



Simply Natural Health

HARNESSING THE
HEALING POWER OF NATURE
ACUPRESSURE • AROMATHERAPY • FOOD AS MEDICINE

Juliet Kelly-Wong



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Introduction

Congratulations on embracing the simply natural approach to healing yourself, your family and friends! I hope that what you will read in this book will change the way you look, feel, and perhaps live — all for the better.

Adopting these few simple, straightforward — yet often neglected — ways of treating yourself may make as profound a difference to you and your loved ones as they have to me and mine.

If you have read the preface, you will know what I was up against prior to investigating alternative treatments and simple ways of treating myself. The success I had — with myself as a guinea pig — led me to become who I am today. A healthy and happy wife and mother, not to mention a fully qualified natural therapist practicing in Singapore. I am qualified in the Traditional Chinese Medicine (TCM) art of acupressure, in aromatherapy, nutrition, kinesiology (Touch for Health) and the Bach flower remedies. The combinations of these remedies in the treatment of my patients and the results that have been realised have been more than encouraging. Many of my patients can attest to this!

None of these methods are new or different, but what I believe in is the combination of them. Never is there one method that is 'better' than the other, but it's the synergy and combination of these different areas working together where we see positive and lasting results.

I work with my patients in a very physical way, encouraging and restoring flow and balance with the use of acupressure points, which I combine with essential oils. I also explain how different foods can positively and negatively affect our systems and then instruct my patients how to use various foods as medicines.

I strongly believe that the emotional side of healing is crucial and I deal with this again through a combination of acupressure, essential oils and Bach flower remedies (more on all these methods in Part Two – Mother Nature's

Medical Kit). From the common to the complex, this combination of methods has proved to be highly effective. My only frustration as a therapist is that I wish more people could learn and experience this simple, natural system of healing, which is why I decided to write this book.

THE AIM OF THIS BOOK

Through and with this book, I want to empower and encourage you to realise that "we all have a physician inside us" and when it comes to our health, we can do more than we think to help our families and ourselves through nature and trusting our instincts.

This is really the crux of this book: giving you the tools to start and support healing without immediately reaching for conventional medicines, which can frequently be both harmful and avoidable.

The book is divided into 3 parts:

Part One will look at our health and the aspects of modern life that may be damaging our health and our immune system. Here, I encourage you to start asking questions about all the different elements that are affecting the health of individuals in this modern world, but at the same time give you confidence and knowledge that we still have the chance to make better decisions for our families and ourselves when it comes to health.

Part Two is called Mother Nature's Medical Kit. Here, I describe in detail all the ingredients that I use in my treatments: e.g. why you are being asked to drink cabbage juice and baking soda on an empty stomach to help your heartburn? This is to help people understand the varied and effective healing properties of foods, herbs and essential oils, so that you can perhaps use them in many other ways outside of this book.

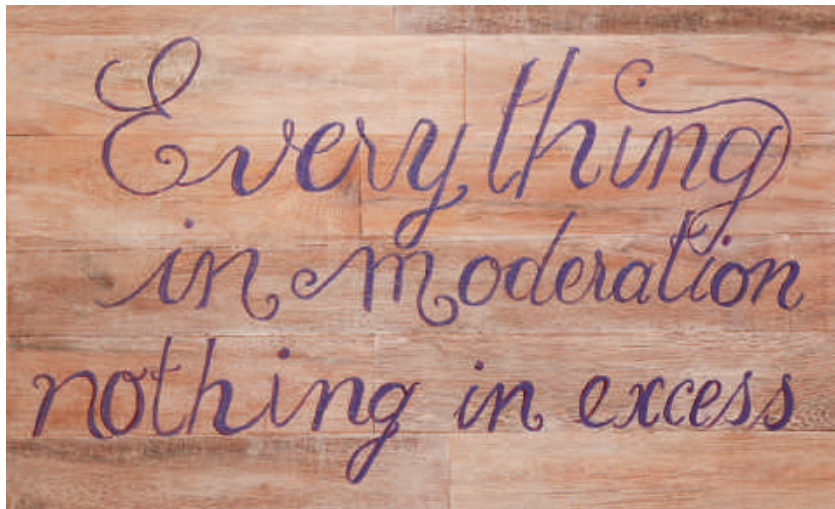
Part Three is an A–Z list of health concerns, which includes many of the conditions I have treated hands-on at my clinic as well as some standard conditions that I manage to treat by advice alone (e.g. lice and athlete's foot). The preponderance of the latter examples is what actually inspired me to write this book — realising that each of us has the possibility of becoming a healer with a little help and

expert guidance. Particularly if the guidance is followed. Just as reading this book will not qualify you as a natural health practitioner, not following the steps I recommend correctly will not alleviate a condition.

The step-by-step instructions are important, as they are the key to making nature work for you.

For example, it's easy to be told that manuka honey is great for colds or burns but how do you actually use it? My aim is to help you follow the same procedures that I use and give to my patients, along with time frames and specific instructions, to make sure that nature works for and heals your condition.

On this note I wish you luck with your endeavour to follow 'an alternative choice in health'.



This sign hangs on my clinic wall and I refer to it daily. I truly believe that "everything in moderation, nothing in excess" is how we should all strive to live, and I am not alone. The reference to moderation has been expounded on by Plato, Aristotle, Mark Twain and Benjamin Franklin, and is found inscribed

in the temple of Apollo at Delphi, and is even referenced in the Bible, so, as you read this book, I want you to keep this in mind.

This book is about providing information and allowing you to take what you need and figure out what works for you. Remember too that all the life changes you might want to make can't be achieved in a day, so relax and just do what you can and the rest will follow.

Finally, I want to say, this book is not a guarantee. I can't guarantee you will never need antibiotics again, but I can assure you that if you follow the steps and start this natural journey early, you will find you may be able to cope without them. If you feel something is beyond your capability do not feel guilty. Follow your instinct and seek medical advice. Never put a family member, yourself or anybody at risk.

What I really want to teach is that we can't be perfect, but we can always do something. The key to good health is moderation and knowing what to do.





OUR HEALTH

Since the start of my clinic in 2008, I have seen a huge increase of interest in approaching health through more natural means. I attribute this to a few different reasons: the worry of drug resistance is very real and being talked about more and more, people are finding that medicines often only help temporarily, and that they are just not getting the answers they want from modern conventional medicine. Why exactly are cancers, autoimmune diseases, diabetes and autism so much on the rise? Why are our guts becoming so sensitive? What else can I do to keep myself healthy besides popping pills? These questions are what I get asked all the time and it is these questions that I will try to answer in this book. What you are about to read are just my honest observations together with simple research and first-hand experience from my own health issues and from working with my patients over the past 10 years. I hope some of your questions get answered or at least start you on a natural path to your own health.

*“There is no such thing as perfection,
there is only balance.”*

–Juliet Kelly-Wong



Whether it's the common cold, allergies or a persistent skin condition, natural therapist Juliet Kelly-Wong opens us to the world of natural alternative treatments that have changed her life, with the ultimate goal to restore the natural balance inside all of us and set us on the path to good health.

Combining wisdom and remedies from East and West in the forms of acupuncture, aromatherapy, foods as medicine and Bach flower remedies, this book is a comprehensive guide to alternative sources of healing and treatments. These simple and effective methods have helped humankind fight common ailments for centuries.

Learn:

- How overconsumption of antibiotics and drugs affects our bodies
- How over-sanitising affects the environment we live in
- What foods to include in a healing pantry
- How to use essential oils and Bach flower remedies effectively
- What to include in an emergency first-aid kit
- How to combat over 70 health conditions with specialised treatment plans

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