



# IARRT Newsletter

THE INTERNATIONAL ASSOCIATION FOR REGRESSION RESEARCH AND THERAPIES, INC. (IARRT)

[Formerly: Association for Past-Life Research and Therapies, Inc. (APRT), Founded 1980]

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Dorothy M. Neddermeyer, PhD  
President

Greetings Fellow Sojourners:

It is my honor and pleasure to stand before you as your president. Little did I know when I was seven-years-old, as I stood barefoot in the driveway of my parent's cattle ranch watching them drive away to take my beloved aunt to the state mental hospital and heard the words, "Some day you will have a big impact in people's lives," that I would be standing here now—albeit, I have my shoes on. Many messages guided me through the turbulence and vicissitudes of life. And through it all I made a big impact in people's lives as you have.

Do you marvel at the journey you traveled that brought you to the work you are doing? The intricate details, at the time might have seemed to be of little consequence, but, were none-the-less important and significant.

Today, more than ever before, we are witnessing a crisis of consciousness over the validity of a war versus the power of humility, integrity, understanding and diplomacy. More people than ever before are seeking to create health and prevent dis-ease and disease. Studies reveal over 70 percent of adults aged 50 or older use some type of HHC. Simultaneously, those who are spiritual seekers ponder the purpose and mission of their immortal souls. It is incumbent upon you as awakened spirit to enlighten your unenlightened sojourners. You need to be the 'voice' someone hears and begins to ponder.

The experience of pondering and subsequently creating and maintaining a new paradigm for the world is a monumental undertaking. However, it can be a wondrous opportunity to exercise and experience ourselves as the powerful spiritual beings we are. A paradigm shift teaches us about working with chaos and things turned upside down. The old paradigm needs to be examined and shifted before a new paradigm can evolve—this is the awareness we need most to maintain. Doing the same thing over and over because that is what we have always done or because it seems expedient doesn't mean 'it is right.'

Through times of searching and integrity conflict, escaping is easy; holding onto one's convictions of integrity and spiritual truth is difficult. Instead of giving up your convictions that, war or doing the same thing over and over is never the answer, we need to learn how to navigate in a new way. It is there—in the rough spots—that we learn how to deal with the resentments, the frustrations and the humiliations that come with life and work. It is there that we will find balance.

Pema Chodron, an American Buddhist teacher calls this, "The squeeze." She defines it as "a point where we are not able to take it or leave it, where we are caught between a rock and a hard place, caught with both the up-lift of our ideas and the rawness of what's happening in front of our eyes..." and, that, she says, "is a very fruitful place."

There are many wonderful opportunities in life and work to experience this "fruitfulness." As humans, we are often caught between that "rock and a hard place." And when caught, we want; to run; to retaliate; to reach for something to fill the emptiness; to have an affair; to bail out; to do whatever it takes to have the feeling of fullness and comfort again. When we are challenged this is precisely the time we need to hold on. When our fears tell us; to escape; to retaliate; to take the easy way out; we need to check with our integrity and spiritual compass. This is where security can be found-in the fruit of our commitment to a higher purpose.

When one stays committed to one's truth, humility, integrity and spiritual compass a new paradigm, in the midst of things falling apart, comes into focus. The space occupied by fear and letting go of old thinking shifts and is replaced by the new paradigm. I wish you well on your journey as you change paradigms

In this newsletter, NOTICE – Special announcements, New column titled, “News You Can Use,” and other goodies, don’t miss out. Until next time...

Respectfully,  
Dorothy M. Neddermeyer, PhD  
President

## **Board Member Committee Reports**

### **Education:**

IARRT Training continues to be fun and interesting. In the week before the IARRT Conference in San Francisco we held 2 classes. Level 2 was taught by IARRT Past President, Maggie van Staveren, who had 2 students. IARRT director of Research, Dr. Joseph Costa, taught Level 4 to 4 students.

Both classes received great reviews from the students who were grateful for the skills they learned and the personal growth. Thank you Maggie and Joe! The Board has voted to increase the number of class days from 3 to 5 for all training levels. This will give teachers time to cover more information, and the students more time to practice their skills under supervision. Students in the past have requested more class hours. We are pleased to be able to address their needs. We are looking forward to offering these expanded trainings in January, 2010.

I see IARRT continuing to be the leader in regression therapy training all over the world. We should always offer the most comprehensive curriculum giving our students the skills they need to become truly great therapists. More and more people are turning to regression therapy for help and information. IARRT is proud to be a source of highly trained therapists for them.

The next training is offered January 25 – 29, 2010 at the Institute of Thought in San Diego. All levels are offered and students have begun registering. For more information go to [www.iarrt.org/training](http://www.iarrt.org/training). Everyone with an interest in this work, from lay people to healthcare professionals, for personal or professional reasons, are welcome. Thank you to our members for supporting our training program.

Respectfully submitted, Carol Knoll, Education Chair

### **International Education:**

I made contacts in Mumbai, Delhi, Hyderabad, Bangalore and Ahmedabad, India and a few organizations are interested in taking up the Regression Training. Due to the World financial situation, the Training could not take effect and it has now been postponed to early next year. My aim is to also take up Membership Drive in India and other parts of the world with this training schedule. June- July, 2009, I was in Madrid, Spain attending a few seminars and I was a speaker at many places. I introduced IARRT. Hopefully in the future, I will successfully introduce the training in Europe too. I am working to uplift IARRT’s image Internationally as much as possible. It is our duty as an IARRT Board to maintain independent integrity of IARRT and make our organization more powerful.

Best wishes, Kaiser Shroff, International Education and Membership, Chair

## Membership:

Margaret (Maggie) Hammer was elected to the board May, 2008. Due to personal needs she resigned in September, 2009. The IARRT Board will miss her contribution and wishes her well on her journey. The Board is seeking a membership candidate. If you know someone who might be interested in holding this position, please send the information to Connie Brooks, Executive Director or Dorothy Neddermeyer, President.

Connie Brooks submitted the following member statistics - October 16, 2009:

Honorary Life	7
Life	99
PL1	147
PL2	29
Supporting	31
<hr/>	
Total	313

## Conference:

Taking all factors into consideration, your IARRT board decided to cancel the 2009 conference. All workshop presenters and keynote speakers have agreed to present at the 2010 conference, October 15, 16-17, Location: Hilton Kansas City Airport Hotel - Kansas City, Missouri.

## Special 2010 Conference Event:

Sunday, October 17 – 12:30 p.m. Celebrate IARRT/APRT's 30<sup>th</sup> birthday. Please bring your favorite memories and photos of IARRT/APRT's years. Bring your thoughts for the next 30 years.

Respectfully Submitted, Dorothy M. Neddermeyer, Acting Conference Chair

## Marketing:

### 1. Action since January 2009 Meeting

#### a. Marketing the October 2009 meeting Kansas City, MO

- i. Less use of paper mail or phone calls
- ii. More email announcements
- iii. Local advertising in Kansas City for late September and October
  1. Goal: attract non-members to the conference for education & membership
  2. New flyer designed to post KC, MO, with plan for mailing to local stores, groups, spiritual centers, and coffee shops
  3. Additional posting upon my arrival in KC for last minute blitz to attract people to specific lectures and workshops, for those for whom full weekend was not an option
  4. Media interview(s)
  5. Local press release

#### b. Marketing IARRT in general

- i. Word of mouth at member lectures/workshops
  - ii. Publications: Seek venues
    1. Articles
    2. Links on our websites
- ### 2. Current Status and Activities
- a. Clear purpose of IARRT's existence
    - i. What underlies the purposes and objectives on our website?

What is implied but could be more transparent?

ii. INSPIRE the potential student

b. Marketing the recorded workshops from Oct. 2009

i. Important goal to keep educational mission going without travel expenses for members & other students

ii. Email to all members

iii. Email to non-members on our respective lists

iv. Links to these in other articles and talks

1. Write or speak on topics related to our particular

workshops – direct traffic to our website where people will see the workshops available

c. Marketing the January 2010, San Diego Courses

1) Marketing efforts to appeal to the passion of potential students: focusing on the underlying purpose of regression therapy as a tool for releasing burdens, effecting personal transformation, and facilitating of the soul's journey in this incarnation.

a. Blast email to membership with log-in names and passwords to post things on those websites, including guidelines about what we want posted.

2) Marketing efforts to appeal to the passion of potential students: focusing on the underlying purpose of regression therapy as a tool for releasing burdens, effecting personal transformation, and facilitating of the soul's journey in this incarnation.

3) Set up Facebook, Twitter, Meetup.com, and Selfgrowth.com accounts

a. Blast email to membership with log-in names and passwords to post things on these websites, including guidelines about what to post.

Respectfully Submitted, Charles I. Knoll, MD, Marketing Chair

## **Public Relations:**

There is little to report on publicity at this time. I had several conversations and emails with Charles Knoll, Marketing Chair to coordinate our efforts. For the 2010 conference, I will coordinate press releases to TV radio, newspapers with the keynote speakers, who are on book tour throughout the year to promote ticket sales in KC, as well as globally.

Respectfully Submitted, Theresa Pugh, Public Relations Chair

## **WCRT4 – World Congress Regression Therapy – Turkey – October 2011**

**Theme** for workshops: **Integration** - 4th World Congress for Regression Therapists The congress is meant for practicing regression therapists, practicing psychotherapists moving into regression, recommended students in regression training programs, and researchers into the effectiveness of regression therapy.

If you are interested in presenting a workshop: <http://www.regressioncongress.org/en/be-a-presenter>

Respectfully Submitted, Dorothy M. Neddermeyer, IARRT/WCRT4 Liaison

## **Research:**

A Post-Session Survey on Past Life Regression is available at <http://www.iarrt.org/research.html>

Congratulations to Eric Christopher, Research Chair on his recent marriage to a past life soul mate. We wish them much love, joy and happiness. In addition, congratulations to Eric on his impending transition from a full-time position to full-time private practice. We know he will provide great service to many people. Effective October, Eric has resigned as Research Co-chair. Direct any questions regarding Research to Joseph Costa, PhD. [joseph@15thstep.com](mailto:joseph@15thstep.com)

## Journal:

Article Submission deadline - August 30th. As time permits I am editing and building the new issue that is to be released about the end of October barring any unforeseen problems with the articles. I had wonderful editing/reviewing help from our IARRT National Treasures, Thelma Freedman and Janet Cunningham. This new issue contains articles on such subjects as remote regression and PLT with children using a surrogate, the significance of cross-verification of past lives, a reminder of what we are currently doing to the environment and how we are our future generations and the impact on us at some future time- a perspective. There are 10 articles and 3 book reviews.

In addition to the Journal work I will work up a procedure to assist members who have download problems with their browser; typically the "POS" Internet Explorer (the problem does not show up in any other browser).

Respectfully Submitted, Lou Siron, Journal Editor

### **IARRT joined 'Social networking:'**

**IARRT is a proud member of LinkedIn.** LinkedIn is the world's largest professional network with over 50 million members and growing rapidly. LinkedIn connects you to your trusted contacts and helps you exchange knowledge, ideas, and opportunities with a broader network of professionals. This is an opportunity to promote your business at no expense to you. LinkedIn gives you the keys to controlling your online identity. Have you searched (Googled) your business or personal name lately? You never know what may come up. LinkedIn profiles rise to the top of search results, letting you control the first impression people get when searching for your business online. If all 313 IARRT members join IARRT/LinkedIn we will have a network to promote your business and IARRT. The benefits are endless, including new clients, new members, Conference attendees and educating the public about what we do. Jump in, the water is warm. Copy and paste URL into your browser. <http://www.linkedin.com/e/vgh/1849334/>

Watch for an announcement from Charles Knoll for Facebook, Twitter, Meetup.com, and Selfgrowth.com accounts. I have gotten clients from these 'social networks.'

### **Special Announcement:**

PL1 members are eligible to promote their business in the Newsletter and on the IARRT website. Based on my research of websites similar to IARRT this is a minimum \$588.40 value the first year and a \$239.40 value every year thereafter. Charles Knoll, MD is the first to submit an article. Congratulations and thanks Charlie for taking the plunge. Let us know when your first client calls from your article. Rule number one: Remember to ask your clients, How did you find or hear about me? People save articles. A person called recently from an article I wrote in a local publication three years ago.

With 246 members eligible to write articles, if each member wrote one article a month, the archives on IARRT would draw in many seekers. One article I posted on an ezine article website receives 30 – 35 viewers per day. Yes, per day. The national statistic is a 1% conversion rate from reader to buyer. You do the math. Is it worth writing one 250+ word article per month? I think so. I look forward to reading your articles. Send articles to: [DorothyNed@gmail.com](mailto:DorothyNed@gmail.com) with the subject, IARRT article.

The newsletter will be posted on the website as a FREE download. The public can access YOUR article, which promotes YOUR business and IARRT. See details below.

## News You Can Use:

### Promote Your Business and IARRT

If you do not have a website you are losing business. Google research reveals the following usage for the search terms – Alternative Health Care and Holistic Health Care. Statistics for other countries were not available in this format. One third of my business is from Internet searches.

#### Alternative Health care

Subregions		Cities	
1. <a href="#">Oregon</a> , United States		1. Minneapolis, MN, USA	
2. <a href="#">Kansas</a> , United States		2. Portland, OR, USA	
3. <a href="#">Nevada</a> , United States		3. Denver, CO, USA	
4. <a href="#">Colorado</a> , United States		4. Seattle, WA, USA	
5. <a href="#">Michigan</a> , United States		5. Chicago, IL, USA	
6. <a href="#">Minnesota</a> , United States		6. Reston, VA, USA	
7. <a href="#">Maryland</a> , United States		7. San Diego, CA, USA	
8. <a href="#">Wisconsin</a> , United States		8. Pleasanton, CA, USA	
9. <a href="#">North Carolina</a> , United States		9. Boston, MA, USA	
10. <a href="#">Utah</a> , United States		10. Phoenix, AZ, USA	

#### Holistic Health Care

Subregions		Cities	
1. <a href="#">New Hampshire</a> , United States		1. San Diego, CA, USA	
2. <a href="#">Michigan</a> , United States		2. Phoenix, AZ, USA	
3. <a href="#">Colorado</a> , United States		3. Tampa, FL, USA	
4. <a href="#">Minnesota</a> , United States		4. Minneapolis, MN, USA	
5. <a href="#">Arizona</a> , United States		5. Philadelphia, PA, USA	
6. <a href="#">Maryland</a> , United States		6. Miami, FL, USA	
7. <a href="#">Massachusetts</a> , United States		7. Irvine, CA, USA	
8. <a href="#">Florida</a> , United States		8. New York, NY, USA	
9. <a href="#">New York</a> , United States		9. Boston, MA, USA	
10. <a href="#">Connecticut</a> , United States		10. Atlanta, GA, USA	

When you have a website you need to mine the Internet traffic. The best way to do that is to post articles on yours and other websites. When you post your articles on the IARRT website, you will promote your business and IARRT - a win-win and two for the price of one. See tutorial on writing articles below.

### **How to Write a Great Article for the Internet.**

Article writing is one of the best ways to get your knowledge noticed and provide you with great free exposure for your business website.

These seven easy tips and some examples will teach you how to write a great article for IARRT and your website:

- 1) Create a catchy title: Your article title can be a make or break for readers. A short, attention-grabbing title will pique reader interest and draw them in. Be sure your title remains relevant to the topic you are writing about.
- 2) Keep it short: People are reading your article because they want information. Get right into the meat of the article after a brief introduction. Effective Internet articles tend to be relatively short as people are turned off by seeing too many words on their screens. An ideal article is 250-1500 words.
- 3) Keep it simple and straightforward: Keep in mind your main purpose for writing the article to express your points as clearly as possible. Use language that is easy to understand and conversational in tone. Maintain a clear and organized structure throughout the article, and REMEMBER to proofread and edit your article before submitting it.
- 4) Include a beginning, middle, and end: Good article have a clear beginning, middle, and end. The beginning is a short introduction about the main focus of your article. The middle, or body, contains the meat of the article: all of the important facts, ideas, instructions, etc. End the article with a conclusion that wraps up or briefly restates your main points. When appropriate give examples of your main points.
- 5) Write what you know: Pick a topic that you are knowledgeable about. It is much easier to write about something you are familiar and comfortable with, and your expertise will shine through in your writing. Plus, you will enjoy the writing process!
- 6) Teach something new or teach it in a new way: What point is there in sharing information that has already been brought to the table countless times? Teach your readers something new. Your knowledge is unique: Let your readers see this. If it's a popular topic, put a fresh spin on it or explore an area of your topic that is not commonly written about.
- 7) Include a short bio: State who you are and what makes you an expert on your topic. Include links back to your website or contact information. Check out these links to see some examples of quality articles:

[http://www.selfgrowth.com/articles/4\\_key\\_tips\\_for\\_destressing\\_the\\_mind.html](http://www.selfgrowth.com/articles/4_key_tips_for_destressing_the_mind.html)

[http://www.selfgrowth.com/articles/living\\_in\\_the\\_now\\_0.html](http://www.selfgrowth.com/articles/living_in_the_now_0.html)

Author: David Riklan, Founder - SelfGrowth.com Reprinted with permission.

## News You Can Use (con't):

**Holistic Health Care is a \$30 billion industry.** More than 60% of health care plans now include some HHC services as a covered benefit or offer affinity programs in which members receive discounts for providers in a given network. Thirty-six percent of U.S. adults age 18 and older use HHC services, according to the NCCAM survey. When prayer specifically for health reasons is included in the definition of HHC, the number of U.S. adults using some form of HHC rises to 62%. (Feb 1, 2005) ([Source](#)).

<http://www.managedhealthcareexecutive.com/mhe/article/articleDetail.jsp?id=146114>

- A \$228.9 billion marketplace exists in the U.S. for goods and services focused on health, the environment, social justice, personal development and sustainable living according to the [LOHAS](#) (Lifestyles of Health and Sustainability) Journal. 10/11/07— Where these goods and services are provided will shift dramatically as the Baby Boomers retire, move and travel.
- One seventh, \$1.5 trillion, of the U.S. economy today is devoted to the healthcare business, sometimes referred to as the "Sickness Industry." Presently, \$600 Billion dollars a year is spent by consumers in the wellness industry, \$30 Billion on weight loss alone!
- By the year 2010, an additional \$1 trillion of the economy will be devoted to products and services that keep us healthy, make us look or feel better, slow down the effects of aging, and prevent diseases from developing altogether. The implications of the shift to proactive wellness are far reaching from health to beauty to food to health care deliver. Leading Economist, Paul Zane Pilzer, The Wellness Revolution <http://www.free-press-release.com/news/200801/1199574941.html>
- "The number of older adults in the United States is expected to nearly double between the years 2005 and 2030, and one planning model predicts that the United States will have 200,000 too few physicians by 2020." Dr. Karen Hauer of the University of California, San Francisco, and colleagues reported in the Journal of the American Medical Association. [http://www.newsmax.com/us/doctor\\_shortage/2008/09/10/129452.html?s=al&promo\\_code=69D4-1](http://www.newsmax.com/us/doctor_shortage/2008/09/10/129452.html?s=al&promo_code=69D4-1)

In view of this inevitable doctor shortage, many people will seek other resources for health care. According to the Deloitte 2008 Survey of Health Care Consumers, the Baby Boomer generation is, the most likely, to use HHC practices and make medical decisions independent of their primary care doctors.

### **Selected HHC Research:**

- People use HHC for a wide array of diseases and conditions. Americans are most likely to use HHC for back, neck, head, or joint aches, or other painful conditions; colds; anxiety, depression; gastrointestinal disorders; or sleeping problems. HHC is most often used to treat and/or prevent musculoskeletal conditions or other conditions involving chronic or recurring pain.
- This randomized controlled trial compared the effectiveness of six sessions of hypnotherapy over 12 weeks with results from standard medical therapy plus six sessions of supportive therapy in children with functional abdominal pain or IBS. Fifty-three children ranging in age from 8 to 18 years, with functional abdominal pain (31 patients) or IBS (22 patients), were randomly assigned to either hypnotherapy or the comparison treatment. Pain scores decreased significantly in both groups from baseline to 1 year follow-up, but the hypnotherapy group showed significantly greater reduction in pain compared with the comparison group. At one-year follow-up, treatment was judged successful for 85% of the hypnotherapy group and 25% of the comparison group ( $p < .001$ ). Vlioger AM, Menko-Frankenhuis C, Wolfkamp SC, Tromp E, Benninga MA.

## Selected HHC Research (con't):

Hypnotherapy for children with functional abdominal pain or irritable bowel syndrome: a randomized controlled trial. *Gastroenterology*. 2007 Nov;133(5):1430-6.

<http://www.ibshypnosis.com/IBSresearch.html>

- **Professor Jane Plant**, “Your Life in Your Hands,” (Virgin, UK 2000). reports the rate of death from breast cancer in China is one in 10,000 compared to about one in 10 in most Western countries. Professor Jane Plant realized that unlike western and westernized women, the Chinese
- do not use animal milk or related products. She had a fifth occurrence of breast cancer and was told she would die. As soon as she avoided all milk products her tumor disappeared and for 13 years she is cancer free.
- **German researcher Dr. Ryke Geerd Hamer, MD** examined 20,000 cancers patients with all types of cancer. He presented his findings at Tübingen University, Munich. X-rays taken of the brain showed in all cases a "dark shadow." These dark spots were in exactly the same place in the brain for the same types of cancer. There was also a 100% correlation between the dark spot in the brain, the location of the cancer and the specific type of unresolved conflict.

Recent research in Germany, Austria, France, USA and Denmark has confirmed Dr. Hamer's findings; that emotional conflicts create cancer, and solving the conflicts in question stops the cancer growth.

Dr. Hamer currently works with 100 French doctors who have formed an organization to work with his theory, and they are finding the same correlation between emotional conflict, brain function and cellular changes in the corresponding organs. These doctors are using psychotherapy as a major part of the healing process. The remission rate is 97%.

- Dr Ryke Geerd Hamer (2000). *Summary of the New Medicine. Amici di Dirk*. ISBN 84-930091-9-9.
  - Dr Ryke Geerd Hamer (2005). *Einer gegen alle. Amici di Dirk*. ISBN 84-96127-15-X.
  - Dr Ryke Geerd Hamer (2004). *Krebs und alle sog. Krankheiten. Amici di Dirk*. ISBN 84-96127-12-5.
  - Dr Ryke Geerd Hamer (1998). *Vermächtnis einer Neuen Medizin. Amici di Dirk*. ISBN 978-3926755001.
- A study published in the medical journal *Multiple Sclerosis – Clinical and Laboratory Research*, August 2003, researchers evaluated the effects of reflexology on relieving the symptoms of multiple sclerosis. They found incredible results. Reflexology decreased the patients symptoms with paresthesias (burning, prickling, itching, tingling), urinary symptoms and spasticity (uncontrollable spasms). This was compared to a control group who received a kind of fake reflexology.
  - A study published in the *Journal of Clinical Psychiatry* in July 2002, revealed aromatherapy helped people suffering from severe dementia to be significantly less agitated and more interested in social interaction and participating in constructive activities.
  - This study is the earliest and perhaps the best study in this research area to date, as it was thoroughly placebo-controlled and showed dramatic contrast in response to hypnosis treatment above the placebo group. Thirty patients with severe symptoms unresponsive to other treatment were randomly chosen to receive 7 sessions of hypnotherapy (15 patients) or 7 sessions of psychotherapy plus placebo pills (15 patients). The psychotherapy group showed a small but significant improvement in abdominal pain and distension, and in general well-being but not bowel activity pattern. The hypnotherapy patients showed a dramatic improvement in all central symptoms. The hypnotherapy group showed no relapses during the 3-month follow-up period. Overview of Published Research To Date on Hypnosis for IBS. By [Olafur S. Palsson, Psy.D.](#)
  - March, 2008 Whorwell PJ; Prior A; Faragher EB. Controlled trial of hypnotherapy in the treatment of severe refractory irritable-bowel syndrome. *The Lancet* 1984, 2: 1232-4. <http://www.ibshypnosis.com/IBSresearch.html>
  - A study published by the Millbank Memorial Fund revealed 44% of those using HHC therapies are college educated, 39% have incomes exceeding \$35,000 and 44% were age 25-49.(1)

-The National Center for Homeopathy estimates that Americans spend \$165 million a year for homeopathic services and that sales are rising by 20-25% each year.(2)

-An estimated 6,500 acupuncturists practice in the U.S.

-The 16 American chiropractic colleges graduate more than 2,800 chiropractors each year. In 1996, more than 71,000 licensed chiropractors practiced in all fifty states.

-The fastest growing HHC treatment includes herbal supplements, massage, megavitamins, energy healing, homeopathy, chiropractic and self-help groups.(3)

## **USA HHC Trends:**

The research on HHC remedies are seldom reported in popular publications primarily because the publications depend on AMA, and APA advertising. The publication can not afford to bite the hand that feeds them. Also, many people who use HHC do not surface because they use HHC without reporting it to their doctor or family for fear they will be judged as having lost their senses.

**Louise Hays, You Can Heal Your Life**, - the mental causes for physical illness and the metaphysical way to overcome them, published 1984, has sold over 30 million copies worldwide "When a client comes to me, no matter how dire their predicament seems to be, I KNOW if they are WILLING to do the mental work of releasing and forgiving, anything can be healed. The word, 'incurable,' which is so frightening to so many people, really only means that the particular condition cannot be cured by 'outer' methods and that they must GO WITHIN to effect the healing. The condition came from nothing and will go back to nothing."

**Robert A. Mendelsohn, MD** - "I believe my generation of doctors will be remembered for two things: the miracles that turned to mayhem, such as penicillin and cortisone, and for the millions of mutilations which are ceremoniously (and totally unnecessarily) carried out every year in operating rooms."

**Dr. Mercola** - "We can solve well over 90% of the all chronic diseases with simple, inexpensive natural therapies. Following the eating plan and radically reducing grain and sugar intake while optimizing omega 6:3 fat ratio will likely reduce over 50% of the health problems Americans currently experience. I know this is true because I have successfully treated many thousands of patients from all over the country with these techniques."

**M.L. Tyler M.D** - "Drugs do not cure, popular opinion notwithstanding. Cure must come from within; or there is no cure"

**World Health Organization** - "There are two obstacles to vibrant health and longevity: ignorance and complacency."

**Max Stein** – "I was once a victim of the never-ending flow of propaganda from the medical establishment (which I think of as the "disease" establishment because they focus on disease rather than on prevention and wellness) who wants to maintain a monopoly on the word "cure" and who wants us to believe that we have no control over our own health and that our only hope to get "well" is with drugs, surgery and radiation. [Here](#) is my account about how I achieved optimum health without drugs, surgery or radiation and how I lost 60 lbs in 3 months effortlessly. "First do no harm... "Don't Believe in Miracles, Depend On Them! -- [www.shirleys-wellness-cafe.com/wisdom.htm](http://www.shirleys-wellness-cafe.com/wisdom.htm)

**Ask.com survey** conducted by Kelton Research reported that search queries for 'holistic' health care on this leading Internet search engine shot up by 10 percent in 2008. The increase represents millions more Americans seeking information on natural means for gaining and maintaining health than in the previous year. Sixty percent of the survey respondents say they get health or medical information through the Internet. (**Source**) Ask.com survey conducted by Kelton Research

**LOHAS** - Lifestyles of Health and Sustainability (October 2007) reported HHC is a \$40 billion industry: Healthy Lifestyles - Natural, organics; nutritional products; Food and beverage; Dietary supplements and Personal care at \$50 billion.

**Personal Development** - Mind, body and spirit products such as CDs, books, tapes, seminars, Yoga, fitness, weight loss, Spiritual products and services at \$27.3 billion.

[http://www.nextstep.state.mn.us/res\\_detail.cfm?id=1394](http://www.nextstep.state.mn.us/res_detail.cfm?id=1394)

Over 70 percent of adults aged 50 or older use some type of HHC, such as herbal medicine, meditation, or seeing a chiropractor, according to new study findings. (April 2005) (**Source**)

<http://www.medicalnewstoday.com/articles/22582.php>

The most recent survey shows a significant increase in the use of HHC, with 44% of men and 60% of women using HHC, and 20% of men and 26% of women now consulting HHC practitioners. (**Source**)

<http://www.adelaide.edu.au/news/news402.html>

**Megatrends 2010: The Rise of Conscious Capitalism** by Patricia Aburdene, Megatrends 2010 describes the social, economics and spiritual trends transforming free enterprise into a new, more holistic version of itself.

- The most comprehensive and reliable findings to date on Americans' use of HHC were released in May 2004 by the National Center for Complementary and Alternative Medicine (NCCAM) and the National Center for Health Statistics (NCHS, part of the Centers for Disease Control and Prevention). They came from the 2002 edition of the NCHS's National Health Interview Survey (NHIS), an annual study in which tens of thousands of Americans are interviewed about their health- and illness-related experiences. The 2002 edition included detailed questions on HHC. It was completed by 31,044 adults aged 18 years or older from the U.S. civilian non-institutionalized population.
- In the United States, 36% of adults are using some form of HHC. When megavitamin therapy and prayer specifically for health reasons are included, that number rises to 62%.

### **UK HHC Trends:**

- 25/01/2005 - More than two thirds of British people believe that HHC therapies, including nutrition and herbal medicine, can be as valid as conventional treatment. (**Source**)  
<http://www.nutraingredients.com/news/news-NG.asp?n=57574-british-look-to>
- Britons spend an estimated £130 million a year on alternative [also known as HHC] therapies, such as acupuncture and reflexology, and that is expected to rise by £70 million over the next four years. (**Source**) <http://www.nutraingredients.com/news/news-NG.asp?n=57574-british-look-to>

### **Australia HHC Trends**

- Australians now spend an estimated \$2.3 billion a year (\$1.7 billion USD) on HHC therapies, according to a major new study conducted by the University of Adelaide.

## Member Articles:

### Your Physical Health and Your Other Lives

My friend says I can do a regression to a past life and see why I have the pain in my back. Is this true? Can it help my back pain?

Seeing your past lives is seeing other facets of your self. The whole point of past life regression therapy is to know yourself. By doing so, you are more able to realize your potential, to love yourself, to forgive yourself, to see the oneness you share with all other people, and to love and forgive them as well. What does this have to do with back pain? The back, or any other part of your body, is also a facet of yourself, not only as a physical part of you, but as a metaphor for a part of your mind. Your back pain tells you something different than your right ankle hurting, and different again from your left ankle hurting, and all of these tell you different things about your Mind. By bringing it to consciousness, you know to look into the subconscious Mind and ask, "What's the root cause of my back pain?"

Doing regressions and visiting other lives come into it at this point. Your back may be hurting because of karma, previous actions and experiences in this or other lives. These come to the surface again now to give you opportunity to balance the previous experience. If you caused suffering in others, you now have an opportunity to cleanse that karma, or balance it. This isn't about payback, or punishment. It's about balance. If you were the victim of some event in another life, you have the opportunity now to balance that with new understanding or a change in your actions. This isn't about getting even, because it's not about who made you the victim. It's about your own experience.

Again, you ask, "What does this have to do with back pain?" When your body speaks to you in metaphors about the Mind, it's a way of the Mind saying to your conscious brain, "Pay attention. I need to bring something to light and balance the karma." A hypnotherapist trained to do past life regression therapy can walk you through a process to take you to the root cause of that back pain. Sometimes it's an obvious solution, e.g. a memory of a past life with an arrow in the back. Other times it's more complicated. For example, the back pain may represent a burden being carried, and that burden could be guilt, grief, or the suffering of another family member. That's not something you have to figure out ahead of time, because your regression hypnotherapist will help you determine the root cause by guiding your mind through the experience. In fact, your hypnotherapist can help you let go of the burden or the arrow.

What happens next? Two things can happen. The first, and most important, is that your subconscious thought patterns change, sometimes in subtle but profound ways. Think of our example, and a lifetime spent carrying a burden of guilt. Imagine the quiet, persistent feeling of guilt underlying all of your other thoughts. Even without you knowing it was there or why it was part of your thinking, that guilt could affect your happiness every day, and affect all of your actions. Now imagine that because you and your hypnotherapist investigate your back pain, you now see this guilt, you understand how it has pervaded your life, and then you let it go. What would your thoughts be like then? Would you experience greater freedom? Think of that: regression therapy giving you greater personal freedom, all from back pain.

The second result of the regression is that your back pain may resolve if your mind doesn't have some other reason to keep it in your life. Like what? That is for discussion another day. But simply put, the back pain is there because your unconscious Mind needs it for some reason. When the reason is fulfilled, then the pain is no longer needed, and your experience changes. That's the day the pain resolves.

What burdens do you carry? Are you ready to release them? Talk to your regression therapist.

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