

Your New Year's Resolutions

What's Your Solution?

Happy New Year!

This year, I am concentrating your New Years Resolutions advice on changing bad habits. If not for you, please feel free to send to someone you know who can benefit.

I have included links to products for your convenience, and I get commission, etc, from some of these links. However, this is a free e-book that is designed to get the message across of health and well-being, and I do not want to detract from this message. So if you do not find the links you would like on here, thank you for understanding that I have deliberately included the minimum I could.

Using This E-Book

The legal bits:

- You must assume responsibility for your own physical and mental wellbeing and not do anything that is not right for you. For example, if you are now diagnosed with schizophrenia or psychosis, Hypnosis and EFT are unlikely to be suitable for you, whereas the gentler kinesiology-based methods or method with no contra-indications, like Reiki, are more suitable. And no matter what is going on in your mind, nutritional advice from the experts can help you be in the best shape that you can, for your optima success.
- Regardless of the above proviso, you are advised to consult with your physician or medical practitioner before embarking on any alternative or complementary treatment.
- This book is not a substitute for medical advice and care, nor was it intended to be.
- My and my colleagues' use of systems that are trademarked or have a registered trademark represents our views and not necessarily those of the trademark owners.
- You may send copies of this e-book to or print out copies for friends and loved ones or clients, as long as you do so in its entirety and do not shorten it or take anything out.

Be That Person You Want To Be!

For us to get to our goal, we have to mentally achieve this goal first.

Think about it. Let's say you are about to make a cup of tea. You may visualize yourself making a cup of tea, enjoying a nice cup of tea, you may think of putting the kettle on, have thoughts involving going to the kitchen, or something to do with the making of this cup of tea.

Before we get to this point however, we have to make sure that this is a **realistic** and **healthy** goal. For example, if you want to make two new friends this year, that's great. And if you are trying to lose 15 kg in two weeks, you may find it is better to reconsider your goal.

So now that you have a realistic goal, write it down. And then:

- Imagine it. For example, if you want to make more friends, imagine yourself with more friends around you.
- Visualize it (If you cannot visualise it, draw it on paper). For example, if you want to make 10% more money this year, visualize your bank balance with 10% more in it. Get out a bank statement (or print it), and change the numbers on it. Put it where you can see it.
- Feel it. For example, if you want to be two sizes smaller, imagine how your body would feel with your waist two sizes smaller. Imagine how different you would feel on your feet when you stand up, 8 kilos lighter.
- Hear it. For example if you want to stop smoking, hear yourself saying to those offering you a cigarette "No thank you. I don't smoke anymore".
- See it in a highly visible place and literally touch it. When I trained from zero to half-marathon last year, in 8 months, that is exactly what I did. I printed out my training schedule and put it right in front of my main computer desk. And then I crossed out every day completed, literally touching the paper,

feeling the pen, getting into the program in every way.

- Immerse yourself in that feeling. Really get into pretending you are that person already. It does not matter if you are not there yet. Pretending is a very good start. It puts you in the right mindset for your success.

Do this every day for 15 minutes for at least a couple of weeks. You may find that it may become a habit you like to continue.

Optional choices for advanced readers:

- If you like EFT tapping, you can tap on your Karate Chop or all the EFT points silently as you immerse yourself in your chosen goal. You do not need to say anything, just tap.
- If you like meditation or hypnosis, you can meditate or go into a relaxation and then immerse yourself in your chosen goal.
- If you practice healing, you can allow this goal to feel more real as you give yourself a healing.

If you know someone who wants to know more about EFT, you/they can download a FREE original How-to manual here:

<http://www.EFT-Scripts.com>

For courses in EFT or Reiki in the UK and South Africa, please see my Reiki pages here:

<http://www.NewAgeLondon.com> (UK)

<http://www.NewAgeInternationalTraining.com> (SA)

For meditation and energy balancing, I also recommend regular attendance of a Yoga, Tai Chi, or meditation class.

For self-hypnosis, overleaf is a simple tool to help. Do it as you read it the first few times, and then relax more with your eyes shut as you do it from memory.

You may wish to start by wiggling your toes... And then let them go... Then flex your feet, and be aware of the tension melting away as you relax them, one by one. As you relax your feet, let your ankles feel looser, more relaxed. Or maybe you become aware of the tension gently leaving your shins at the front of your legs... Allow the tension to melt away from your calves... Gently and safely... Allow the muscles in your thighs to relax... And you may notice your knees becoming a little more comfortable... As you allow all the muscles in your legs to let go of tension... Allowing relaxation... Muscle by muscle... All the way up through your spine... And we can hold so much tension around our spine... Imagine this tension gently melting out of your back... As all the muscles in your back relax... One by one... Either side of the spine... All the way to your shoulders... Letting go of some of that tension in your shoulders... Allowing your shoulders to drop... And relax... Allowing your arms to relax... All the way down to the fingertips... And gently letting your shoulders drop again... Releasing tension... Allowing relaxation... Letting go of the tension on the right side of your neck... Muscle by muscle... Releasing the tension on the left side of your neck... You may wish to relax your neck further and allow the relaxation to gently continue through every muscle in your face... And all the way through the back of your head... Then around your ears... Releasing tension... Imagine yourself having achieved your goal safely, calmly, and peacefully. Immerse yourself in this feeling and remind yourself that it is good. Allow your body to relax again, this time from your head to your toes... Take a deep breath... And when you are ready... Just have a stretch, have a drink of water, and conclude the session.

You Are What You Eat – Do You Really Want To Gamble Your Life On Commercially-Biased Advice?

There is a great deal taught to doctors, personal trainers, and dieticians that I feel has more to do with commercial bias than solid science. On the one hand, much of what your doctor, personal trainer, or dietician will tell you will be invaluable and good advice. However, their knowledge is limited. I was wondering how I can bring better eating advice to my clients that has a good medical and scientific basis, and I was delighted to receive news of this book in my inbox. Personally, I am not a food purist. Like many of my clients, I am limited by budget and living conditions. But I always try my best to eat what is right for my body. Those of you who have been following my weight-loss journey know that I have had an up and down journey that is steadily and surely going in the right direction ; losing 2-and-a-half dress sizes has to mean something! I will be telling you more about my recent progress in the next few weeks. I feel better inside too. Unlike so many of my relatives before me by my age, I have so far escaped heart attacks, stroke, high blood pressure, cancer, etc, not to mention healing from chronic disease. Of all the books I have looked at, this seems to have sensible advice. Like I said, I am a strong proponent of living within our daily reality, so take from it what you will. I hope you like it.

From the book description on Amazon.com:

The Perfect Health Diet enabled scientists Paul and Shou-Ching Jaminet to cure their own chronic diseases. With more than 600 citations to the scientific literature, Perfect Health Diet explains simply and clearly how to optimize your diet for a lifetime of great health.

Get your copy here:

<http://tinyurl.com/7wxduv7> (Paperback from Amazon.com)

<http://tinyurl.com/82gnycq> (Kindle from Amazon.com)

<http://tinyurl.com/6rzzjt3> (Paperback from Amazon.co.uk)

<http://tinyurl.com/79z54nm> (Kindle from Amazon.co.uk)

If I have not included the branch of Amazon that you normally use, just put the title in your preferred Amazon, and you can then get your book from there. Thank you for understanding.

5 Healthy Foods That Make You Fat

So much has been written and so much gets sold, but when you are truly in tune with your body, you can be at the best weight and shape ever. My colleague Ben Wilson, a nutrition and exercise guru, has free advice in his regular newsletter, which you can get at http://www.one2onenutrition.co.uk?a_aid=d050c6e2

Ben sent me this great article recently. It addresses all the physical issues that even people who are not sensitive and consider themselves invincible can benefit from.

Five Healthy Foods that Make You Fat

When almost 70% of the population are overweight, you really must ask some questions about the foundations of our modern day lifestyles. **If 70% of a school year failed their exams, the finger of blame would be quickly pointed at the teacher.** The children evidently did not know the information for the exam.

When it comes to getting in shape though, these same odds apply, yet still we do not question the foundation of knowledge upon which they are built. Though many factors contribute to the current obesity rates in the western world, the most obvious reason is simply that the "healthy" living advice must be wrong. Here are five foods that prove testament to this. They are all considered healthy yet for the majority of people (and this means you too!) they result in weight gain. Probably you will notice that these foods are the mainstay of our entire diet! It would take the mainstay of our diet to be wrong for 70% of people to be overweight!

Bread and pasta

The modern day staples of our diet make up almost every meal that we eat. Sandwiches for lunch and pasta dishes for dinner. What people do not mention is that wheat (Bread, Pasta and many other foods) is perhaps the most common food sensitivity today. This means every time you are eating

your bread or pasta (**including whole grain, organic etc**) your body is fighting the very food you are think is healthy. The result of this is usually bloating and fat gain. Though the properties of bread and pasta make it more likely to be a food sensitivity than other foods, it is more to do with the complete **domination** these foods have within our diet. Very often, people go for years without having a day without eating these products. The human body does not react well to eating the same foods day in day out.

Dairy

The second mainstay of our diet is also a big contributor to body fat. Dairy, like wheat, is very difficult for some people to break down. This, coupled with the amount and regularity of our consumption, means most people have developed some level of sensitivity towards it. The fastest way to get fat is to eat food you are **sensitive** to. Many dairy products now also come in low fat versions which then **fuels hunger** as the body rarely does well off a meal containing carbohydrates alone. (For most people, the protein in dairy is not enough to control hunger and / or is the wrong type).

Cereal

The "healthy" bowl of cereal means that **for the majority of the population, they have messed up a third of their meals every week before 8am in the morning.** The majority of cereals contain both wheat (as in bread and pasta) and is eaten alongside milk (dairy). Combining the two most common and strong food sensitivities into an early morning kick start is a sure fire way to make you overweight and out of shape. Cereals also very rarely provide the ideal fuel mix to control hunger. Therefore, often you are eating again by the first break in work.

Low fat meals

Almost everything you buy in this day and age has low fat written on it. As the only society in the history of humanity to actively go low fat, it is no surprise to see we are the fattest. With **no correlation between fat consumption (we are not eating more today than the past) and obesity**, you do

wonder how much longer people are going to keep sounding this low-fat horn. By not eating fat within your meals, you will invariably not hit your ideal fuel mix and this will mean you are hungry or have food cravings. At this point you are much more likely to eat **high sugar** or **sensitive** foods, e.g. chocolate, breads, biscuits etc. Low fat meals also mean you do not consume enough of the fat soluble vitamins. This reduces overall efficiency which will affect body fat.

[Editor's note: When hunger is fuelled and you want to remain in control, this is when it is most attractive to smoke, binge, binge and purge, drink, or partake in other destructive habits that take away the hunger.]

Margarine and "good" fats

The world of low fat eating has come hand in hand with avoiding saturated fat. This makes us the only species on the planet to avoid saturated fat and the only society in human history to do so as well. Our new "healthy" fats come in the form of margarines, poly-unsaturated oils and so forth. **Our bodies are not as keen on these as the advertisers would make out.** The oils are subject to becoming trans fats from the heating process of cooking and heat in general. Trans fats create problems within our systems. Any decrease in our efficiency has the potential to increase body fat.

Ben has just published the ultimate mind and body complete weight-loss book, **Change Your Thinking, Change Your Shape**. Get it here:

<http://tinyurl.com/7yzys3u> (Paperback edition at Amazon.com)

<http://tinyurl.com/74jthhr> (Kindle edition at Amazon.com)

<http://tinyurl.com/7ndh3be> (Paperback at Amazon.co.uk)

<http://tinyurl.com/84vdza4> (Kindle edition at Amazon.co.uk)

If I have not included the branch of Amazon that you normally use, just put the title in your preferred Amazon, and you can then get your book from there. Thank you for your understanding.

Compulsions, Addictions, and Habits

What do alcohol, cigarettes, overeating, starving when there is plenty of food, over-exercising, constantly checking your phone for messages from someone you feel you have a deep connection with, and illegal drugs have in common?

What is the first answer that comes to your mind? What is the second answer? You have probably guessed that they can all be addictions. But how do you differentiate between an addiction and a healthy occasional happening? For example, when does a drink become a problem, when one drinks first thing in the morning, after the third beer, when one drinks every day, or what?

From a holistic healing point of view, I would define an addiction as a need to engage in a substance or behavior that you cannot stop yourself from doing. It is when the substance or behavior controls you, rather than you being in control of it. It is when you cannot just one day decide to not engage in it for a month and stick to it with ease.

The medical or psychiatric point of view may be different. There may be distinctions based on how "physical" the addiction is, with everything else being called just a "habit". But logically, if you cannot immediately stop the behavior at will, then it is not a mere habit. Let me give you an example. Let's say I wake up every day at 7 am. This is a habit. If I wanted to change this habit to 6 am, all I would need to do is set the alarm to ring at 6 am from now on, and I would wake up at 6 am. A habit is easy to change. A compulsion, however, is not. A compulsion is something that controls you. You do not control the compulsion.

The first step towards recovery is to admit that you have become controlled by this compulsion, the addictive substance or behavior, and are no longer able to control that situation. Or as in 12-step-speak, that you have become powerless over your addiction. This is the most difficult part for most people with an addiction to get to. Once there, it is simply a matter of choosing a recovery program or treatment that will help you be free, and sticking to it. Once you have started on the road to recovery, you can walk to your freedom, one step at a time. And that freedom can indeed be yours.

How EFT Is Helping One Ex-Smoker-To-Be Remain On Course

I wrote this after a session with a lovely client who has since stopped smoking completely. I hope it helps you or yours.

If you want to stop smoking with EFT and wonder how to structure your progress, there is much you can learn from "Marcelle" (not her real name). Marcelle is the third amongst her relatives to quit using EFT. Although they quit in a more expected 2-3 sessions, her progress is over a longer period of time. And anyone who is taking longer can benefit from. Remember, your goal is to quit smoking. It is not to compete with others in how fast you can get there. What you want is the end result. Period.

Marcelle is using a gradual reduction of smoking plan. The way this works is that in every session, the EFT releases some more of the underlying reasons why she smoked, and then she can reduce her smoking accordingly, with the ultimate target being zero cigarettes. EFT, as you may know, is short for Emotional Freedom Techniques. It involves bringing to the surface a little bit of the energy disruption behind a problem using words, and then letting it go, using a specialised form of acupuncture. If you do not know EFT, you may well wonder what an energy disruption has to do with the will-power needed to stop smoking, or if there is such a thing as an energy disruption in the first place. To answer those questions, EFT works on the following principles:

- The cause of every negative emotion is a disruption in the body's subtle energy system.
- Addictions or an addictive behavior is a symptom of underlying nervousness.

So, back to Marcelle. Her last reduction plan was 2-5 cigarettes a day. And she has stuck to it. This is despite life throwing her two major curve balls. One was an ongoing serious problem which Marcelle has no way to control. And the other was a big challenge involving her daughter, who was mixing with the wrong crowd. Both challenges were a 10 out of 10 in intensity. Due to the severity of these issues, the technique of tap-and-talk was used. This involved tapping on her points continuously as she talked and tried to find ways to cope or deal with these two major challenges. Both challenges went down to a 2 and 4 out of 10 respectively which was

the best that could be done under the circumstances. Marcelle now has a plan of action to resolve the daughter challenge, and she felt much better as a result.

The next thing treated in this session was how Marcelle felt about her husband's behaviour. He was on life-saving medication for a physical condition. However, this gave him terrible mood swings. She had worked on this before, and so it was not surprising that it started at a 5 out of 10 in intensity. It soon went down to zero, in about 20 minutes of tap-and-talk, as above.

And really, that was all that happened in this 90-minute session. There was no "direct" work on any smoking desire this time. The emphasis was purely on releasing stress in Marcelle's life. At the end of the session, it was agreed to keep to the same target on the reduction plan, with one difference, emphasis on the lower end. Marcelle is going slowly but surely in the right direction. She is also losing weight, as the stresses that lead to smoking also lead to overeating, so she is hitting two birds with one stone by going at a slow but comfortable pace. If you or someone you know have tried everything and are still smoking, I hope you have found inspiration and comfort from Marcelle's story. Go at a pace that is right for you. This could be one session or twenty. It does not matter how fast your friends or loved ones went. Go at a pace that is right for you, and then no matter what life throws at you, you can succeed.

Excellent Progress With Ex-Tik-Addict, Yasmin

I wrote this after a session with another lovely client, who remains clean. The same principles apply for alcohol or any other drug habit. I hope the article helps you or someone you care for.

This is one of a series of articles about the recovery of "Yasmin", who used to be addicted to Tik, South-African slang for crystal meth. The purpose of the articles is to inform and educate the public about the power of a new kind of energy healing, such as Emotional Freedom Techniques, the main technique we are using. I saw Yasmin again recently. She is now coming for sessions to relieve stress, not for Tik addiction. She has now been free from Tik for over a month.

In the previous session, Yasmin was upset about a rift in her family. Her father's authoritarian rule is the main reason why some family members resort to addictions, ranging from Tik to co-dependency. He himself had a troubled history. We tapped on this recent rift, Yasmin's upset for both sides, her frustration with it all, and released it. We used what I call talk-and-tap, where I encourage the client to talk about the problem in a directed way, whilst tapping on them. When they reach a part which is more intense than the others, I wait until the intensity calms down, and then we tap specifically for that part, using Setup and Reminder phrases as usual with EFT. We also worked on a work issue. Yasmin was lucky to have kept her job despite her addiction; many Tik addicts end up out of work, having stolen from their work, not turned up, misbehaved, or a myriad of other problems. However, now Yasmin is looking to improve at her work and move forwards to better pay. We tapped on all aspects of this for the time.

This session, we tapped on another problem which another family member was suffering. We reduced this from an 8 to a zero. There was no Tik craving as such to start with, rather more a realization that feeling bad was just feeling bad. It was not a need for Tik. This is an important realization that EFT is so powerful for producing. I find this across the board. I get the quickest results with addicts who have not been indoctrinated with the false belief that the drug serves no purpose. Addicts who have been brain-washed to believe that the drug never helps them to feel better will put up a big mental block to releasing the reasons behind their craving, as they have been brain-washed that these reasons do not exist. If the

drug does not help people feel better, not even temporarily, then it serves no purpose. If it serves no purpose, then there are no emotional reasons behind cravings. Or so the flawed logic goes. And whilst this helps some addicts to cut off the drug with total denial, it leaves many simply helpless to deal with the very real reasons why the smoke, snort, inject, or swallow a drug. And I find that this applies to everything from Tik to nicotine.

Lastly, we worked on a time when Yasmin was 15 years old and witnessed her father throwing her mother down the stairs, with the resulting hospital stay and broken bones. This started at an 8 out of 10, went down to 3, and then released further to a zero. Yasmin left looking very relaxed.

I continue to see Yasmin for support and personal growth at this very crucial period in her life. She is doing very well indeed under very difficult circumstances, not all of which I can publish, for protection of anonymity. Emotional Freedom Techniques, EFT for short, uses a mixture of acupressure and targeted wording to release the underlying reasons for addiction. Without these reasons, the addiction no longer is needed, and the addict can be set free. EFT can help everyone working with people with addiction, and can even be taught to the person in recovery themselves, to use whenever needed. Thank you to Yasmin for allowing me to write your story

And Finally...

I hope this has been helpful.

For treatment personally with me in Cape Town or on Skype/by phone, just email me your request at suzanne@newagetherapies.com and I will get back to you. Please remember to include your phone number and time zone, in case I need to call you and have an initial chat on the phone first.

Is there any subject you would like more complementary health information on? If so, just email me your request, and I will do my best to help.

Wishing you health and happiness always,

Suzanne Zacharia