



Your Health and Environment Newsletter

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This newsletter is for health practitioners and laypersons

-who believe that excellent health and wealth is achievable for everyone,

-who are seeking for neutral and critical information regarding health, nutrition, lifestyle and environment,

-who are concerned about the ongoing environmental destruction and our children's future.

Dear Friends,

Maybe you have noticed already, that this year and specially the last two months changes have began to happen very quickly. Some of us were expecting and welcoming them, some others were taken by surprise. In any case, changes are always for our benefit, even if at the start they seem bad, we can always learn new lessons and apply their teachings positively.

We had also a lot of changes during the last weeks. From now on we teach Chinese Energy Healing and Martial Arts in our new school CHIWORKS AUSTRALIA. Our vision with this new school is to make the traditional Tai Chi, Qi Gong and Feng Shui more known in Australia (as opposed to modern styles). This ancient techniques are unique and tested over thousands of years. In this edition you can read about



the Healing Power of Qi Gong. If you like to learn Qi Gong in our classes in Moorooka, Wynnum or Goldcoast then visit please www.tai-qi-gong.com for more information.

As a specialized Naturopath in Advanced Energy Medicine I am from now on available for you at the RENEW-YOU clinic. RENEW-YOU is one of the leading clinics for health, vitality, wellness and beauty in Queensland and integrates conventional medical wisdom with natural therapies. For appointments at the Ashgrove clinic (Brisbane) please call 07 3366 8955 and at Robina (Goldcoast) 07 5575 9722.

I hope you enjoy again this very informative Newsletter.

Warm Regards,

The role of food in our daily life

By Bojan Schianetz

Have you ever thought about the significance of food and nutrition for you in general? For most people, food is very important, but only few ponder the theory behind it, only few question what they eat day by day.

Did you know that a person eats about 100 000 meals in his lifetime and that a housewife spends a total of 9 years of her life at the stove. You can see that we spend a lot of time preparing meals and of course, eating them. If I asked you, how important food and drink is for you, you would point out first of all that it is the most elementary need for survival. After

that, you would say that you like to eat and drink. At least, this is how I would have answered. We need food, like all living creatures on this earth, to build up the organism and keep it healthy. Food serves as an energy source which the body needs for biological processes and a constant body temperature.

This initial, rather sober definition shows us that we are subject to the laws of existence on earth, which are the same for animal or people. However, things are more straightforward in the animal kingdom. Years of indulgence might lead to a type of biological collapse, i.e.

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“...we are not satisfied with merely feeling full after a meal, we like our food intake to fulfil soulful needs like taste and gratification.”

sickness, for many people, but this is very different for animals. It is a fact that wild animals are able to pick out with amazing precision food which is the best for them qualitatively out of the wide variety nature offers. Obesity, high blood pressure or cancer are unknown to them, they know exactly what and what amount is beneficial for them. They also expend no energy preparing food, they eat their food raw and in a natural state. Should this be the solution for all sickness, should we copy apes in this regard and eat the same?

However, it doesn't seem to be as easy as this, as there is no way we would want to be likened to an ape and we would especially not want to eat like an ape. We have always had an awkward and ambivalent relationship to animals; might this be the reason for our efforts to change foods according to our agendas? The Greek philosopher and writer Nikos Kazantzakis (1885-1957) wrote: “Man is the animal that questions”. We are not satisfied with merely feeling full after a meal, we like our food intake to fulfil soulful needs like taste and gratification.

Who doesn't know the overwhelming feeling of comfort when having a warm bowl of soup? Who hasn't reached for a block of chocolate after a quarrel or because of frustration? What we eat, what not and which kind of preparation we choose for various meals is determined by our society and is different in different cultures. For the French, cooking is a kind of art and the meals are for gourmets. Sayings like “Eating like God in France” or “The way of love is through the stomach” mirror the significance of French cooking.

Spaghetti al dente with yummy pesto, followed by tiramisu for dessert contributes to the worldwide popularity of Italian cooking. Rice, seaweed and tofu is used in all sorts of variations and forms in Asiatic cooking. Indian cooking is as varied as its different religions and ethnic groups, as well as regions. Typical for it are curries. Of course, Greek cooking boasts lots of garlic, olive oil and sheep's cheese. Russia is known everywhere for caviar, preserved cucumber, vodka, champagne from the Crimea or borscht. I can

understand your urge to rummage in the fridge for something to eat now. But first, a few more interesting facts. In Germany alone there are 400 different types of bread, in France, 300 types of cheese, in Belgium, 400 different types of beer. More than 15000 fish recipes and hundreds of thousands of recipes for soups, biscuits, meat dishes and desserts are known worldwide.

During the 6 years that I lived in Brazil I got to know and love the Brazilian culinary culture. Eating is of great significance in Brazil and restaurants and so-called “currascarias” are frequented accordingly. I resided in the well-known culinary suburb of Santa Felicidade in Curitiba with about 50 currascarias. With 5000 seats, the biggest of these could provide for a small town on its own. Each weekend punctually at lunchtime, I experienced the impressive invasion of locals and tourists. Some currascarias had up to 100 people waiting outside for a table to be vacated. I took a lot of time watching the people and could hardly believe at times how much meat some patrons devoured. Depending on the restaurant, 10 to 20 different, freshly grilled pieces of meat were taken to the tables with guests pointing out the pieces he/she would like some of. The culture of eating with “rodizio de carne” thus probably shows the crucial role of enjoyment in eating which extends far beyond just ‘feeling full’. Objective, nutritional-physiological criteria simply don't come into it. The issue here is the satisfaction of a taste sensation and of the soul and to demonstrate sociological status.

Our day by day choices are influenced by various cognitive and psychosocial factors, amongst them economical and health consideration, habits, personal taste and emotional-existential orientation. Attachment figures and social environment, for instance by conveying a specific idea of what constitutes beauty, are also important.

Reference

This is a part of chapter 2 of my upcoming book “Live Food for the 21st Century”

Eliminate phobias in minutes with Meridian Psychotherapy

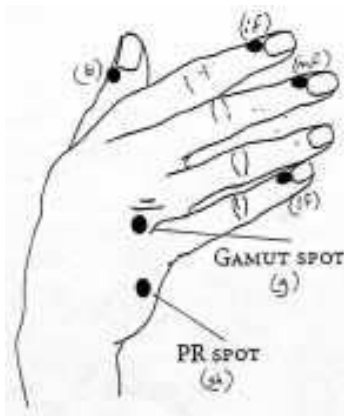
By Karin Schianetz

Eliminating fear, stress, anxiety, panic attacks, stress, trauma, guilt, any anger, loss weight, stop smoking in minutes. It is a powerful therapy with a impressive success rate.

It has also proven effective in the treatment of some physical conditions such as headaches and back pain.

Discovered and developed by Dr. Roger Callahan, a Californian clinical psychologist with over 40 years of experience, TFT is a unique form of meridian therapy. It is best described as a natural, drug-free, non-invasive system to eliminate the cause of negative emotions. Callahan

(1997) states that he accidentally discovered TFT while treating a client named Mary, who had a severe fear of water. Inspired by an acupuncture class he was taking at the time, Callahan instructed Mary to firmly tap the area under her eye with her fingers, leading to a miraculous and immediate resolution of Mary's phobia. Callahan subsequently developed the comprehensive set of techniques that combines elements of acupuncture, Chinese medicine, applied Kinesiology, Cognitive Therapy and psychoanalysis. The therapy is based on the idea that invisible energy fields called "thought fields" exist within the body (Callahan 1997). Environmental traumas and inherited predispositions are theorized to cause blockages, or what Callahan terms "perturbations," in the flow of energy in these thought fields. Callahan theorizes that the commonly observed neurochemical, behavioral, and cognitive indicators of disorders such as depression are the result of these perturbations. In other words, the root cause of all psychological problems are blockages in energy fields.



In order to correct these perturbations, clients are directed by the TFT therapist to tap on the body's "energy meridians" in specific sequences, called "algorithms".

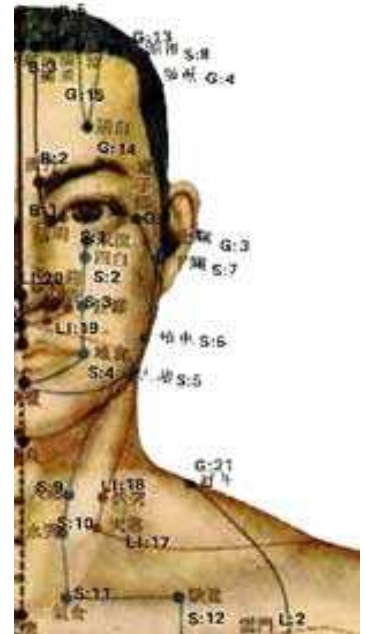
For example, the client may be instructed to tap at the corner of the eyebrow five times and then continue tapping on other parts of the body in a specific sequence as instructed by the therapist. In addition, the clients are told to roll their eyes, count, and hum a few bars of a song at various points during the treatment. Callahan states that when the thought field is "attuned," that is, when the person is thinking about the distressing event or image, perturbations are able to be located and corrected. The tapping is theorized to add energy to the system, which then re-balances the overall energy flow, thereby eliminating the distress at the source.

Most research has been in the area of first hand clinical observation and the personal reports coming from therapists and clients have been impressive. Most individuals experience significant, usually complete, relief from their problem within a few minutes. Callahan reports a success rate of up to 98 %, if the treatment is undertaken by a trained therapist. There are not many other treatment methods presently available, conventional, complementary nor alternative, that can claim the same success, speed and completeness.

References

Callahan, R. & Callahan, J. (1997). Thought field therapy (TFT) and trauma: Treatment and theory. Available from: Thought Field Therapy Training Center, Indian Wells, CA.

Carbonell, J.L. (1996). An experimental study of TFT and acrophobia. The Thought Field, 2(3), 1 + 6.



“Most individuals experience significant, usually complete, relief from their problem within a few minutes”.

How effective is Qi Gong?

By Bojan Schianetz



Regularly clients and students are asking me "How will Qi Gong benefit me?" This is not easy to answer due to the complexity of the effects. Qi Gong goes far further than exercises like Pilates or sports in general. It is a unique combination of movement, breath, visualization and meditation.

Qi Gong is beneficial for all the body systems and has both preventive and curative effects. Two weeks ago I performed a distance health assessment for a 82 year old man. The measurements were extraordinary positive, comparable to a 60 year old man. I was surprised and asked for the reason. I was told that the man is still practicing Qi Gong almost daily and is full of energy and has still plenty of new projects.

During the last 20 years numerous scientific experiments were performed worldwide and clinical observations. The most striking evidence of Qi Gongs immune-enhancing effect is found in cancer research. In China Qi Gong is frequently prescribed as a complementary therapy to chemotherapy and radiation. The experience is that Qi Gong can ameliorate pain and other symptoms and improve the health state in general. Several clinical studies conducted with cancer patients found similar positive results. In a hospital in China 127 cancer patients were

divided into two groups, in a "drug" group and a "Qi Gong" group. Similar drugs were given to both groups. The patients of the Qi Gong group were practicing two hours daily for three months. The table shows significant changes in body weight and standard

Measured Effect	Qi Gong Group	Control Group
Normalized Liver Function	20,62 %	6,67 %
Normalized Erythrocyte Sedimentation	23,71 %	10,0%
Phagocytosis Rate	Increased 12,31 %	Decreased 7,87 %
Regained Strength	81,7 %	10,0 %
Improved Appetite	63 %	10,0 %
Free of Irregular Defecation	33,3 %	6,0 %

immunological indices in both groups.

Apart from this very positive effects on the physical-energetic state, the positive emotional effect may be as important. The often disempowered-feeling patients feel by doing Qi Gong that they can do finally something for themselves, that there are aspects of their body that they can control. This feeling of "self-efficacy" can have strong healing benefits for almost anyone

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IIEHS News & Activities

Workshop "Radiesthetic Assessment for Health Part 1"

26th August 2006; Brisbane at Hotel Watermark, 551 Wickham Terrace, Spring Hill Brisbane. Cost: 250,00 AU\$. If you pay before 06. August 2006 you pay only 200,00 AU\$! Last day for enrolment is 23. August 06; >> only 12 places available!<< (CODE: IES B02)

3rd September 2006; Robina/Goldcoast (please call for venue). Cost: 220,00 AU\$. If you pay before 12. August 2006 you pay only 180,00 AU\$. Last day for enrolment is 31. August 06; >> only 8 places available!<< (CODE: IES R01)

Workshop "Self-healing Qi Gong"

17th September 2006; Robina/Goldcoast (please ask for venue)

Cost: 220,00 AU\$. Early bird: before 25th August 2006 you pay only 180,00 AU\$. Last day for enrolment is 14th September 06; >> only 12 places available!<< (CODE: SQG R02)

<p>International Institute for Environment and Health Solutions (IIEHS)</p>	<ul style="list-style-type: none"> ◆ Energy Medicine ◆ Energy Medicine Devices ◆ Feng Shui ◆ Original Nutrition ◆ Tai Chi & Qi Gong ◆ Seminars/Workshops
<p>Head Office 215 PO Box Robina DC, 4226 QLD, Australia Phone/Fax: + 61 7 5562 1501 E-mail: IIEHS@bigpond.net.au www.environment-health-solutions.com www.tai-qi-gong.com</p>	<p>All information in this Newsletter is based on Complementary and Natural Healing approaches oriented to self care and promotion of natural health and wellbeing. The contents of these publications are solely the opinions of the authors. It is not intended as a substitute for the advice and treatment of your doctor. We promote complementary healing and recognize the importance of western allopathic medicine. We do not accept responsibility for any damage, however caused (including through negligence), which you may directly or indirectly suffer in connection with the information in this Newsletter.</p>