

Information | Education | Advocacy



The Health-Washed Line Between Foods and Natural Health Product Labels

As consumers, we read, we consider, we buy. But what happens when the labels that guide us are not as meaningful as we believe? As lawyer Geneviève Eliany points out, there is an increasing blur between foods and natural health products that's caused by large-scale marketing and branding initiatives, called "health-washing" or "nutriwashing."

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Fish Oils and Omega-3 Fatty Acids

Whether you're an omega-3 believer or are merely curious about their health benefits, this concise guide and research summary by Dr. Jason Marr will rightfully hook you into considering fish oils as part of your supplementation regimen.

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Alkalizing Your Diet—Deliciously

Maybe you've heard about the disease-fighting properties of an alkaline diet but aren't sure where to start. You won't want to miss these tips and tasty recipes by holistic nutritionist Eden Elizabeth. Bon appétit!

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Portrait of an Artist

Canadian artist Jeff Molloy has a story to tell of his journey through a diagnosis of a rare and usually fatal form of cancer to the beauty of recovery. Here, he shares what he has discovered about life and health with writer Alexis Costello.

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A Passionate Plea for the Honeybee

Colony collapse disorder was once considered a mystery—but that mystery is now being unfurled. Find out which factors are hurting our common pollinators and how you can help protect them. EMF expert Milt Bowling reports in.

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Director of Operations
Michael Volker

Executive Director
Lorna Hancock

Managing Editor
Michelle Hancock

Assistant Editor/Proofreader
Julie Cheng

Layout & Design
Annette Spreeuw

Contributors
Karen Bowers, Milt Bowling, Sabrina Chen-See, Alexis Costello, Shamim de Groot, Nicole Duelli, Geneviève Eliany, Eden Elizabeth, Ron Gale, Jim Harding, Marie Lamey, Trish Lim-O'Donnell, Jason Marr, Bobby Parmar, Jane Shaak, Chris Shirley, John Stan, Shelly Ugyan, Lorna Vanderhaeghe, Chun-Kai Wang, William Ware, Kemila Zsange

Submissions: editorial@hans.org

Letters to the editor and requests for article references may be sent to editorial@hans.org. HANS reserves the right to edit letters for space and clarity.

Health Action Network Society
214-5589 Byrne Rd., Burnaby, BC V5J 3J1
T: (604) 435-0512 F: (604) 435-1561
www.hans.org | hans@hans.org

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circdept@publisher.com

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Why Do We Worry?

by Kemila Zsange, RCCH

Today I saw a new client who wanted hypno-therapy to help her to stop worrying. As we talked and I thought about her issue, I realized how common it is for people to share her concern, to simultaneously worry and wish they did not.

One part inside us wants to stop worrying because we realize it doesn't make us feel good. Worrying about something or someone brings a future possibility right into our here-and-now reality, on an emotional level. When we worry, we tell our future self or our loved ones that we do not trust him/her in dealing

with certain situations.

Yet we don't know how to stop worrying. We've all tried many different ways to manipulate circumstances so that we could stop worrying. Sometimes it works, but only temporarily. And then the worrying comes back and the relief wears out, because the worrying self is still part of our identity.

The worrying self as identity is strengthened by some unquestioned beliefs. An example of such a belief is that, to be safe, one must control the unknown. Hidden associations can also strengthen these beliefs and help make worrying integral to our identity, such as worrying to show someone you care.

We all live in the here and now and we all form ideas about what constitutes reality. Sometimes we confuse our ideas about reality with reality itself. What we think of as reality is based on our upbringing and learned from our experiences and, as such, can't help but be subjective and judgmental.

The eye reproduces; it does not see. The ear translates; it does not hear. When our ideas about reality are not in alignment with our desires, we think reality is bad and not one that we want to be in, instead of questioning our ideas about it.

Worry Workouts

In your day-to-day life, when you find yourself starting to worry, here are two exercises to try.

1. You cannot have a feeling without a belief. There must be an unconscious belief that is not in alignment with what your higher self knows is true. In other words, when you feel a negative emotion, it's your own higher self communicating with you that what you think or believe is not true to your heart. One way to find out the beliefs is to write down these statements:

I choose to worry because I believe I need to.

I need to worry because it serves me.

Worrying serves me because _____.

Take your time answering this question. Try and bring a stillness to your mind as you would achieve in a hypnotic trance. The purpose is to use these statements to really go inside, quietly get in touch with the inner space that these statements speak to, or resonate with, then allow the final part to surface itself.

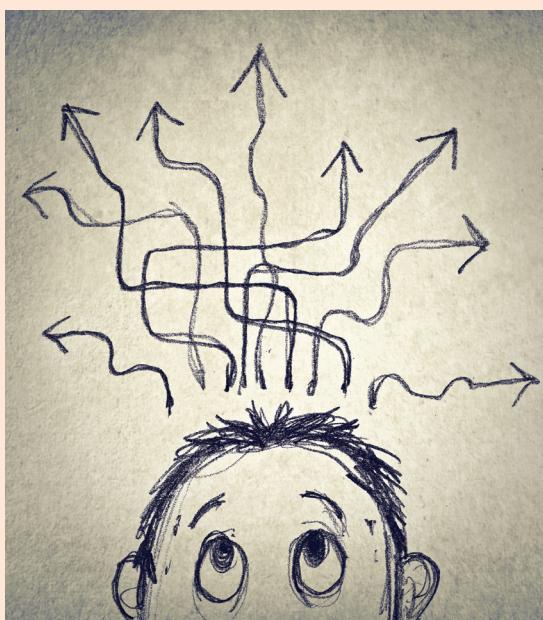
Some of the common beliefs that I have seen when working with clients who are in a hypnotic state are:

"I need others' approval to feel I'm OK."

"Without worrying, my loved ones wouldn't know that I care."

"Bad things can happen if everything goes well."

"I can't deal with the unknown."



2. If you worry chronically, then set aside a specific time of about 15 minutes every day that you dedicate to worry. Whenever you catch yourself starting to worry outside that time, tell yourself, "It's not time yet. I'll make a note (or mental note) and will worry at the dedicated time."

When that time comes, honour this decision and really wholeheartedly start to worry. Make up the worst-case scenarios. Scare yourself as much as you can. It is not advised to do this exercise first thing in the morning or last thing at night. When the time is up, stop, and let yourself know that you can continue the next day.

Try these exercises for a while—you may be surprised by the results!

Bad luck? Good luck?

Reality itself is neutral. There is an old Chinese proverb about a simple farmer who one day receives news that his loving father in a far-away village has passed away. Although his neighbours grieve for him, the farmer's reaction is: Bad luck? Good luck? Who knows?

A little later, the farmer inherited from his father a fine horse and the rest of the villagers gathered in delight to celebrate his good fortune. But the farmer's reaction is the same: Good luck? Bad luck? Who knows? One day the horse escapes into the hills and the

farmer's neighbours sympathize with him over his bad luck. But he simply replies: Bad luck? Good luck? Who knows?

A week later the horse returns with a herd of wild horses and while his neighbours congratulate him on his luck, the farmer replies: Good luck? Bad luck? Who knows? While attempting to tame one of the wild horses, the farmer's son fell off the horse and broke his leg. Everyone thought this was very bad luck except the farmer, who thought: Bad luck? Good luck? Who knows? Weeks later the army came through the village and conscripted every able-bodied youth except for the farmer's son with the broken leg.

The moral of the story is, of course, that we really can't say with any certainty whether any

specific situation or event will turn out good or bad over time. But without ideas or words or understanding about reality, what's left?

What's left is only curiosity

Curiosity comes from embracing not knowing. The know-it-all mind is a closed mind. When a mind is closed, it's the mind itself that actually suffers. The mind uses erroneous beliefs to keep itself trapped. But a belief is just a thought that we keep thinking. When a thought (an interpretation of reality) is taken as a fact then we have a belief.

In this way, it is easy to get interpretations conflicting with our desires and leading us to worry. And this is not practical.

What is practical is to simply observe the here and now without opinions about it, as did the simple farmer in the Chinese village. If we need to interpret it, we can always choose to interpret it in a way that is in alignment with our desires. When the mind is not in conflict and confused, it does not worry.

The know-it-all mind is a closed mind.

Hypnotherapy is an excellent tool for helping people rid their minds of these types of conflicting thoughts and for aligning their thoughts with their desires.

My client got in touch with different parts of herself. She accessed her guiding self—usually called our higher mind, or higher self, which is not trapped by thoughts, beliefs and associations. She realized that she can trust her whole self and that, to be alive, there are no forces to be overcome, simply situations to accept and work with. ☸

Kemila Zsange, RCCH, is a registered clinical counselling hypnotherapist practising in Vancouver. She writes for different publications on the human mind, subconscious behaviours and human conditioning. She offers services using hypnosis to find inner wisdom to interrupt patterns, learn from the depth of our own being and be the best we are meant to be. www.kemilahypnosis.com | (604) 687-4325




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