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Screen-staring leads to sleeplessness

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Researchers have discovered that two or more hours of exposure to backlit devices, such as a smartphone or tablet, suppresses melatonin.

This suppression can lead to trouble sleeping at night, especially in teenagers.

Mariana Figueiro, director of the LRC's Light and Health Program, who led the team on this piece of research, said: "Our study shows that a two-hour exposure to light from self-luminous electronic displays can suppress melatonin by about 22 per cent.



"Stimulating the human circadian system to this level may affect sleep in those using the devices prior to bedtime."

Consequently she recommends dimming the brightness on backlit devices to minimize melatonin suppression. But other similar pieces of research go a step further and urge people to have a total break from all devices for several hours before going to sleep.

However, most people cannot resist checking their emails, social networks and news

feeds throughout the evening.

At the end of last year, car company Volkswagen agreed to turn off email to workers with Blackberry devices, in a bid to help with their employees' work-life balance.

The business agreed to only push emails to German staff 30 minutes before they are due to start work and stop them 30 minutes after they are due to finish work.

While this may not be practical for most companies, which operate globally and around the clock, or even necessary, it is

up to us as individuals to learn from comprehensive research and amend our behaviour accordingly.

For instance, how many people do you know still use an alarm clock? Most people now tend to rely upon their phones, iPods or tablet devices to wake them up.

While it makes sense to make use of the increasing number of shiny devices we have cluttering up our bedside table, this simple act of setting your mobile

phone alarm each night often leads to a game being played, a work email being checked or a tweet being posted simply by the device being in your hands.

The return of the good old fashioned alarm clock, combined with a decent amount of discipline, in a bid to let ourselves actually get some proper rest before the whole digital cycle begins again, is what's necessary to preserve our health in a world which never seems to switch off.

How Bears Can Help Us Heal



Whilst tracking the bears – using radio collars – the researchers noticed some early evidence of their surprising healing abilities

Medical researchers and zoologists worked together to find that the bears' wounds healed with almost no scarring, and were infection-free.

The scientists hope, eventually, to find out exactly how the bears' bodies heal while their body temperature, heart rate and metabolism are reduced. This could aid studies of human wound-healing.

Researchers carry out health checks on an adult black bear and have been tracking and monitoring black bears in Minnesota for 25 years.

The findings, published in the journal *Integrative Zoology*, are of particular relevance to medical researchers hoping to improve slow-healing and infection-prone wounds in elderly, malnourished or diabetic patients.

This study was part of a

project by scientists from the universities of Minnesota, Wyoming and the Minnesota Department of Natural Resources, who have tracked 1,000 black bears, in order to monitor their health and behaviour, for 25 years.

Whilst tracking the bears – using radio collars – the researchers noticed some early evidence of their surprising healing abilities.

Surprising abilities

They wrote in their paper: "We identified a few animals each year with injuries resulting from gunshots or arrows from hunters; bite marks from other bears or predators.

"These wounds were considered to have been incurred some time before the bears denned, and were often infected or inflamed... in early winter.

"Yet typically, when we revisited bears in their

dens a few months later, most wounds had completely resolved whether or not we [cleaned them], sutured the areas or administered antibiotics."

To test the bear's healing abilities experimentally, the team carefully tracked the healing of small cuts on the skin of 14 of their radio-collared bears in northern Minnesota.

Between November (when the bears first settled down in their dens) and March (about a month before they emerged) the wounds healed with "minimal evidence of scarring".

Skin regrew

Added to this, there were no signs of infection, the layers of damaged skin regrew and many of the bears even grew hair from newly formed follicles at the site of their injuries.

One of the researchers, Prof David Garshelis from the University of Minnesota, told BBC Nature:

"It seems so surprising to us that their wounds would heal so well and so completely when they're hibernating and their metabolism is slowed down.

But, he added, the animals had many other "remarkable adaptations to hibernation".

Sunglasses may harm your 'sixth sense'



together they regulate the rhythms of metabolism and growth – it is also the physical organ of intuition, inspiration, spiritual vision, and divine thought.

“The pituitary gland is the thought receiver and the pineal gland, often called our true master gland, is the thought transmitter.” (From [Light Project Blog Spot](#))

The pineal gland converts light energy into an electrochemical impulse which feeds directly into the hypothalamus.

So perhaps we should consider how often we wear sunglasses and put them on our children.

We also need to realise that the eyes are able to adjust to sunlight much more than we give them credit for.

The ancients knew about the importance of the pineal gland to our 'sixth sense' and their myths point to the importance of sunlight in feeding it.

However, more and more people are wearing sunglasses, even if the sun is not shining brightly, and even toddlers are taking to wearing them too.

Dr. Ornstein in the *Let's live Magazine* in October 1980 explained that sunlight is very important, and any kind of day light is vital.

Perhaps that's what's meant in ancient mythological creation stories when the creator commands "Let there be Light".

The ancient Egyptians certainly seemed to know the importance of the pineal gland and its anatomical location, which we can see by looking at their Eye of Horus.

“In a distant past our pineal gland used to be our third eye and, even more than an eye: a cosmic receiver and sender of multi-dimensional information.

“The pineal gland is now a tiny gland in the centre of our brain, connected with all our senses and the rest of our body.

The third eye

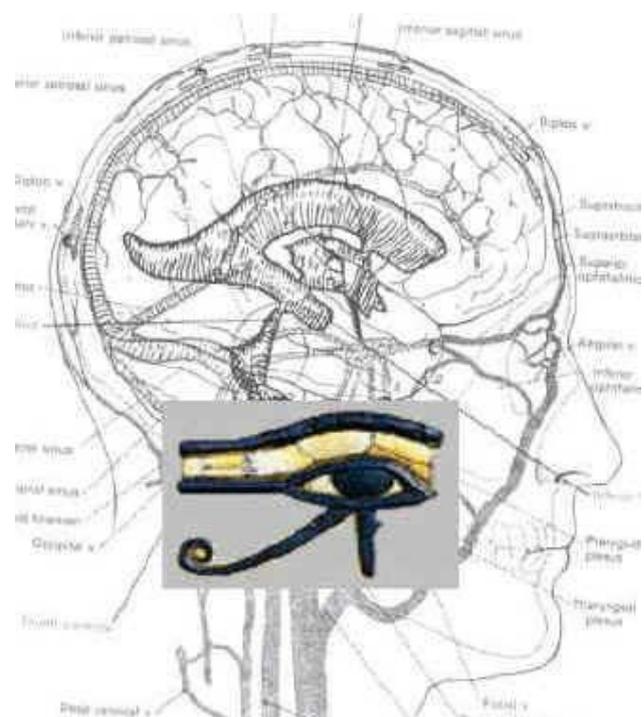
Through the other senses it communicates with the outer world in electrical impulses.

“With its spectrum of hormones it regulates our state of consciousness, e.g. waking, sleeping, dreaming, various meditative states including those states in which we may have mystical experiences.

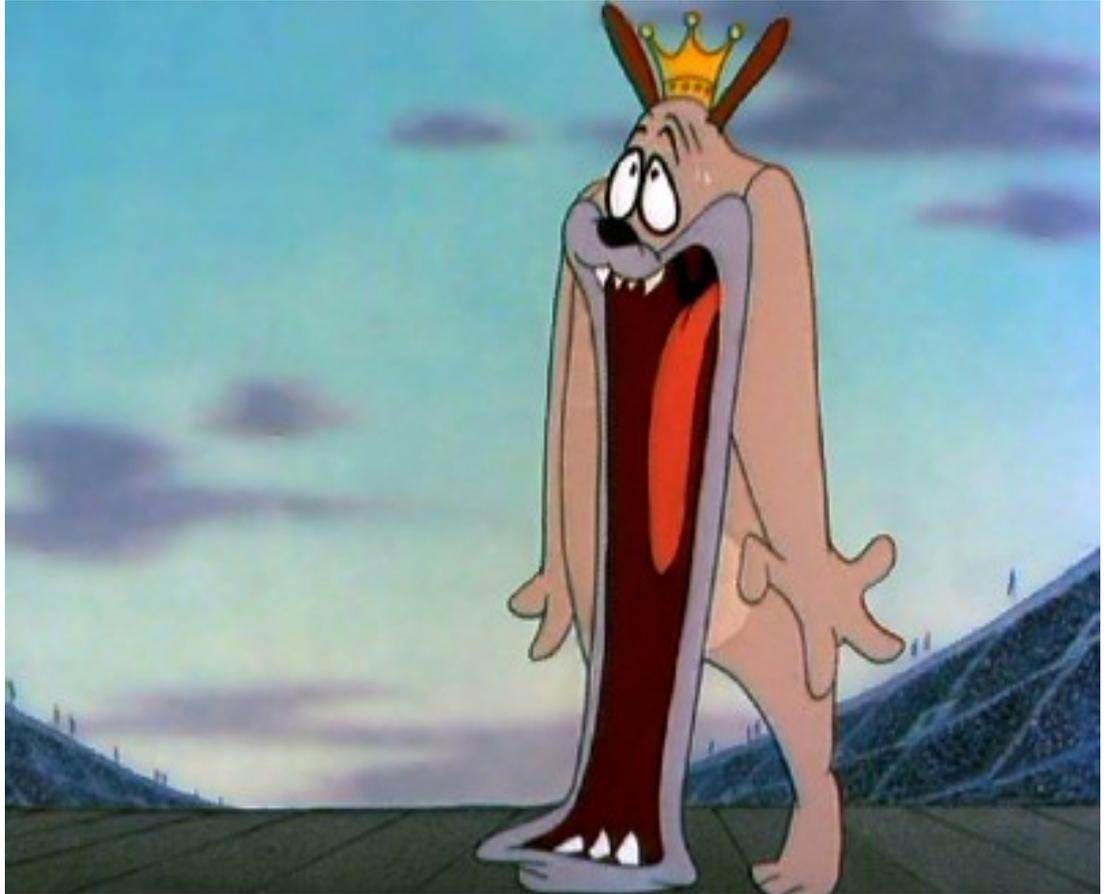
“The mind and senses are paths for occult energies that work through various psycho

physical centers or chakras, among the highest of which is the pineal gland.

So, while the third eye or pineal gland has certain physiological activities in conjunction with the pituitary gland –



Awe changes our behaviour ~ by changing our perception of time



It doesn't matter what we've experienced – whether it's the breathtaking scope of the Grand Canyon, the ethereal beauty of the Aurora Borealis, or the exhilarating view from the top of the Eiffel Tower – at some point in our lives we've all had the feeling of being in a complete and overwhelming sense of awe.

Awe seems to be a universal emotion, but it has been largely neglected by scientists—until now.

Psychological scientists Melanie Rudd and Jennifer Aaker of Stanford University Graduate School

of Business and Kathleen Vohs of the University of Minnesota Carlson School of Management devised a way to study this feeling of awe in the laboratory.

Across three different experiments, they found that jaw-dropping moments made participants feel like they had more time available and made them more patient, less materialistic, and more willing to volunteer time to help others.

The researchers found that the effects that awe has on decision-making and well-being can be explained by awe's ability to actually change our subjective experience of time by slowing it down.

Experiences of awe help to bring us into the present moment which, in turn, adjusts our perception of time, influences our decisions, and makes life feel more satisfying than it would otherwise.

By changing our perspective on life, we can change ourselves.

It's a little bit like when you go up in an aeroplane and then look down at the roads and houses of your town below.

At times like that, we can put our troubles into perspective, and awe has a similar effect, by taking us out of our everyday lives, so to speak.

Dark Chocolate Helps Memory Loss

Extensive research over the past decade has demonstrated the critical importance of natural compounds known as flavanols from foods including blueberries, grapes, green tea, apples, onions, broccoli and dark chocolate. Flavanols support cellular and metabolic activities throughout the body by providing antioxidant support and squelching inflammation, the root cause of the vast majority of deadly chronic illnesses.

Statistical data shows that every year, nearly six percent of aging adults over the age of 70 will develop mild cognitive impairment. Researchers reporting in the American Heart Association journal, Hypertension found that eating cocoa flavanols daily may improve mild cognitive impairment.

In the past, studies have shown that cocoa flavanol consumption can lower the risk of developing dementia, and this latest science supports the notion that regular consumption of dark chocolate may act directly on brain structure and function by protecting neurons from injury, improving metabolism and their interaction with the molecular structure responsible for memory.

To conduct this research, the study team assembled a cohort of 90 elderly participants with mild cognitive impairment. Participants were randomized to drink a dairy-based cocoa flavanol mixture containing concentrations ranging from 990 mg (highest) to 520 mg (intermediate) or 45 mg (lowest), daily for eight weeks. The diet was restricted to eliminate other sources of flavanols from foods and beverages other than the dairy-based cocoa drink. Cognitive function was examined by neuropsychological tests of executive function, working memory, short-term memory, long-term epi-



sodic memory, processing speed and global cognition.

The researchers found that tests to assess working memory and the ability to relate visual stimuli to motor responses were significantly improved in the high cocoa flavanol group. The study also found that drinking higher levels of flavanol drinks had significantly improved cognitive scores than those participants drinking lower levels.

Most important, high and intermediate intake group members

showed improved markers for insulin resistance, oxidative stress and blood pressure relative to the low consumption participants.

The study authors concluded "This study provides encouraging evidence that consuming cocoa flavanols, as a part of a calorie-controlled and nutritionally-balanced diet, could improve cognitive function... the positive effect on cognitive function may be mainly mediated by an improvement in insulin sensitivity."

Coming back to Earth with clematis



Clematis, Dorking

JNR July 2012

The essence can help such creative creatures translate their visions into for example a painting or poem.

By Judith Reid of [Nature Knows Best](#)

For years I used Bach Flower remedies and simply thought of them as essences in bottles, without giving a thought to the actual flowers used to make them. This all changed when I started studying the essences in earnest and now I enjoy going on an adventure in the wilds of Surrey, trying to spot as many as possible.

Seeing the actual flowers,

where and how they grow, can often give us clues as to their wonderful qualities. A good example of this is when we look at CLEMATIS. Last weekend, in between all the excitement of Olympic cycling in Dorking, I came across lots of Clematis when out walking with friends.

Clematis is a late bloomer, appearing on the scene in July and August. It is a creeper with no means of supporting itself, so uses trees, hedges and fences to support it as it climbs its way up towards the sky and light.

The profusion of its exquisite creamy-white tufted flowers can give its host the appearance of

having a cloth of lace draped over it.

In Winter, when everything else is bare, Clematis, aptly nicknamed "Old Man's Beard", resembles fluffy balls of grey cotton wool, giving hedges an out-of-world appearance.

When in a Clematis-state, a person has no interest whatsoever in the here and now. "In cloud cuckoo land"; "Off with the fairies"; "In La-La land" are all apt descriptions for such people.

Ordinary life holds no interest; reality is too mun-

dane and dull and the day to day BBN (boring but necessary) tasks are not for them!

They wish to escape into their fantasy world, perhaps thinking about a place where they would love to live, or a dream job, but in reality they do no ground work to change their current circumstances to achieve these!

Often those in Clematis state are very drowsy, using sleep as an escape.

Clematis Essence can help ground us and bring us back to the present.

It helps us concentrate and have a realistic perspective on life. This doesn't mean that it stops our dreaming and creativity.

Instead it can help to channel it into something concrete. Often with Clematis type people, artistic gifts can go wasted.

The essence can help such creative creatures translate their visions into for example a painting or poem.

Clematis is one of the five essences used to make up Rescue Remedy and is included to alleviate the out-of-body feeling which often precedes fainting or loss of consciousness.

In all situations, whether in a day-to-day dreamy state or in an actual emergency, Clematis Essence can help bring us back to earth.

Back to school: How to keep them healthy without vaccinations and pharma drugs



By Alan Phillips, vaccine rights attorney

These days, aware parents face greater challenges sending their kids back to school or to school for the first time than they did a few years ago. In addition to potential vaccination requirements, there are possible pharmaceutical demands for behavioral and attention issues.

Researching your options for vaccination exemptions, if you haven't already, is a wise start.

When it comes to concerns about getting coerced into allowing your child to be prescribed and perhaps forced into ADHD drugs like Ritalin or any other psychotropic meds, there's a wealth of information [here](#).

Proper diet, sleep, supplements, and a simple exercise are available in this article for preventing psychotropic interventions. There will also be tips for preventing and curing colds and flus without pharmaceuticals and over the counter (OTC) drugs.

Hold the sugar and, more importantly, synthetic sugar substitutes. Most of us know about sugar contributing to hyperactivity. But aspartame-type sweeteners are excitotoxins that burn out brain cells as they become overly excited.

Sodas no more

So that means sodas no more. Get your child used to water or freshly squeezed fruit juices instead. Most of those commercially prepared fruit juices have lots of sugar, aspartame, or high fructose corn syrup (HFCS). The HFCS may not be as much of a brain killer, but it will lead to obesity sooner rather than later.

Try to use **locally produced raw honey** sold from bulk for sweetening. Read the cereal labels closely. Avoid toxic food colorings and another excitotoxin, MSG (monosodium glutamate), which is disguised with deceptive names to avoid scrutiny.

In short, try your best to use unprocessed, organic foods with more emphasis on greens that

can be gradually introduced and accepted. Studies have proven school children function better with this approach.

Increased magnesium helps anyone calm down and get a good night's sleep. It also improves mental stability and heart and bone health. But finding an easy to assimilate supplement is tricky.

You can order topically applied **magnesium oils** (not really oil) online or pick up a "calm" magnesium powder from a natural health store that mixes effervescently with hot water and gets into one's system quickly.

Vitamin D3 is considered a supreme *immune regulator*. Too much immune response that creates allergies can be curbed, yet immunity can be enhanced to keep the flu bugs away.

Even mainstream medicine agrees that more vitamin D3 is safe and necessary for kids than previously thought – recommending *at least* 2,000 IU daily.

Make sure it's not synthetic vitamin D or D2. Then of course there's vitamin C. Try for the best quality and assimilation to get the most out of its antioxidant properties.

The herb of choice for many to prevent colds and flus is **Echinacea**. Echinacea is not a cold or flu remedy, it's a preventative herb.

For getting over colds and flus quickly without toxic pharmaceuticals, try **elderberry extract**.

Elderberry is much safer and efficacious than Tamiflu. You can get it in syrups or tinctures, which can be made at home.

Shamanic healing, alcoholism and co-dependency



by Ishtar Dingir
Shamanic healer

One of the soubriquets often attached to the shaman is the term 'wounded healer'. This is because we're so often leading people out of mire that we have only recently been ensnared in ourselves.

I noticed this phenomena quite soon after I first started practising shamanic healing. I eventually stopped advertising my healing services, because I realised that the spirits were already 'taking

care of business', by sending me people that resonated with my particular wounding ~ and in my case, it was co-dependency and addiction.

I think they're choosing wisely! After falling in love with and trying to redeem an irredeemable alcoholic for four years, I'd say I've got a PhD in co-dependency and addiction.

What I learned during those four years was immense, not least that I could only solve the problem of that situation in one way. Not by him overcoming his alcoholism, but by me overcoming my own co-

dependency.

In doing that, I had to follow the same 12-step path of a recovering alcoholic of Alcoholics Anonymous. I had to follow it at Al-Anon, which is the support group for the families of alcoholics. The 12-Step Plan is actually a spiritual path, and it got me back in touch with Spirit again (this time, the right kind of spirit!) after languishing in dissonant fashion for five years in the Streets of Shame of the tabloid hack.

Soon after that, I went to India and met Sathya Sai Baba, and I spent a long time in his ashram, recovering my own sense of worth and self esteem, and sowing the seeds of the life path which has brought me to where I am today.

It was there, in India, that I first learned about shamanism and, soon after that, I was being trained back in England by a shaman who spent a long time teaching us about the importance of self-empowerment ~ how to get our power back that had been stolen by others, and how to return power that we'd unconsciously stolen from others.

It is the loss of self-empowerment and self-

Shamanic healing and alcoholism (contd.)

worth that attracts the addict to the co-dependant. It's as if they have a big gaping hole torn out of their solar plexus area that is surrounded by brightly flashing neon lights.

What is co-dependancy?

How do you know if you're co-dependant? Well, if you've ever read the book *Women Who Love Too Much*, that just about sums it up. It's not that it's wrong to love too much. But one has to love in a self empowered and unconditional way. By which I mean that the co-dependent is an addict too. Except while the addict is addicted to something, the co-dependent is addicted to the addict.

Why is the co-dependant addicted to the addict? Well, in my opinion and experience, the addict steals the power of the co-dependant ~ often by getting angry or violent, but even when not, other means are used to inflict mental pain such as neglect or undervaluing.

My guru, Sai Baba, once said: "If a tiger in the jungle bit your head off, you wouldn't go back to the tiger to ask it to put your head back on," which is exactly what the co-dependant does. He or she is continually revisiting the scene of the crime and trying to find the soul bit that the addict stole through inflicting pain.

It was only through training in shamanic healing, and receiving many soul retrievals, that I managed to get all the pieces back together again. (If you'd like to know more about soul retrieval, read *What Becomes of the Broken-Hearted?*)

So I now have quite a few clients who are wanting release from their co-dependancy and I take them along the same path that I took to recovery.

What is an addict?



We may not understand what an addict is, these days, because addiction has entered the mainstream as acceptable behaviour, unless it's really extreme. But our consumer society encourages addictions of all sorts ~ alcohol, gambling, drugs, shopping, sex, computer gaming ... to name but a few.

So how can we recognise addiction? I would say that addiction is characterised by an over-riding compulsion to do something which will completely screw you up and screw up your life and the lives of the people that love you. It's not so important what the addict is actu-

The Alcohol Demon by Amerigo Salazar

ally addicted to. It's about having an addictive personality. In fact, some addicts spread their addictions over many substances and other need-fulfillers so that no one addiction dominates and thus their addictive personality is less visible to others.

Having an addictive personality is like being on an irresistible path into complete destruction and annihilation. It's like a ten-ton truck with failed brakes careering wildy

Shamanic healing, alcoholism and co-dependency (contd)



out of control down a hill and anyone who gets in the way ~ like friends and family ~ are mown down too.

It is also my experience that there is something I call the 'alcohol demon'. I call it this because there is often a sudden change in personality that comes over the addict before he inflicts pain. I would look into the eyes of my partner in those days, and not recognise the person behind them.

Whether or not it is an actual demon, the addict behaves as if under the control of another entity. There is a compulsion that disables and then over-rides the addict's common sense. I once saw a journalist drink himself to death. He wasn't unhappy. He had a lovely home and a lovely partner, and he was often the life and soul of the party. But when

the doctor told him that if he continued to drink alcohol in the way that he did, he would soon die, my friend ignored the advice and carried on, and he passed away quite soon after that.

And so one can certainly see this kind of compulsion as possession by another entity ~ one that doesn't have the best interests of its host at heart. When I lived with my alcoholic, I used to sometimes feel that this entity wanted me gone. As an alternative health journalist, I was always coming up with the latest cure to help him ~ and he would try them all and then give up after the first treatment. In the end, he did try to kill me, but it didn't look like it was him behind his eyes when it happened.

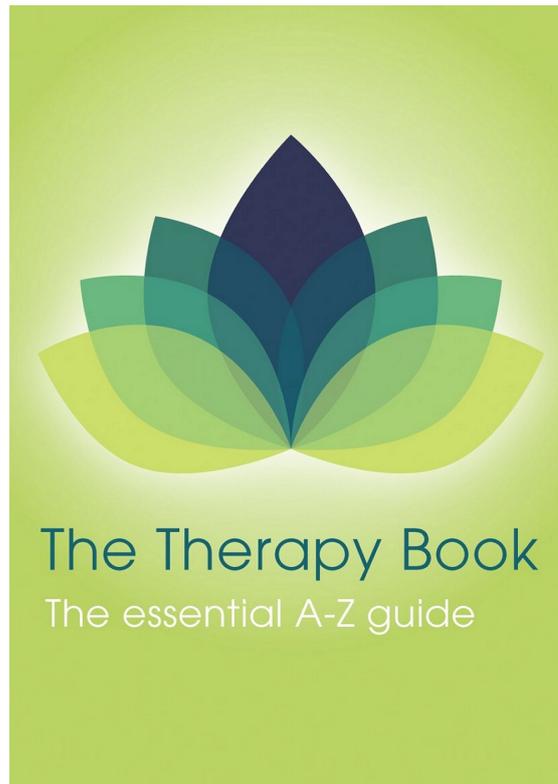
So shamanic healing can also extricate this entity from the addict's energy field by a process

called shamanic extraction. The shaman, in trance, is shown where the entity is lodged and then there is a process of extraction which, if done properly, is safe, effective and powerfully transformative.

However, the addict first has to want it removed, and that's usually the sticking point. There are very few addicts that will seek recovery until they hit rock bottom in life ~ until there is no-one or nothing to support them anymore.

The presence of the co-dependent prevents the addict from hitting rock bottom, and so even though they want to help, their 'help' is counterproductive.

There are many different kinds of love, and 'tough love' is one of them. In this case, it is the only kind of love that works.



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