. However salmon is a fat-burner, muscle-builder, wrinkle-eraser, skin-saver, mood-

enhancing brain-booster. You may want to reconsider.

### **Take fish oil capsules.**

If you don't eat fish or want to increase the weight loss benefits of the omega 3 fatty acids found in cold-water fish, take high quality fish oil caps.

**Avoid stress** -- it causes the release of the hormone cortisol, which stimulates insulin release to keep pace with rising blood sugar levels. Excess cortisol increases appetite and promotes storage of fat in the abdominal area.

### **Eliminate food cravings.**

Just 1/2 teaspoon of the amino acid glutamine taken at meals three times per day will stop the constant cravings for sweets and high glycemic carbs.

### **Laugh to lose weight:**

Laughter reduces stress hormones, strengthens the immune system, lowers blood pressure, acts as a muscle relaxant, triggers release of the body's natural painkillers, and im-

proves health and well-being.

**Go for the Green** -- Green tea prevents the absorption of fat, helping to keep off excess body fat. Supplementation with the most plentiful green tea polyphenol, EGCG, stops diet-induced weight problems.

**Listen to your biological clock.** Researchers have found that the "clock," once thought to be only in the central part of the brain, is also in the part of the brain that controls appetite. It appears that synchronization of meal times has an impact on our weight -- so eat regular meals at regular times to prevent overeating.

### **Sleep to lose weight:**

Did you know that sleep deprivation causes overeating? When we don't get enough sleep, the hormone believed to increase feelings of hunger increases. Another hormone that suppresses appetite and burns fat stores, is decreased. Those most sleep deprived craved carbohydrate-rich foods, such as sweets, pasta, and breads.

**An apple a day (or two or three).** Despite their relatively high sugar levels, apples exert a stabilizing effect on blood sugar, in part to their high fiber content and phloretin: a flavonoid-type phytonutrient found exclusively in apples.

Buy organic and eat the skin as well as the fruit.

# Flu-Shot Free Protection from Flu



**By Melanie Grimes**

**If you'd prefer to be vaccinated against the flu, you can ask for a mercury-free shot, which health providers will need to keep under refrigeration. Other options for preventing the flu include homeopathy and vitamin D therapy, both of which have been shown to be effective in preventing colds and flu.**

Do the flu shots work? Influenza mortality, death from the flu, has not decreased in the last 15 years, even though the number of flu vaccinated people has increased from 10% to 60%.

Homeopathy has been effective in treating flu in the past, even showing great efficacy in the 1918 Flu Epidemic. Many homeopathic remedies are specifics for the flu, and research this past year has shown that the remedies Nux vomica, Eupatorium, and Bryonia have acted well on this year's flu strains.

As concerns about dangers from the swine flu vaccine grow, many people are looking for alternatives. Natural remedies for the flu are plentiful in nature. Vitamin D has been shown to reduce colds and flu. A study published in the journal *Epidemiology and Infection* demonstrated that taking 2,000 I.U. of vitamin D3 reduced the incidence of viral infections. Only one person out of 104 in the study had the flu while taking 2000 I.U. doses of vitamin D, while the people in the control group, who did not take vitamin D, had three colds EACH for a total of 312 colds.

According to the study, vitamin D protected the lining of the cells that line the respiratory tracts, acting as a barrier to infection. The study also showed that people who received the flu shot in the winter, when vitamin D supplies in the body are lower, had a greater chance of developing fevers after the vaccination. Vitamin D also prevents an "excessive

expression of inflammatory cytokines," the study reported. Furthermore, they stated that a vitamin D deficiency actually predisposes children to infections in their lungs.

Many other natural nutrients and foods, some found in our kitchen cabinets, can provide both immunity and healing treatment for the cold and flu. Green tea, garlic, ginger, and even lemonade provide comfort and relief for flu symptoms.

By building strong immunity now, the H1N1 flu vaccine can safely be avoided by many, especially those who are concerned about mercury exposure. Even without concerns for mercury, specialists have noted that increasing vitamin D intake can reduce fever and side effects following vaccination.

*Thanks to [Melanie Grimes](#).*

# Top five belly-tightening tips



by: Aurora Geib

**Who doesn't want flat abs? People desperate to lose weight will willingly starve themselves, take expensive supplements or do the latest fad diet that promises to give them that flawless figure in 30 days.**

Thankfully, belly fat is metabolically active and easier to lose. However, if proper nutrition is not observed and the resort is made to low calorie diets, weight loss may not happen within the desired time frame.

Hunger and calorie deprivation will eventually kick in and dieters confronted with that favorite food they have been avoiding will have the tendency to binge at the first opportunity. The likelihood of gaining more weight than they originally lost is not far-fetched.

According to Christine Rosenbloom, a nutrition professor at Georgia State University, eating a calorie-controlled diet and 60 minutes of daily moderate exercise activity will result to weight loss and can even help with the desired weight maintenance. In fact, according to Professor Michael Jensen of the Mayo Clinic, intense aerobic exercise will result to being leaner around the abdomen.

It is important to remember that keeping the body's metabolism up and running so that the body continuously burns calories prevents it from going into the fat-storing mode that causes unnecessary weight gain.

#### **Exercise is necessary**

Most people involved in weight loss believe that it's all about the calories. If you burn calories more than you take in, you lose

weight.

If you take in more calories than you can burn, the body gains fat. While this piece of logic may make sense, it is only partly true. What burns calories nonstop is actually the lean muscle mass underneath body fat that allows more intake of calories without weight gain.

The body actually adapts to the changes it undergoes. Losing weight without exercising increases the risk of losing lean body mass, slowing the metabolism and putting the body into fat-storing mode. People who have lost body fat and muscle mass may notice that they don't have the muscle mass they once had.

Worse yet, once they overeat even a little bit, they start filling up on body fat once again.

# Belly-tightening exercises contd.



## Building up muscle mass

An important thing to remember when undergoing a weight loss program is to understand what needs to be done.

Realistic and achievable goals can help in building the confidence needed to make the necessary leap for the achievement of a desired weight.

Researchers at the Biomechanics Lab at San Diego State University took a look at some popular abdominal exercises and ranked them. Results of the study revealed that exercises that require constant abdominal stabilization and body rotation resulted in the most muscle activity in the abdomen.

## Below are the top five belly exercises as ranked by the study:

**1. The Bicycle Exercise** - best for targeting the six pack muscles and the obliques. To do this exercise, get into a supine position with hands at the back of your head. Bring knees to the chest while lifting shoulders off the floor.

2. Slowly bring your right elbow towards your left knee as you straighten your right leg. Switch sides and continue in a pedaling motion. Do 1 to 3 sets with 12 to 16 repetitions.

**2. The Captain's Chair Leg Raise** - This exercise requires a captain's chair, a rack with padded arms allowing for the legs to hang free that is commonly found in gyms or health clubs. To do this exercise,

stand on the chair and grip hand holds. Press back against the pad then raise knees to the chest to contract the abs then lower them back down. Do 1 to 3 sets with 12 to 16 repetitions.

**3. Exercise Ball Crunch** - For this exercise, an exercise ball is necessary. In this routine, the abdomen does more exerting but will still need the entire body to stabilize it throughout the routine.

To do this exercise, lie on the ball with your lower back fully supported. Place hands behind the head. To lift the torso off the ball, contract the abs to pull the bottom of the rib cage towards the hips. Keep ball stable as you curl up, then lower back down to stretch the abs. Do 1 to 3 sets with 12 to 16 repetitions.

**4. Vertical Leg Crunch** - Performing this exercise is similar to doing a leg crunch except that the legs are straight up, forcing the abs to work and adding intensity to the routine. To do this, lie on the floor with the legs straight up, knees crossed, and place the hands beneath the head for support.

Contract abs lifting the shoulders off the floor and keep legs in a fixed position to crunch. Do 1 to 3 sets with 12 to 16 repetitions.

**5. Long Arm Crunch** - This is a variant of the traditional floor crunch where the arms are held straight behind you, adding a lever to the move and making for a challenging exercise.

To do this, lie on the floor or a mat then extend arms straight behind, keeping them clasped and next to the ears. Slowly contract abs and lift shoulders off the floor carefully to keep the arms straight. Do 1 to 3 sets with 12 to 16 repetitions.

The best strategy to weight loss is to observe a healthy diet coupled with exercise of at least an hour a day.

## EFT for post-seasonal stress syndrome



**If you're feeling a little stressed after all the seasonal celebrations, you could always try some gentle EFT tapping therapy.**

EFT, otherwise known as Emotional Freedom Technique therapy, is now getting more and more mainstream recognition, and a considerable landmark was reached when it was recognised by the American Psychological Association as having merit for various health conditions such as stress and PTSD.

The APA didn't mention PSSD (post seasonal stress syndrome) but that was probably just an oversight!

"A literature search identified 50 peer-reviewed papers that report or investigate clinical outcomes following the tapping of acupuncture points to address psychological issues.

"Criteria for evidence-based treatments proposed by Division 12 of the American Psychological Association were also applied and found to be met for a number of conditions, including PTSD."

The great thing about EFT tech-

niques is that anyone can do them. So here's a simple method for relieving stress.

### **EFT stress release**

Lightly place the fingertips of each hand or the palm of one hand on the bumps on your forehead directly above your eyes. If you can't find these slight lumps simply place your hands about an inch above the eyebrows.

Take a deep breath and "drop into your stress." No need to try to be positive. It's better to sink into the negative or unpleasant feeling while holding the points. Keep breathing deeply and stay focused for two to five minutes.

As the blood returns to the forebrain you will feel very strong pulses under your fingertips or hands. At the same time, you are lifting out of the stress, beginning to think more clearly and reconditioning your response to that particular event or memory.

This action is sometimes instinctual: how often has your child or loved one complained of feeling upset or ill and you find yourself placing your palm on their forehead?

Or when hearing shocking news,

do you automatically find your hand on your own forehead?

Touching these neurovascular points called the frontal eminences impacts blood circulation. Holding these points not only stops the blood from leaving the forebrain, it also draws blood back into the forebrain and retrains the body's automatic stress response.

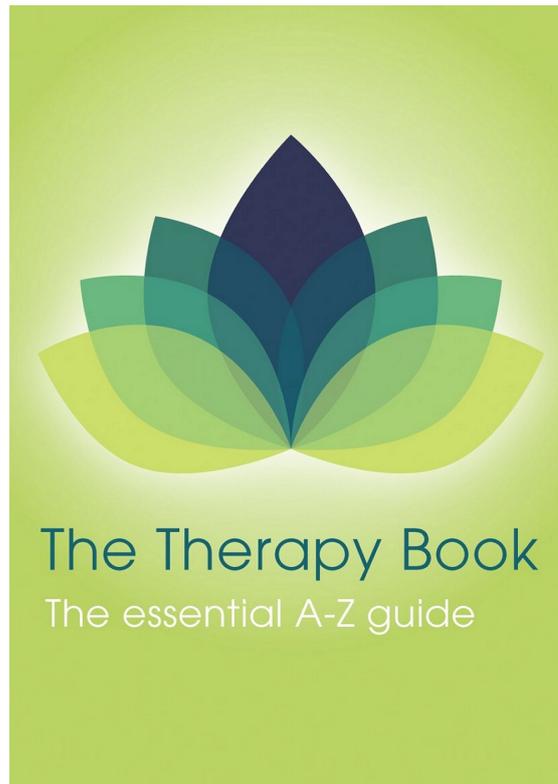
This simple but valuable tool can be used to systematically remove accumulated stresses from the past and to control reactions in the present.

Practice on yourself, experimenting with a single memory until you no longer feel a stress response in your body.

The next time you automatically place your hand on someone's forehead, leave it there for a few minutes and watch their response — this is especially useful when a child awakens from a nightmare.

The more often this technique is practiced, the quicker the body reconditions its response to stress, creating a healthier and more tranquil life!

Thanks to [Tap Into Heaven](#)



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