

Aura Best ! Scot Zoe has a mind to help

by Karen Stewart

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SCOTS miracle healer Zoe Alexander is waging a one-woman war against life-threatening diseases and crippling conditions . . . with her MIND.

Determined Zoe could put years on your life, help you avoid painful operations – even save you the cost of a prescription.

And it's all with the power of thought.

Zoe uses an ancient Eastern therapy that could save the ailing NHS millions of pounds and make life easier for thousands of people.

But modest Zoe, 30, insists it's the **PATIENTS** doing the business – not her.

She is the only person doing Bi-Aura therapy in Scotland and believes there is nothing it can't help.

Zoe, from Edinburgh, said: "I work with the natural energy fields of the body to find out what's wrong with someone.

"Everyone has this energy – it begins to form even before we are born. When I'm scanning a person, the energy fields can tell me a lot about them and their state of health.

"I can feel the energy with my hands and can tell which areas are stronger or weaker and if there are any blockages in the system.

"And if I concentrate I can even physically see where the flow is going.

"It's my job to remove these blockages and let the body get back in balance. I'm really just kick-starting it back into touch so it can get on with the business of healing itself."

Zoe uses her hands to replace old energy stored in the body with invigorating new energy.

The whole process takes less than an hour – leaving people full of life.

She said: "When I'm pulling energy from the body, it just looks like rays of light but the darker patches symbolise problems in that body area.

"When I take energy away it's almost like an electric current running through my hands. I don't even have to touch the body to move energy around.

"A lot of people I see haven't been helped with conventional medication. They've got sick and tired of popping tablets and seeing no improvement.

"I work with everything about people – physical, emotional, mental and sense of spirit."

Zoe comes from a long line of natural healers and knew from an early age that she had a special gift.

It wasn't long before she realised she had the power to help people struggling with illnesses.

She said: "When I was little I had a fascination for things that weren't normal – like telepathy and ESP.

"But then when I was 17 I got glandular fever and depression. Nothing the doctors tried helped and my body began to shut down.

"I started to use a series of mind techniques and gradually got myself better over three or four years.

"I realise now that it was using those techniques that pulled me through. I was harnessing the power of my mental energy to allow my body to regenerate.

"It sounds silly but I'm actually thankful that I had that illness. It made me realise just how much I was capable of.

"My family have always been able to help others. My mum is a

healer and uses her hands to help people whenever she can. Her hands start to burn whenever she's around someone who has a problem.

"My sister Natalie is also psychic. Ever since she was little she's been able to sense things on a different level."

Bi-Aura therapy is based on an ancient Chinese practice which relies on the power of self-healing.

Since learning the techniques two years ago, Zoe has helped hundreds of people cope with conditions like cancer, ME and cerebral palsy.

Just now she has 13 cancer patients on her books as well as others suffering from arthritis, depression and stress.

Zoe said: "I've had a few people who have said I've turned their life around but really the healing comes from their own body - I only start the process.

"I remove what's stopping the body from regenerating itself and allow it to get back into balance.

"A lot of my clients come to me with two or three prob-

lems. They'll say things like 'I don't really think you can help with asthma but my neck's really sore.'

"But after we've worked on the pain they begin to wonder if other things are possible too. If

HAND IT TO HER...
Zoe uses Bi-Aura therapy



they believe that their body can fight back it makes it much easier. At the moment I've got quite a few older clients - the oldest is 93. At first she wondered if she was too old for Bi-Aura but you can help anyone at any time in their life."

Zoe believes Bi-Aura could make a huge difference to the way that diseases are treated in this country.

Instead of relying on potions and pills, patients could see their symptoms fade or even go altogether.

She said: "I would love to see it available on the NHS but more people need to understand what it is first.

"Most don't know that it's actually used already in CAT and MRI scans in hospitals. They diagnose illnesses by scanning energy fields with these high-tech machines but that's where they stop. They'll use drugs as a cure without thinking of anything else.

"Don't get me wrong - there are times when drugs and operations are the best option. I just want to open eyes a little and give them more of a choice.

"Now I've heard that the NHS

is looking into having a Bi-Aura therapist work in a busy A&E ward in Scotland. If that goes ahead it will be a huge step forward to integrating it with Western medicine."

And though she is still to convince NHS bosses her unusual therapy works, Zoe has already built up an army of followers.

She said: "There are always going to be people who don't believe I can help them but I'd say to them to try it before they make up their minds.

"My dad used to be very sceptical about what I did. He didn't believe in it until I cured him of his golfers' elbow.

"He used to have to take steroid injections for the pain but not any more. Now he complains that he can't book a session with me for weeks on end!"

She added: "I've yet to come across something that Bi-Aura can't help. It's amazing when people realise that they have the power within themselves to make a difference."

● ZOE is based at Medicalternative in Edinburgh 0131 225 5656 or you can contact the Bi-Aura Foundation on 01661 844 899.