
Jayne Tubb



ON THE BORDER

Info & insights from the interface between energy healing & science

November 2015



Welcome to the November 2015 edition of 'On the Border'.

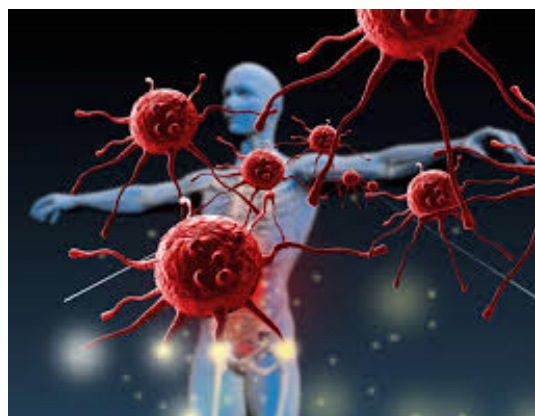
Drum roll, drum roll – a **new Intermediate Healing course** (*'Heal jezelf verder op zondag'*) is due to start on **24th January 2016!**

This is for all of you who have previous healing experience and want to extend it further. Are you eligible? See the details below.

For those of you new to 'On the Border', this is Jayne's monthly Ezine newsletter about the latest information and insights into energy fields, healing and science. Each month I share with you some of the latest research and how it applies to healing, energy work & (daily) life. There is also a 'Freebie' section where you get something for nothing, gratis.

Missing Link Found Between the Brain and Immune System

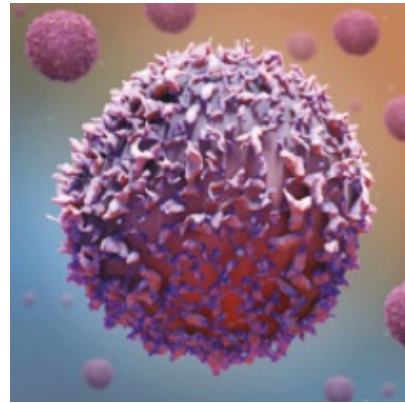
Textbooks have traditionally taught that when it comes to the immune system, the brain and body are separate entities. When exposed to foreign objects such as bacteria or transplant tissue, the body stirs up a torrent of immune activity: white blood cells devour invading pathogens and burst compromised cells; antibodies tag outsiders for destruction. Except, that is, in the brain, where the blood-brain barrier bars both foreign bodies and immune cells from entry. New research, however, uncovered a previously unknown line of communication between our brain and immune system. The report in July in *Nature* adds to a fast-growing body of research linking the brain and bodily defenses.



As early as 1921, scientists recognised that the brain is different, immunologically speaking. Tissue grafted into the central nervous system sparks

a far less hostile response than tissue grafted to other parts of the body, prompting scientists to consider the brain “immunologically privileged.” Experts have long pointed to the brain’s apparent lack of lymphatic drainage as one reason for this privilege. The lymphatic system is our body’s third set of vessels, along with arteries and veins. Lymph nodes—stationed periodically along the vessel network—serve as storehouses for immune cells. In most parts of the body, foreign invaders trigger the release of these cells through the vessels into the bloodstream.

The new study discovered that the brain *is connected* to the lymphatic system after all. Working primarily with mice, neuroscientist professor Jonathan Kipnis and his group identified a hitherto undetected network of lymphatic vessels in the meninges—the membranes that surround the brain and spinal cord—that shuttle fluid and immune cells from the cerebrospinal fluid to the deep cervical lymph nodes in the neck. Kipnis and his colleagues had previously shown that a type of white blood cell called a T cell (see picture on right) in the meninges is associated with significant influence on cognition and hence were curious about the role of meningeal immunity on brain function. Using neuroimaging on mouse meninges, the team noticed that T cells were present in vessels separate from arteries and veins.



The newly discovered vessels, which were also identified in human samples, could explain the long-standing conundrum of how the immune system manages to contribute to neurological and psychiatric disease. For example, some cases of multiple sclerosis are thought to result from autoimmune activity in response to an infection in the central nervous system and cerebrospinal fluid. Although Kipnis says that it is too early to speculate he does think that alteration in these vessels may affect disease progression in those neurological disorders with a prominent immune component, such as multiple sclerosis, autism and Alzheimer’s disease.



Some mental illnesses, including depression and schizophrenia, have also been linked with abnormal immune activity and inflammation. Yet scientists have not been able to uncover the underlying mechanism. The new finding suggests a tantalising target for research and, perhaps one day, medicines.

In light of the news, the textbooks might need some revising since it is becoming increasingly clear that the central nervous system is *immune-different* rather than *immune-privileged*.

Heal jezelf verder op zondag

The more laid-back format of the 'Heal! en jezelf ook' foundation training in September-November this year was so enthusiastically received by the participants that they asked – well, demanded actually (you know who you are!) – that a 'Heal verder' course be created as soon as possible. So here it is: **Heal jezelf verder 2016**

This training is open to **anybody who has previous healing experience** and knows the following:

- ◆ Tan tien grounding & hara
- ◆ How to carry out a chelation (hands-on healing)
- ◆ Healers preparation: opening chakras ('Shirley-en'), chakra & level lift
- ◆ 6th level uplift & 7th level close (6e level verheffing & 7e level afronding)
- ◆ 1st level lines of light repairs
- ◆ 2nd level cloud clearing

If you know these basics then you are welcome to take part.

If you are not sure then please contact me to check (contact@jaynejubb.com).

I know who all my previous participants and students are ;=)

The dates – all on Sundays – are:

Sunday 24th January 2016

Sunday 7th February

Sunday 21st February

Sunday 6th March

Each class will take place between 10-16u in 'De Ruimte' (Weesperzijde 79A, Amsterdam) , and includes a fabulously lekkere lunch. The course will be given in Dutch and there is space for a maximum of 16 participants.

Price: €460, incl. btw and coffee/tea/lekkere dingen/lunch

The 'what will I learn?' details can be found on the course homepage at <http://www.jaynejubb.com/healverder2016.htm>

Although it is tempting to fill up the days until they (and you) burst from overload, the relaxed Sunday-feel is one that seems to work much deeper and effectively. In this way there is more time to practice, experience and receive the healings and exercises. Sometimes less is more....You will still get well-fed on all levels - body, mind and spirit - but will (hopefully) not suffer from overload indigestion ;=) And my intention for this course from the start is that it is an antidote to our over-stuffed high-paced lives: **Heal! en jezelf ook – en nu gaat het verder...**

Do you want to register?

Download the [aanmeldingsformulier](#), fill it in and email it to me.

This information, and more, is also available online at:

<http://www.jaynejubb.com/healverder2016.htm>

November Freebie

In this section you get the chance to get something for nothing. Helemaal gratis. Always a pleasure!

This month I have a sign up for one offer and get another two free!!

The folks at Sounds True have TWO free gifts available: 'The practice of mindfulness: 6 guided practices' and 'Meditation Music'.

Just go to the Sounds Tre website at www.soundstrue.com and click on '2 Free Gifts' in the top right hand corner. You'll then be asked to sign up with your email address to receive them.

To make this even better, signing up sets you automatically on their Weekly Wisdom email. I absolutely love this mailing! Each week there are short excerpts of interviews, books, and interesting tidbits. Three for the price of one. Brilliant :=)

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Back Issues

If you have missed any of the previous issues, then the main articles and full newsletter pdf links can be found at www.jaynejubb.com/backissues.htm The Freebies each month are only valid for that month....

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