



# Healing at hand



Black Drongo by [Max Loxton](#)

## Greetings ...

How time flies! We are reaching the end of another year - and this prompts us to reflect and review on how we have passed through this year. Did the lessons of life give us insight and the opportunity in getting to know ourselves better? Have we made any progress in our journey of self-discovery? Are we bringing about awareness in observing ourselves? No judgement is made - only observation on how we experience the different states of mind and emotion: joy, anxiety, compassion, love, anger. Watch out for that last one though! It can have devastating effect if no self-restraint is exercised.

Dr Laurence J Peter said: "*Speak when you're angry and you'll make the best speech you'll ever regret.*"

Enjoy the upcoming festive season and holidays!  
Love, and be loved. Peace and blessings,

*Rashidah*



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## The Marvelous Mango



Nothing says summer quite like a juicy mango, despite the fact that the exotic Asian fruit has developed a very bad reputation for being packed with sugar.

But things are looking up. Dr. Nelia Steyn, a specialist in chronic diseases at the SA Medical Research Council, says, "You should rather eat those sweet mangoes than a slice of bread. Fruit sugar is natural. From an energy point of view, a mango has 303 kilojoules, which is the same as a slice of bread. But a mango also has fibre, vitamin A, folic acid and lots of vitamin C, which makes it a rich source of micronutrients."

## Luscious Litchis

It's hard to get those five portions every day, but Dr Petro Wolmarans of the Nutrition Society of South Africa, says that we should vary our fruit and veggies, not only to make it interesting but because each type of fruit or vegetable has a different nutritional value.



The litchi is in season and Dr Wolmarans says it is not only packed with energy, at 327 kilojoules per 100 grams (about a dozen litchis), but also has a good vitamin C content. Besides, litchis are fun to eat and are a seasonal treat.

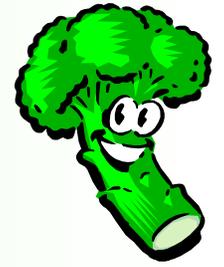
**"Every knot has an unraveller in God."**  
*Egyptian proverb*

## COMIC RELIEF ...



When the new patient was settled comfortably on the couch, the physiatrist began his therapy session, "I'm not aware of your problem," the doctor said. "So perhaps, you should start at the very beginning." "Of course." replied the patient. "In the beginning, I created the Heavens and the Earth..."

## Breathe easier with Broccoli !



By Jenny Thompson, Health Sciences Institute

Have you ever laughed so hard you could hardly catch your breath? That's what an asthma attack feels like, without the benefits of laughing of course. Asthma can be life threatening, but I have some encouraging news for those of you that suffer from chronic asthma... It's called sulforaphane.

According to new research, the inflammatory effects of airborne pollutants on asthma patients are triggered by cellular oxidative stress. This stress may be alleviated when certain enzymes are activated by sulforaphane, a compound found in broccoli. Sulforaphane has many benefits on chronic obstructive pulmonary disease (COPD), which includes asthma, emphysema and chronic bronchitis.

In a recent study, 65 subjects were given either broccoli sprouts (rich in sulforaphane), or alfalfa sprouts (which contain no sulforaphane). Analysis showed that 200 grams of broccoli sprouts prompted a high level of enzyme induction whereas the alfalfa group had none. You see, sulforaphane kicks phase II enzymes into action which unleashes their power on the oxidative stress of COPD.

Sulforaphane increases the production of phase II enzymes 15-fold, which makes it the most potent known naturally occurring inducer of the enzymes. As always, more research is needed but people suffering with chronic conditions like asthma want relief today. So make sure broccoli is on your dinner menu and breathe easier today!

Published on *Fleet Street Publications* (<http://www.fsp.co.za>)



## THE SWEET NEWS OF CHOCOLATE !

If you're feeling guilty about the amount of chocolate you'll consume during this holiday season, take heart. A growing body of research shows your favourite guilt-food is packed with high quality polyphenol antioxidants similar to those found in fruits and vegetables that scientists say may reduce the risk for heart disease, as well as offer some potential health benefits.

While researchers have yet to determine exactly how much polyphenol is actually absorbed into the blood stream, the positive effects of antioxidants cannot be ignored. They work to eliminate free radicals in the body, which scientists believe to be a fundamental cause of serious diseases like cancer and heart disease. So the next time you reach for your favourite treat, feel a little less guilty.

**But, as always . . . do it in moderation!**



*Benefits Magazine*

## Leave silent Gallstones alone!

**Question:** I have silent gallstones and my doctor wants me to have surgery to remove them. They're not bothering me and I'd rather not have surgery unless I absolutely need it. Do you have any information about this condition that might help me make a decision one way or the other?

**Dr. Wright:** "Silent" gallstones are gallstones not associated with any gallbladder attacks. Back in the mid-1990s, the *New England Journal of Medicine* published a study that compared the mortality rate from emergency surgery for obstructing gallstones with the mortality rate from routine gallbladder surgery.

The conclusion is: The surgery is actually more dangerous. They advised that silent gallstones should not be subject to surgery, but left alone.

- *Health Bytes, Fleet Street Publications* - <http://www.fsp.co.za>

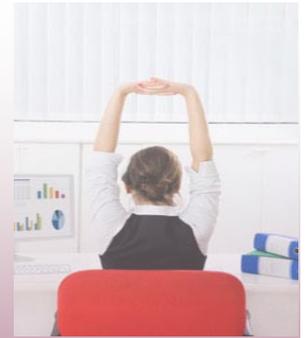
**Self pity is our worst enemy and if we yield to it  
we can never do anything wise in this world.**

*Helen Keller*

# THE WORKPLACE AND YOUR HEALTH

Many of us spend at least eight hours a day at work and some people consistently spend even more time than that at their desks. Managing your habits at work can be of great benefit to your health and the sooner you start, the better!

Occupational health has been the basis of many research studies and it has been proven many times over how important it is to maintain a healthy way of working. Here are some key areas to focus on while improving your own occupational health:



## Posture and Stretching

Your back is one of the most commonly-injured parts of the body thanks to bad posture, slouching and incorrect seating height. When you're sitting in your chair, make sure your back is all the way up against the back of the chair. If you can, ask for a chair that supports your back correctly. This should mean the natural curve of your back is supported by the cushioning of the chair. Stretching is also very important for your back - try and remember to stretch at least every hour. Lift your arms above your head, linking your hands together and hold it for 30 seconds. You'll soon feel the difference with stronger back muscles.

## Resting your Eyes

If you work at a computer or spend a lot of time reading at work, your eyes will be pleading with you to give them a break! You might even be suffering from red, irritated eyes but reaching for the eyedrops every few hours isn't going to solve the problem. You should be giving your eyes a 20 second break every 20 minutes. It sounds silly but you should be blinking frequently too - this keeps your eyes lubricated and prevents redness and drying out. Also keep your screen clean and make sure your computer has the correct anti-glare settings switched on.

## Eating Right

It's so tempting to visit that vending machine for a quick snack or to pop down to the canteen for a coffee and a chocolate. But the bad news is that these unhealthy snacks can actually reduce your productivity. Ever wondered why you feel so exhausted after lunch? You're probably not eating a balanced meal and the snacking can also mean you need some energy but you're choosing the wrong things. Try keeping a container of dried fruit and nuts on your desk - it will encourage you to ignore that vending machine! You could also keep a big bottle of water on your desk and regularly fill it up from the water cooler. Keeping hydrated is extremely important, especially in large offices where there is no natural air flow.

<http://www.clicks.co.za/clicks>

## Understanding Holism

**A holistic approach to health takes into account all the forces that impact on wellbeing, and strives to achieve a balanced state of body and mind.**

Traditional medicine focuses on curing disease rather than creating health. But good health is more than the absence of disease; it is an embracing of life and a personal responsibility to eat, drink, think and exercise to achieve a harmonious state.

Just because we aren't in hospital doesn't mean we are healthy. We claim to be 'fine' when we are exhausted or in pain. Eventually we go to the doctor for medication, which often adds to the chemical load our bodies must process. Many people have no idea what optimum health feels like; they only know where they are, relative to being ill. The human mind has as much to do with health as any other force.



Psychosomatic illnesses are not imaginary but the physical expression of unresolved mental and emotional conflict. Holism recognises that illness is an opportunity to learn the lessons life is trying to teach us. It is a reset button that says 'change your ways'. Asking why we have a headache is more helpful than swallowing drugs.

Some illnesses are beyond our control, but where disease cannot be cured, the challenge is still to live a balanced life. A physically disabled person may be much closer to 'wholeness' than an able-bodied, highly stressed individual.

Doing the best we can with every aspect of our life is the greatest investment we can make in our health.

[www.woman24.com](http://www.woman24.com)

## HANDBAG HYGIENE

Have you ever noticed girls who set their handbags on public toilet floors, then go directly to their dining tables and set it on the table? It's not always the 'restaurant food' that causes stomach distress. *Read on . . .*

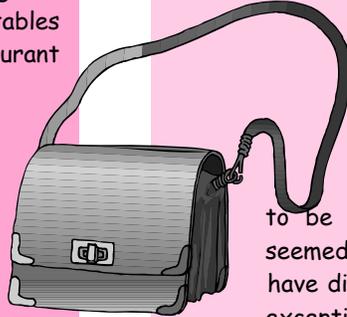
A handbag is something just about every woman carries with them. While we may know what's inside our handbags, do you have any idea what's on the outside? Women carry handbags everywhere; from the office to public toilets, to the floor of the car. Most women won't be caught without their handbags, but did you ever stop to think about where your handbag goes during the day.

'I drive a school bus, so my handbag has been on the floor of the bus a lot,' says one woman. 'On! The floor of my car and under my desk.' 'I put my handbag in grocery shopping carts and on the floor of the toilet,' says another woman 'and of course in my home which should be clean.'

It is important to know that handbags harbour a lot of bacteria. A test at Nelson Laboratories of the average woman's handbag revealed that most women said they didn't stop to think about what was on the bottom of their handbag. Most said at home they usually set their handbags on top of kitchen tables and counters where food is prepared. Most of the ladies also intimated that they wouldn't be surprised if their handbags were at least a little bit dirty. It turns out handbags are so surprisingly dirty, even the microbiologist who tested them was shocked.

Microbiologist Amy Karen of Nelson Labs says nearly all of the handbags tested were not only high in bacteria,

but high in harmful kinds of bacteria. *Pseudomonas* can cause eye infections, *staphylococcus aureus* can cause serious skin infections, and *salmonella* and *e-coli* found on the handbags could make people very sick.



In one sampling, four of five handbags tested positive for *salmonella*, and that's not the worst of it. 'There is faecal contamination on the handbags' says Amy. Leather or vinyl handbags tended to be cleaner than cloth handbags, and lifestyle seemed to play a role. People with kids tended to have dirtier handbags than those without, with one exception. The handbag of one single woman who frequented nightclubs had one of the worst contaminations of all. 'Some type of faeces, or possibly vomit' says Amy.

So the moral of this story is that your handbag won't kill you, but it does have the potential to make you very sick if you keep it on places where you eat. Use hooks to hang your handbag at home and in toilets, and don't put it on your desk, a restaurant table, or on your kitchen countertop.

Experts say you should think of your handbag the same way you would a pair of shoes. If you think about putting a pair of shoes on your countertops, that's the same thing you're doing when you put your handbag on the countertops.' Your handbag has gone where individuals before you have walked, sat, sneezed, coughed, spat, urinated, emptied bowels, etc! Do you really want to bring that home with you? The microbiologists at Nelson Labs also said cleaning a handbag will help. Wash cloth handbags and use leather cleaner to clean the bottom of leather handbags.

Wiping the strap/handles and underside of the handbag daily with an antiseptic would greatly reduce the spread of harmful bacteria. *via e-mail*

## Relief for Parkinson's

**QUESTION:** A recent diagnosis of Parkinson's has me seeking out every natural approach I can find. Can you help me?

**Dr. Jonathan Wright:** For Parkinson's disease, I usually recommend **Co-enzyme Q10** and **Vitamin B2**. One study of 80 people with Parkinson's, supplementing with coQ10 reduced the deterioration of function and the degree of disability.

When researchers in Brazil examined a group of 31 Parkinson's patients, they found every single one had a riboflavin deficiency – even though their dietary sources were adequate. To fully explore the link, the researchers asked the patients to stop eating all red meat and to take 30mg of riboflavin every eight hours.

After just six months, motor capacity had increased nearly 30%. Tests for riboflavin deficiency had also normalized in all patients. Now, it might be hard to give up steak for six months, but when it means you could see such significant improvement, it could be worth trying. And you could go back to it – if you get positive results from riboflavin, you can probably add red meat back to your diet and increase your riboflavin intake.

- HealthBytes, Fleet Street Publications  
[www.fsp.co.za](http://www.fsp.co.za)

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in an

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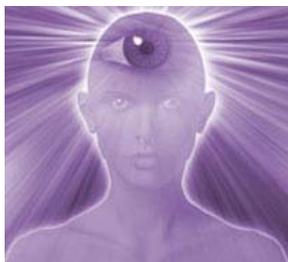
☸ Buddhism  
 ☪ Sufism  
 ☪ Brahma Kumaris  
 ☪ Baha'i Faith

Date  
 Wednesday 2<sup>nd</sup> December 2009  
 19h00 - 21h00

Venue:  
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 24 SPRIGG RD RONDEBOSCH EAST  
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**You will find as you look back upon your life that the moments when you have truly lived, are the moments when you have done things in the spirit of love.**

*- Henry Drummond*



## Unleash your Sixth Sense

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For more information or the next dates, please call or email [ren.redgrave@gmail.com](mailto:ren.redgrave@gmail.com)

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Pic by [bethechange21](https://www.flickr.com/photos/bethechange21/)

## Bowen Case Studies

### Acute Glaucoma

A young mother expecting her second child had been treated successfully with Bowen for nausea at 11 weeks gestation. Phoned on a Sunday morning in a panic when she found she was blind. She had been to see her Doctor who prescribed drops and told her she had acute Glaucoma and could go permanently blind.

She was led in crying and shaking. I did BRM 2 and 3, Upper Respiratory, TMJ and TMJ Additional with long pauses between moves. Moves 7 and 8 were repeated to aid the Lymph Drainage. She left in a much calmer state and her husband phoned from the car on the way home that she was starting to see shapes. The next day her vision was perfect!

Submitted by Jean Nortje for Bowen SA News, March 2005

### Scoliosis

Guess I am just on a Bowen high after seeing the amazing results from my case studies.

My husband was virtually living on pain killers - has scoliosis of c4,c5,c6 - and after the first session of only the BRM's dropped his pain killer intake by TWO THIRDS !!! He was asleep through 99% of next session, only woke up to turn over. Now he has sooo much energy that he has been working overtime to make up for backlog of work and I can't seem to get him to take time out for another session.... All I can say is - BOWEN WORKS WONDERS !!!

Submitted by Adiola Akoo for Bowen SA News, June 2005

1. Lasso  
2. Green and Yellow  
3. Mexico  
4. One  
5. Vincent van Gogh

### TEST YOUR KNOWLEDGE . . . for fun

1. Which rope with a sliding noose do cowboys use to catch cattle?
2. In South Africa, which two colours are the earth wires of an electrical appliance?
3. In which country was the guitarist Carlos Santana born?
4. In the film *The Matrix*, Neo is an anagram for what?
5. Which Dutch artist painted *Self Portrait Without Beard* in 1889?



### Time to Contemplate . . .

You are older than you think;  
You are younger than you fear.  
Re-evaluate your relationship with time.  
Time is not your enemy.

Jonathan Cainer



shell.seeker by muffinmc