

# FOCUS ON HEALTH

RATH INTERNATIONAL REGIONAL INFORMATION



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## NATURAL HEALTH OR THE ORTHODOX TREATMENT OF "DISEASE"? *By Roy Livesey*

After my wife and I had experienced stage 4 cancer and a quadruple coronary bypass respectively, we got down to considering the cause of these conditions. We reached the conclusion that indeed there had been a common cause, and that our problems had in fact been conditions rather than diseases. In particular, we now see them as nutritional deficiency conditions, based upon the fact that identifying, and being rid of, symptoms is entirely different from being rid of causes that are mainly nutrition-related.

The Bible says that we are "fearfully and wonderfully made." As such, may we not expect that our bodies, equipped with fail-safe devices to repair themselves, are far better built than even a Concorde or a space rocket? Indeed, like airplanes and spaceships, what our bodies need more than anything is the right fuel and maintenance. This not only means giving our bodies the right nutrition however, but also excluding things - such as synthetic drugs - that don't belong there.

For some years now we have been recommending the books and materials provided by Dr Rath, and his Cellular Medicine formulas have been central to the diet of us both for many years. We each take the particular daily supplements that his research has shown to be specific to our respective health situations.

Dr Rath leads the world in this field of nutritional medicine, and continues the work of the Nobel Laureate Linus Pauling, famous for his research and discoveries on Vitamin C. And yet, Tony Blair and his government - along with many others around the world - are now seeking to ban the higher doses of vitamins and minerals that maintain and improve our health!

Of course, Dr. Rath's nutrients and answers to the major health problems of our day have been of no interest to the pharmaceutical powers that be - except to oppose them. However, it is these companies and their backers that have such an alarming influence upon medicine today.



*Tony Blair and his government are now seeking to ban the higher doses of vitamins and minerals that maintain and improve our health!*

They actively hide the merits of the findings of the Dr Rath Research Institute, and thus hinder the progress of the fields of nutrition and health. Indeed, the pharmaceutical industry's vested interest is in disease, and as such it encourages the incorrect descriptions of conditions.

Dr. Rath's research has identified specific nutrients that are found lacking in those who have heart problems, cancer or other conditions. In this respect it is especially important to note that Cellular

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Medicine incorporates particular nutrients, in amounts appropriate to remedy the particular condition. Typically, some of these nutrients are elements that are now present in only minimal amounts in foods on British supermarket shelves, and as a result are increasingly lacking in even a "well-balanced" diet these days.

In addition however, foods are now polluted at their source, either in the fields where they grow, where animals graze, or when, at the insistence of marketing experts and a gullible public, natural essential elements are removed and unhealthy additives introduced to make seemingly tastier foods.



*Some nutrients are now present in only minimal amounts in our foods, and as a result are increasingly lacking even in supposedly healthy diets.*

In this way, so-called "processed foods" are tailored to be addictive, often with added salt, sugar or worse. And for the addicted con-

sumer such "foods" thus become a "must buy", leading inevitably to the development of health problems.

**A**chieving and maintaining good health therefore does not happen by accident, and requires a significant degree of effort on our part. Just as importantly however, it also requires us to understand the difference between natural health and the orthodox treatment of "disease". ■

**Roy Livesey and his wife Rae publish a regular newsletter, the BURY HOUSE CHRISTIAN BULLETIN, which they distribute free of charge to those requesting it.**

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## NEWS FROM THE UK HEALTH ALLIANCE

During April and May we held a series of regional meetings with Alliance members to find out how you would best like to see the UK Alliance progress. We would like to take this opportunity to thank all of you who found the time to attend these informal discussions, and hope that you found them to be as valuable as we did. It was a pleasure to meet so many of you and to be able to put faces to names, and we hope that you enjoyed meeting other Alliance members from your area.

We have taken as many of your suggestions and comments on board as we could, and are now in the process of putting these proposals into practice. Some of the plans may take time to implement however, so please bear with us.

Over the next few months we will be providing the following, all of which will be designed specifically for the UK Alliance:

- **A NEW WEBSITE** for the UK Health Alliance: this will include, amongst other things, a discussion forum, up to date Alliance News, product information, studies and links to other Dr Rath websites. The website will evolve according to the interactive forum, and as such will have the potential to become exactly what you want it to be.
- **A DVD** to include a welcoming address from Dr Rath, videos, audio extracts, downloadable brochures and links to Dr Rath websites.
- **A SMALL LEAFLET** to be used as a marketing tool. This will include a brief explanation about the Alliance and how to join, along with a space for your own contact details.
- **A HANDBOOK** for Alliance Members that will detail the guidelines, how to deal

with the most common questions when introducing people to Cellular Medicine and useful contact details etc.

We are doing our utmost to produce all of the above as quickly as possible, and shall keep you updated as to our progress. By the time you read this we hope that you will already be in possession of some of these new information materials, and that they will prove to be of assistance to you in your Alliance work.

Once again, we would like to take the opportunity to thank those of you who attended the meetings in April and May. It was a pleasure to meet you, and we hope you found the experience to be as enjoyable as we did!

*Cara Mulley*

## FOOD STANDARDS AGENCY MEETINGS ON MAXIMUM LEVELS FOR VITAMINS AND MINERALS IN SUPPLEMENTS

The Food Standards Agency recently held two meetings with stakeholders on its draft response to a European Commission (EC) discussion document on setting maximum levels for vitamins and minerals in supplements and fortified foods.

The EC published its discussion document at the beginning of June, and set a period of three months within which Government agencies and stakeholders could supply it with comments.

Held at the Agency's London offices, the meetings were attended by representatives from the supplements and food industry, health organisations, consumer groups, independent scientific committee members and officials from other Government departments.

The meetings provided the attendees with an opportunity to comment on both the EC discussion document and the Agency's proposed response.

Under the Food Supplements Directive, the EC can set maximum levels for vitamins and minerals in all food supplements sold in the European Union. A separate regulation also allows maximum levels to be set for the addition of vitamins and minerals to fortified foods.

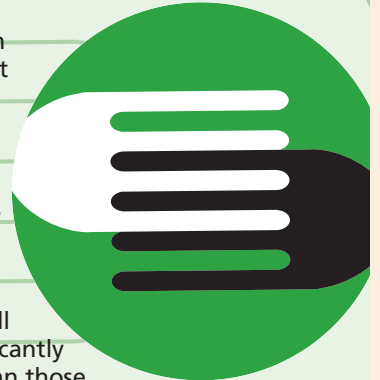
The Commission plans to publish proposals to set these levels within two years, and these will then form the basis of discussions with Member States. Whilst there is no concrete evidence as yet as to what these levels will be, the examples of existing models contained in the annex of the EC

discussion document suggest that for many

nutrients the levels eventually proposed could well

be significantly lower than those

currently on sale in the UK. As such, seasoned observers are already beginning to suggest that the consumer outrage that occurred prior to the passing of the Food Supplements Directive may yet pale in comparison to the protest to come when the final levels are eventually announced. ■



# FROM DEMOCRACY TO AUTOCRACY –

## HOW BLAIR'S GOVERNMENT IS TERRORISING US, IT'S CITIZENS

*Opinion Piece by Kim Hutchison*

Democracy is the term used to describe the rule of the people by the people, and is thus open to change. Autocracy is the term used to describe the imposition of a force, an ideology upon the people, and is thus closed to change and open to control. The raft of legislation passed, or attempted to be smuggled through, by Blair's government within the past two terms of its office exemplifies the term control. So, why is the government continuously passing ever-increasing numbers of laws and legislation designed to con-

trol and prevent change, and why is it obfuscating its reasons for doing so?

Perhaps the consensus amongst those who rule is that if there are no controls to keep in place the veil of illusion that has and is being drawn over the workings and practice of the state, then the people will realise the truth about the gravity of the situation here and in the wider world and will begin to powerfully agitate for change. And nobody who knows what is really going on in the corridors of economic, commercial and political power has any real idea

of how to get us out of this unholy mess we are all in; and so they fear panic and mayhem will ensue, with their own citadels of power being the first to be torn down. In our leaders' minds therefore, the status quo must be maintained - at whatever the cost. If this means children's lives are destroyed, families wrenched apart, communities eradicated, then so be it. Control is the order of the day.

Seen in this light, the freedoms currently being plucked away from us are

simply the mechanisms by which this control is being exerted. From ASBO's to legitimised torture, anything and everything is considered justifiable. If obedience to the state is deemed to be broken, then the ends justify the means.

Tony Blair's government is being covert and mendacious in its explanations and justifications for overruling measures - such as the judiciary, parliamentary law making procedures and a politically independent police force - that a democracy traditionally puts in place to guard against autocratic rule. Just two of the literally hundreds of examples of this are the Civil Contingencies Act of 2004 and the Inquiries Act of 2005, both of which vastly extend the arbitrary powers of ministers while making them less answerable to Parliament. The Civil Contingencies Act, for instance, "allows a minister to declare a state of emergency in which assets can be seized without compensation, courts may be set up, assemblies banned, and people may be moved from, or held in, particular areas, all on the belief that an emergency might be about to occur. Only after seven days does Parliament get the chance to assess the situation. If the minister is wrong or has acted in bad faith, he cannot be punished." (Henry Porter writing in *The Independent*; 29th June 2006).

We know that Blair replies to all requests for the justification of this autocratic control and infringement of our freedoms with the words "terror", "terrorism", or "terrorists". Yet this frog-marching away of our liberty of expression, movement and community contact is also obscuring our sight and knowledge of all the other choices being taken from us - the choices of how we live our lives: of the food we eat; the approach we take to our health and healing; the type of community we inhabit and the way in which it is run.

This infringement of our freedom has led Blair and his cronies - against all

independent professional advice and counsel - to force upon us: GM crops (with or without 'safety buffers'); carcinogenic pesticides in our food chain; the dumping of commercial chemicals into our water table; and the assault on up to 10,000 year old proven practices of acupuncture, herbal remedies and other choices of healthcare not controlled by the pharmaceutical industry.

The net result of all this is that we, and especially our children, are increasingly being poisoned by the chemicals used in agriculture and processed food. This poisoning manifests itself as severe educational and behavioural problems; the effects of which, along with the breakdown of our communities, are increasingly leading to the criminalisation of our children. Meanwhile these 'behavioural' problems are being profitably 'controlled' by pharmaceutical drugs, and a portion of the huge profits made by the companies producing these are paid to Blair's government in the form of taxes, drug licenses and advances on election expenses. Predictably therefore the government allows this trade to continue, despite the incontrovertible evidence that it is harming us and our society.

To keep dissenters quiet Blair and his 'team' make token gestures with, largely voluntary, codes of practice on labelling, added salt and sugar reductions, and the so called 'stringent' drug trialling - all of which deploy procedures and cronyism which make them anything but. Keeping people sick, or not in full health, is an effective way of minimising dissent and thus extending control.

These attacks on our freedom to choose are, I would argue, not only Autocratic, but can truly be called state-sponsored terrorism: on us - its' citizens. So, why is this happening? Why is the state removing our freedom of choice?

Choice means the possibility of change, and change means there is no ultimate



*A crowd gathers outside the New York Stock Exchange after the Wall Street crash of 1929. Has the pharmaceutical industry convinced governments that the cessation of its "business with disease" would bring about a modern-day collapse in share prices?*

control. Ultimate control, of course, is the only way the 'decision makers' (the controllers of the pharma, petrochemical, agro and food industries - who if you go far enough up the chain of command are revealed to be the same few names) know how to try and get the 'Pandorian genie' - representing the truth: the reality of how enormously fragile the systems and structures upon which this country, and this world, are held together - back in the box.

For example, what would happen if the veil of illusion was lifted from these industries' products and treatments? What if the truth was officially unveiled to everybody about how cancers are triggered and cured? How many people would choose another way of healing, another way of growing and eating their food, another way of living and supporting their families and communities? And, as these choices gathered momentum, how many billions, or even trillions of pounds, euros, and dollars would be wiped off the stock market values of these industries? Forget the Wall Street crash and

Germany in the 1930's, this would be so much bigger, a truly world wide collapse - or so our 'Dear Leaders' fear.

And what would happen to the war making industries, who also funnel billions of dollars and pounds into Bush's and Blair's regimes, if there were no more wars to supposedly 'preserve democracy' and 'protect' oil reserves? These wars to 'safeguard democracy' are also conveniently keeping the oil price artificially high. Convenient that is for Bush, as oil is traded in U.S. dollars and a high oil price results in an increase in the dollar's value - thus helping to remedy the billion dollar US deficit that he has been trying to balance by that good old fashioned method of simply printing more money, and keeping the war industries awash with cash for their 'political donation programme'.

Given therefore that terrorism is defined as "the use of intimidation and violence to achieve ends", and terrorise as "oppress by fear and violence", who are the terrorists now?

As increasingly stringent controls are required to prevent the (some would say inevitable) changes in the way we think, work, play and live our lives, terrorism has become the latest 'reason' to 'protect' us. This protection is of course the ultimate control, the ultimate veil of illusion. Blair's government is telling us that the 'protection of our way of life' requires the sacrifice of our freedom of choice and our liber-

ty to live our lives as we see fit - to make the changes we desire, to be free to walk the streets (or even protest on them) and to join in sister and brotherhood with our fellow human beings across the world.

In effect therefore, Tony Blair and his government are ordering us to hand over our power to them on the assumption that they know best, and would have us believe that they will protect us from the implications of events we can't understand because they, and only they, know what is really going on.

The irony of this autocratic rule, this obliteration of our - admittedly imperfect, democracy - is that this is precisely what could make terrorists of us all. In Bush's America, for example, dissent is labelled as "traitorous Acts of Sedition". The consequences of an autocratic control lead to widespread uncontrol, to the anarchy of spiraling poverty, crime and disrespect for our fellow beings, and will reach a point where suppressed dissent explodes out of its constraints to become fully fledged terrorism; which is exactly how Bush and Blair have created the raging fires now burning out of control all over the Middle East and beyond. However, change doesn't have to be dramatic, violent, or even seditious. Change can be paced and sustained with economic viability for everyone.

So, how do we get ourselves out of this unholy mess? Well, I can't say, exactly; I don't know, precisely. What I

do know however is how we can make a beginning, and start the process of real democratic change.

And the first step is to take back our power from those who have wrested it from us. This requires us all to become leaders, of ourselves and our lives. Not blaming others, not forcing our will upon others; simply saying, doing and being the power that we all are and have.

When we each of us lead ourselves we create a naturally hugely powerful coming together, a groundswell that becomes heard and responded to; a tidal wave that will sweep the corridors of power clean of corruption, malice and control.

Many of us feel despairing of this current climate. My own feeling however is that we live in very exciting times. The more controlling Blair's government becomes the more of us eventually begin to wake up and realise what is really going on; what is being done in our names. The veil of illusion thus disintegrates, the Emperor is revealed to be naked, and the balance of power begins to swing back to where it belongs: to us, the people.

So when opportunities arise in your life - to make the truth heard, to make a difference - seize them and take your power back; for yourself, your family, your wider community, and your world. This can and will happen. Have faith in it, and it will be manifest. ■



# Fluoridation of UK drinking water – unpopular, unscientific and unnecessary

By Robert Pocock

One key question regarding the UK Government's plans to extend the practice of water fluoridation beyond the 10 percent of people that are currently affected is: 'Why the deviousness?' If the policy is so sound, why did the Government not introduce a bill dealing expressly with the issue, instead of inserting a seemingly innocuous clause in the recent Water Act? The clause in question provides indemnity to water companies from future litigation by water consumers claiming harm or other loss as a result of the fluoridation of their drinking water.



*Dental decay is caused by a poor diet, and is the result of micronutrient deficiencies. Adding fluoride to the water supply is therefore not the answer.*

One does not need to look far to realise why the Government was forced to introduce such an unusual measure in such a surreptitious manner. First, over fifty attempts to fluoridate communities since the privatisation of water in 1982 have failed in the face of local opposition. Second, opinion poll after opinion poll has shown overwhelming public opposition to fluoridation; usually above 90 percent. As recently as July 2006, for example, an online poll conducted by The Yorkshire Post, in connection with the plan to fluoridate the drinking water in Leeds, revealed 89 percent of

respondants to be in opposition to the proposal; thus confirming a motion passed on 23rd February 2005 by Leeds Councillors "that public mass-medication through the nation's water taps is unethical and a gross infringement of individual civil liberties". Fifty-eight of the Councillors voted in favour of this motion, twenty-three voted against it, and there were seven abstentions.

In Sheffield, meanwhile, an earlier attempt to introduce water fluoridation also failed; despite a personal intervention from no less than the chairman of the British Fluoridation Society (BFS), Michael Lennon, who is also a professor at Sheffield University. On this occasion, on 2nd February 2004, the Sheffield Councillors voted 57 to 14 against fluoridation, with 3 abstentions, and several Labour Councillors broke ranks by voting against Government policy.

After such direct democratic dismissal of fluoridation, the fact that the Chair of the BFS has not resigned, and that he continues to promote the same unchanged policy elsewhere, is further evidence of the essentially propagandist nature of this taxpayer funded quango.

Whilst the BFS lost public confidence many years ago, surely such a humiliating policy rejection from a city of over a million people, such as Sheffield, would alert the Government to a serious problem? But no, far from backing off, the Government continues to foist this policy onto many other communities countrywide.

Take the BBC Wear online poll a few weeks later, for example, in which people were asked their opinion on the plan to extend fluoridation in their area. After several days of voting, public opposition was overwhelming – with over 90 percent of the four hundred replies voting against fluoridation – until, mysteriously, four thousand votes inundated the site in what a BBC spokesman was later forced to admit was an apparent hacking of the site. Despite assurances that it would investigate how this happened, the BBC never did so, or if it did it never revealed the results. Instead, the poll and all references to it were deleted from the BBC site, in another regrettable and serious failure of journalistic standards by the public broadcaster.

Considering how solid public opposition remains, it is fortunate that the same indemnity clause in the Water Act also stipulated that there had to be prior public consultation on fluoridation. This is the rock on which most fluoridation attempts founder, as revealed in the current newsletter of the National Pure Water Association, a not-for-profit organisation founded in 1960 by Lord Douglas of Barloch, KCMG, to campaign for safe drinking water. When Primary Care Trusts consult local people, as legally required, they are left in no doubt that the public is totally opposed to fluoridation.

**FLUORIDATION NOT SCIENTIFICALLY BASED**

Leaving aside its overwhelmingly negative public perception, fluoridation of drinking water does not even enjoy scientific credibility. Apart from the

Irish Republic, no other European country permits its drinking water to be fluoridated. Sweden banned the practice in 1972, and its 2000 Nobel Prizewinner for Medicine, Dr Arvid Carlsson, has recently said that any country still practising fluoridation should feel ashamed of itself. Switzerland's only fluoridated city, Basel, stopped water fluoridation in April 2003, comprehensively rejecting it by 11 votes to 2.

Also in 2000, the US Center for Disease Control, a long-time supporter of water fluoridation, declared that the primary action of fluoride was topical and not systemic; thus further undermining those such as the BFS who insist that fluoride should be swallowed.

Later that year, the UK's own health policy assessment experts, at the Centre for Reviews and Dissemination in York, concluded - after one of the most thorough assessments ever conducted on fluoridation - that the quality of the supporting science was poor. Its reviewers did not find fluoridation to be safe either - surely a pre-requisite for any extension of a public health policy?

In neighbouring Eire, where fluoridation was introduced nationally in 1964, the ill-effects are now so widespread that four in ten Irish teenagers have fluoride poisoning in the form of dental fluorosis: an eightfold increase in twenty years. This has so alarmed dentists in Ireland that over a hundred have now joined Irish Dentists Opposing Fluoridation (IDOF), a group demanding an immediate stop to the dosing of all public water supplies with this chemical. The Irish Government, in direct disregard of the NHS York Review - which stated that 'fluorosis is not just a 'cosmetic issue' - has for years been in denial about this harmful effect; and is steadfastly refusing to admit that indiscriminate fluoride dosing via drinking water is clearly indefensible.

## UNNECESSARY AND INADVISABLE

When there is only one European country, Ireland, which asserts that the only way to target those people with tooth decay is to treat everyone with fluoride via public drinking water, it is remarkable that opposition parties in the UK have not intervened; particularly so since people across the UK have for many years been solidly against this mass measure, which still has no scientific justification.

This also raises the more important question as to why over 80 percent of people who eat responsibly (eg by limiting their sugar intake), and who brush their teeth in accordance with official guidelines, should be treated as though they were irresponsible. It is well known that most dental caries - more than eighty percent, in fact - is found in less than 20 percent of the population, and that this group includes the most socially deprived and those who do not take personal



*Four in ten Irish teenagers have fluoride poisoning in the form of dental fluorosis. Dental fluorosis is a reflection of what's happening in our bones, and is the first visible sign of fluoride poisoning.*

responsibility for their oral health. When fluoridation promoters claim - as they usually do - that the policy is socially progressive, they conveniently forget that the NHS York Review found little evidence that this is so. It seems inexplicable, therefore, that after describing this review as 'a once and for all investigation into water fluoridation', the UK Government has not been held to account by the opposition for ignoring its distinctly sceptical conclusions. To date, only the

Green Party has developed a clearly articulated and coherent opposing position.

Since extending fluoridation will involve everyone ingesting more fluoride than they do at present, one would have expected the Government to first establish the current levels of fluoride intake in the population. Incredibly, it did not do so; an omission that was only exposed in 2003, when its own National Diet and Nutrition Survey (NDNS) revealed the alarming fact that in a country that is largely unfluoridated there are already some groups exposed to unsafe intakes of fluoride! Specifically, the survey reported that 2 percent of men and 6 percent of women aged between 50 and 64 years are exposed to an intake of fluoride that is known to be above the level, of 0.05mg/kg bodyweight/day, defined as safe.

Put in another way: this NDNS evidence indicates that there is already over-exposure to fluoride throughout the UK, from sources other than drinking water; so what possible justification could there be for adding more - either to drinking water or to anything else? If anything, in fact, the evidence suggests that fluoride exposure should actually be reduced in the UK.

Why the main opposition parties have not exposed the absurdity of this policy is incomprehensible. They only have to sit in on a meeting of Councillors, Primary Care Trusts or Strategic Health Authorities to realise that water fluoridation is not wanted; has no scientific basis; and would represent an unwarranted increase in fluoride intake, which, based on the Government's own research, is already at an unsafe level for thousands of people in the UK. ■

**Robert Pocock is Stop Fluoridation Campaigner for VOICE of Irish Concern for the Environment, an environmental NGO based in Dublin.**

**The VOICE website can be found at: [www.voice.buz.org/](http://www.voice.buz.org/) VOICE tel: +353 (0)1 6425741**

# CONSIDER THE ROSE

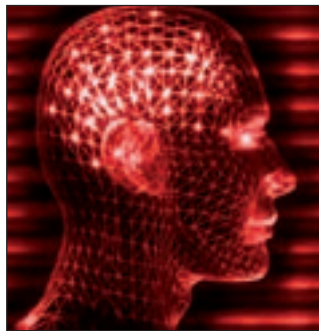
By Bob Hook

The world we live in and the way that we live are changing increasingly faster these days, with the consequence that the oft-quoted adage, "The only constant is change" becomes more true with each passing week. Technological advances now allow us to see world events as they happen, for example, and whilst this undoubtedly brings benefits it can also expose us to news content that is threatening and negative. Unfortunately it is a very true maxim that 'bad news sells', and as a result we are frequently inundated with news and TV reporting that are primarily of a depressing nature. Bearing this in mind it is hardly surprising that stress and depression are becoming so prevalent in our society. However we have all been provided with a superb self-healing mechanism (our body) that breathes by itself, cleanses itself, produces hormones as we require them, and continually renews itself by producing specialized cells to replace those that are failing.

We have also been given a huge mind and brain, far superior to any computer, to assist us to see, hear, taste, touch, smell and make choices for ourselves; the only problem being that we were not provided with an instruction book to assist us to get the best out of it.

We have over 60,000 thoughts a day - each day and every day - but the ones we have today will be almost identical to the ones we had yesterday; and unless we change something today they will remain the same tomorrow, the day after, and so on ad infinitum.

If these thoughts were of a positive nature: of our happiness, satisfaction, contentment, peace with our environment, expectations - and most importantly, ourselves - then that would be marvelous. Unfortunately however most of our thinking is of a negative nature: what we lack, financial concerns, security of our employment, keeping up with others, and a feeling of being out-of-control at the wheel.



*The human brain is far superior to any computer. Unlike a computer however it does not come provided with an instruction book to assist us to get the best out of it!*

As a result a large number of people feel inferior to others, with absolutely no reason except for their habitual way of thinking.

'Success breeds success' is an old sales adage, and is very true. A salesperson is most likely to sell after having made a sale, as his mind is geared to success. His expectations and actions are of confidence, and the results naturally follow. The opposite is also true, whereby a couple of missed sales cause the opposite feeling and expectation, thus causing a continuation of low results. It is possible to take back the control of our mind - and

thereby our feelings and subsequent results - by becoming aware of what we are thinking, and of how we are reacting to the events, people and circumstances around us. Once you choose to be optimistic, the mind - being controlled by your change in thinking - will in turn begin to look at life with a more positive outlook, thus producing an expectation of good and changing your life.

Nevertheless, it is also important to appreciate that sometimes it might not be in our power to change an event, person or circumstance. In such a situation one should simply "let it go" and concentrate instead upon what one can achieve, as opposed to what is unattainable.

Is it simple? Yes. Is it easy? No. Like any habit it takes perseverance, effort, determination and willpower to change the habits of a lifetime. Is it worthwhile? Without a doubt, as once our outlook on life improves our health and relationships will quickly follow.

In the last issue I suggested that we should 'Slow down and smell the roses'. Today however I would like to take this a step further, and would recommend that we 'Stop, and consider the rose.'

Take a look at a rose, and ask yourself whether it

worries whether it is in the right place; whether its leaves and blooms are perfect; or what the other roses think of it. Is a rose upset with thoughts of tomorrow, or full of guilt (for self) or blame (of others) for past actions or mistakes, or wishing that it had spent time with another rose when able, or voiced its affection for another before it was too late?

No, the rose "Is". It exists only in the present moment, and is not worried or concerned about past or present. The rose is content with its foliage and blooms, and with giving pleasure to everyone that looks at it, smells it or cares for it. Every rose is perfect, each petal and leaf doing what comes naturally to it, and has no conception that we may consider it inferior to another plant. It does not care what we think of it. The rose exists today, not anxious about whether it has enough 'things', just accepting the circle of life. It simply came to be, and gives its gifts until it is time for it to make way for other plants; returning to the nature that provided it.

Are there not lessons in the rose for ourselves? ■

