

Thank you for sharing that Jamie.

There is talk that the CHO maybe appearing at another festival in 2017 and again the committee will keep you all informed, that is why it is important to make sure you fill in your subscription form with your current email address or should you change it between times please let Tracey Munnings the membership secretary and treasurer know.

Sharon Wise

Facebook By Lesley Green



verb

- o spend time using the social networking website Facebook
- o contact (someone) via Facebook.
- o post (information or a piece of data) on Facebook

I will be looking after the Facebook site; and keep you up-to-date with information, events, and news.

If you have any items that you think that would be of interest to our members, please send it to me, by email to lesleygreen25@gmail.com, by Messenger, WhatsApp or by mobile -07891426478

In the world of social media, in the third quarter of 2016, Facebook had **1.79 billion** monthly active users, and I would like to encourage all of our members to visit our site.

Let's move forward into the new year with a positive and vibrant site, embracing all aspects of healing.



ANNUAL GENERAL MEETING

21st October 2017 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)

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 Editor - Sharon Wise 01843 570190 sharonwise@talktalk.net

DISCLAIMER

ANY CLAIMS OR STATEMENTS MADE BY ADVERTISERS OR PUBLICATIONS IN THIS MAGAZINE
ARE NOT NECESSARILY THE VIEWS HELD BY THE K.I.H.A.
CONTENTS OF THIS PUBLICATION ARE NOT SCIENTIFICALLY PROVEN

THANKS FOR THE MEMORIES



YOUR ASSOCIATION NEEDS YOURS

Calling all long term members, do you have a story to tell?

We are looking for memories of how things were when the Kent Healers (as we were then called) was in its infancy and the following years to the present day. Do you have photographs? Maybe of an early training meeting, healing centre, A.G.M, congress, workshop or whatever it might be.

2017 will be the 70th Anniversary of our Association . We are very proud to be able to say we are the OLDEST Healing Association in the Country. To celebrate this we would like to produce a booklet of your memories to give to all members, present and future to show how we have got to where we are now. We hope that this will include plenty of photos as well as your stories .

So please, please, put pen to paper or finger to keyboard and send us your contributions. This really will depend on you our valued 1st generation of healers, as well as the rest of us. The more information we get from you the bigger the booklet can be. I know from talking to so many of you over the years that you have some amazing stories to tell so please, please send them in to Sharon and share the journey of the Association from 1947.

website: www.kiha.co.uk



KENT INTERNATIONAL HEALING ASSOCIATION

FROM THE PRESIDENTS DESK



Firstly I would like to thank you all for voting me in as your President. A position I proudly accept albeit with a saddened heart, as the post would not have been vacant if our former President Helen Salmon had not sadly passed to cancer, a disease which seems to be more prevalent now than ever before, which in turn makes what we do very, very necessary, If not the ability to cure this but to comfort and help ease both those suffering from this terrible disease and their families.

I think I know most of you from my time as Membership Secretary, a post I held for many years. That was at a time when social media was in its infancy, but how times have changed. It appears that Facebook and Twitter can influence all manner of thing now as I think recent developments in the USA have proven. Helen recognised this and introduced us as an association to Facebook. If you aren't aware of this I would like to encourage you to take a look and join in. We now even have a member of the committee, Lesley Green, dedicated to its running and I feel confident in saying she will be glad to interact with you all.

At this years A.G.M not only was I elected but also the Vice-President, Claire Tonkin, I look forward to working closely with her and the rest of the committee a very dedicated and enthusiastic group of people. We are here to head up the association, but it truly belongs to you. Let us know what you want from your association. If you would like to be more actively involved with the board, against us know. Let us all work together to make the future of KIHA, its members and the general public as great as it can possibly be, spreading the word of Energy Healing and its benefits.

I hope to see all of you at next years A.G.M. This has been brought back to its original date of the third Saturday in October, which next year is the 21st. It will as usual be in Tonbridge.

Until then, I wish you all a very healthy, happy and prosperous 2017

Sharon Wise

FROM THE VICE PRESIDENT...

CLAIRE TONKIN

It is with absolute pleasure that I take the post of Vice President. The past year has been nothing if not eventful with many joys and sorrows. There is much work to do and I look forward to supporting Sharon and the Association as a whole in working towards the advancement of our beloved KIHA.

DISTANT HEALING ADMINISTRATOR ...

ELAINE BURCH



The distance healing is going well, there seems to be a steady flow of requests. I would like to talk about distance healing in the future to you because it is an amazing gift that we can all send out, if you know of anyone who would like distance healing sent to them, please contact me.

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

Magazine Editor 01843 570190 sharonwise@talktalk.net

A Few Words from the Magazine Editor



Each year I ask for you the members to contribute to your magazine. This year I am delighted to say that James Hinton took me up on that. Are you like James? Do you have a story to tell? Maybe you have an idea for an article or are taking part in some fund raising event. Why not take some photos, add a few lines telling us all about it and send it to me either by email or post. The contact details for all the association committee members are to be found in the Directory which is sent out each year with this magazine. Now, here is what James has to say:

WELL BEING FESTIVAL

I received an invitation from K.I.H.A to help out at the CHO (The Confederation of Healing Organisations) at the Mind, Body & Spirit, Well Being Festival at the NEC Birmingham and immediately felt a strong wish to participate.

A few e mails later and I had booked train travel and hotel.

Friday evening I travelled from Folkestone to Birmingham International after work with my partner Beverley who is a developing medium.

Saturday 5th November I arrived at Hall 10 and the scents of oils and incense was wonderful. There was a lovely atmosphere and energy which was inspirational.

I met up with the other healers and watched a fascinating talk by a Japanese healer, Dr Takashi Tomita who showed evidence of positive results of his healing. I had time to speak with him afterwards and he gave me his business card and told me to look him up when I travel to Tokyo next March.

I was given a briefing on the administration and gave 7 healing sessions during the day which was a great experience especially highlighted with the lovely surrounding energies.

There were 3 couches and 2 chairs so we alternated between working on these.

I also had time to walk around the stands and other displays which was interesting and informative and we met some fascinating people.

Sunday saw me back at the Aspects of Healing stand and I gave 3 healing sessions and I was really humbled to make a difference to peoples' lives and give them balance and peace.

The wonderful thing about the experience is that everyone is like minded and because of people's belief and faith it made for a truly magical experience.

Thanks to all at K.I.H.A who got me in contact with the organisers and sorted out insurance paperwork for me.

I would really recommend working at a festival just for the sheer wonderful experience of meeting people and healing on a continuous basis. I have only gratitude for this.

Jamie Hinton - Hythe Christian Spiritual Church Kent

Where Can You Get Glutathione?

The body makes it, but it's often not enough in our strenuous environment. Here are some food sources that either contain glutathione or its precursors to help the body produce more. -Broccoli-Brussels sprouts-Cabbage-Cauliflower-Avocados-Peaches-Watermelon-Cinnamon-Cardamom-Turmeric (Curcumin)-Tomatoes-Peas-Garlic-Onions-Red peppers

Notice they are all healthy foods we often don't get enough of? This is another big issue with our diets. We consume a lot of junk, meat, dairy and processed foods, items that clinically have been proven to be the number one causes of heart disease and illness yet we consume them in huge quantities. The key is to limit these and eat a lot of fresh, lively foods that provide nutrients and don't ask the body to perform a mega job to digest.

You can also increase your exercise as glutathione production increases when you exercise. Breathing and sweating are also great ways to get rid of toxins in the body.

Glutathione Protects Against Chronic Illness

What makes glutathione so important and powerful is that it recycles antioxidants. When your body is dealing with free radicals, it is essentially passing them from one molecule to another. They might go from vitamin C to vitamin E to lipoic acid and then to glutathione where they are cooled off. Antioxidants are recycled at this point and the body can now regenerate another glutathione molecule to go back at it again.

Glutathione is crucial for helping your immune system fight chronic illness as it acts as the carrier of toxins out of your body. Like a fly trap, toxins stick to glutathione and they are carried to the bile into the stools and out of the body. Glutathione is also powerful enough that it has been shown to help in the treatment of AIDS greatly. The body is going to get in touch with oxidants and toxins, the more we can deal with those the better our body will be at staying strong, this is why glutathione is so important.

9 Final Tips

Dr. Mark Hyman has given 9 tips to increase your Glutathione levels. Check them out!

1. Consume sulfur-rich foods. The main ones in the diet are garlic, onions and the cruciferous vegetables (broccoli, kale, collards, cabbage, cauliflower, watercress, etc.).

2. Try bioactive whey protein. This is great source of cysteine and the amino acid building blocks for glutathione synthesis. As you know, I am not a big fan of dairy, but this is an exception — with a few warnings. The whey protein MUST be bioactive and made from non-denatured proteins (“denaturing” refers to the breakdown of the normal protein structure). Choose non-pasteurized and non-industrially produced milk that contains no pesticides, hormones, or antibiotics. Immunocal is a prescription bioactive non-denatured whey protein that is even listed in the Physician’s Desk Reference.

3. Exercise boosts your glutathione levels and thereby helps boost your immune system, improve detoxification and enhance your body’s own antioxidant defenses. Start slow and build up to 30 minutes a day of vigorous aerobic exercise like walking or jogging, or play various sports. Strength training for 20 minutes 3 times a week is also helpful.

One would think it would be easy just to take glutathione as a pill, but the body digests protein — so you wouldn’t get the benefits if you did it this way. However, the production and recycling of glutathione in the body requires many different nutrients and you CAN take these. Here are the main supplements that need to be taken consistently to boost glutathione. Besides taking a multivitamin and fish oil, supporting my glutathione levels with these supplements is the most important thing I do every day for my personal health.

4. N-acetyl-cysteine. This has been used for years to help treat asthma and lung disease and to treat people with life-threatening liver failure from Tylenol overdose. In fact, I first learned about it in medical school while working in the emergency room. It is even given to prevent kidney damage from dyes used during x-ray studies.

5. Alpha lipoic acid. This is a close second to glutathione in importance in our cells and is involved in energy production, blood sugar control, brain health and detoxification. The body usually makes it, but given all the stresses we are under, we often become depleted.

6. Methylation nutrients (folate and vitamins B6 and B12). These are perhaps the most critical to keep the body producing glutathione. Methylation and the production and recycling of glutathione are the two most important biochemical functions in your body. Take folate (especially in the active form of 5 methyltetrahydrofolate), B6 (in active form of P5P) and B12 (in the active form of methylcobalamin).

7. Selenium. This important mineral helps the body recycle and produce more glutathione.

8. A family of antioxidants including vitamins C and E (in the form of mixed tocopherols), work together to recycle glutathione.

9. Milk thistle (silymarin) has long been used in liver disease and helps boost glutathione levels.

Executive Council

FROM THE TREASURER-MEMBERSHIP SECRETARY
TRACEY MUNNINGS



Once again we thank you, our members, for your continued support for KIHA. This year hasn't been an easy one and it's with deep sadness that we have lost our president Helen Salmon. She was an inspiration and the tonic the organisation needed, with her enthusiasm and fresh ideas - we will all miss her terribly. We were able to make a donation on behalf of KIHA to her family's chosen charity "The Breast Cancer Haven"

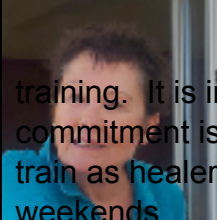
We are now registered for Gift Aid. I would be really grateful and ask that if you make a donation, that you tick the box for Gift Aid. It will make a huge difference to KIHA. This year we were only able to claim £23 instead of the £84 we would have been able to claim had everyone ticked the box.

The bank accounts are looking healthier and the membership numbers stay consistent. That's all good, positive news - moving forward to the new year!

The members have all done an amazing job - thank you! Keep spreading the word, telling friends, family and strangers who we are and what we are doing - tell them about the website and facebook; they can even like our page!

Wishing you all the very best wishes for a healthy happy 2017!

FROM THE TRAINING CO-ORDINATOR...
MARY GAY



I am pleased to announce our new Short Course has created more flexibility in training. It is intended to attract more people into KIHA and who feel two year's commitment is too much to handle. The Short Course enables people wishing to train as healers to become Associate Members of KIHA after a possible two weekends.

The course can be completed over two weekends which would include 28 hours of tutor contact and 16 hours of homework. Assessment at the end of the short course is taken on line and can be completed as often as it takes to achieve 100% success.

Associate membership entitles the holder to treat family members, friends and pets but NOT members of the public. Associate healers who wish to continue to Professional level may do so with a credit of 44 hours, which would be deducted from the length of the Professional Course.

All Associate members are welcomed into KIHA with a membership card, short course manual and a copy of the Magazine.



5 Plants For Your Bedroom To Help You Sleep Better

Do you have trouble sleeping at night? You're not alone!

The centre for disease control and prevention stated that insufficient sleep is a public health problem and have spent thousands of dollars and hours trying to figure out the solution.

If you've tried medication, relaxation techniques, a better mattress, banana tea and other remedies, but are still tossing and turning through the night, this article is for you!

We all know that spending time out in Nature has numerous health benefits.

Is it possible that bringing a little bit of Mother Nature INDOORS could help you get better sleep at night?

YES!

There are a lot of benefits to bringing plants into your house, including:

- o Better air quality
- o Reduced stress
- o Less anxiety
- o Better smell
- o Headache relief
- o Boosted mood
- o Cold/illness prevention
- o Improved brain function
- o **IMPROVED SLEEP**

NASA recently did an entire study on the ability of plants that have a calming and cleansing effect on the environment. **Here are the top 5 most effective for helping you get better sleep and improving the vibe of your bedroom.**

What a Great Way to Start a Saturday!



This September saw the opening of a Healing Centre at the Yoga Centre at 82 High Street, Ramsgate. The Healing Centre is open every second and fourth Saturday of the month 11.00 - 1:00.

All are welcome to come along and experience healing. One happy person having received healing, exclaimed,

"What a great way to start a Saturday!"

On another great Ramsgate Saturday in 1952, Harry Edwards, who as you may remember became a worldwide known healer, teacher and author, gave the first public healing demonstration organised by the Kent Healers Association – KIHA had at that time had not become international.

In October, 1976 he gave what turned out to be one of his last public demonstrations - again organised by KHA. It was held at Wilsons Hall in Ramsgate when a number of KHA members were invited on to the platform with him.

Now again, KIHA has organised healing in Ramsgate, but this time at Anetai Yoga (formerly More than Yoga) in the High Street CT11 9RX. This is a delightful studio, ideally situated close to a car park, the shops and market.

Antioxidants

GLUTATHIONE BENEFITS

- Increases **energy**
- Slows down the **aging process**
- Reduces **muscle & joint discomfort**
- Strengthens **immune system**
- Detoxifies the **liver & cells**
- Improves **mental focus & clarity**
- Improves **quality of sleep**
- Reduces the **effects of stress**
- Improves the **skin**
- Athletic **performance & recovery**

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



We have all heard of antioxidants, but have we heard of the mother of all antioxidants? One that is the secret to prevent, heart disease, aging, neurological issues and more? This single antioxidant has been studied in great depth yet most of us know nothing about it and many doctors have no idea how to address the epidemic of its deficiency in humans. We are of course talking about Glutathione (pronounced "gloota-thigh-own.") This is a powerful detoxifier and immune booster and is crucial to a healthy life. Although the body does make some of its own Glutathione, poor food quality, pollution, toxic environments, stress, infections and radiation are all depleting out bodies glutathione.

What is Glutathione?

Glutathione is a simple molecule produced naturally in the body at all times. It's a combination of three building blocks of protein or amino acids — cysteine, glycine and glutamine. The best part of glutathione is that it contains sulfur chemical groups that work to trap all the bad things like free radicals and toxins such as mercury and heavy metals in our body then flush them out. This is especially important in our current world of heavy metal bombardment.

IMPORTANT NOTICE

Gift Aid

As of this year we are now registered and able to claim Gift Aid on any donations that you make to KIHA. If you are a U.K. tax payer and you pay any kind of tax i.e. tax on wages, corporation tax, or tax on any savings you have; then all you have to do is tick the box on the membership subscription form and we'll do the rest. It won't cost you a penny more and KIHA can claim an extra 25% of your donation from HMRC; that's 25p in every £1 you donate. So don't forget to tick the box please ✓ and make a difference!

Insurance

There's an important announcement to say this year regarding insurance. In order to bring the insurance renewal and the membership renewal in line with the FCA Regulations we have to have a renewal date for both on 1st January 2017. Any membership subscriptions not received by then will mean the member will not be covered by insurance. So please don't forget to renew promptly by 31st December.

Garlic Soup Recipe (Serves 4)

Ingredients:

- 2 tablespoons olive oil
- 2 teaspoons (1/4 stick) organic butter (grass fed)
- 1/2 teaspoon cayenne powder
- 1/2 cup fresh ginger
- 2 1/4 cups sliced onions
- 1 1/2 teaspoons chopped fresh thyme
- 26 organic garlic cloves, peeled
- 1/2 cup coconut milk
- 3 1/2 cups organic vegetable broth
- 26 organic garlic cloves (unpeeled)
- 4 lemon wedges

Method:

Preheat oven to 350F. Place 26 garlic cloves in small glass baking dish. Add 2 tablespoons olive oil and sprinkle with sea salt and toss to coat. Cover baking dish tightly with foil and bake until garlic is golden brown and tender, about 45 minutes. Cool. Squeeze garlic between fingertips to release cloves. Transfer cloves to small bowl.

Melt butter in heavy large saucepan over medium-high heat. Add onions, thyme, ginger and cayenne powder and cook until onions are translucent, about 6 minutes. Add roasted garlic and 26 raw garlic cloves and cook 3 minutes. Add vegetable broth; cover and simmer until garlic is very tender, about 20 minutes. Working in batches, puree soup in blender until smooth. Return soup to saucepan; add coconut milk and bring to simmer. Season with sea salt and pepper for flavour.

Squeeze juice of 1 lemon wedge into each bowl and serve.

Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat, stirring occasionally.

If garlic were found to be a wonder drug, consumers could simply buy it in the supermarket for 30p a bulb or grow their own in the garden.

1. Aloe Vera Plant

Aloe vera is an excellent indoor plant, because it has a host of benefits AND is easy to keep alive! Aloe vera was listed as one of NASA's top air-improving plants and has been shown to emit oxygen at night. Increased oxygen supply at night may help with insomnia and improve overall quality of sleep.

Aloe vera is also known as the plant of immortality and can be reproduced easily. Spread this popular medicinal plant all over your house for maximum benefits!

2. Lavender Plant

You may have used lavender essential oil, but have you ever tried growing your own lavender plant? Lavender, in all its forms, has been shown to help reduce anxiety and stress, slow heart rate, improve sleep and may even help reduce crying in babies!

3. Jasmine Plant

Jasmine is an exotic plant that's smell has been shown to help improve the quality of sleep AS WELL AS alertness and productivity the next day! Just smelling this plant may help to reduce anxiety and stress.

4. English Ivy Plant

English Ivy is classy and easy to grow. It was named the NUMBER ONE best air-purifying plant by NASA.

English ivy may be particularly beneficial to those who suffer from asthma or breathing problems at night. Studies have shown that having English ivy in the home helps to reduce airborne mould by up to 94%! Since contaminants in the air are a major trigger of allergies, asthma and other breathing problems, this affordable plant may help to significantly improve the quality of sleep.

5. Snake Plant

Already a popular indoor plant choice, snake plants are easy to keep alive and are great for interior decorating. Snake plants are believed to improve air quality by filtering the oxygen and thus improving the overall atmosphere of a home. Some studies have shown that having a snake plant in the room helps people to avoid eye irritation, respiratory symptoms, headaches and may also improve productivity levels.

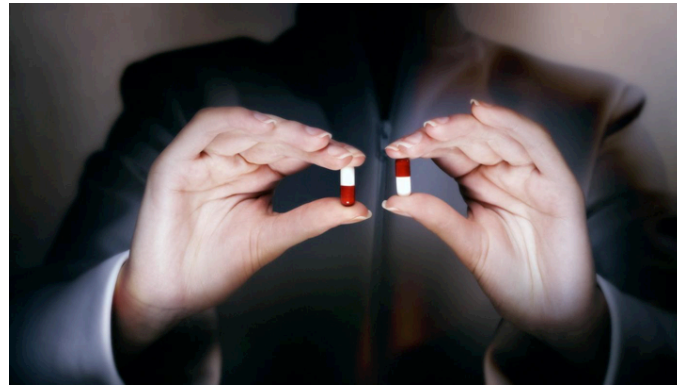
Purer air = better sleep at night and more productivity during the day!

Conclusion

Most people have no idea that the quality of their air can affect their quality of sleep as well as their overall health and wellness. Mould and other airborne contaminants can be a major underlying factor in illness and disease.

By adding more indoor plants to your home, you will not only gain purer air, but may also find that annoying symptoms you've been experiencing for years begin to improve.

PLACEBO?



Sugar pills. Injections of nothing. Studies show, more often than you would expect that placebos really work. Or do they, can the mind really heal the body. Can bald people really grow their hair back by the power of belief that they can. Apparently so.

Placebo effect was first noted hundreds of years ago yet official attention to it really came about in the 1950's and ever since it has complicated medical research as it became the benchmark from which to measure new drugs and therapies. If the new medicine or therapy is no better than the placebo control, it is considered a failure. Despite this, the role of the placebo effect in modern medicine remains poorly defined due to lack of common understanding of what it actually is.

What nobody realised until recently is just how complex the placebo effect is. It turns out that a patient's state of mind, awareness of their condition and expectations of the care they are about to receive can influence pretty much every aspect of therapy. One set of researchers has found that the anxiety relieving drug diazepam doesn't work unless patients know they are taking it. Similarly, morphine is significantly more effective when people are told they are being given it. In both cases the placebo effect appears critical to the effectiveness of the drug. Many more examples have been sourced by the Institute of Noetic Sciences; they have compiled a database of well over 3500 verifiable cases of spontaneous remission.

No longer is the placebo effect being viewed as an impediment, simply a statistical annoyance that gets in the way of evaluating the efficacy of potentially legitimate therapies. Views are changing and the placebo effect is being thought of as an important part of the healing process. Placebos are even deployed in clinical practice as medicine; the German Medical Association reported recently that half of all German doctors prescribe placebos. Although the degree of usage fluctuates between countries, recent research has highlighted its widespread appeal with most UK doctors having prescribed placebo at least once. Often overlooked is placebo's evil twin, the nocebo effect. If a patient believes they are getting strong chemotherapeutic drugs, they are prone to develop nausea, vertigo and blood pressure problems even if all they have received is a saline solution.

Even though objective physiological measures of the outcomes of any treatment are important, other outcomes such as frequency of hospital visits and quality-of-life measurements also need to be seen as clinically relevant. This assertion clashes with the basic truths of the logical, scientific method but it is just that, logical yet seemingly inadequate. The goal of making people feel better should be of overriding importance, something that it is easy to lose sight of under existing paradigms.

What is interesting is that current research shows the size of positive response in the placebo group of clinical trials in the US looking at drugs to treat neuropathic pain, has increased steadily over the last two decades. Ironically, this has created a real pain for the pharmaceutical companies themselves as it has reduced the margin of benefit for active drugs and made it harder for pharmaceutical companies to evidence that the drugs being tested are more effective than treatment with a sugar pill. The research has also ended up revealing how powerful the brain really is.

Our brains are the single most complex structures in the universe so it is not surprising that placebos are a constant reminder about how little is known about mind-body interaction. To date, it is not clear how the placebo effect works. It is possible that the merging of healing signals, assigned meaning and expectations, stimulate the body's inner healing power. The patient's positive mental and emotional reaction to a therapeutic intervention releases what has been called, the "inner pharmacy".

The suggestion that placebos themselves may have inherent healing value continues to be under fire from sceptics who accuse the idea as being on par with deluded, juvenile magical thinking. They argue that the effects of placebo still suggest that they are mostly an illusion of doing clinical trials. In other words, they are perceived as artefacts, not real healing effects. Previously, uninterested in the mechanisms of placebo, pharmaceutical companies are now pulling out all the stops to get to the bottom of why this effect occurs. This is not surprising news given that some drugs that have been on the market for decades, like Prozac, are flailing against the placebo to the extent that if the drugs were vetted now the FDA might not even approve of them.

Research into the mysteries of the placebo effect has been propelled in large measure by the emergence of neuroimaging. What may not be good news for pharmacology is that both placebos and pharmaceutical painkillers tap into similar biological mechanisms. Using MRI brain scans researchers have discovered a specific region in the brain that is responsible for the placebo effect in chronic pain sufferers. This finding may eventually lead to beneficial outcomes for people suffering from chronic pain, particularly as addictive painkillers can cause more problems in the long term. Such findings add weight to the growing evidence that the placebo effect, at least in pain relief, has a biological basis in the body, a claim that has been contested for decades.

Frustratingly, the use of the term placebo has been mainly applied to all modifications of self-healing, particularly to complementary and psychological therapies. Some practitioners have even welcomed this association and use it as justification for using treatments. Certainly we should harness the power of the placebo, but to see any positive outcomes as merely placebo may well be serving an injustice.

Indeed, research carried out by Professor Chris Roe has demonstrated that energy healing goes beyond that of the placebo. The research findings have been presented in previous KIHA newsletters.

For now beliefs about the source of placebo remain polarised, making reasoned debate about this issue difficult. Yet, if the mind can help an incurable illness, the implications for psychology, medicine and alternative therapies are huge. The placebo response doesn't appear to care if the agent of healing is a feat of pharmacy, a therapist, or a sugar pill. All it requires is a reasonable expectancy of improvement. That in itself is potent medicine.

Submitted by Claire Tonkin