

Some milk and dairy foods



Go for lower-fat milk and dairy foods. These are healthier options to help you get enough protein and calcium.

Some meat, fish, eggs, beans and other non-dairy sources of protein



These are important sources of protein, vitamins and minerals, and form part of a healthy balanced diet.

Just a small amount of foods and drinks that are high in fat or sugar



Cut down on fat and sugar by eating fewer sweets, cakes and biscuits, and drinking fewer sugary soft drinks.

Is the eatwell plate for me?

The eatwell plate applies to most people – whether they're a healthy weight or overweight, whether they eat meat or are vegetarian, and no matter what their ethnic origin. However, it doesn't apply to children under the age of two because they have different nutritional needs. Between the ages of two and five, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the eatwell plate.

Anyone with special dietary requirements or medical needs might want to check with a registered dietitian whether the eatwell plate applies to them.

Got a question about the eatwell plate? Email the eatwell plate team at Public Health England: phe.enquiries@phe.gov.uk.



Many thanks to Helen Salmon for all her hard work in updating our website and giving it a fresh look. K.I.H.A. is looking into the future and would like to add our newsletters and magazines to the website as soon as we can to allow your friends to share our information. We are hoping to keep abreast with updates that will help our members to follow all of the new regulations and changes to the healing movement as they happen.

OUR NEW UPDATED WEBSITE IS HERE



This year we have added a new Facebook and we would like to encourage members to like our page and follow the comments and information that we will post on it from time to time, as we are now trying to embrace the digital age. Please feel free to add your posts and comments so we all can connect to not just our own members but also the public at large. We are always looking for new ideas to help K.I.H.A. move forward and be recognised as a significant members of the healing community.



Breaking News: K.I.H.A. Meets the UK Healers Quality Criteria

If you would like extra copies of this magazine for your Centres or other Organisations that would be happy to display it; i.e. Doctors, Dentists and other waiting rooms. Please contact the Secretary: Helen 0208 995 3813 email helenjsalmon@gmail.com

If you have any ideas to help us to continue to improve K.I.H.A.

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CONTENTS OF THIS PUBLICATION ARE NOT SCIENTIFICALLY PROVEN

FROM THE PRESIDENTS DESK



This has been a year of many challenges and lots of change but all of it positive. The challenges have been electronic with the membership program and card printer just not working, many of you know because your cards came extremely late and the photograph of yourself in

most cases is almost unrecognisable – we are so sorry. Poor Sharon was really working at it together with our computer man. However, the good news is it does seem to be working now and the whole job and machine has been passed on to Tracey Munnings, our new Treasurer, who has agreed to take it on – thank you so much Tracey.

Sharon will now continue as editor of the magazine and will no longer be doing the Membership Secretary job but she will always be there to help us out with her amazing knowledge of all aspects of the Association. Many thanks once again to Sharon for all the hard work and dedication.

By the time this goes to print our new Website will be up and running with many thanks to Helen, our Vice President, do please have a look, www.kiha.co.uk. It has been designed to address interests from all perspectives and to inform about Healing. We are aiming at our members of course but also people who are looking for training. We also have a Facebook page please search for Kent International Healing Association, in full. When you are on the Facebook page have a look and 'like' it please. I want to thank Helen so much, this was a challenge and I think she has done brilliantly.

Sadly we are loosing Liz Hancock who transformed the distant healing procedure, she and her husband are moving to the States, we will miss her but I am sure she will keep in touch. Thank you Liz for looking after the distant healing's for us.

You will see inside an article on the new distant healing co-ordinator, Elaine Birch, will be doing the job from France – thank you Elaine.

I would also like to welcome Leslie Green to the Committee. You will see an article inside the magazine telling you a little about Leslie, thank you Leslie.

I think the big news for this year is that we can finally pay our subscriptions by Direct Debit. This is fantastic as it will make your lives so much easier. The forms are enclosed with this newsletter. Please fill them in and if you have one please give your email address so that we can send out notices, etc. saving postage, paper, trees and the environment.

We will show back numbers of the KIHA magazines on the website but right now I would like to ask you whether you would be happy to receive the future magazine electronically – let me know by email please.

This year is the year when we are required to re-do our tutor training (every 5 years). This is to ensure that all tutors are up to date with new legislation and regulations. This is essential. Mary Gay has been working hard on this so workshop dates will be announced soon. Thank you so much Mary it is a very big job.

Douglas Ballard is stepping down as co-opted and Trustee but he will stay with us as Executive Council Advisor and generally keep us up to date with the CHO, UKH other organisations – we could not do it without him. Thank you Douglas for all the support you have given me over these years.

And now I want to take this opportunity to tell you that this is to be my last year in office, I am now 75 years old and I want to pass the reigns on to a younger person who has much more energy than I now have. Time to go, it has been challenging and fun.

Wishing you all a joyous 2015 and many happy healing years ahead.

Coconut oil continued

However, professionals are still understandably skeptical of the coconut oil claims. "There is a huge placebo response in Alzheimer's," warns Professor Robert Howard, Professor of Old Age Psychiatry and Psychopathology at the South London and Maudsley NHS Foundation Trust. "It is a remitting and relapsing disease, there are often times when things seem to be getting better. It is important to protect patients from false hope and not expose them to quackery."

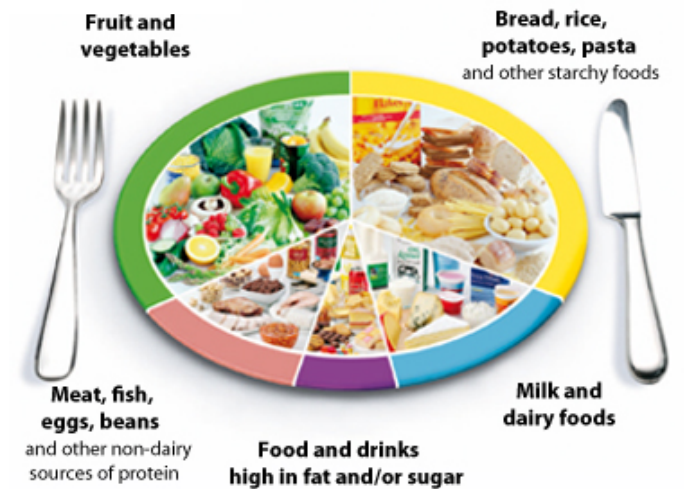
Additionally, Professor Rudy Tanzi Director of the Genetics and Aging Research Unit at Massachusetts General Hospital and Professor of Neurology at Harvard Medical School commented that as yet there was no evidence of the benefits of coconut oil treatment, and advised to "regularly monitor cholesterol and triglyceride levels if you are taking the oil." The issue of whether coconut oil, which is high in saturated fats, poses a threat to the heart is controversial. Dieticians and most doctors claim it does, paediatrician Dr Newport points out that mother's milk contains high levels of the fat most abundant in coconut oil.

A placebo controlled trial to test the effectiveness of coconut oil is getting underway in the states. If the results are favourable that should make it more medically acceptable. But right now people are hungry for information on anything that might help with Alzheimer's. When Kal Parmar talked to a local newspaper about his father's improvement he received over 150 emails asking for help. So far dozens of people have come back to him saying that they had someone in their family on coconut oil, in some cases with impressive results. And the numbers are continuing to grow. For more information on Kal Parmar and his father's case please visit www.remembercoconut.com or contact him via his Twitter feed at [kalparmar81@twitter.com](https://twitter.com/kalparmar81).

Jerome Burne is a medical journalist and author of the [Body of Evidence](http://www.foodforthebrain.org) blog Article taken from Food For the Brain – www.foodforthebrain.org

NUTRITIONAL INFORMATION		
Servings per jar: 33 (Approx.)		
Serving size: 15mL (1 Tbsp)		
	Avg Qty per serv.	Avg Qty per 100mL
Energy	501 kJ (120 Cal)	3337 kJ (798Cal)
Protein	0.0g	0.0g
Fat, total	13.9g	92.5g
- saturated	12g	80.0g
- trans	0.0g	0.0g
- polyunsaturated	0.26g	1.7g
- monounsaturated	0.81g	5.4g
Cholesterol	0mg	0mg
Carbohydrate	0.0g	0.0g
- sugars	0.0g	0.0g
Dietary fibre, total	0.0g	0.0g
Sodium	0mg	0mg
This product comes with an unconditional satisfaction guarantee.		

The eatwell plate



The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a well balanced and healthy diet.

It's a good idea to try to get this balance right every day, but you don't need to do it at every meal. And you might find it easier to get the balance right over a longer period, say a week. Try to choose options that are [lower in salt](#) when you can.

Eating healthily is about eating the right amount of food for your energy needs. In England, most adults are either overweight or obese. This means many of us are eating more than we need, and should eat and drink fewer calories in order to lose weight.

Based on the eatwell plate, try to eat:

Plenty of fruit and vegetables



Did you know that we should be eating at least five portions of a variety of fruit and veg every day?

Plenty of potatoes, bread, rice, pasta and other starchy foods



Choose wholegrain varieties whenever you can, or eat potatoes with their skins on for more fibre.

NEW MEMBER SHEILA ELLIS WITH TUTOR GLENDA PROCTER ON LEFT

"KIHA registered tutor GLENDA PROCTER presented a mature student Sheila Ellis for accreditation to the K.I.H.A. Healers on Dec 8th at The Tonbridge Angel Conference Centre.



Glenda and Sheila happened to actually meet in the inner circle at Stonehenge and a chance meeting later in Coventry when they sat next to each other at a meeting of celebrants; revealed that they live very close to each other in Ashford and Rye... spirit moves in mysterious ways and to cut a long story short.....Sheila spent six whole days in 1-1 training with Glenda who fast tracked her through the healing syllabus and code of conduct over a period of several weeks in the autumn! Sheila's previous experiences as a medium and associate of a Healing group in the North of England made her a

model student!

Glenda says it was indeed a pleasure to coach such a wonderfully talented companionate healer and competent lady. Sheila's membership to KIHA is indeed a benefit to our group. Glenda found the 1-1 individual programmed training very worthwhile and said it was indeed a great way to tutor a student who already has a large amount of experience.

Continued on back page

Coconut oil – Can it help protect your memory?

Editorial by Jerome Burne



Recently the media has reported a number of stories relating to the health benefits of coconut oil, in particular, its ability to aid memory loss and the symptoms of Alzheimer's.

I wrote [the first UK piece about it](#) in the *Daily Mail* in January that had some amazing accounts of the benefits reported in America and why it made sense scientifically. Most dramatic though was the case of Vrajal Parmar in the UK, diagnosed with advanced Alzheimer's, who was being looked after by his wife and his son Kal.

Vrajal had been given the standard pencil and paper test called the Mini Mental State Examination by his doctor. This test is used to measure how a patient's Alzheimer's is progressing. A healthy person would score 30, Vrajal's results stated that he was "too severely affected to score anything at all". Kal, his son, supports this result, "He [Vrajal] was so far gone he couldn't do anything for himself. Dad couldn't wash himself or dress or go to the toilet without help, he had to be watched all the time."

After hearing about the benefits of coconut oil via a YouTube video, Kal initiated a teaspoon dose of coconut oil, three times a day mixed in with his father's food. This is when he saw a real change in his father's behavior which went from him being unable to do anything with frequent aggressive turns, to being able to hold simple conversations and less aggressive outbursts.

It could be suggested that the improvement came from medication, however, Kal states "Dad has never had any drugs" and comments that "when he [Vrajal] was first diagnosed three years ago the doctors said that his condition was already too advanced for him to benefit [from drugs]."

The YouTube video that introduced Kal to coconut oil was made by Dr Mary Newport, a pediatrician in Florida who began using coconut oil to treat her husband with Alzheimer's four years ago. He'd been diagnosed with early onset of Alzheimer's but had seen no benefit from the drugs. With the oil, says Dr

Newport, there were positive changes: "he began to get his short-term memory back".

Support for the idea that there is a very plausible scientific explanation for the benefit of coconut oil, in the treatment of Alzheimer's, comes from Kieran Clarke, Professor of Physiological Biochemistry at Oxford and head of the Cardiac Metabolism Research Group. Professor Clarke is an expert on the way the body makes and uses energy and her research explains that coconut oil might help with Alzheimer's by boosting the brain's energy supply.

Most of the time our brains rely on glucose from carbohydrates but if that is not available - because we haven't eaten anything for a while or because we are eating almost no carbohydrates - then our brain cells can switch to using the energy from out fat stores that comes in the form of small molecules called ketones. By the time we wake up in the morning we will have made a small amount of them due to the natural fasting period whilst we sleep.

"Coconut oil is interesting," says Professor Clarke "because it contains a particular sort of fat that our bodies can use to make more of the ketone "brain food" without having to cut right back on carbohydrates or go on a fast. It's known as MCT (medium chain triglyceride) and it is not found in the fats that most of us eat."

However, we may question why having extra ketones helps people with Alzheimer's?

One of the new ideas about the disease is that it is a type of diabetes of the brain. Just as diabetics have problems with glucose and insulin, similarly Alzheimer's sufferers can't get enough glucose into brain cells to give them the energy they need to lay down new memories and think clearly. If you have diabetes you are three times more likely to develop Alzheimer's. Getting extra ketones into brain cells provides the brain with an alternative source of fuel.



Currently the only type of drug that Alzheimer's patients can get works by boosting the amount of a brain chemical they are lacking. It slows down memory decline in about 1/3 of patients for between 6 months and a year. Last year

the NHS spent over £70 million on the most widely used brand called Aricept. Side-effects include nausea, diarrhoea, muscle cramps, urinary incontinence and abnormally slow heart rhythms which can lead to fainting and possibly dangerous falls. Contrast that with coconut oil which has been safely used by people for thousands of years. In high doses some people do report diarrhoea.

Butter vs Margarine

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter. How do you like it?

DO YOU KNOW..the difference between margarine and butter? Read on to the end it gets very interesting!



Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few only because they are added!

Butter tastes much better than margarine and it can enhance the flavours of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years.

And now, for Margarine...

Very high in trans-fatty acids.

Triple risk of coronary heart disease.

Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)

Increases the risk of cancers up to five fold.

Lowers quality of breast milk.

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact.... HERE IS THE PART THAT IS VERY INTERESTING!

Margarine is but ONE MOLECULE away from being PLASTIC...

This fact alone was enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

You can try this yourself:

Purchase a tub of margarine and leave it in your garage or shaded area. Within a couple of days you will note a couple of things:



* no flies, not even those pesky fruit flies will go near it (that should tell you something)
* it does not rot or smell differently because it has no nutritional value; nothing will grow on it
Even those teeny weeny micro-organisms will not find a home to grow. Why?
Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

Share This With Your Friends (if you want to "butter them up")!



Executive Council



FROM THE SECRETARY... HELEN SALMON

It has been a fantastic year in the role of Secretary of K.I.H.A.; getting to know as much about K.I.H.A. as possible, getting to grips with the entire contents of the existing website, becoming a website designer, making a short video, learning about editing and helping bring K.I.H.A. into the digital age.

Now it is your turn. It would be wonderful to see K.I.H.A. members using the Facebook page to post stories about healing, to connect with each other and request and receive feedback from people who have received healing.

If you would like to write short articles for Facebook and the Magazine, (which can now be viewed on-line!), we would love to hear from you. We approach 2015 with the means to communicate and connect not only with each other but with the world. Please "Like" our Facebook page:)



FROM THE TREASURER - MEMBERSHIP SECRETARY TRACEY MUNNINGS

My first year as KIHA treasurer is complete and whilst I'm very comfortable with figures I'm not so au fait with writing articles for newsletters! To rectify this, I took a quiet (what turned out to be) "few hours" to read through and digest the various newsletters from past years What an amazing, gifted bunch you all are! We have an enormous amount of talented healers working selflessly to improve the quality of so many peoples lives. All with different skills and experiences Inspirational stories and articles that have literally changed lives on a spiritual, emotional and physical level And all belonging to the oldest healing organisation, established in 1947 that's an incredible 67 years and still going strong!

We are very grateful to all our members for their continued support and for all the donations made to KIHA in 2014. This year has been a transitional year for the board. We are confident that, with the addition of Facebook and the new website, soon to be launched, we will attract new members. We also have a tutor programme in place for 2015; which will increase revenue for the New Year. Additionally there will be the option to pay your subscriptions by Direct Debit, should you wish to use the facility, instead of sending a cheque.

As we move into 2015, our goals will be to increase the membership numbers and we ask for your continued support in encouraging new members to join, in order to ensure a better year ahead and stability for the future. I've been inspired as I've taken a quiet moment to read and reflect on what energy and enthusiasm we still have as an organisation, the ability to push through hard times and keep KIHA the oldest organisation going So let's "get out there"; let's really make a difference and spread the word about our fantastic organisation and what our members have to offer!

I wish you all a very Happy New Year!



THE TRAINING CO-ORDINATOR ... MARY GAY

In order for us to continue receiving accreditation, I have helped to show evidence that we are adhering to the quality criteria of UK Healers. There have been some new requirements and Douglas has included these in the Code of Conduct and Student's Manuals. Also there is new material related to healing and the law. I will be explaining this next year.

In November we held assessments at the Angel Centre and were pleased to pass three students.

In January, we will be holding more assessments and we hope that the six students will also become full members of K.I.H.A.

Gin-Soaked Raisins Made a Difference in Relieving Stiff Sore Joints



mentioned to him about how swollen one of **my knees was and my ankle also gets swollen. He said, Gin soaked**

raisins, remember? Within a day there was improvement, not just in the pain but in the swelling of my knee."

All that is required is a bowl of yellow raisins and gin or sloe gin. The raisins are placed in a bowl and gin added until it just covers the raisins. The raisins become saturated with the gin and the bowl is left uncovered until the extra gin evaporates. I have read recommending eating nine raisins per day.

From what I have read, this home remedy has been around for about 50 years and, like many folk remedies, periodically becomes popular and then falls out of favour. I have been unable to find any scientific research on this remedy, but I have found many Internet articles and blog posts about it.

Some people swear by it, some have stated that the pain and inflammation return soon after they stop eating them. Other people have found them to be of limited benefit.

Why does it work for some people? Grapes contain resveratrol in their skins and sometimes in the seeds. It is a compound that is thought to suppress and inhibit enzymes that produce inflammation in the body, at least in lab and animal studies. Other non-human studies have found anti-cancer, anti-aging and antiviral effects. Grape juice and wine also contain varying amounts of resveratrol, but perhaps the reason the gin raisins recipe seems to work for many people is that the resveratrol is not as concentrated as in the soaked raisins. I guess the gin creates a more concentrated extract of resveratrol.

Q. When I read about gin-soaked raisins, I laughed all the way to the liquor store. When I told the clerk why I was there, he said he sells a lot of gin for that very purpose.

I was still skeptical but tried the remedy anyway. I had relief from my joint pain and stiffness within a week but still thought it was probably just a fluke. When I stopped taking the raisins I found out what a difference they had made! I now keep golden raisins and gin on hand for everyday use.

A. Quite a few people have had a similar experience with liquor store clerks reassuring them that others have also bought gin for just such a purpose. This is one of the most popular arthritis remedies we have ever written about.

One reader, Cindy, reported: "Gin-soaked raisins: the 17-year-old that works with and for me at times in my landscaping business told me that he now takes them regularly. I gave him a sample - a very kindly gift to friends, by the way. He had recently had a crash on his little motorcycle. He was motivated by the pain to try the raisins and is now a true believer.

"Oddly, I got away from taking the spoonful myself. I



UK Healers have requested K.I.H.A. to submit updates to meet the UK Healers Accreditation with the view to a visual inspection of our Association's material to ascertain whether it meets the UK Healers published Quality Criteria.

The accreditation Committee of UK Healers will check that there is evidence within the submitted material which shows that we adhere to **each and every** section of the UK Healers Quality Criteria.

The sections required: Membership Criteria, Code of Conduct, Healing and the Law, Assessment of Students for Qualified Status, Complaints Procedure, Disciplinary Procedures, Continuing Professional Development (CPD, CPPD) and Training.

The new Quality Criteria contained some small changes and additions as compared with the submission of our existing standards submitted in 2009.

All requirements have been made and submitted to UK Healers for approval in November 2014 and now awaiting their approval.

We have included with the Magazine, 4 amendments pages for the Student Manual to replace the existing and the old ones to be discarded by any member that has the manual.

We have also included an amendment sheet to the Code of Conduct, Complaints and & Disciplinary Procedures.



Essential Information for the
Responsible Healer

infohub

www.the-cho.org.uk

THE SWEET PAIN RELIEVER



cooked pineapple is extraordinarily tasty too.

Smoother Joint Movement Pineapple's enzymes literally clean up "rusty" joints. When you eat pineapple on an empty stomach, the enzymes go right to work on your joints.

If you eat pineapple with other foods, the enzymes divert their activity to digesting the rest of your meal instead of the gunk in your joints. So keep pineapple around for between-meal snacks. Juice the hard inner core as well to take advantage of the concentrated bromelain located there

Pain Relief For optimal arthritis pain-relief, eat fresh pineapple. The bromelain in pineapple is destroyed by heat, so fresh pineapple will give you the most benefit. Frozen pineapple retains active enzymes, but canned fruit and commercially processed juice don't provide the anti-inflammatory benefit of fresh fruit. It is important to note bromelain causes anti-clotting activity...So you should consult with your physician before combining pineapple with blood-thinning medications such as warfarin (Coumadin), heparin, or aspirin.

If the fruit needs to ripen, keep it on your kitchen counter for a couple days. You'll know it's sweet and ready to eat when the bottom softens a bit.

Protection from Inflammation Pineapple's bromelain halts inflammation. The sulfur-based enzyme bromelain in fresh pineapple is one of the most-researched natural anti-inflammatory agents around. Bromelain hits inflammatory agents that trigger joint pain and cartilage degeneration. Most of the bromelain in pineapples is found in the core and the stem. So don't throw away that tough, fibrous core! Just chop it up, throw it in a blender with some water and pulse to convert it to juice.

A 2006 study cited in Clinical and Experimental Rheumatology found that supplemental bromelain is effective in easing discomfort from hip arthritis. The Arthritis Foundation stated that pineapple's bromelain produces effects comparable to NSAIDs for relieving pain and inflammation.

UK researchers reviewed ten studies on osteoarthritis and bromelain. They found that every single one confirmed bromelain's benefits.

For generations, people around the world have used fresh pineapple to ease their arthritis inflammation

Loaded with joint-protecting vitamin C, pineapple is undoubtedly a superior arthritis-healing food. Its anti-inflammatory ingredient -- bromelain -- is so potent that many boxers drink the juice after fights to heal their bruises.

A 1960 study compared boxers who took bromelain with those receiving a placebo. In just four days, an amazing 78% of those taking bromelain were inflammation-free, while only 14% of the control group had recovered. Other than bromelain, pineapple also contains manganese, which strengthens bones and protects joints.

Here are 5 reasons you should be indulging in this delicious fruit if you struggle with joint pain and arthritis:

Joint Protection Higher intake levels of the antioxidant vitamin C is essential for people with arthritis... just one cup of pineapple has 94% of the recommended daily allowance (RDA)

Research published in the Annals of the Rheumatic Diseases showed that vitamin C-rich foods protect against inflammatory polyarthritis, a type of rheumatoid arthritis in which two or more joints are affected. Studies show vitamin C actually reduces pain, cartilage loss and disease progression

Healthier Joint Tissue Pineapple is a great source of the trace mineral manganese. Manganese is absolutely essential for building healthy joint tissue and dense bones. One cup of pineapple provides 128% of the RDA for manganese. Research shows that manganese tackles free radicals that can damage joint cartilage. It is best to eat your pineapple raw. Fruit skewers alternating fresh pineapple chunks with strawberries is a great way to do that. Grilled and



FROM THE OUTGOING MEMBERSHIP SECRETARY ... SHARON WISE

I have been thinking back to the morning of the A.G.M when I was asked to become Membership Secretary and that must be at least 8 years ago now. How proud and honoured I felt to even be considered for the position. Since then both the Association and I have been through many changes. The Association's standard of training with the introduction of the new manual, which to my mind, put us ahead of all the rest at the time and becoming an International Association for another. More in my department was the introduction of the plastic ID cards, the printer of which has from time to time, been very temperamental as more than one or two of you could testify. I would like to thank you all for your patience.

The last 8 or so years have introduced me to an eclectic mix of people all of whom have at least one thing in common. The desire to help improve the lives of those we meet in whatever way we can. I know that the members I have spoken to over the years, and there have been many, have this ethos. It has been a pleasure to get to know you all as it has the various Board members. Thank you all for your support.

Well the time has finally come for me to pass the position on, and I am very glad that it is going to Tracey Munnings.

I feel that Tracey is the right person for the job, she is a cheerful, caring, enthusiastic and diligent person and I expect that she will be a very popular Membership Secretary. I wish her and you all the very best for the future.

I am not leaving the Board completely, I am going to continue as Magazine Editor and will of course be helping out if needed.

A PLEA FROM THE MAGAZINE EDITOR

As each year goes by it is becoming apparent that the NHS is under severe financial pressure. How long will it be before services are restricted or we have to pay for treatment? The time is right for Energy Therapy to come into the mainstream. What we need to do is provide evidence of its efficacy. This is where you all come in, How many of you have evidence that is documented and backed up by the client,?

I am asking any of you that have this to send it in to me, either by post or electronically. Include a photo of yourself with the client if at all possible, I want to make this a regular feature of the magazine, without this evidence the medical profession won't value us as therapists. For those of you that haven't, make 2015 the year to start gathering evidence



THE NEW EXECUTIVE COUNCIL MEMBER ... LESLEY GREEN

I have been interested in healing since I was at University. I had been told by several people that I should train. Many years later I came across an advert for healing and although I put away the paper, it kept reappearing and I knew it was time to act. That was a life-changing moment. I found that those people were right, healing really was the right path for me to follow.

Since then I have trained as a counsellor and use my healing in my daily life. It is part of who I am and I feel blessed to be part of this wonderful organisation. I hope that the dynamic of so many new members on the board bring about some fresh ideas that continue to keep us as a leading Association in our field. I am very much looking forward to working with them.



NEW DISTANT HEALING ADMINISTRATOR ... ELAINE BURCH

We are so happy that Elaine Burch has accepted the post. Elaine has two grown-up daughters who live in England. Elaine her husband Kenneth, moved to Brittany three years ago. They live on Menez Hom which is a sacred site of Celtic origin, located in the park Amorique. She is a spiritually inspired artist, enjoys yoga, music and life. Elaine has been a full healer for 20 years and during those years came to understand the wonder of distant healing. I do feel that Elaine has been sent to us for this role and want to thank her so much for accepting.

For distant healing Elaine can be contacted at elaine.burch@virgin.net

A Stroke and Luck



Chris Edwards

We'd just had a supermarket shopping delivery, and my wife was putting things away in the freezer. I took our dog for a walk, and when I came back home about 30 minutes later, found Stevie on the kitchen floor. She appeared to have suffered a stroke, which a 999 call and going through the F.A.S.T test soon confirmed.

FAST, in case you don't know, equals F for Face – is the face especially the mouth drooping?, A for arms – can the arms be moved easily?, S for speech – is it slurred?, and T for time – the quicker you get medical attention the better.

In our case T for time, an ambulance quickly arrived and we were soon being rushed to Charing Cross hospital, blue lights flashing and siren going, through the early evening traffic. Charing Cross hospital, near Hammersmith is the major stroke centre for West London. Just over an hour after having the stroke, Stevie was thankfully getting medical attention.

I was in something of a daze, waiting at the hospital to find out what was going to happen. Eventually after about an hour, I was able to see Stevie, who was by then more stable. After a while I decided to go back home as there was little I could do at the hospital.

The next few days were quite difficult, as not sure what long term effects would be. I phoned Pat Smith and told her what had happened, and she offered to send me some distant healing. The following could perhaps be considered a "case study" of my feelings and reactions

Day 1 - 17th November 2012

This was a distant healing sent direct at a set agreed time. I felt very strong sensations, with a blue ball of light on the solar plexus, and a Orange brown "clay" like substance pulled from the Sacral. I was flying fast over a barren landscape, that was murky and desertlike, then floating in space with stars, and into a pink brown crystal space. After about 10 minutes there was heat on solar plexus and crown. I felt much stronger the next day

Day 2 - 18th November

This was distant healing to be received at a time as appropriate.

There were more subtle sensations, and continued strength, with rippling purple waves around and through the body.

Day 3 - 19th November

Healing at a time as appropriate. Some green light, and pressure on heart, like a bar pressing down. Then pressure on throat, and a Pink brown light, a continuation of the previous night. This was followed by "Black" light, a seemingly ancient light, and then marching upwards as part of a procession, with no rush to get anywhere.

Day 4 - 20th November

Healing at a time as appropriate. A short, and subtle session, mainly focused on the throat. I felt very active after, and took the dog for a walk in the rain

Day 5 - 21st November

Healing at a time as appropriate. I was tired before this very intense session, in which I was re-charged from the base and crown chakras. I felt fresher and clearer after, and sent distant healing to my wife.

Day 6 - 22nd November

Healing at a time as appropriate. I felt grounded and positive in the morning and relaxed. A fairly short session, with subtle healing on crown, 3rd eye and throat. Got the message from Pat "that's all you need"

Day 7 - 23rd November

Healing at a time as appropriate. I was calm and relaxed in the morning. A very low key, short healing all over, giving a general feeling of well being.

Day 8 - 24th November

Healing at a time as appropriate. Healing felt a floating gentle sensation, with some white and purple light. I felt relaxed and comforted after, and sent healing to my wife.

Day 9 - 25th November

No distant healing, got the message "others need it more"

Day 10 - 26th November

Healing at a time as appropriate. I felt strong pressure on the Base and Sacral, with a lot of red light. Then on the Third eye with blue, then white light. Afterwards I sent healing to my wife.

I'm pleased to say that my wife Stevie, suffered no speech or memory problems from the stroke, but does still have problems on and off with her left leg and left hand.

My thanks to Pat, and to the Universe for the distant healing, which helped during a difficult time.

Seeing The World Through an Energy Healer's Eyes



Energy healing is the opportunity to assist and connect to an individual that has asked for outside assistance. As a new full member of KIHA I am always filled with great humility and compassion to be given the experience of sharing in another's healing journey.

Over the years my awareness has developed and widened into areas outside of a single healing session. Now, everyday encounters that one would not normally associate with healing are seen through eyes of understanding and compassion as I realise all individuals are in a state of continuous spiritual integration.

It is my belief that all beings deserve to love and be loved. Love is an action and is the fundamental energy state from which we all originate. It is what motivates us, compels us, and ultimately heals us. Love is essential and paramount to live a life that is not just surviving but **thriving**. When we understand this fundamental truth, we then start to see the world from a different perspective.

Healing doesn't need to be confined to a therapy room. Healing is a mind-state that we take on in order to raise the vibration of our entire world. When we remember to consciously offer only our highest and best in each moment, we are assisting and connecting to each other's personal healing journey just by being Present and Aware.

We are all connected; when we heal ourselves we heal each other.

Namaste,

Liz Hancock

STONEHENGE SUNRISE



RYE OBSERVER September 8th 2015 STONEHENGE SUNRISE FOR GLENDA

Former registrar Glenda Procter conducted a sun-rise ceremony at the inner circle of the Stonehenge monument.

Glenda, from Udimore, who has conducted hand-fasting ceremonies at Glastonbury Festival, said: "I conducted a Blessing of Rings ceremony inside the inner circle for a couple at dawn. It was truly magical. The couple 'lost' their rings on their wedding day and only found them months later so they wanted them blessed and re-gifted to each other."

STONEHENGE INNER CIRCLE AT SUNRISE

6th September 2014

<http://www.ryeandbattleobserver.co.uk/news/local/stonehenge-sunrise-for-glenda-1-6275548>

The above was written in the Rye Observer in September with the first photo

I would also like to share this other photo with my KIHA family of healers, who will appreciate the magnificent ORB and sunrise photo taken at dawn in the inner circle at Stonehenge. It was a truly uplifting experience and one I was so lucky to experience on a fine sunny morning! THE ENERGIES and feelings I experienced inside the inner circle far exceeded any of my expectations and experiences. The towering Stones were huge and so overwhelming. They were such a beautiful sight as the sun rose between them. The only sad part was not being allowed to 'hug' a stoneas touching is prohibited! I can't wait to organize a return visit with any couple wanting a similar ceremony. I would love to arrange a spiritual group such as ours to visit and have an Elemental Blessing and couples Handfasting, English Heritage are due to raise their prices in 2015 from £21 for this 1 hour visit at sunrise or sunset. Call Glenda 01797 226100 glendaprocter@hotmail.com