

Linda Crawford MCPH, MHMA (UK), CBT, MARH

Homoeopath, Psychotherapist, BioEnergetics, NLP Practitioner. Hypnotherapist, EEG Neurofeedback Practitioner

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TREATMENTS



Linda Crawford

MCPH, MHMA (UK), CBT, MARH

Linda is a Homoeopath, Psychotherapist, Master NLP Practitioner, Bio Energetics and Neurofeedback Practitioner and Hypnotherapist. She is Director of the London Shyness Centre, and CEO of the Linda Crawford Clinics. Linda's first book "Shyness" was published in 1997 in the U.K., USA and Italy and she is currently working on two further books. She has trained and worked in Britain, the United States, Hungary and

Switzerland. Linda's work at her practices at the Hale Clinic, Regents Park and Harley Street includes Neurofeedback and Bio Resonance Testing. Linda has trained extensively in America with NLP, and Neurofeedback.

Linda's training and research in Neurofeedback has brought a powerful tool into her integrated practice. Empowering the brain to heal both the emotional and the physical state. The addition of these techniques has further enhanced her already powerful results.

The biofeedback full body scan she uses for all of her clients has led her to realise the full extent of toxicity and its degenerative process within the human body. Linda has been researching autism and hyperactivity for three years with HASG. The past seven years of training and working in toxicity removal under Professor Bill Nelson in London and Hungary and Halina Senn in Lausanne, Switzerland has given her powerful tools to combat the epidemic of toxicity caused disease and death. Her dream became to research and provide scientific evidence that would change lives safely and non-invasively.

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NEUROFEEDBACK

Overview

EEG Neurofeedback is the latest training aid to overcoming learning difficulties, increasing IQ, enhancing memory, increasing reading speed and overall peak performance. Rather than attempting to bring about change in the brain by chemical agents or mental constructs, EEG Neurofeedback educates the brain to produce specific brainwaves in specific locations in the cortex. EEG technology is used to collect data and sight and sound rewards are given to encourage the brain to balance the brain waves, similar to a state of Zen meditation. Achieve in 30 sessions the same results as 20 years of Zen meditation would achieve in harmonising and balancing brainwave production.

Because the brain serves as the primary operating system of the entire human, much like a computer; the education of the brain is the most direct and efficient manner to achieve the goals of the person. This latest technology has been demonstrated in multiple research studies to alleviate the symptoms of stress, immune deficiency, addictions, depression, attention deficit disorders, chronic pain, epilepsy, sleep problems, insomnia, habitual substance abuse, ability to focus, anxiety disorders, severe personality disorders, and a host of other neurological, psychological and behavioural problems.

An interesting study has been done which demonstrates that IQ scores can be raised 10-15 points on the WAIS test. The implications for professional educators are tremendous. This study also suggests the possibility of making business executives more efficient and more creative in their work.

What is Neurofeedback, how does it work and what does it achieve?

Neurofeedback is EEG based technology that uses sound rewards to encourage the brain to produce a healthy balance ratio of brain waves. Much of Pavlov's dogs were trained with sound and students find studying with Mozart increases their concentration. The practitioner assesses the imbalanced brainwaves that the brain has trained itself to use to survive the untoward stresses of everyday life in the Western world and by simply using the appropriate sound and sound pattern that a particular brainwave responds to, to correct an imbalance. You can create harmony within the brain that then allows the brain to start healing both emotions and physical conditions. The training of the brain using this very simple method will empower the emotions to become more balanced, the client begins to respond instead of react to situations and gradually much as working out at the gym achieves the body you deserve, allowing the brain its own particular healing workout empowers the brain to heal both emotions and body.

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A.D.H.D.

ADHD or Hyperactivity is an extremely distressing handicap. Left untreated the condition continues and affects the child or adult for the rest of their life. The misery and stress has a knock-on effect and disrupts the entire family.

The child's behaviour causes problems in every area of their life - at home, school and with their friends. Unable to concentrate, they become disruptive, disorganised, constantly on the move, talkative and noisy, easily bored. Domineering and pushy, often aggressive behaviour worsens and often results in accidents.

The standard therapy is drugs that can leave a child addicted to amphetamine-type substances, and can result in psychosis. These central nervous system stimulants generally drug the child into a soporific state.

Linda Crawford is working with allergy testing, Complex Homoeopathy, Bio-Med computerised testing and dietary advice for this destructive condition.

She believes that homoeopathic treatment combined with Bio-Energetics checks can enhance anyone's health, irrespective of its current state. Combined with psychotherapy, hypnotherapy and NLP, she offers the ultimate healing programme. Every patient can have a treatment protocol tailored to his or her unique requirements, which can be continually evaluated to the patient's improving state of health.

Linda offers the most up-to-date and comprehensive holistic treatment you can find in the UK today. She practices from the Hale Clinic, the UK's leading complementary health clinic.

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ALLERGY TESTING

Illness often begins with subtle imbalances in the human energy field. These changes can be caused by many things - stress, the malabsorption of vitamins or minerals and, especially, toxic overload. Every day we are exposed to a barrage of toxins: electro-pollution, heavy metals, industrial pollution in the environment, insecticides, hormones, dyes and additives in the food chain. We are bombarded with up to 300 chemicals on a daily basis and our bodies do not have the necessary enzymes to assimilate chemicals.

Toxic build-up leaves the body unable to detoxify itself. Worse, it causes strange and inexplicable symptoms to appear in the body. The immune system becomes compromised and ill health follows in the form of environmental sensitivity, allergies, hyperactivity, chronic disease and depression.

Increasingly, health practitioners are seeing patients who are the victims of pollution and compromised immune systems. The rise in chronic conditions such as allergies, asthma, chronic fatigue, arthritis, MS, eating disorders and hyperactivity is proceeding at an alarming rate. These are all conditions that are in part allergy related.

BIO-ENERGETICS: 21ST CENTURY HEALING

Bio-Energetics is a system of diagnosis using a state-of-the-art computer (BIOMed C1) to measure electro-magnetic energy in the brain. A set of sensors attached to the head, wrists and ankles measures the body's physical reaction to more than 3,000 conditions, treatments and compounds. These include allergens, viruses, parasites, chemical toxins, fungi, amino acids and vitamins. The body reacts positively when the patient needs a remedy and negatively when, for example, a condition or substance is harmful to them. Allergy testing is completely painless. The allergy test allows the practitioner to recommend which substances to refrain from using. Additionally, Complex Homoeopathics are prescribed to detoxify and counteract the allergen. Desensitisation protocols are also available.

Common allergic symptoms are weight gain, bloating, flatulence, diarrhoea, constipation, abdominal pain, wheeziness, chest congestion, persistent cough, palpitations, itching, runny or blocked nose, catarrh, facial puffiness, swollen tongue and throat, itchy, watery eyes, blurred vision, dark circles under the eyes, rashes, hives, urticaria, dry, itching, flaky skin, ear infections, sore throat, itchy palate, headache, migraine, nausea and vomiting, extreme tiredness, joint and muscular aches and pains, depression, hyperactivity, inability to concentrate.

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DEPRESSION

Depression destroys life styles, relationships and careers. Hopelessness and despair overshadow and depress the sufferer. Energy levels drop, concentration becomes increasingly difficult. Restless and consistently tired, enthusiasm becomes non-existent. Activities decrease and dropping out of life becomes the norm. Decision making due to foggy thinking and insomnia becomes increasingly difficult. Feelings of inadequacy and devastatingly the loss of libido and sexual difficulty puts insufferable strain on the individual.

Depression is a mind body state. The causes may be due to a multitude of factors. Both emotional and physical. Contributing factors such as allergies, fungal infections, parasites, blood sugar levels, intestinal parasites, and bowel flora, are examined and treated. Additionally, NLP is employed to change contributing emotional habits and triggers. Finally, if necessary, hypnotherapy supports and reinforces the changes.

Safety, combined with results! No toxic anti-depressants which may have unpleasant and distressing side effects such as agitation, insomnia, nausea, diarrhoea, loss of libido, and difficulty reaching orgasm.

Treatment commences with an assessment and is then individually designed for each individual. Thus consistent and sustained changes are made.

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ARE YOU DEPRESSED?

Question	Often	Sometimes	Rarely
Do you have frequent bouts of depression?			
Do you feel hopeless?			
Do you feel tired, have little energy, unable to concentrate, lack enthusiasm?			
Do you feel restless, irritable?			
Are you dropping out of your usual activities?			
Do you think that everything will keep going wrong no matter how hard you try or what you do?			
Have your decision making and concentration become slower or more difficult?			
Do you sleep a lot?			
Are you suffering from delusions of inadequacy and fears that nobody likes you any more?			
Are you losing interest in sex, or experiencing difficulties?			

If you answered often to three or more of the questions, we can help you with your dejection and lack of hope. This aggression directed inwards can be helped quickly and safely.

Combining NLP, Homoeopathy, Bio-energetics, Hypnotherapy and Psychotherapy, Linda Crawford consistently achieves transformation from this crippling state.

The treatment avoids you taking addictive medication that can have unpleasant side effects such as agitation, insomnia, nausea, diarrhoea, loss of libido, and difficulty reaching orgasm.

Safety combined with results.

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CHILDHOOD M.E. & CHRONIC FATIGUE

Today's report regarding childhood ME highlights this viral based condition that is reaching epidemic proportions, touching the lives of increasingly large numbers of people.

A bout of flu frequently triggers chronic fatigue. Chronic fatigue is now reaching epidemic proportions leaving post viral victims struggling to even get out of bed. This is caused by immunological and neurological dysfunction.

Sufferers suffering with this sudden onset illness are often branded as lazy. Alternatively, they are viewed as suffering from depression, anxiety, or that it is "all in the mind". The depression and hopelessness are never viewed as being a symptom of the illness.

Bio-energetic computerised testing, combined with not only homoeopathic treatment but also NLP and psychotherapy, create the most effective treatment protocol for this widespread problem.

Chronic fatigue has a multitude of symptoms which include: debilitating fatigue, sore throat, swollen lymph nodes, allergies, poor concentration and memory, depression, anxiety, "spaceyness", frequent infections, headaches, visual problems, panic attacks, muscle ache, sleep interference, mood swings, flatulence, bloating, night sweats, heart palpitations, self doubt, shortness of breath and numbness or tingling. These are the most common problems experienced by a sufferer.

According to the results of this safe and painless testing, the therapist checks your condition, pinpointing the causative factors, viruses (be they retro viruses, herpes viruses, adreno viruses or other infectious agents). Additionally checks are made for any possible food intolerances, chemical damage, fungal infections, toxicities, stress and nutritional deficiencies, so that the underlying causes of chronic fatigue can be eliminated. Homoeopathic remedies are then prescribed to support the endocrine system - which has been under stress. Also to detoxify and to boost the body's own healing power is the most powerful and intricate system of healing on earth - so that you can regain your energy and reclaim your life.

At the London Bio Dynamics Centre the sufferer is supported and treated on a psychological level with NLP and psychotherapy to support them in a time of great stress and crisis. Poorly understood by those around, they are generally suffering mood swings, "spaceyness", anxiety, panic attacks and depression. These create relationship and work related problems that overwhelm the sufferer.

Most sufferers achieve substantial improvement almost immediately, others take several more treatments.

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EMOTIONAL TRANSFORMATION

Emotional problems destroy life styles, relationships and careers. Hopelessness and despair can overshadow and depress the sufferer. Energy levels drop, concentration becomes increasingly difficult. Restless and consistently tired, enthusiasm becomes non-existent. Activities decrease and dropping out of life becomes the norm. Clear and rational decision making becomes increasingly difficult. Feelings of inadequacy puts insufferable strain on the individual.

The powerful Bio Dynamics method of combining NLP, Homoeopathy, Bio-Energetics, Hypnotherapy and Psychotherapy consistently produces relief from the crippling state of aggression directed inwards or outwards. This dynamic combination of therapies consistently produces long lasting results. Emotional transformation treats the soil on which the emotional problems grew. Resulting in a long lasting and in consistently improvement in energy levels and motivation.

Emotional problems are a mind body state. The causes may be due to a multitude of factors. Both emotional and physical. Contributing factors such as allergies, fungal infections, parasites, blood sugar levels, intestinal parasites, and bowel flora, are examined and treated. Additionally, NLP is employed to change contributing emotional habits and triggers. Finally, if necessary, hypnotherapy supports and reinforces the changes.

Safety, combined with results! No toxic drugs which may have unpleasant and distressing side effects such as agitation, insomnia, nausea, diarrhoea, loss of libido, and difficulty reaching orgasm.

Treatment commences with an assessment and is then individually designed for each individual. Thus consistent and sustained changes are made.

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EXECUTIVE STRESS SUPPORT CLINIC

In the increasingly pressurised business world, this potentially debilitating condition is affecting the lives of ever larger numbers of businessmen.

Bio-energetic computerised testing, uniquely combined with not only homoeopathic treatment, but also NLP and psychotherapy, has been proven to provide the most effective and lasting treatment for this increasingly widespread problem.

Executive stress can have many symptoms, such as: chronic fatigue, poor concentration and memory, depression, anxiety, frequent infections, headaches, visual problems, panic attacks, sleep interference, mood swings, self-doubt and problems with eyesight.

The results of this safe and painless testing enable the therapist to check the condition, pinpointing the causative factors. Additionally, checks are made for any possible food intolerances, chemical damage, fungal infections, toxicities, stress and nutritional deficiencies, so that any underlying causes of stress can be eliminated. Homoeopathic remedies are then prescribed to support the endocrine system, which has been under stress, as well as to detoxify and boost the body's own healing power, the most powerful and intricate healing system on earth - so that sufferers can regain their energy and reclaim their lives.

The sufferer is supported and treated on a psychological level with NLP and psychotherapy to support them in a time of great stress and potential crisis. Poorly understood by those around, this condition can create relationship and work problems that overwhelm the sufferer.

With this treatment most sufferers achieve substantial improvement almost immediately, while others take several more treatments to achieve significant, and usually complete, relief from this troubling condition.

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CHRONIC FATIGUE AND TIREDNESS

This viral based condition is reaching epidemic proportions, touching the lives of frighteningly large numbers of people.

A bout of flu frequently triggers chronic fatigue. Chronic fatigue is now reaching epidemic proportions leaving post viral victims struggling to even get out of bed. This is caused by immunological and neurological dysfunction.

Sufferers suffering with this sudden onset illness are often branded as lazy. Alternatively, they are viewed as suffering from depression, anxiety, or that it is “all in the mind”. The depression and hopelessness are never viewed as being a symptom of the illness.

Bio-energetic computerised testing, combined with not only homoeopathic treatment but also NLP and psychotherapy, create the most effective treatment protocol for this widespread problem.

Chronic fatigue has a multitude of symptoms which include: debilitating fatigue, sore throat, swollen lymph nodes, allergies, poor concentration and memory, depression, anxiety, “spaceyness”, frequent infections, headaches, visual problems, panic attacks, muscle ache, sleep interference, mood swings, flatulence, bloating, night sweats, heart palpitations, self doubt, shortness of breath and numbness or tingling. These are the most common problems experienced by a sufferer.

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The sufferer is supported and treated on a psychological level with NLP and psychotherapy to support them in a time of great stress and crisis. Poorly understood by those around, they are generally suffering mood swings, “spaceyness”, anxiety, panic attacks and depression. These create relationship and work related problems that overwhelm the sufferer.

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FREQUENT FLYERS SUPPORT CLINIC

The adverse effects on health of frequent flying are generally overlooked. The sufferer rarely connects their high exposure to radiation to their worsening condition. Energy levels drop and concerns develop over unexplained conditions that occur with increasing frequency.

Added to this, the circadian rhythm, the 24 hour biological rhythm is consistently affected. The pineal gland that produces melatonin begins to malfunction, resulting in insomnia, worsening health and irritability. Decision making and foggy thinking becomes the norm. Devastatingly, feelings of inadequacy may arise due to a loss of libido and chronic fatigue.

The powerful Bio-Dynamics method of combining Homoeopathy, Bio-Energetics, NLP, Hypnotherapy and Psychotherapy consistently neutralises the side effects of frequent flying. This dynamic combination of therapies consistently produces long lasting results and improved energy levels and motivation.

If you suffer from any of the following you owe yourself an assessment:

- Jet Lag
- Chronic Fatigue
- Frequent bouts of colds or flu
- Distended abdomen with full feeling
- Lack of Vitality - Mentally
- Sexual debility
- Nausea
- Buzzing in the ear
- Headaches
- Sciatica
- Chronic itching or eruptions on the skin
- Stiff and aching back
- Dermatitis or Psoriasis
- Emaciation
- Lack of Vitality - Physically
- Unexplained weakness
- Aversion to company
- Aversion to food with sweet cravings
- Kidney pains and retained urine
- IBS
- Sleeping all the time - but unable to sleep on retiring

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HAY FEVER CLINIC & ALLERGY TESTING

The misery that Hay Fever brings can and is being safely treated using Neurofeedback and bio-energetics testing and Complex Homoeopathic remedies. Linda Crawford, who works at the Hale Clinic, offers a unique and effective treatment that carries none of the side effects of conventional treatment.

Illness often begins with subtle imbalances in the human energy field. These changes can be caused by many things - stress, the malabsorption of vitamins or minerals and, especially, toxic overload. Every day we are exposed to a barrage of toxins: electro-pollution, heavy metals, industrial pollution in the environment, insecticides, hormones, dyes and additives in the food chain. We are bombarded with up to 300 chemicals on a daily basis and our bodies do not have the necessary enzymes to assimilate chemicals.

Toxic build-up leaves the body unable to detoxify itself. Worse, it causes strange and inexplicable symptoms to appear in the body. The immune system becomes compromised and ill health follows in the form of environmental sensitivity, allergies, hyperactivity, chronic disease and depression.

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M.E.

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N.L.P. NEURO LINGUISTIC PROGRAMMING

The study of excellence and breaking of destructive behaviour patterns. Neuro linguistic programming is a powerful form of brief psychotherapy that taps into the subconscious and enables transformation to take place.

Your subconscious mind does a good job of protecting you with outdated behaviours that respond to certain situations. Empowering your subconscious to implement new and more appropriate behaviours gives you choices where they previously hadn't existed.

Behaviour flexibility due to changing destructive responses with empowered communication frees you from painful and destructive habits and responses such as:

- overeating,
- panic attacks,
- shyness,
- depression,
- addictions,
- phobias,
- stress,
- emotional problems
- chronic fatigue.

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WEIGHT MANAGEMENT THE SOLUTION TO FOOD CRAVINGS

The reason that losing weight - and keeping it off - can be such a struggle is that there is only so long that people can control their food cravings.

Food cravings, which are so often the cause of weight problems, are both emotional and physical in origin. To have lasting success every weight management system must address both these aspects.

The respected Homoeopath and Psychotherapist and NLP Master Practitioner Linda Crawford, who practises at the Hale Clinic in London, has developed an innovative and very successful treatment that does just this.

A computer check is used to pinpoint specific factors that are blocking weight loss, be they allergies, metabolic problems, physical or emotional blockages. Generally all four factors come into play. Then appropriate treatment can be given.

On the psychological front, Linda addresses the causes of emotional overeating and breaks disruptive patterns through the use of neurolinguistic programming (NLP), a well established, highly effective form of brief psychotherapy.

“This is a particularly potent combination” she says, “I know because it worked for me, and is working for my patients. I realised that I hadn’t experienced normal hunger for most of my adult life. I also realised that it wasn’t greed but an endocrine imbalance which had dogged me for so long. It really is one’s glands! I lost the food cravings that I had had and for the first time I stopped bingeing and starving myself. I was able to lose 17 lbs by eating sensibly, which was no longer a struggle”.

Once the endocrine system is balanced food cravings stop and people are empowered to eat appropriate quantities of food. The system also enables the digestion to operate as it was designed to, prior to the bombardment of chemicals, toxins and the stress of 20th Century living.

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SHYNESS

The hidden and ignored emotion, shyness wreaks havoc in many people's lives. It is one of the most limiting and painful emotional conditions that a large proportion of the population lives with. They fail to seek help because of the fear and embarrassment of expressing what the problem is.

Far reaching, it limits careers, relationships and social activity. Fear of rejection, criticism and focusing on self, due to past humiliation, criticism or family patterns of behaviour during the formative years.

Shyness is the crippling and hidden emotion of the century. Sufferers are told to "pull themselves together" or "not to be so stupid". This state affects top performers who "dip out" on relationships, to students who never socialise during their entire student life.

The difference between the silent suffering millions and those who have received our dynamic Bio-energetic therapy combined with NLP, Psychotherapy and Hypnotherapy is a dramatically improved emotional state and a radical diminishing of the problem within a relatively short space of time.

The respected Homoeopathic and Psychotherapist, NLP Practitioner and Hypnotherapist, Linda Crawford, who practises at the Hale Clinic in London, has developed an innovative and very successful treatment that does just this.

A computer is used to pinpoint emotional states that are underlying. Homoeopathic remedies are prescribed to promote emotional self healing.

On the psychological front, Linda addresses the deeply rooted causes that underlie the individual shyness factor, and behaviour patterns that reinforce the problem. "This is a particularly potent combination. I know because it worked for me, and is working for my patients at the London Shyness Centre".

We help build confidence and change lives.

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HYPOGLYCAEMIA (LOW BLOOD SUGAR)

Eating too much simple carbohydrate foods such as chocolates, sweets, biscuits and other sugary foods that convert too rapidly into glucose creates a state of hypoglycaemia. The pancreas produces an over abundance of insulin rapidly to compensate for this and to lower the body's blood sugar levels. This over secretion of insulin by the pancreas is all too common in our modern day lives and is frequently precipitated by an inadequate diet.

Sugar cravings and cravings for completely inappropriate foods result, even though we have just consumed copious calories. The body's chemistry is thrown completely out of sync and inappropriate cravings result.

This complex condition occurs when too much sugar and refined foods are eaten. The glucose is absorbed into the bloodstream and thus into the liver. The liver then decides the need for sugar required by the body. Excess sugar that is not required for energy after it has been acted upon by insulin, is converted into glycogen, which is the instant reserve fuel for the body. The liver stores this and also places some in muscles. Excess amounts are converted to fat. Normally, when a body is functioning correctly with a balanced diet, there is a mechanism which protects us against a rapid drop of blood sugar due to an over production of insulin. If this does not occur amino acids and triglycerides are converted into fuel. If this occurs consistently the body begins to suffer and break down. The adrenal glands are affected by the breakdown of this process and thus a slow conversion of glycogen to glucose as required occurs. Craving for sweet foods at this point of time will occur.

Symptoms of hypoglycaemia such as cravings for sweets, fatigue, depression, headaches, irritability, anxiety, constant hunger, nervousness, insomnia, emotional disturbances, unexplained pain, tightness in the chest, mental confusion, poor memory, oedema, short temper, uncontrollable weight gain, excema, loss of libido, blurred vision are all symptoms of hypoglycaemia.

Hypoglycaemia has also been associated with disorders such as allergies, hay fever, obesity, malabsorption, constipation, impaired memory, asthma, chronic fatigue and nutritional deficiencies.

It is thought that poor nutrition may have eliminated the dinosaurs in pre-historic times. The nutritional nightmare of the artificial, processed and wildly imbalanced diet of the human race today could be viewed as the most widespread experiment ever carried out on a species. Twinkie bars in America are said to have a shelf life of 35 years. Reading the average packet of processed food with its colourings, preservatives and petrochemical additives, none of which the body was designed to assimilate, highlights the chemical nightmare of the average diet. Sugar consumption is astronomically high and, for example, cola drinks contain 3.5 teaspoons per 6 oz glass, boiled sweets contain 20 teaspoons per 4 oz portion and an iced doughnut contains 6 teaspoons of sugar.

This 20th Century disease affects a large proportion of the population. Statistics show that diabetes is increasing 10% per year. This is largely due to the huge natural intake of sugar that is currently consumed in our diets. The human body was not designed to drink a 20 oz Coca Cola on a daily basis, along with several bars of chocolate and two spoons of sugar in your tea ten times a day. Diet in the last 20 years has degenerated to the point that we now have huge problems of hyperactive or obese children. The problem of sugar in a child's diet and in a mother's diet prior to a child's birth, is having far reaching effects on children's health.

Reducing sugar intake is not always so easy, peer pressure, fungal infections caused by excessive intake of sugar over a long period and advertising pressure, along with family eating patterns and constant yo-yo dieting, allergic reactions, chronic fatigue, depression and the above mentioned conditions. Fungal problems become systemic when the parasites escape through a leaky gut into the bloodstream. The parasites act much the same as yeast when you are making beer or wine. Adding sugar makes the parasites explode in numbers very quickly. They are capable of excreting minute amounts of hormones that make you crave food. Having exploded and multiplied in number, the increase of this hunger-making hormone makes you crave more of what these wily parasites require to continue to proliferate and live within your system. The importance of eliminating or drastically reducing your sugar intake and yeast intake cannot be stressed too highly. The good news is that there are homoeopathic remedies that can also help to reduce the power of these parasites in your body.

Systemic fungal infections create much the same conditions as hypoglycaemia. They include bloating, consistent hunger, fatigue, depression, craving for sweets, mental confusion, poor memory, uncontrollable weight gain. Many of these symptoms are common to hypoglycaemia, fungus and allergic reactions and the fungal infection is responsible for lowering your immune system and this will result in allergic reaction. The three conditions are closely linked and need to be treated simultaneously whilst a sensible diet is followed. You are what you eat.

The human body was not designed to take this white poison that has negative nutritional value and is commonly perceived by people to be essential for an energy boost. This energy boost is short lived and more tiredness ensues. To eat sugar more than a couple of times a week is inappropriate.

Children's clothing sizes have increased whereas the average waist size for an 11 year old was 28", clothing manufacturers now produce an average of size 32". The sugar intake of children in their diet along with colours, is creating problems emotional and physical for children. Adults also are suffering from an acute excess of this nutritionally deficient substance.

To correct this disorder the hypoglycaemic should adjust their diet to include vegetables, brown rice, Jerusalem artichokes, seeds, grains, raw cheese, cottage cheese, avocados, yoghurt.

All refined processed foods i.e., white flour, sugars, potatoes, sweet fruits, noodles, white rice and corn should be eliminated from the diet.

A high fibre diet will help to stabilise the blood sugar level swings. High fibre food taken shortly before meals helps to avoid a reaction. Therefore appropriate amounts of food are eaten at the ensuing meal.

Fighting hypoglaecemia is facilitated by eating 6 to 8 small meals a day and the rotation of foods is also helpful to avoid food allergies.

Vitamin B is vital in the battle against hypoglycaemia and additionally calcium magnesium, pancreatin and zinc all assist in balancing the blood sugar levels and supporting the pancreas back to health.

Linda has developed a homeopathic programme for balancing blood sugar levels homoeopathically which facilitates a very rapid alleviation of the above symptoms. By taking the metabolics system the pancreas and blood sugar levels are balanced and the metabolism is supported. A full scale bio-energetic testing service is also available which pinpoints problem areas and confirms hypoglycaemia. Allergy testing is also safely and quickly carried out and therefore problem foods can be eliminated from the diet very rapidly.

Linda Crawford is a Homoeopath, Bio-Energetics Practitioner, NLP Practitioner, Psychotherapist and Hypnotherapist. She is a member of the UK Homoeopathic Medical Association and is registered with the Department of Health.

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