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— Jini Patel Thompson
Editor

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WHAT INITIALLY CAUSES SERIOUS ILLNESS?



By Annabel Fisher EFT-Adv.

One of the questions on my EFT (Emotional Freedom Techniques) client intake form asks “Are you on any medication?” Many of my clients can easily list several forms of medication they are taking; ranging from blood pressure pills, to diuretics, to painkillers, to anti-depressants. These medications are managing the current symptoms, but they are not resolving the underlying emotional issues - which could well have triggered the illness in the first place. Moreover, if these issues are not dealt with, will there ever be an opportunity for healing at a core level?

That said, I fully appreciate that medical treatment can play a vital role in the healing journey. If a client is taking medication, I emphasise EFT is not intended to be used as a replacement for medical treatment, but can be used in conjunction. It has been my experience in certain cases, however, that as underlying emotional issues are cleared, the medication level can be reduced under the guidance of the medical doctor.



Despite the thorough examination and questions, which lead to the medication being prescribed, the question of why the person became ill in the first place is rarely considered. There may be events in her life; repressed emotions, or strong beliefs, which have contributed to her physical deterioration. Our bodies are incredibly resilient and robust, so what causes them to stop functioning at this dynamic level? Why do some people become seriously ill when stretched to the limit, while others continue functioning comfortably and effortlessly?

When I was diagnosed with Chronic Fatigue Syndrome (CFS) in 2003, my doctor didn't ask what was going on in my life at that time. He didn't know I was stressed and exhausted from work, or that I was grieving the loss of my aunt, who had died unexpectedly, or that I was deeply unfulfilled in my marriage. He did offer me anti-depressants and sleeping pills though. Per-

haps this was his way of dealing with whatever had caused my illness. At that time, I was so relieved to be given a 'label' finally, some official recognition I was ill, that I wasn't concerning myself with what might have caused the illness.

The euphoria was short lived however, and when I started to contemplate how ill I really was, and the changes I would need to make in my life, the anti-depressants and sleeping pills appeared appealing. In spite of this, I understood my body and mind enough to know this medication would be a temporary crutch and it wasn't the answer. I needed to look deeper.

It didn't take me long to realise I had pushed myself too hard in all areas of my life and expected too much of myself. I'd always been a very driven person who enjoyed a challenge, and yes, I am a perfectionist into the mix! Perhaps my body was able to function at a

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high level at one time, but when my marriage became so uncertain and I felt a complete loss of control in my work and personal life, it was enough to tip the balance. These stressors took their toll on my body once and for all.

On my website, I write that when I was introduced to EFT (Emotional Freedom Techniques) “it was the ray of hope I was so desperately searching for.” That is because by using the technique, in a very gentle, yet powerful way, I was able to start addressing the reasons behind my serious illness and experience permanent relief as a result – both physically and emotionally. Reducing the chronic pain, digestive disorders and brain fog was like a gift from God; dissolving the fears, resentment, loneliness, and regaining control, was liberating and empowering. I felt like a lighter version of my former self.

When a new seriously ill client comes to see me, one of the first questions I ask is:

“What was happening in your life before or during the time you became ill?”

I’m looking for stressors such as uncertainty, loss of control, and fear, which could have affected the balance in their lives enough to make them ill.

They usually answer, “I can tell you exactly what was happening at that time...” They recall specific events such as the death of a loved one, financial stress, relationship difficulties, or the loss of a job. These are enormously challenging and potentially highly stressful events. How we respond to them determines the impact they have on our bodies.

Together we then use EFT on how the client feels about the event: the negative emotions, beliefs and memories that she is holding about that specific time. Once these are cleared – and there might be many layers involved – she can reflect back with a comfortable level of acceptance about what happened, and focus on how she will move forward. The beliefs and emotions pertaining to that specific time could be well-established patterns; they are usually emotionally and physically debilitating. There is only so much stress the body can take, only so much support the adrenals can give.

In my experience of using EFT for serious illness, it appears that once the intricate layers of emotional stressors are addressed, cleared and neutralized, the body is free to start healing itself. That is when we start to notice the physical symptoms, such as digestive disorders, chronic pain, exhaustion, or sleep disturbances, are reducing and disappearing.

Many of the seriously ill clients I work with are very driven. They have expected a lot from themselves and often have been self-critical, striving for perfection in all areas of their lives. Most significantly, it has been challenging for them to say “no” to others and their lives have been about giving and pushing themselves to the limit. When I hear their stories, I empathise because I, too, once functioned on that level. As a teacher, I gave unconditionally, as a wife, I gave unconditionally, and as a person, I didn’t know when to say, “No, I don’t want to do that”. I wasn’t aware of

boundaries and truly believed it was right that others came before me.

The joy of EFT (Emotional Freedom Technique) is that the technique doesn’t only clear emotions and limiting beliefs about past events, which may have caused us to become ill. But, we can also use EFT to clear limiting self-beliefs about who we are and what we expect of ourselves now; beliefs which could be preventing us from healing at a core level and reaching our fullest potential. With EFT as an accessible tool, we no longer need to feel a loss of control about our present or our future.

Annabel Fisher is an Advanced EFT Practitioner, Licensed NLP Practitioner, and Hypnotherapist. She specialises in: coping with serious illness and chronic pain; overcoming stress and overwhelm; increasing self worth, confidence and the motivation to recover; and peak performance issues. She sees clients in her private practice and works over the phone. Approximately 50% of her clients are phone clients. Visit www.EFTHealingCentre.com or phone 604.514.5053 for a free 30 minute consultation.



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OSTEOPOROSIS AND CHRONIC DIARRHEA



By Carolyn Dean M.D., N.D.

In the previous issue of *Good Health Is Real Wealth*, I wrote about the loss of nutrients due to diarrhea, and the best way to replace lost electrolytes. In this issue, let's look at how to prevent nutrient loss so that osteoporosis will not develop. Because, unfortunately, the main medical treatment for this condition includes harsh drugs that are very destructive to the gut.

There is no question that you lose a lot of calories and nutri-

ents when you suffer from colitis, Crohn's, or IBS-induced chronic diarrhea. As a result, you can lose weight, become fatigued, suffer frequent colds and flus, and can develop osteoporosis. Food in one end and out the other in a matter of hours leaves inadequate time for digestion and absorption. An irritated gut or a leaky gut, as described in *IBS for Dummies* (Dean, Wheeler, 2005), can prevent the absorption of nutrients due to loss of necessary enzymes and receptor sites on the gut lining. Even worse, a leaky gut can absorb undigested food molecules and yeast toxins through micropunctures in the gut lining, causing symptoms of allergy and inflammation.

Impaired digestion and elimination are the two main features of a chronic-diarrhea-GI tract and if you try to get your nutrients through supplements, many people report that their multivitamin comes out the other end intact.

Reports from sewage treatment plants that a common, heavily advertised multivitamin is clogging their filters, tells me that it's not just people with IBS that fail to absorb their vitamins.

When writing *IBS for Dummies* I became aware of the nutrient gap in IBS. I also researched mineral absorption for *The Magnesium Miracle* (Dean, 2003, 2007) and found that most minerals available today are only 5-17% absorbed from the intestines into the blood stream. So when the intestines are rapidly flushing food (as is the case with diarrhea), there is even less time to absorb what we need. When it comes to minerals, what the body really wants is food-based minerals. The amazing alchemy of plants guarantees that minerals are in the proper size and conformation to ensure their rapid absorption at the cellular level. Mineral supplements that come directly from the soil and not from plant sources are so badly absorbed that researchers are expressing concern.

Side Effects Of The Fosamax Family

A class of drugs called bisphosphonates (Fosamax, Actonel) are increasingly prescribed to prevent osteoporosis. They are the ones where you have to sit straight for several hours after ingesting, to make sure you don't burp them up and burn your esophagus. Erosion or perforation of the esophagus can be caused by these drugs. Their function is to destroy our body's osteoclasts that govern bone breakdown and remodeling. There's a fine balance between osteoblast activity, which builds bone and osteoclasts that breakdown bone. However, research now shows that without the very important activity of bone remodeling and shaping by the osteoclasts, bones (although on the x-ray they may look more dense) are more brittle and break every more readily than osteoporotic bone. Lack of sufficient osteoclasts has been associated with a rare condition called osteonecrosis of the jaw, as the brittle jaw bone collapses under the strain of eating!



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A New Zealand study published in the *British Medical Journal*, January 2008, followed almost 1,500 women, half who took a calcium supplement and half who took a placebo for five years. From previous research it was thought that calcium may help to lower the level of cholesterol in the body. Instead they found that of the women who took the calcium supplement, thirty-one experienced heart attacks and only twenty-one of the women on placebo. The head researcher commented that "This effect could outweigh any benefits on bone from calcium supplements."

There are several causes for concern here, but none of them are currently being addressed by the researchers:

1. The calcium used in this study was 1,000 mg of elemental calcium from calcium citrate - although better than calcium carbonate, which is only 5 % absorbed - calcium citrate is still only about 12% absorbed. The other 88% is then free to cause constipation, or to deposit in various parts of the body and cause atherosclerosis, breast calcifications that are misdiagnosed as cancer, kidney stones, gall stones, heel spurs, and fibromyalgia. Since there is about 200 mg of elemental calcium in each 1,000 mg tablet of calcium citrate, this means that study participants were taking 5,000 mg of calcium citrate. The reason for giving so much calcium, is because so little of it is absorbed.
2. Calcium given without the proper ratio of magnesium

causes muscle spasms. The heart is the biggest muscle in the body! Heart disease and hypertension are treated with calcium channel blockers because too much calcium in the blood causes muscle spasms in the heart muscle.

3. Calcium needs natural Vitamin D3 for absorption and proper function. A professor at Simon Fraser University in British Columbia found that synthetic Vitamin D2 moves calcium into the arteries creating atherosclerosis, puts lead in the bones, and forces magnesium out via the urine.

Everyone needs a better solution to osteoporosis, not just those with chronic diarrhea. Here is what I tell my clients for bone health and general all-round health:

1. Eat organic food as much as possible
2. Chew well, you can do one

third of your digestion in your mouth using your salivary enzymes

3. Use organic vegetable and fruit powders if you aren't getting enough in your diet
4. Use minerals that are small enough to be absorbed directly into cells; angstrom-sized (www.pureaquahealth.com)
5. Use food-based vitamins that the body can recognize (www.grownbynature.com)
6. Exercise daily to give your bones a workout

Carolyn Dean M.D., N.D., has written fifteen health books. Her latest eBooks are *VidaCosta Good Health Encyclopaedia* (named for a spa she is opening in Costa Rica, 2010) and *Death by Modern Medicine: Seeking Safe Solutions*. Dr. Dean offers Telephone Consultations. Her website is: www.carolyndeandean.com



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GLUTEN-FREE: SHOULD YOU BE?



By Debbie Sarfati H.H.C.

My client Elizabeth came to see me after struggling for three years with IBS: chronic bloating, distention, and severe constipation. All diagnostic tests were normal (colonoscopy, blood tests, etc) and so she was taking a combination of four laxatives that her doctor suggested, with little relief.

Jasmine could not stop getting sick! Almost every other month she caught a cold that would last the better part of two weeks. Just when she was starting to *really* feel better, the next cold seemed to be waiting around the corner. She exercised, ate well, and took

high quality vitamins and supplements, but still could not figure out what was damaging her immune system.

Deena struggled with severe joint and muscle pain and fatigue. The joint pain was constant and felt as if each of her joints were being squeezed and crushed. The muscle pain felt like knives being drawn through her arms, legs and core. Doctors had her on four different drugs to help with the pain and her weight increased by about 20 lbs in a short time.

Besides feeling groggy and hung over most mornings, Andrea had developed bumps on her arms and her hair started to thin and fall out. She felt moody and depressed. She was discouraged because although she was attempting to eat the healthiest foods, she did not feel well.

Each of these individuals had different symptoms and complaints, however, it was the same thing that improved each person's health: removing wheat/gluten from their diets. For me, it was my personal experience with Crohn's Disease and the desire to keep inflammation down, that lead me to learn more about gluten and it's negative effects on my body.

What is gluten?

Gluten is the protein found in certain grains such as wheat, barley, rye, some oats, and other lesser known grains such as spelt and kamut. Individuals that are sensitive to gluten can have varying reactions including constipa-

tion, diarrhea, bloating, fatigue, skin rashes, moodiness, joint and muscle pain, amongst others. There may be increased inflammation anywhere in the body.

Most people have heard of Celiac Disease. In fact, if you have IBS or IBD you have probably been tested for Celiac yourself—or at least you should be! Celiac Disease is the “ultimate” adverse reaction to gluten. It is an inherited autoimmune disease where ingesting gluten causes damage to the microvilli of the small intestine. For someone with Celiac Disease, it is not safe to eat even the smallest amount of gluten.

For the most part, the medical community still sees gluten sensitivity and Celiac Disease as one and the same. So, if your doctor tests you for Celiac Disease and the test results are negative, you might assume that gluten is not the culprit. Not necessarily!

Many alternative health practitioners, as well as some progressive MD's, are starting to understand that there are varying degrees of sensitivity to gluten. For someone who is gluten sensitive (but not necessarily Celiac) removing gluten from the diet can still have a tremendous, positive impact on a variety of health issues.

Elizabeth has followed a gluten-free diet for about 1 year now. She has stopped taking all of her prescription laxatives and her IBS is 95% gone. Jasmine has literally had only one cold in the 10 months since she stopped eating gluten, with no other diet or lifestyle changes. Within 24-hours of removing gluten from her diet,



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Deena had more energy and surprisingly less pain. After two weeks, she had *no* pain and was able to discontinue most of her prescription drugs. Additionally, she lost 14 pounds in only a few months, feeling like the weight was “melting” off her body. For Andrea, it took one month of going gluten-free to notice her moods starting to “even out”. After a couple of months, the bumps on her arms were gone and her hair is no longer thinning or falling out.

Due to my own success with eliminating gluten from my diet, I have had nearly 25 clients with IBD tested for gluten sensitivity. At the time of this writing, *every single* client that has tested positive for a sensitivity and has removed gluten from his/her diet (on a trial period) has decided that the health benefits are significant enough to maintain a gluten free diet (for the long-term). To me, that is pretty revealing!

For example, my client Don, made his first appointment with me after “nearly dying” from colitis and multiple bacterial infections. He went on a gluten-free diet shortly after beginning our work together. At his next colonoscopy his doctor told him “for as long as I have been seeing you (15 years) I have never seen your colon so healthy”. Another client, Shelly, with colitis, recently told me nearly the identical story. (Sadly, neither doctor was very interested in hearing *what* my clients were doing differently!)

What can you do?

Test for Celiac Disease. It is my opinion, that if you suffer from digestive complaints (or any autoimmune or chronic health condition) have your doctor test you for Celiac Disease. Celiac Disease effects nearly 1 in every 100 people, and 97% are undiagnosed.

Test for gluten sensitivity. Enterolab (www.enterolab.com) offers a variety of tests, including

a stool test for gluten sensitivity. They also provide genetic testing. This is the lab that I used myself and with each client listed in this article. Immunosciences Lab (www.immunoscienceslab.com) also offers saliva testing for gluten sensitivity.

Try a gluten free diet. Many people simply feel better with *less* gluten in their diets. Take gluten out for a month and see if you notice a decrease in any of your symptoms. My fiancé is almost 100% gluten free at our house (because of yours truly!) and now he notices that he gets congested whenever he dives into the bread basket at a restaurant.

Since going gluten-free, my client Margaret’s eczema is 100% gone, however, she gets terrible eczema around her lips (making them look severely “chapped”) when she unknowingly consumes even a small amount of gluten.

Please understand that some people have to *completely eliminate gluten* from their diet to really see a change. It may take several weeks, or months, to feel a dramatic difference in your symptoms. Every person’s body is different, but it may be worth a try for yours!

Debbie Sarfati H.H.C., is a Certified Holistic Health Counselor and the owner of Whole Nourishment in Boulder, CO. Debbie works with clients around the country to create customized nutrition programs that improve diet, enhance wellness, and eliminate health problems. Call 303.938.1468 or visit: www.wholenourishment.com

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CHRONIC ILLNESS & THE FAMILY DYNAMIC



By Jini Patel Thompson

There are many different factors that contribute to childhood chronic illness; ranging from environmental and nutritional factors, through to emotional and psychological factors. In my experience, if a child becomes ill and remains ill, it is rarely, if ever, just about the child.

Obviously, the mother and father are responsible for their children's physical health, because they are the ones who make key decisions like: Do we eat organic, or pesticide/antibiotic/hormone-laden food? Do we cook with stainless steel or toxic T-Fal pots and pans? Do we cook our food in a microwave that denatures the proteins and causes harmful changes in our blood chemistry, or do we cook in the oven and stovetop? Do we dress our children in synthetic fabrics, which cause them to absorb xenoestrogens through their skin, or do we dress them in natural fabrics only? Do we clean our house and our clothes with natural substances, or do we use toxic, polluting substances? And so on.

More complex, however, are the ways in which parents are responsible for the emotional and psychological factors which can result in chronic illness. As John Harrison, MD writes in his book *Love Your Disease; It's Keeping You Healthy*, "The interaction between members of a family will

us to inadvertently reinforce our child's illness? Are we to *blame* for that? No. But, ultimately, are we *responsible* for that? Yes. And taking responsibility is a wonderful thing – because it means that not only can we get to the root of what's really going on, but we can fix it too!



often initiate and maintain both health and disease."

As a parent, our instant, knee-jerk reaction may be anger and indignation that somehow we are to "blame" for our child being ill, "How dare you even suggest that, when I am doing everything in my power to help my child!" And yes, our feelings are valid. We are doing everything we know of to help our child. But what if there are things we don't know about? What if our ignorance is causing

Illness can be used as a way to obtain protection; from an older sibling, from verbal, or physical attacks, or from stressful parental expectations to perform in various areas (scholastically, sports, religion, socially). When the pressure from parental expectations becomes too great to bear, illness is the one great pressure-reliever that's accepted with no arguments and minimal negative consequences. Illness will not only allow a child to say "No", without

HOW STRESS CREATES ILLNESS

Stressor (pressure, expectation, demand,
abuse, anxiety, fear, etc)



Triggers Nervous System
& Hormones



Affects brain, nerves, pituitary, adrenal, kidney,
blood vessels, connective tissue, thyroid, liver, white blood cells,
and all the many interrelations between these



Primarily affects the hormonal system (adrenal glands),
the immune system (spleen, thymus, lymph glands),
the digestive system (intestinal lining)



Rats autopsied after stress had enlarged adrenals,
shrunken lymph organs and ulcerated intestines.

*(Compiled from When The Body Says No by Gabor Mate MD,
Random House 2003, pages 31-33)*

suffering anger, recriminations, or pressure, but usually with the added bonus of receiving sympathy, concern and caring.

Let's look at a basic example of how this can work: Johnny doesn't want to be on the soccer team anymore, he's not enjoying it, it's not fun anymore and he finds it too competitive and stressful. But Johnny's Dad is the team coach and Johnny knows how terribly hurt, disappointed and angry Dad would be if he told him he wanted to quit. Johnny knows his Dad will have a fit if he even suggests quitting. Johnny has tried to talk to his Mum about this, but his Mum also doesn't want to go through the fallout from Dad, so she tries to placate Johnny with things like, "But Johnny, you

love soccer. And you're the top scorer on the team. You'd be miserable without soccer. And what are you going to do instead? Just sit around and watch TV? It's only twice a week." and so on.

So what are Johnny's options? His gut and higher self are telling him not to play soccer on the team anymore, because it's not healthy and enjoyable for him. And he also suspects there's something not quite right about so much competition and anger among the parents and coaches of his soccer league, and this makes him feel tight and tense in his gut as well. But neither his Mum nor his Dad are open to hearing or accepting his truth and reality.

So, he can either go head-to-head with them, and state openly

that he is quitting soccer (which will result in extreme hardship and hurt in his young life – and may not even be allowed) or he can physically incapacitate himself. If he develops a serious illness, or injury, that prevents him from playing soccer, not only will he fulfill the leading of his own mind/body wisdom, but he will have the support of his parents too. Brilliant! Could there be a better solution? Instead of suffering anger, rejection and bad energy in the house for weeks or months; by injuring himself, or becoming ill, Johnny gets to retire with the full love, support and concern of his parents.

Of course, none of this has been reasoned out or accomplished by Johnny's conscious mind. This entire process and implementation has taken place on the subconscious and spiritual planes of Johnny's being. Once you understand this dynamic, you will be able to trace back the roots of illness, injury, or 'accident', and see how our body is always advocating on our behalf. As the parent of a chronically ill or injured child, we have the challenge of courageously tracing the child's pattern of illness back to our own unhealthy expectations, pressures, beliefs, energetic-environment, stressors, etc., that our child is responding to.

In this way, the Healing Journey for our child becomes a Healing Journey for ourselves, as well. And we can either accept this gift from our child and use it to become stronger, healthier people, or we can rail against it and become incensed that anyone dare imply that we are somehow responsible for our child's illness.

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WAYS THAT PARENTS CONTRIBUTE TO ILLNESS IN CHILDREN

Go through this list of harmful, stress-inducing behaviours, attitudes and beliefs and see which ones you are inflicting upon your child. This will help you identify some of the roots of your child's dis-ease. Work on releasing these patterns (probably from your own childhood) from the "Negative" column, and replace them with the corresponding behaviours and attitudes in the "Positive" column.

NEGATIVE	POSITIVE
Be perfect, be the best	Be yourself
Stay strong and tough	Stay open and get your needs met
Don't cry, or don't cry too much, or for too long	Express yourself, lovingly allow yourself to release your stress
Go hard or go home	Balance is the key to health and peace
Please me – this will bring you rewards	Consider yourself, respect your needs
Listen to me and do what I say – even if it goes against your own mind/body wisdom steer you wrong	Listen to your gut and your higher self at all times – they will never
Commit and stick with it, no matter what the cost	Stay flexible and adaptable

And yes, the traits and behaviours in the left column usually produce "successful" people, who do what is expected of them in life and earn decent to excellent money. But do they produce healthy, happy people, who are at peace with themselves and their place in the world? Do they produce adventurous, joyful people who are healthy and secure?

Yes, it is possible to raise truly successful children, who aren't driven by fear and external controls, but rather by their own wisdom and self-determination. Fear, stress and pressure produce illness. Safety, balance, openness and peace produce wellness.

I recently did a teleseminar with Gabor Mate, MD, international bestselling author of *When The Body Says No*. At one point we were discussing how, as a child, you can develop unhealthy personality traits or behaviour patterns (like strict neatness, punctuality, perfectionism, high performance, etc.) as a way of surviving in your family environment. And you think that these traits are just 'who you are', so there's nothing you can do to change them. But in actual fact, they were coping or adaptive mechanisms that were developed at such a young age

that you assume they're part of your core personality, although they're actually not. I shared the example with Dr. Mate of myself being a neat and tidy person and he responded:

"I think you weren't born like that. Nobody's born a neat freak. It's something that developed in response to the environment. Something happened, certainly, in your early environment. I would argue, without knowing really anything about your early life, that there were great expectations on you and possibly very negative consequences for you, if you didn't

live up to certain expectations. Or maybe there was so much emotional mess around you, that you kind of made a decision to be extraordinarily neat in your life in order not to go that route. But something happened very early. It's a decision at an unconscious level that you made, but that doesn't mean it's part of your core personality. It's been wired into you, but it's not you."

Well, I have to say, he hit a home run with that answer. Great expectations with very negative consequences? Yep. My Dad told me that if I didn't bring home

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eight “A”s on every report card (out of 9 subjects), he would sell my horse – who I loved more than anything. Guess who always made the Honor Roll at school? Next: Lots of emotional mess around me? Oh yes, my father was physically (and verbally) abusive with myself and my siblings, and my mother failed to protect us from his anger. Now, my situation may seem severe and not applicable to your situation. But, as in the example above with Johnny, family dynamics that create and support illness can be much more subtle.

I’m reminded of a client whose son had Crohn’s Disease. Now while there were clear physical factors that had contributed to his illness (vaccination, the mother had received multiple courses of antibiotics whilst pregnant and post-partum – but still breastfeeding, pasteurized milk intake, environmental and food-borne toxins, etc.), there were also some compelling emotional factors present within the family dynamic. For example, the mother and father had many serious, unresolved issues in their marriage. Having a chronically, dangerously ill child enabled the mother to focus on her son’s needs and also to sleep in his

room for years; thereby helping the parents avoid dealing with their marital problems. This boy was providing a vital service for his parents, by preventing divorce, or a family atmosphere filled with tension, hatred and turmoil. And therefore, he was also ensuring his own emotional safety.

In *Love Your Disease; It’s Keeping You Healthy*, Dr. Harrison says, “We harm ourselves physically, in order to protect ourselves psychologically.” He tells a story about a client whose daughter, Jessica, was two days old when she had a seizure. The matron of the hospital ignorantly and mistakenly told the mother that baby Jessica nearly died due to lack of sufficient nourishment. This news, combined with the mother’s own need to have a dependent, fragile daughter, resulted in the mother overfeeding Jessica continually from infancy – so that she wouldn’t get sick. By the time they sought Dr. Harrison’s help, Jessica was in her twenties and very obese. Dr. Harrison says:

“Jessica had clearly decided that she couldn’t stay alive without being overfed by her mother. She still believed that unless she was obese, she would die. She’d been told that the way to stay well was

to be fat, and therefore believed that if she lost weight she was risking becoming ill. This is an example of keeping unwell in order to stay well.”

If you are the parent of a chronically ill child, then a key component (and often the main component) of your child’s healing lies within you. Yes, this is a difficult reality to face. But again, don’t take it as blame. You are not to blame if you do not know what you are doing. But if you want to see your child (and yourself!) healed, then you must take responsibility for your contribution to your child’s illness. Once you start to identify the ways in which you are supporting illness – what you are doing, saying, expecting, the beliefs you hold, etc. – you can start to change, heal, and release these things within yourself. As you shift and heal, your child will shift and heal as well. For long-standing patterns, your child will likely need healing themselves. EFT (Emotional Freedom Techniques – www.emofree.com) is a great healing modality for both you and your child. But for young children and infants, often just healing and changing yourself is enough to produce shift and healing in them.

If you are now an adult with a chronic illness, then identifying these triggers and contributors is a big part of your healing path. The top “disease-causing traits” – like inability to say ‘no’, taking responsibility for other people’s feelings, perfectionism, high achievement, feeling others’ pain more strongly than your own, repressed anger, unhealthy expression of anger, etc. – may



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have been acquired in childhood, but they can be healed in adulthood.

Going back to the example of my own childhood: As I have healed myself using various emotional and spiritual therapies like craniosacral, hypnosis, EFT (Emotional Freedom Techniques), past life regression, acupuncture and energy healing – my parents have shifted and healed too. Because we are a family and energetically joined, the shift goes both ways; if the father heals himself, the son (or daughter) will automatically experience shift and healing. Likewise, if the son heals himself, the father will automatically experience shift and healing. In my case, both my parents were also very open to hearing and dealing with the truth and working together to effect healing in our lives. As a result, we have all experienced profound shift and healing in our lives and the love flows freely and strongly amongst us. The thing that the adult child has to remember as she is healing the roots of her illness, is that her parents probably wounded her out of ignorance, and the woundings of their own childhoods. My father hit his kids because he was hit as a child and had not healed his own pain and trauma before he had children. He was performance-oriented and driven to high achievement because these were the lessons of his own childhood. He was born and raised in Kenya, but sent to boarding school alone in England at the age of 15. His father didn't have enough money to send all eight children to university, so as one of the eldest, the pressure was on him to succeed and become financially successful.

My mother could not adequately protect her children because she was swamped with dysfunctional behaviours and low self-esteem resulting from her own dysfunctional childhood. She did not have the self-esteem or personal power to stand up to my father and stop him from hitting us. She also couldn't leave him, for numerous valid and understandable reasons.

As an adult child seeking healing, we need to be able to understand and have compassion for our wounded parents. Virtually no one harms their children intentionally – unless they are mentally ill. But even then, one must ask the question: Why is that person mentally ill? Again, we come back to the same place. You cannot give what you don't have. And you cannot teach what you don't know. So we must have compassion and understanding for both the wounded child and the wounded parent. And from these things, as we heal ourselves, will flow forgiveness. Is this a wounding, a scourge, a trauma? Or is this an opportunity for healing? Of course, it is both. But if you remain stuck in the "I am a wounded person, I am a survivor, I am damaged" space, then your illness will continue. If you move into the Healing Journey pathway, then you open yourself up to root-level healing, forgiveness and love.

For myself, I am on both sides of the family dynamic of illness. I developed a chronic illness as a result of childhood woundings. And I am now a parent, inflicting damage on my own children, through my unhealthy traits and behaviours. Yes, I have healed

and resolved enough that I no longer have a physical illness, but I still have a fair way to go before I'm living, breathing and reacting in consistently healthy emotional patterns. I still have to be conscious about when, whether and how I am inflicting unhealthy behaviours on my children and teaching them (through my own behaviour modeling, pressures, and expectations) unhealthy traits and patterns of behaviour. Thus, I continue to seek healing and release for myself. I also use EFT surrogately for my children (EFT is an effective therapy that you can use surrogately – on someone else's behalf). I figure if I didn't get their permission to screw them up, I don't need their permission to heal them! It's all part of the Healing Journey. Parents and children are energetically, physically, emotionally, and spiritually intertwined – this is the family dynamic that has the potential for great harm, or great love and healing. The choice is ours.

Whether you are an adult with a chronic illness, or the parent of a child with a chronic or serious illness, you can use the lists in the box following to identify unhealthy behaviours, beliefs and patterns, and then shift/heal them.

Jini Patel Thompson, is a natural health writer and consumer advocate. She has had numerous books published on natural healing for digestive diseases. Her articles on natural health topics have appeared in publications in the U.S., Australia and U.K.

www.JiniPatelThompson.com

LISA MARIE'S COCONUT-LIME CHICKEN SOUP**By Lisa Marie Battacharya****Lisa Marie's Coconut-Lime Chicken Soup****Ingredients:**

- One quart (4 cups) homemade (organic/free range non-medicated) chicken stock
- One large onion
- 1 tbsp organic butter
- 1 tbsp extra virgin olive oil, cold-pressed
- One large parsnip (scrubbed, not peeled)
- 3 stalks of celery
- 5-8 kaffir lime leaves
- 1 organic lime (juice, pulp and zest)
- 1 sprig of fresh Thai basil
- 1 sprig of fresh parsley
- 1 can organic whole coconut milk
- Unrefined sea salt
- 1 cup of meat from a roasted organic/free-range non-medicated chicken, chopped (optional)

Process:

1. Sauté onions in butter and olive oil, add in parsley. Add chopped parsnip and celery and sauté until soft. Meanwhile, heat chicken stock and add kaffir lime leaves to soften (if dried). Add roasted, chopped chicken meat (optional), lime rind, juice and pulp to stock.
2. Add coconut milk and Thai basil to simmering onions, parsnips etc. Mix thoroughly, salt to taste.
3. Add to stock and simmer for half an hour to meld flavours.
4. Serve hot with a sprinkling of grated lime zest on top.

Lisa Marie Bhattacharya R.H.N. is a Holistic Nutritionist who is passionate about whole, natural foods; as nature intended. She is constantly being reminded of the power within properly prepared, life-giving whole foods (she has healed herself from severe health issues with holistic nutrition principles), which are integral in her unique approach of supporting her clients as a 'whole person' – body, mind and spirit. She has a keen interest in food security and is always looking forward to her next delicious meal consisting of local, sustainably-grown foods and hopes to inspire you to do the same. www.lisamariewhitaker.com

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GREAT ANSWERS TO COMMON QUESTIONS



By Michelle Hancock

Q: How can I find a local practitioner with experience with a specific health issue (e.g. digestive disorders, irritable bowel disease, cancer, heart disease, etc)?

I wish there was one easy answer because this question is one of the most commonly asked ones that I receive and it would make my day job a heck of a lot easier!

Finding a practitioner can take a little time. It's very possible, though. It just involves a little research. The first tip is, think, "Association." Most organized natural health professionals belong to associations whose duties include knowing their members and providing referrals. Since I live in British Columbia, I'll use the BC Naturopathic Association as an example. On behalf of HANS members, I frequently call their office 604-736-6646 to ask after naturopathic doctors who focus on certain conditions.

If you're trying to find an ND by area, most professional associations also have a searchable feature on their website. Type in

your city, postal code or zipcode depending on the search engine, and voila!

For NDs in Canada, try www.naturopathicassoc.ca. For the US, try the American Association of Naturopathic Physicians: www.naturopathic.org/findannd.php

For homeopaths, try these: North American Society of Homeopaths: http://www.homeopathy.org/directory_entrance.html

National Center for Homeopathy: <http://nationalcenterforhomeopathy.org/>

Canadian Society of Homeopaths: http://www.csoh.ca/Directory_of_Registered_Homeopaths.htm

Start by searching for national professional associations, then narrow your source down, which should ultimately give you a website or phone number you can contact.

Other than for finding professional associations, the Internet is indeed an amazing resource. Following are a few websites to get you started.

www.JiniPatelThompson.com has a growing Health Practitioners page where people can enter, and find and leave recommendations.

www.HANS.org belongs to Canada's only natural health consumer-based network and has a searchable practitioner and product database. Type in a keyword and you're likely to get a list of contacts (mostly in BC and Alberta, at the moment).

Find an online chat group that relates to your particular health

issue or concern; join and ask fellow chatters for suggestions. www.Healthsalon.org is one I've used in the past.

Don't forget your Yellow Pages. I'm personally guilty of neglecting this underutilized resource in favor of the electronic world. Just today, I spent 10 frustrated minutes online, only to whip out my business phone book, and there the answer was.

Also keep an eye out for health magazines in your area. Practitioners often advertise particular areas of interest in their listings.

Ask your family, friends, other natural health practitioners for their advice/referrals. You'd be



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surprised just how small your local health community is.

Keep in mind that no one particular product, service or practitioner is going to work for everyone, so whoever you ultimately find, ask questions. It's your health, so it's really important that you feel confident in your choice.

Q: How can I get fair information on natural health products? Are there any independent companies that can provide fair, objective assessment of natural supplements?

Oh, I wish! The only independent reviews I've seen of products lately are by www.consumerreports.org. You have to subscribe to get full access to their reviews, but if you sign up for their free e-service, you'll get a regular sampler with a few reviewed brand names and food for thought, if nothing else. They're quite good at finding out if what's on the label doesn't match what's in the bottle.

Are you looking for products for a particular condition? Find an informational natural health website about that condition and see if they have chat groups with people who could pass along a few suggestions.

In Canada, Alive Publishing published a products compendium that must be 10 years ago by now, and unfortunately, it hasn't been updated. However, the annual alive Awards of Excellence (gold, silver, bronze) are independently decided, based on information provided by the company that has paid to enter the competition.

www.Naturalnews.com does some product reviews, but it's

a relatively new addition to this website, so the selection is a little limited as yet.

One well-established website that reviews (and sells) products is www.mercola.com. Dr. Mercola doesn't manufacture products (as far as I can tell), and claims to have researched them extensively, which does appease me a little, I must admit, as he was a natural health researcher before he was a natural health products salesman. If I were searching for a health product, that would certainly figure into my considerations.

When health food store shopping, don't be shy about asking a store clerk. Good products usually generate something of a buzz. Ask your friends. Ask your naturopath or qualified holistic health practitioner.

Health practitioners usually have a preferred brand – one that's often a "professional" brand and thus distributed through clinics and not available in stores. In my experience, the quality of these brands is high; if nothing else, it comes with the recommendation of someone you know and trust.

If you don't have a holistic doctor, join a natural health online chat or support group; people are pretty open about recommending (and bashing) products that haven't worked.

And if you can't find independent product research, which is unfortunately likely, research the company itself, which should shed at least a little light onto integrity. What's the history of the company? Do they have an info line that consumers can call? Were you reasonably satisfied by

the quality of the answers you received?

The good news is that health product regulations in North America allow consumers a certain freedom of choice. The not-bad-but-realistic news is that this means consumers assume a lot of responsibility for their own choices, and research is a part of that.

Before handing over that cash or credit card number, explore as many avenues for product information as time and patience allows. Good luck!

Michelle Hancock works part-time at HANS – Health Action Network Society, Canada's only natural health consumer-based network. Explore solutions for health and environment by joining and support a worthy, non-profit cause! www.hans.org
Tel: 604-435-0512.



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DO YOU HAVE A STRONG ENOUGH 'WHY'?



By Nicole Paull

"He who has a strong enough 'why' can bear almost any 'how'."

– Friedrich Nietzsche

Holistic healing is hard. That's a bare-bones fact. If you're dealing with a serious illness, holistic healing is not for the faint of heart. You need to be a strategist, a researcher, an analyst, a networker, a psychologist, an administrator and a financier – and that's just the short list. So how do you make a success of it? What do you build on?

When I think about life, it seems to me that whatever form it takes, adversity is adversity. The personal foundation that allows someone to emerge intact, if not tempered, from one fire can serve elsewhere. So here are three very different stories about adversity, one personal and two about men I've never met, but that profoundly inspired me.

When I think of triumphing over adversity, the first people I think of are my grandparents, Karl and Hildegard. They were married in the early 1930's and lived in the village of Kalmswiese

in the Sudetenland of the former Czechoslovakia. Their lives ended in relative comfort, but like so many in Europe, they were deeply affected by the turmoil of World War II, from its buildup through its aftermath.

They saw economic depression before the war, and economic collapse afterwards. Add in a war and fear of the kind of stomach-turning tit-for-tat that opposing armies wrought against the civilian populations in parts of mainland Europe. There were years of separation, since my grandfather was drafted into the army. Following the war, they lived through deportation... being told to take what you can carry and get out – now. They escaped from communist East Germany in 1962 by

pretending to go on vacation to the Baltic Sea. They couldn't take more than people would normally take for a week's vacation, they couldn't do anything that would attract attention, because God help you if you aroused suspicion. So twice in their lives, they had to start over with little more than the clothes on their backs. In the end, they made what most people would consider a good life for themselves, but there's no denying that they had some hard times.

I asked my father, who was ten years old when the war ended, how his parents – how anyone – got through those times. He thought about it for a minute and then told me, "Mental toughness."



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“What do you mean?” I asked.

He thought about it some more and then he listed the following:

- A willingness to let go of any “could have’s”, “should have’s” and “if only’s” and move ahead from where you are
- Patience
- Persistence

I let that stew in the back of my mind for a couple of weeks before I began to write. And gradually, it began to occur to me that there had to be something more. Those qualities seemed to me like bricks in a wall – you clearly need them if you’re to have a wall, but you also need something to hold them together in the desired frame. So what’s the mortar?

This brings me to the next story.

It is of a man named Leopold Engleitner, an Austrian of such humble origin, limited education and unremarkable appearance that you’d never guess him to be someone who could take on the Nazi regime and emerge the victor, but that’s just what he did. He was a conscientious objector to the war Hitler was waging, was arrested by the Gestapo in 1939 and survived time in Buchenwald, Niederhagen, and Ravensbruck concentration camps. The amazing thing is that historical documents support the fact that he could have gotten out at any time by signing a declaration that he had abandoned his convictions and would henceforth “integrate” himself “fully” into the Nazi state. You can read the full account in a book called *Unbroken Will* by Bernhard Rammerstorfer.

This man exemplified all the qualities my father mentioned. But the important thing to note for the purposes of this discussion, the thing that gives us a clue to the mortar in the wall, is that he had a ‘why’.

In his case, it was the power of his convictions. In my grandparents’ case, it was do or die – keep plodding along until you can do better than plod, or give up and die. Some people did.

In my own case, it was some hybrid between the two. I read about the allopathic approach to Crohn’s Disease and I said in my bones, “I’d rather die.” Of course, I didn’t really want to die! I wanted not only to live but to thrive. So that meant throwing my full weight into a different course of action, one that had a prospect I could live with. For me, it was part conviction, part “do or die”.

I had another reason, as well, at

least in the beginning. Increasingly, medical ethicists recognize the paramount importance of patients’ rights. Here’s a thought-provoking quote from a 2001 interview with Professor Olivier Guillod, who was then (and may still be) the Director of the Health Law Institute at the University of Neuchâtel, Switzerland: “I think the duty of [a] physician is not simply to preserve life, but the first and foremost duty of [a] physician is to respect the patient.”

To give him credit, the gastroenterologist I was referred to never did try to coerce me openly into taking drugs. He was more subtly disapproving. I got the distinct impression that while he was willing to stand by and let my little plan of action play itself out, in his mind, the conclusion was foregone.

But you know, he did me a real favor in a way. I was scared to death to stand up to someone I viewed as an authority, but what



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I saw as his patronization made me deeply angry. I'm not talking about rage, but rather the kind of anger that strengthens you for measured action. Interestingly, here's a quotation from Dr. Gabor Mate, whom Jini Patel Thompson recently had as a guest on a teleseminar, "It [healthy anger] doesn't have to have a whole lot of fireworks along with it; it's just a healthy form of expression of what your boundaries are. That kind of anger, or assertion, it's going to support your immune system. As a matter of fact, studies show that people that do martial arts - which is actually controlled aggression - their immune system actually improves as a result." I knew I was right about what I was doing and this doctor's indirect opposition fueled me with determination to prove it.

Here's one of the greatest descriptions of the kind of energy I'm talking about that I've ever read. It comes from Little Britches, the first in a series of memoirs by Ralph Moody:

"The wagon was right in the middle of the ford, where the sand was deepest, when Father called, 'Stop!' I didn't have to say 'Whoa' to the team. There was something in Father's voice that they understood as well as I did. He jumped off his wagon, waded right into the creek, and stood beside my front wheel. 'If I ever see you abuse a horse again,' he said, 'I'll put you at a hard job and give you the same treatment. Now pass me those lines!'... I passed him the lines, but I was sure we were stuck so hard it would take another team to get us out. Father drew the reins tight, so both horses were even; then he clucked once,

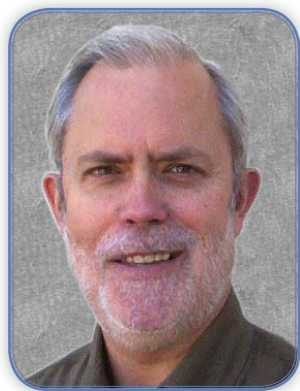
and the team set their shoulders and leaned into the collars. It was beautiful to watch. At first the wagon didn't budge, but it looked as though Father were pushing on those lines instead of pulling, and it almost seemed that I could see his will passing through them to the horses. The muscles bunched out on their thighs until they quivered, and the wagon inched forward. With their feet planted deep in the sand, they kept it moving, moving, until they were stretched out like show horses in a stance. Then their two nigh hoofs moved forward as if they had both been lifted by the same brain. Step by slow step, the wagon moved through the deep sand and up the bank. As soon as we were on level ground Father passed me the lines and waded back to his own team without a word."

The important thing to understand is that I'm not talking about adopting someone else's 'why'. You can examine other people's reasons, but that isn't strong or

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compelling enough to get you through the tough times. You need something that fires your blood, something with substance enough to keep it fired. You need to see, smell, taste, feel your victory before it ever happens – and you need to know why you want it. That kind of energy has power that is well-nigh irresistible. Once you have that, you've got a foundation you can build a plan for recovery on.



HOW TO GET EXCELLENT MEDICAL CARE

by Tom Robinson M.A.

There are primarily two ways to get excellent medical care. They are: 1) create a partnership with your healthcare providers, or 2) become a savvy medical service customer.

Some of you are fortunate enough to find an excellent doctor, or other practitioner, to give you excellent medical care. However, while we all want to find top-notch healthcare providers, I don't recommend relying on one as a way of getting excellent medical care. Since even the best physicians can make mistakes, I suggest to my clients who do have wonderful doctors that they create partnerships with them. Or to put it another way, I suggest that they look at their medical care as a team effort, and that they become a key member of that team.

Being a member of your medical care team makes it possible for you to get first-rate medical care, but it doesn't happen automatically. You need to be a diligent member of the team. One of the ways to do that is to learn as much about your illness as you can. The

more research you do, the better. For example, I've found Crohn's disease studies that my doctor didn't know about, and brought them to his attention.

As a diligent team member, it's also your job to ask probing questions. Your questions, and the answers to them, along with your doctor's knowledge and experience, will help you and your doctor decide on the best course of treatment for your illness.

But what if your doctor is not willing to have a medical partnership with you, and for various reasons you're not able to seek out another doctor? In that case, in order to get excellent medical care, you need to become a savvy medical service customer. Even if you currently have a great doctor, I recommend that you learn this skill. You never know when you'll need it, but chances are very good that at some point you will.

In order to be a savvy medical service customer, you will need to look at medical care in a way that's different from how most people view it. Let me explain what I mean. The way most of us currently look at medical care is as follows: There are the doctors, chiropractors, naturopaths, etc., i.e., practitioners who practice medicine. And there's us – their patients.

But another way to look at medical care, a way that I prefer, is to give the two groups described above different names. Instead of calling the first group 'practitioners', I like to call them 'medical service providers'. And instead of

calling us 'the patients', I call us 'the customers'.

The reason I prefer the second set of names rather than the first is because patients, due to many years of cultural conditioning, usually assume their doctor knows best. Also, there is an unstated understanding that they will follow their doctors' orders, without asking any questions. Customers, on the other hand, are looking for the product or, as is the case of people like us with IBD or IBS, the service that best meets their need.

If patients aren't happy with their doctors, they typically complain to their spouses and friends. On the other hand, if customers get poor service, they usually let whoever provided the service know how dissatisfied they are. And if they get poor service more than very occasionally, they take their business elsewhere.

Knowing that, most businesses that provide a service strive to keep their customers happy, because they know if they don't, they will lose them to the competition. I have found the same to be true for medical service providers. When their patients start acting like customers, the providers start giving them better service, which in this case is better medical care.

I have a specific suggestion for my clients when they tell me they aren't satisfied with the medical care they are receiving. I tell them to think of their doctor as their mechanic – a mechanic for their body instead of their car. Thinking of them in that way helps

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my clients shift their mindset to one of expecting and insisting on good service. It also helps them know that it's both okay and a good idea to make sure that any "repairs," i.e., treatments, their doctor recommends are the right ones for their illness and symptoms.

To carry this analogy a little further, when you take your car to the mechanic, he can't just do whatever he wants to it. That's because it's your car, not his. You're going to pay for the repairs. And after he makes them, it will be you, not he, who will be driving and relying on the car. For that reason, he can recommend the repairs he thinks are needed, but before making any, he needs your authorization.

In my view, the same reasoning applies to your doctor's treatments. It's your body he's treating, not his. He's not going to be living in it and relying on it after his treatment - you are. So it is your unquestionable right to authorize or decline any treatments your doctor recommends.

Of course, in order to make intelligent decisions about which recommended treatments to accept and which to refuse, you need to be knowledgeable about your illness and the treatments for it. Fortunately there are a lot of good resources, such as internet searches using search engines like Google and Jini Patel Thompson's book, *Listen To Your Gut*, that you can use to educate yourself.

I'm not saying that you should ignore your doctor's recommendations. He does, after all, have many years of training and expe-

rience. But I am saying that you have the unquestionable right to decide which medical treatments you receive.



Some of you who try the approach I'm recommending may run into a problem. While you may understand that your doctor is the provider and you are the customer who's asking for and expecting excellent service (respectfully, of course), you may have a traditional doctor who strongly believes in "the doctor knows best." Many of those doctors are still in practice. Fortunately, there are fewer of them than there used to be. Doctors like that used to be so prevalent that someone came up with the following joke:

A long line of people were waiting for their turn to answer St. Peter's questions so they could enter the pearly gates of heaven, when a man in a white lab coat and a stethoscope around his neck sauntered past them and walked right in. The people in line, who had been waiting for a long time, became very upset. They complained bitterly to St. Peter, telling him it wasn't fair for someone to cut in front of all of them instead of waiting his turn.

St. Peter reassured them, saying, "It's ok. That was God. He just likes to play doctor sometimes."

What should you do if you have a doctor like that? You could tell him the joke, but he probably wouldn't think it was funny.

Seriously, if you have a doctor like that, remember it's your body, not his, that's being treated. Also, I suggest that you consider bringing a spouse or a friend with you for moral support. You may find the following language or something like it helpful: "It's hard for me to say this, but I don't feel comfortable taking the drug you want to prescribe. I think for me the side effects will outweigh the benefits. At this point I want to try some natural treatments."

Your doctor may not like hearing you say that, but I've found most doctors will respect their patients' wishes when they are stated that way. If your doctor gets upset or angry when you question his recommendations, or tell him you don't want to follow them, you may want to consider finding another doctor.

These strategies have helped my clients get excellent medical care. I'm confident they will do the same for you.

Tom Robinson, M.A., Life Coach, gives people with chronic illnesses real hope that they can have the better lives they long for, then he helps them make that hope a reality. Tel: 805.965.8412 Get your free report: "Yes, You Really Can Have a Life Even Though You Have a Chronic Illness" at: www.chronicillnesscoach.com/coachtom



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