

How to make a Homemade Mosquito Repellent

How to Make a Homemade Mosquito Repellent That Works: We think it's total madness to put these kinds of manufactured chemicals on your skin. So here's a super-simple formula for a bug repellent using essential oils:

1) Fill a clean spray bottle (that has never been used for toxic chemical sprays) to half-full with distilled, boiled or filtered water.

2) Add witch hazel to fill almost to the top.

3) Add 30-50 drops **in total** of essential oils that have been found by scientific research to have either insecticidal or bug repellent action (or both). Choose from one or more of the following essential oils:

Peppermint
Cedarwood
Citronella
Clove (well known insect repellent)
Cypress (reported in a scientific paper to have action at least equal to DEET) [5]
Lavender (also soothing and disinfectant to bug bites!)
Lemongrass
Rosemary
Tea Tree
Eucalyptus
Catnip

DO NOT USE DURING PREGNANCY OR ON VERY YOUNG CHILDREN



Tutor Workshop

As from the 1st January 2016 all tutors will have to be re-certificated for REGISTRATION as a K.I.H.A. TUTOR (Trainer). The seminar is to assist Tutors to comply with the Standards as a requirements of teaching to ensure that all of our therapists will train to the National Occupational Standards of Good Practice, and for the safety of the General Public as required by the present Government Legislation.

All existing Tutors and Full Healers of 3 years minimum can apply.

Dates: **Saturday 26th September 2015 Tonbridge**

Saturday 3rd October 2015 Broadstairs.

For more details, please see application form enclosed.

Drinking Water at the Correct Time Maximizes its Effectiveness on the Human Body

- Drinking 2 glasses of water in the morning helps activate internal organs.
- Drinking 1 glass of water before a meal will help in digestion.
- Drinking 1 glass of water before taking a shower helps prevent high blood pressure.
- Drinking a glass of water before bed helps prevent strokes or heart attacks.

PLEASE SHARE

ANNUAL GENERAL MEETING

7th November 2015 at 11-00am Chat Room to follow

All members and students are invited to attend

THE ANGEL CONFERENCE CENTRE: ANGEL LANE, TONBRIDGE, KENT. TN9 1SF

K.I.H.A. is run by the members for the members. Please attend and voice your thoughts on how to take your association forward, maintaining its place at the forefront of healing. (3 CPPD points)

DISCLAIMER

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K.I.H.A.
SUMMER NEWSLETTER 2015

EXPLORE
The Journal of Science and Healing

January 2015

Two Meta-Analyses of Non-contact Healing Studies

Professor Chris A. Roe, PhD,
Charmaine Sonnex, BSc, MSc,
Elizabeth C. Roxburgh, BSc, PhD

Centre for the Study of Anomalous Psychological Processes, The University of Northampton, Published Online: October 22, 2014

Objective

Reviews of empirical work on the efficacy of non-contact healing have found that adopting various practices that incorporate an intention to heal can have some positive effect upon the recipient's wellbeing. However, such reviews focus on 'whole' human participants who might be susceptible to expectancy effects or benefit from the healing intentions of friends, family or their own religious groups. We proposed to address this by reviewing healing studies that involved biological systems other than 'whole' humans (e.g., studies of plants or cell cultures) that were less susceptible to placebo-like effects. Secondly, doubts have been cast concerning the legitimacy of some of the work included in previous reviews so we planned to conduct an updated review that excluded that work.

Data Sources

The following databases were searched: Swetswise, ASSIA, Psych-NET, Web of Science, Cochrane Library, British Nursing Index, Cinahl Full Text, and Informaworld.

Study Selection

Only studies in English were eligible for inclusion. All studies must have examined the effects upon a biological system of the explicit intention to improve the wellbeing of that target; 49 non-whole human studies from 34 papers and 57 whole human studies across 56 papers were included.

Data Synthesis

The combined weighted effect size for non-whole human studies yielded a highly significant r of .258, but outcomes were heterogeneous and correlated with blind ratings of study quality; 22 studies that met minimum quality thresholds gave a reduced but still significant weighted r of .115. Whole human studies yielded a small but significant effect size of $r = .203$. Outcomes were again heterogeneous, and correlated with methodological quality ratings; 27 studies that met threshold quality levels gave an increased $r = .224$.

Conclusions

Results suggest that subjects in the active condition exhibit a significant improvement in wellbeing relative to control subjects under circumstances that do not seem to be susceptible to placebo and expectancy effects. Findings with the whole human database suggests that the effect is not dependent upon the previous inclusion of suspect studies and is robust enough to accommodate some high profile failures to replicate. Both databases show problems with heterogeneity and with study quality and recommendations are made for necessary standards for future replication attempts.

Key words:

[Noncontact healing](#), [Distance Healing](#), [Meta-analysis](#), [Reiki](#), [Johrei](#), [Therapeutic Touch](#), [Intercessory Prayer and Wellbeing](#)

KENT INTERNATIONAL HEALING ASSOCIATION

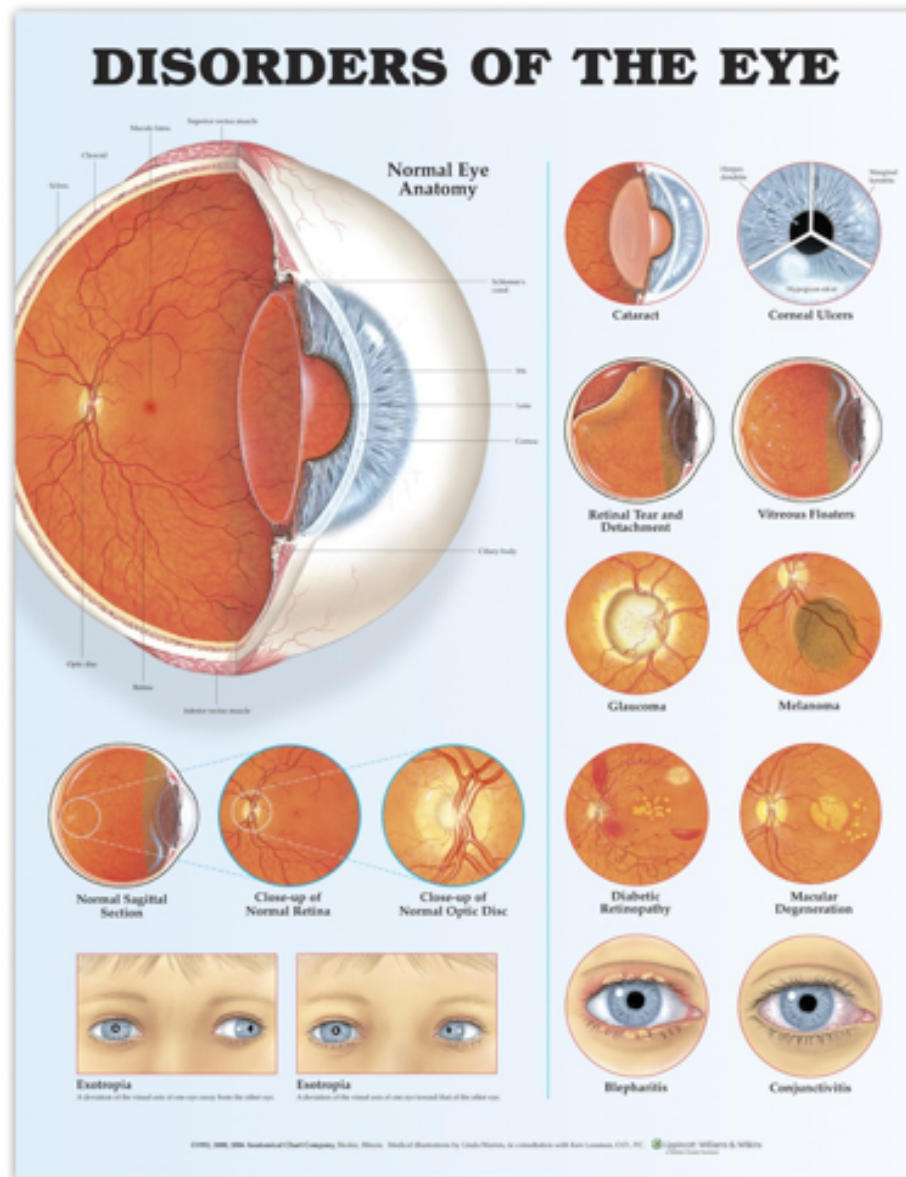
Grapes Could Help Prevent Age-Related Macular Degeneration

Study results indicate that grape consumption could help prevent the start of age-related macular degeneration. These protective effects are believed to be due to the grapes' antioxidant actions.

Age-related macular degeneration is the main cause of blindness in the elderly. It's a progressive eye condition, resulting in the degeneration of the retina's center, known as the macula. Aging of the retina is linked to increased oxidative damage levels, and oxidative stress is believed to play a crucial part in the development of age-related macular degeneration.

The effect of an antioxidant-rich diet on vision was compared making use of mice prone to having damage of the retina in old age in a very similar way as humans do. The mice were fed either a normal diet, a diet enriched with grapes, or a diet with lutein added.

The mice eating the diet enriched with grapes were protected against retinal oxidative damage and blindness was prevented. Grapes were found to offer much more protection even though lutein was also effective.



The study results indicate that age-related loss of vision is a result of cumulative, oxidative damage, and a lifelong diet rich in natural antioxidants, like those in grapes, seems to be of direct benefit for retinal health and function.

There's a known decline in the of (RPE) retinal pigment epithelium cell function in age-related macular degeneration. These are the photoreceptor support cells in the retina that are critical for the process of light into sight conversion. The RPE dysfunction is caused by:

- A build-up of metabolic waste products in the RPE called lipofuscin.
- An RPE oxidation burden that compromises important metabolic pathways.

The ensuing dysfunction, distress and sometimes death of the RPE cells results in age related macular degeneration.

This study revealed that blindness was prevented in mice by the addition of grapes to the diet by means of lipofuscin build-up reduction and preventing RPE oxidative damage, and so ensuring optimal functioning of this crucial area of the retina.

FROM THE PRESIDENTS DESK



This will be my last letter to you as President of this amazing healing association. I became President in 2009 and over the years have seen many great changes. We, the committee, have worked hard and continue to work hard to bring the Association up to date and keep up with various changes that are always happening. We have recreated the website thanks to Helen for all her hard work in making it look fantastic! We now have a Facebook page that was created and managed, again by Helen.

One of the the biggest changes over this time was the complete overhauling of the Manuals, the Training Guide and the new manual for the Tutors. I think that we now have the best manuals for healers in the country and it is certainly better and more comprehensive than any book on healing that I have read.

Big thank you to Douglas for his energy, never ending enthusiasm and support in all my time as President.

Mary Gay our new Training Co-ordinator is doing a brilliant job bringing the training up to the present required standards. Mary will be announcing dates for these exciting new workshops on the enclosed forms. So look out for those!

And yet more great news.....we have managed to acquire a new machine for the membership cards so, thank goodness, the membership renewal should run smoothly next year! Thank you all for your patience last year.

I am pleased that Helen has accepted the position of President designate to be voted on at the AGM. I feel that she will be able to continue to take the association onto bigger and better things and I am excited to see what wonderful changes and developments happen in the future.

I am therefore standing as Vice President designate for a year to support her also to be voted on at the AGM

The joy of being a healer is something that we all share. I feel blessed to have been given this ability and each time I heal I feel the wonder of it and I am sure that each one of you feels that too. It brings me such joy and deep satisfaction especially when the healing works in unexpected and amazing ways!! It is a gift we have been given and by using it we are not only helping other, we are also helping ourselves.

It has been a honour for me to have been in a position of your President over these years and wish all of you and the Association many years of happy healing!

CERTIFICATES AWARDED AT HYTHE

What a warm welcome we had when Carol, Sharon and I arrived at Hythe Christian Spiritualist Church on Saturday 28th February. The weather was wet and windy but Terry was swift to offer hot drinks before we began our assessment of James Hinton.

Four of Terry's students, Sue Cieciora, Sue Ogilvie and Matt Grogan passed their assessments at Tonbridge in January. James passed his there at Hythe.

Such a proud moment for Terry and for his students, in receiving their certificates as fully registered Healers. A very happy day for all of us.

Left to right: James Hinton, Terry Tasker (Tutor), Matt Grogan, Sarah Young, Mary Gay (Training Co-Ordinator) Sharon Wise (Assessor) Carol Dale (Assessor).

Sue Cieciora and Sue Ogilvie were unable to attend.

