

Healing-Israel

A Home for The Jewish Healing Community

Quick Tips for a Healthy Summer (Esther Avinoam)

Healing-Israel's Newsletter...

Issue 13, July 2008

Dear readers,

It is my pleasure to personally welcome you to Healing-Israel's newsletter and community.

I have been away, please accept my apologies for the lack of newsletter last week. **I am back, with lots of really exciting announcements.** If you missed any past issues feel free to browse the website's newsletter archives section.

I wish to personally welcome on board the four new members of the Healing-Israel's practitioners' directory. You could join us too, it's FREE!

In the light of recent events and of the interest many of you have expressed to join in the MPFREE: Healing Israel, Healing the World campaign, I will be putting together a tutorial on how to tape your relaxation exercise. Meanwhile, enjoy the Staircase Exercise download with this newsletter...

As always, you are more than welcome to have a look at the www.healing-israel.com and read the many articles posted there. Enjoy the Reading!



In this Issue

Sun, Sand & Water: Quick tips for a safe summer.

Tapping with Esther: Heat Exhaustion

Healing-Israel Bulletin Board

MPFree: Healing Israel, Healing the World.

Use your summer to do something that will change the world, All you need is a microphone and a free recording software (you can download Audacity or the free version of Recordpad). Tape a short relaxation exercise and send me the script. This is your occasion to get exposure and become part of a huge healing initiative!!! Please email me for more info.



Twenty ways of raising your energy levels

Get your copy of this special e-book which includes twenty valuable tips to overcome Chronic Fatigue and Low Energy Levels. This book has a variety of techniques: NLP, Nutrition, Guided Imagery, EFT and more. It is written in a very clear, brief and easy to read manner with one tip per page. EFT Tapping points are included at the end of the ebook. EXISTS IN HEBREW... Perfect as a gift and exists in printed version as well. Email me to place your order now.

Sun, Sand & Water: Quick Tips for a Safe Summer

by Esther Avinoam

In the last Healing Israel newsletter, I have been discussing kidney health. *One of the reader brought up an important detail I would like to share with you. I had mentioned the value of thanking your kidneys for all the great job they do for you all day long, but let's not forget, even for a very brief moment, who is the One providing for our health care. Beyond thanking our kidneys and sending them gratitude, we ought to thank Hashem, who has created those kidneys*



Questions?
Comments?

Beyond thanking our kidneys and sending them gratitude, we ought to thank Hashem, who has created those kidneys for us to stay healthy... of course, the same goes for every single part of our body and of our very existence.

That said, let me move on and give you a few useful summer tips for safety and health.

Summertime is ideal for family outings, sunbathing, water related activities and ice cream. While this season is loaded with vacation fun, it also requires us to carry around an extra dose of caution to really enjoy it without a hitch. Whatever you do, make sure you care for the following:

- 1. Stay Hydrated:** Dehydration is the number one summer complaint, so wherever you go, make sure your water bottle goes with you.
- 2. Wear loose comfortable clothing and a hat** to protect your head from sunstrokes.
- 3. Always use sun-blocking lotions** to avoid sunburns.
- 4. Always carry around a first aid kit** just in case...
- 5. Beware of snakes, scorpions, bees and other kinds of insects.** Insects, snakes and scorpions too enjoy summer time, so keep your eyes open, check and shake everything that has been lying around unattended.
- 6. Never leave your food exposed** so flies won't feel like they could lay their eggs there and the sunrays won't make it go sour.
- 7. Avoid oil filled and spicy foods,** summer's hard enough on your entire body, do not make it worse on your digestive system.
- 8. Keep a tight watch on the kids,** summertime is when they go wild.
- 9. Do not engage in dangerous activities,** especially during the Three Weeks of Bein Hametzarim.
- 10. Make sure you don't swim in a dangerous area or wander too far off shore.**
- 11. Avoid going out during the heat peaks** (usually around noontime).
- 12. If your breathing is sensitive,** always check the air pollution levels before you go (internet, local paper...).
- 13. Do not engage in strenuous outdoor activities** when it is very hot. Profuse sweating causes the loss of precious electrolytes needed for your body's overall balance and health.
- 14. Chill your body** when you feel like it gets too hot...

With the reality of Global Warming, we are waking up a little late and remain faced with the challenge of maintaining our full body functionality under more extreme weather conditions. The key here is to keep our eyes open, use our commonsense and listen to our bodies.

EFT Session: Heat Exhaustion

As a response to those who have been asking about the precise tapping spots for the EFT protocol, here they are... right here beside the EFT links on the side column.

This exercise is made of a few rounds, each time you will tap your points saying a specific phrase. Ready?

1. Sit on a comfortable chair, feet touching the ground, back straight, legs uncrossed and watch off. Draw three long and deep breaths. If breathing is difficult, do the **collarbone breathing exercise.**

Small tip: you could definitely try and do this exercise while taking a cold relaxing bath... it would definitely give you the initial strength you need to work your way out of this heat exhaustion :)

2. Rubbing your sore spot or tapping on your karate chop point repeat the following

Questions?
Comments?
Insights?
Ideas?
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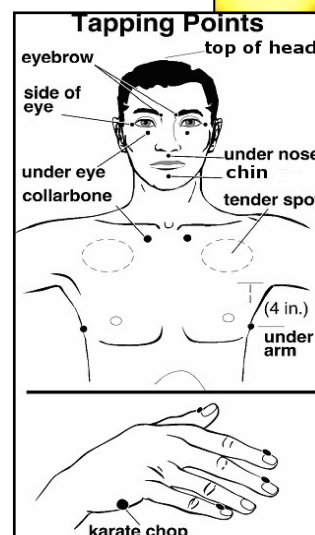
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2. Rubbing your sore spot or tapping on your karate chop point repeat the following three times: **“Even though Heat tires me, I deeply and completely Love and Accept myself”**. If you can define your heat related exhaustion more accurately, please do E.g : **Even though I feel like my brain is totally melting... or Even though I cannot concentrate... or Even though I feel drained of every bit of energy... or Even though I cannot ... because of the heat, Repeat your reminder phrase e.g drained, melting brain, as you tap the other points.**

3. Then, do a round of positive choices and say: **“I now choose to adjust well to the heat” “I choose to fill every part of my body with fresh energies” “I choose to fully function and have fun” “It feels so good to be able to concentrate” “I enjoy having such healthy, well functioning and energized body...”**. Use your creativity and tap along your positive lines, get inspired and do it with emphasis. You will feel a great surge of energy following this exercise...

4. After each round, With your palm on top of your head, draw a deep breath and fill your body with light and gratitude.
Enjoy!

Coming Soon: A Healing-Israel EFT Video Stay Tuned!!!

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All the information provided in these newsletters are based on extensive research, yet they DO NOT replace in any way professional advice...

Ah! And one more item: I will not share or sell your email address to anyone, you can breath!

