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**JOHANNA’S NEWSLETTER No. 35**

[**www.johannaalley.com**](http://www.johannaalley.com)<https://plus.google.com/11062074444181634864>

To view previous newsletters and info: <http://tinyurl.com/29c9fj2>

**OM NAMASTE, SHANTI, SHANTI, SHANTI**

**MATRIX ENERGETICS**

I had been hearing about Matrix Energetics on the radio for over a year and finally bought Richard Bartlett’s book. I was convinced this was something I needed to learn to take my energy healing to the next level. I went to the Level I & II training in August and was blown away!!! I did things in the seminar that I never believed I could do, like dropping a 6’4” man to the floor during a practice session. It was the most profound learning experience I’ve had in many years. I had been listening to my guides during Reiki/Energy Healing sessions and doing something new by putting my fingers or hands on two points on the body and relieving pain. Most times I didn’t know why, but did it anyway and the person would always comment on feeling something different. Little did I know that I was already learning two-pointing from ME training. But Matrix Energetics is so much more. We are all fields of information and we can draw from the Source field of information to change any aspect of our physical, spiritual, or emotional life. This is all about quantum psychics, torsion fields, and lots of other stuff I don’t understand and probably never will. I just know it works! If anyone is interested in giving it a try, I can do a session by Skype. I’m looking for any and all willing to do something different to make changes.

**COCONUT WATER AND COCONUT OIL**

During WWII medics on the Pacific Islands ran short of medical supplies very often. They would drill into a coconut and use the water in place of blood plasma when supplies ran out. It is isotonic, sterile and has the right electrolytes and isn’t rejected by the body when used straight out of the coconut. It has reincarnated as a health drink that is much healthier than Gatorade. I don’t expect to see it used in hospitals, but if I was dying, I’d let someone administer it on a remote island. Coconut oil was used extensively in the US until the soybean industry wanted to take over the market and began a huge publicity campaign to malign this wonderful oil. Coconut oil regulates thyroid, helps glucose levels, and is a medium chain fatty acid that attacks many diseases. I use it as a skin moisture, nose hydrator and in much of my cooking. I recommended it to a friend while we were in a very dry climate and she is now a convert. And coconut sugar is a lot like brown sugar, but much healthier also. Check out more information on [www.coconutoil.com](http://www.coconutoil.com) .

***Every thought, word and deed has energy. The energy you send out is the energy your get back.***

**MORE INFO ABOUT FLOURIDE**

<http://www.therealfoodchannel.com/videos/dangerous-foods/fluoridated-water.html>

**ALTERNATIVE TO MAMMOGRAMS**

I’ve mentioned in previous newsletters about the dangers of mammograms and this alternative method of preventative care. Please read Dr. Mercola’s article: <http://articles.mercola.com/sites/articles/archive/2012/07/08/gaea-powell-on-thermography.aspx?e_cid=20120708_SNL_Art_1>

***Your thoughts are like a drop of water on a still pond, rippling out and back again.***

**OIL PULLING…WHAT THE???**

I’ve been reading about oil pulling for many years, but couldn’t imagine swishing oil in my mouth for 15 minutes or that it really would help anything. UNTIL…I was having alternate constipation/diarrhea that I couldn’t seem to resolve with what I normally use like enzymes, etc. So knowing the benefits of coconut oil, I decided to give it a try. I used 1 tsp. of coconut oil and swished it around in my mouth for 15 minutes for a week as a trial. Low and behold, my digestive issues cleared up. My sinuses also opened up and who knows what else is getting better that I haven’t noticed yet. I went on vacation for 10 days and didn’t do the pulling and the digestive issues came back within a week. Won’t do that again! Check out this website for more info: <http://www.oilpulling.org/oil-pulling/>

**LEMONS, WONDERFUL LEMONS**

Lemons have been used for eons to heal just about everything. Many natural health care practitioners recommend the juice of half a lemon in warm water first thing in the morning. But the peel has 5 to 10 times more vitamins than the juice. The humble lemon is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant combats stress and nervous disorders. The compounds of the lemon tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. You won’t hear about this from doctors because drug laboratories are working furiously at making a synthetic of these healing compounds so they can make their obscene profits at your expense. One way to use lemons on just about everything you eat is to freeze the whole lemon and then grate it onto your food, drink, salads, desserts, etc.

<http://www.doctoroz.com/videos/health-benefits-lemons>

<http://www.beliefnet.com/Health/Physical-Health/Hidden-Health-Secrets-of-Lemons.aspx>

**VEGGIE RECIPE**

Celery Casserole

4 cups thinly sliced celery 1 sm onion sliced thinly ¼ cup chopped bell pepper

1 cup grated cheese 1 cup whole wheat bread crumbs

1 cup milk 2 Tbsp flour 2 Tbsp olive oil or coconut oil

Sauté the veggies in a little oil until soft. Make a rue with the flour and oil and whisk in the milk. Add to veggies and stir in the cheese. Pour the mixture into a medium casserole dish and sprinkle bread crumbs on top. Bake @350 until bubbly and browned on top.

**A LITTLE YOGA**

Hip/Sacral/Hamstring Warmer

Sit on the floor with your legs outstretched and pushing slightly through the heels. Bring your arms to shoulder level in front with hands shoulder width apart and thumbs pointing upward. As you inhale incline slightly backward and then exhale strongly as you move forward intending to take your fingertips over your toes. Keep the heels pushing forward so the backs of the legs are touching the floor to get the most stretch. Repeat, inhaling back and exhaling forward, for 1 minute.

**PS. Newsletters and Index are stored at:** <http://tinyurl.com/29c9fj2>**. If there’s a subject you would like discussed or you have questions about something I’ve said, email me at** [**jw\_alley@msn.com**](mailto:jw_alley@msn.com)**.**

**My disclaimer: I try to only recommend products or remedies that I have tried myself or someone I know has tried. I also recommend remedies from the newsletters I trust even though I may not have tried them as I wouldn’t be trying something to treat a dis-ease I don’t have. But ultimately you are in charge of making decisions for your body. I am sharing my experiences and suggesting ways that you can be healthier, not prescribing anything for anybody. I strongly suggest that you investigate these remedies yourself before taking anything and/or talk with your health care practioner.**