

CRYSTAL HEART HEALING CENTRE

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NEWSLETTER – June 2011

Time is moving so fast. It's June already and we're just sending the first newsletter for the year. We trust that you have had a good start to another year. I had a wonderful stay with my family in France, and enjoyed cuddling my new baby grand niece, Lilly.



I have some very exciting news which most of you will have heard about by now. We've sent emails and snail mail letters to other patients whose email addresses we don't have.

(If you wish to be contacted by email in future, please send us an email with your address.)

**I've moved to:
14 Mt. Pleasant Road, Monbulk
Ph: 9752 0202**

and that will enable me to further pursue my dream of living sustainably. I have 1200sqm of land with a huge veggie patch and lots of fruit trees and raspberry canes. The plan is to preserve their fruits if there is any left over...

I have recently sold the Scoresby house, and will be working from the new house in Monbulk from July 4th on Tuesdays, Thursdays and Fridays as always. I need these few weeks to fit the clinic with new shelving and do some renovations including going solar.

I hope you will manage to travel the extra distance to see me. For some it will actually be closer.

I haven't raised the price of consultations for about 3 years and needed to adjust with CPI increases so new prices are as follows:

Adults ½ hour: \$ 70.00

Adults 1hour: \$110.00

Children: \$ 55.00

I have had a new website created, and it will be updated regularly. Connected with this is a new email address which is bernadette@crystalheartsanctuary.com or you can send me a message through the facility on the website.

I have run my last Reiki workshop from Scoresby on 14/15 May, and will be looking for a new venue for Rings of the Thymus, Homeopathy and Advanced Chakras workshops which are planned for the second half of the year.

CANCER

Many people are asking why is cancer so prevalent, and why do children get cancer? One reason may be in the chemicals used these days.

There has been a staggering proliferation of chemicals, many of them very toxic to humans, produced for virtually everything imaginable. These chemicals are not only toxic, but very often carcinogenic, (cancer causing or forming) and in most instances totally unnecessary in any way shape or form for the quality of our lives. Yet they are produced and marketed as being essential by the powerful vested interests that manufacture them.

Toxic chemicals which our ancestors were never exposed to and consequently, suffered little or no cancer or degenerative disease. Chemicals our immune systems have little or no defence to!

Toxic chemical products and chemical food additives are mostly responsible for countless disorders such as asthma and ADHD and eczema in our children and many of the metabolic diseases, such as cancer, suffered by the population in general as they age!

If you or a loved ones suffer from any long-term, low-level chronic conditions or more serious concerns like heart arrhythmia, IBS, Crohn's disease, ME, MS, arthritis, psoriasis and a host of other perplexing chronic conditions the medical people have no answers for... then you should be looking very closely at what toxic chemicals go on your skin and into your body via your mouth!

When selecting kinder cosmetics and toiletries, choose products which do not have any of the following ingredients:

- **DEA, MEA, TEA:** Cause allergic reactions, irritate the eyes and dry the hair and skin. Can be carcinogenic, especially to the kidneys and liver.
- **Petrolatum:** also known as mineral oil jelly, liquid vaseline, paraffinum, liquidum and baby oil. Can cause photosensitivity and strips the natural oils from the skin causing chapping and dryness, also premature ageing. Prevents elimination of toxins, can cause acne and other disorders.
- **Imidazolidinyl urea and DMDM hydantoin:** These formaldehyde-forming preservatives can cause joint pain, allergies, depression, headaches, chest pain, chronic fatigue, dizziness, insomnia and asthma. Can also weaken the immune system and even cause cancer. Found in skin body and hair products, anti-perspirants and nail polish.
- **Alcohol, or isopropyl:** A poisonous solvent and denaturant (altering the structure of other chemicals). Found in hair colour rinses, body rubs, hand lotions, after shave lotions, fragrances. Can cause nausea, vomiting headaches, flushing, depression. Also, dries skin and hair, creates cracks and fissures in the skin which encourage bacterial growth.
- **Sodium lauryl sulphate (SLS):** Found in shampoos, hair conditioners, toothpaste, body washes. Strong detergent which can cause eye irritation, permanent damage to the eyes, especially in children, skin rashes, hair loss, flaking skin and mouth ulceration. When combined with other ingredients, can form nitrosamines, which are carcinogenic. Easily penetrates the skin and can lodge itself in the heart, lungs, liver and brain.

- **PVP/VA copolymer:** a petroleum based ingredient used in hair sprays.
- **Padimate-O:** also known as octyl dimethyl, PABA is found mostly in sunscreens. Like DEA, a nitrosamine-forming agent. There is concern that the energy absorbed by this sunscreen is then turned into free radicals, which may actually increase the risk of skin cancer!
- **Methyl, propyl, butyl and ethyl paraben,** used to extend a products shelf life and inhibit microbial growth. Highly toxic. Can cause rashes and other allergic reactions.
- **Synthetic colours:** coal-tar dyes are generally labelled as FD7C or D4C followed by a number. **CARCINOGENIC!**
- **Talc,** found in baby powders, face powders and body powders as well as on some contraceptives such as condoms. A known carcinogen. A major cause of ovarian cancer when used in the genital area. Can also lodge in the lungs, causing respiratory disorders.
- **Fragrance:** Usually petroleum based. Can cause headaches, dizziness, rashes, respiratory problems, vomiting, skin irritation and multiple chemical sensitivities.

Caramel Colouring

The "caramel colouring" used to colour all the top cola brands isn't natural caramel colouring at all. Instead, it's made by reacting sugars with **ammonia** and **sulfites** at high temperatures. This reaction results in the formation of *2-methylimidazole* and *4-methylimidazole*, both of which are chemicals documented by the U.S. government to cause cancer in mammals.

The National Toxicology Program (in USA) has conducted animal studies on these toxic chemicals found in colas, concluding there is "clear evidence" that 2-MI and 4-MI are animal carcinogens.

The call to ban these chemicals from use in foods was joined by five carcinogenesis experts who said, "The American public should not be exposed to any cancer risk whatsoever as a result of consuming such chemicals, especially when they serve a non-essential, cosmetic purpose." (<http://cspinet.org/new/pdf/experts-...>)

Even the term "caramel colouring" is extremely misleading to consumers, because most people think it's related to caramel candy, which is made by browning sugar under heat. But the "caramel colouring" used in colas is made by exposing sugars to industrial chemicals (ammonia and sulfites), resulting in a cocktail of cancer-causing chemicals.

Coke and Pepsi products may soon bear cancer warnings in California

California's Proposition 65 law limits the consumption of 4-MI to no more than 16 micrograms per day from a single product. Yet colas contain roughly **200 micrograms** of 4-MI in a 20-ounce bottle.

That's over 12 times the allowable limit under Proposition 65, and that's in every bottle! Many people drink several bottles a day, further multiplying their exposure to this potential carcinogen.

If cola companies are going to continue to sell their products in California, then, they must

now carry **cancer warning labels** in order to be in compliance with Prop 65. You can bet that a desperate effort is now under way by the cola industry to lobby California regulators and make sure 4-MI gets removed from any enforcement of Prop 65.

The cola industry wants everybody to think its products are wholesome and natural while forgetting about the health effects of phosphoric acid, aspartame and high-fructose corn syrup. Now, with *2-methylimidazole* and *4-methylimidazole* in the picture, there's yet another potentially cancer-causing chemical to worry about in colas.

Obviously, 2-MI and 4-MI can be avoided by drinking non-coloured soft drinks, but those still contain phosphoric acid, high-fructose corn syrup, caffeine and even aspartame in diet sodas.

It turns out, **there's no such thing as a perfectly safe soda**. All sodas and soft drinks carry health risks related to their ingredients. I have no doubt that this era of diabetes, obesity and cancer we're living through right now is due in large part to the widespread consumption of sodas and soft drinks.

www.naturalnews.com

Cancer Guidance

This information came to us as being attributed to Johns Hopkins. However, Johns Hopkins denies authorship. For the most part we feel the information carries some validity, so we are including it for your discernment. [The blue comments are ours \(Global Light Network\)](#)

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells, because they have not reached the detectable size. (A different perspective: [Everyone has cancerous cells, but usually they die or are killed off by cells designed for this purpose. It's when they don't die and they multiply that you are said to have cancer.](#))
2. When the person's immune system is strong, the cancer cells will be destroyed and prevented from multiplying and forming tumours.
4. When a person has cancer, it indicates the person could have multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract, etc. and can cause organ damage, like liver, kidneys, heart, lungs, etc.
7. Radiation, while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumour size. However, prolonged use of chemotherapy and radiation do not result in more tumour destruction.

9. When the body has too much toxic burden from chemotherapy and radiation, the immune system is either compromised or destroyed; hence the person can succumb to various kinds of infections and complications.

10. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Cancer Cell Food

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like Nutrasweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. [Xylitol or Stevia are good choices.](#)

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk, cancer cells are being starved. [\(Soy is controversial and may not be so healthy. We suggest almond or rice milk.\)](#)

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic, and it is best to eat fish and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer [\(unless maybe you eat organic.\)](#)

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells, try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 - 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C). [\(If you can afford organic, you are getting higher nutritional content and less toxins. At least always wash your produce or soak it in Prill water or water with Acid Neutralizer added or Epsom salts. By the way, soaking produce in the Prill water tends to keep it fresher longer.\)](#)

e. Avoid coffee, tea, and chocolate, which have a high caffeine content. Green tea is a better alternative and has cancer-fighting properties. Water: best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it. [\(Prill water gives you better hydration, and additionally the Prill water further purifies your hopefully already-decent quality water.\)](#)

11. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic build up.

12. Cancer cell walls have a tough protein covering. By refraining from or eating less meat, it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

13. Some supplements build up the immune system (anti-oxidants, vitamins, minerals, essential fatty acids and many others) to enable the body's own killer cells to destroy

cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

14. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life. (Cancer can be a wake-up call that causes major adjustments in one's approach to life, which will be beneficial.)

15. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells. (No dis-ease can exist in an oxygen environment.)

Prohibited Practices for Anyone -- Cancer or Not

No plastic containers or plastic wrap in microwave.

This especially applies to foods that contain fat. The combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin.

(Plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.)

There is controversy over the plastic/dioxin issue. Some say that if the plastic is marked "microwavable" that it is safe. You be the judge. If plastic wrap is used when microwaving, it should not be allowed to come into direct contact with food.

However, histological studies with micro-waved broccoli and carrots have revealed that the molecular structures of nutrients are deformed by high-frequency reversal of polarity, even up to the point of destroying the cell walls, whereas in conventional cooking the cell structures remained intact. Microwaving may even result in the development of new, hitherto-unknown substances.

The microwaves-induced reversal of the polarity causes the cells in the nutrients to become destructively polarized, possibly allowing for the creation of free radicals. All free radicals have a strong tendency to cause reactions. They can interact with enzymes thus causing a disruption of biological processes.



WINTER BUGS PREVENTION

Winter is already here, and for many, it is already the sneezing season.

Below is a list of preventative measures you can take to ward off the winter ills. If you follow the guidelines, below, to boost your immune system and prepare yourself to fight the bacteria and viruses associated with winter colds and flus, you may be pleasantly surprised how you cope with winter.

I'll be starting work again on 4th July from Monbulk if you need patches.

We are now stocking the Seasonal Flu 2011 in homeopathic drops as well as the homeopathic remedy for Swine Flu

1. Prevention :

- Take a teaspoon of Zinc and Vitamin C powder in fruit juice every morning.
- Take 5mls of Olive leaf extract in water x 3 times a day (Children 30 drops x 3 /day) as an immune booster, antiviral, antibacterial, antifungal agent.
- Take "Flu antidote" 5 drops once/week (children) and 10 drops once/week (adults) under tongue.

2. Treatment:

If you were unprepared and have the flu virus or a bacterial infection in your respiratory system, you can still get better much quicker with natural treatment, or any of these natural remedies that are available from the clinic.

- Make an appointment for some patches.
- Respiratory tract herbs, 5mls x 3 times/day or Pectoplex spray
- Flu drops every hour for 2 days.
- Antiviral, antibacterial herbal mix x 3 times/day
- For sore throats use Tonsaplex or Antinplex drops and suck on Tea tree lozenges.

3. Ear Candling:

To help with sinus problems and earaches, ear candling is a safe, relaxing treatment which creates a vacuum to gently remove blockages. Facial massage and Reiki as part of the treatment open the way to healing. Ring Lyn for an appointment on 0409 839 581.

4. Acupuncture / Chinese Medicine:

We can recommend a Traditional Chinese Medicine Practitioner, Kathryn Piggott, who works from Upwey and Tecoma, and could also help with winter illnesses, moving the blocked chi and allowing the body to eliminate toxins. Call Kathryn on 0406 412 602 for more information.

WORKSHOPS

There will be more Workshops in the second half of the year.

On 30/31 July, I will be running the Rings of the Thymus workshop which follows on from Reiki.

On 18 September, the Homeopathy workshop teaches you how to handle small emergencies using the homeopathic kit you can order.

On 15/16 October, I will run the Advanced Chakras workshop.

See the website – www.crystalheartsanctuary.com to download an application form. Send it with a deposit to secure your place.

For people who have done the Reiki workshop, don't forget we hold practice nights on the first Sunday of the month. Contact Lyn for more details on 0409 839 581.

GENTLY DOES IT – *Caring for you & the environment*

Lyn provides Ear Candling and Reiki sessions (both \$50) from Bayswater on Mon & Wed during the day or Tue & Thur evenings, or at Mount Waverley at selected times.

Ear Candling together with a facial massage and Reiki, is a very gentle and nurturing way to remove toxins and blockages from the sinuses. You will breathe and hear better, and snoring can be reduced.

Lyn also does Property Dowsing & healing, sells biodegradable household products and natural skin and haircare, and runs Pendulum & Reiki workshops at Mt. Waverley.

The next Pendulum dowsing workshop will be on Sat 3 September and a Reiki workshop on 13 & 14 August 2011.

Contact Lyn for more details. Ring 0409 839 581 for an appointment or more information.

Crystal Heart Healing Centre Practitioners:

Bernadette Saulenier
Naturopath /Homeopath/ Reiki Teacher

Lyn Wood
Secretary / Ear Candling / Reiki / Dowsing

Our aim is to help keep you happy and healthy in body, mind and spirit.