



For a Better Life...

news, tips and info for anyone interested in making life better- at home, business, sports and more!

From your local CPD* group

Hi! This may well be the first you have heard of us... We have been meeting for some six months, and recently I launched this newsletter to spread the word and support our cause. It has news, tips and info for anyone interested in making life better ... Hope you like it. Richard Walker.

Mind-body evidence growing. Belief is key in relieving pain, shows a new study into the placebo effect published in the Journal of Neuroscience. Researchers at the University of Michigan have found that endorphins, the brain's own pain-fighting chemicals, are involved in the so-called 'placebo effect', where patients report improvement when they believe a dummy pill is genuine. This is the first time the process in the brain that responds to a placebo has been identified. Researcher Jon-Kar Zubieta said: "We were able to see that the endorphin system was activated in pain-related areas of the brain and that activity increased when someone was told they were receiving a medicine to ease their pain. They then reported feeling less pain. The mind-body connection is quite clear. 'This deals another serious blow to the idea that the placebo effect is a purely psychological, not physical, phenomenon.' Source: <http://www.i-c-m.org.uk/journal/2005/sep/n01.htm>

Testing ability tests. Many employers in the UK use cognitive ability tests to help them recruit the best candidates. Cristina Bertua and colleagues looked at how accurately these tests predict candidate employees' subsequent work and training performance once they've got the job. They found that they strongly predicted employees' work and training performance, across all different job types investigated: clerical, engineer, professional, driver, operator, manager and sales, including senior posts. <http://bps-research-digest.blogspot.com/2005/09/tests-on-test.html>

Homoeopathy under attack. Homeopathic remedies are no more beneficial than dummy (or 'placebo') treatments, according to a study in the Lancet (Aug 25th). The Lancet has urged doctors to be 'bold and honest' with their patients about the lack of benefits of homoeopathy. In its editorial, medics are also encouraged to be candid with themselves about "the failings of modern medicine to address patients' needs for personalised care". A spokeswoman from the Society of Homoeopaths commented: "Many previous studies have demonstrated that homoeopathy has an effect over and above placebo. It has been established beyond doubt and accepted by many researchers that the placebo-controlled, randomised controlled trial is not a fitting research tool with which to test homoeopathy." <http://www.i-c-m.org.uk/journal/2005/sep/n01.htm>

Was that you? Many animals seem to know which direction a smell is coming from, but can humans? What if we were able to compare the relative intensity of smells hitting each of our nostrils, just as we judge spatial distances by comparing the discrepancy between visual information hitting our two eyes, and to source sounds, we use the volume discrepancy between our ears. Reseachers at Berkely, CA, indeed found that "that humans can spatially localise an odorant to the left or right..." <http://bps-research-digest.blogspot.com/2005/09/humans-dont-smell-that-bad.html>

OCDs fear themselves. It's not the content of the persistent, unwanted thoughts experienced by sufferers of obsessive compulsive disorder (OCD) that is particularly abnormal, it is their interpretation of these thoughts. Recent research suggests that people with OCD are not just unwilling to give up their rituals because they would feel responsible if bad things were to happen, but because they additionally see themselves as a likely source of those bad outcomes, due to their being 'dangerous characters'. Therapy may have to address deep-rooted beliefs

about the self, rather than simply targeting people's beliefs about their intrusions", the authors advised.

<http://bps-research-digest.blogspot.com/2005/08/ocd-and-fearing-who-you-really-are.html>

Quote me happy. Can you use some inspired quotes? Then try this link..... (source: BSCH email newsletter)

<http://www.trans4mind.com/quotes.html>

And finally... Check out this unusually quick stress test (source: BSCH email newsletter)

<http://webpages.charter.net/hkirtley/stress/index.htm>

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**The CPD (Continuing Professional Development) Group is a voluntary commitment by specialists in solution focused behavioural change and healing techniques, including NLP (Neuro Linguistic Programming) and Hypnosis. It's aim is to inspire, encourage and develop ourselves and others in a professional yet supportive and fun environment. Key themes are networking, critical discussion, education, business development, professional support and public confidence. It's hosted by Richard Walker (www.abetterlife-uk.com), based in Harpenden, with members from Herts, Beds, Bucks, Cambs and London.*