



Healing at Hand

January 2010
Issue 13
Summer

Pic by [Graça Vargas's flowers](#)



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Greetings ...

2010, Here we are! There is so much in store - new beginnings, new energies. A new year to be inspired and advance in life. We possess the power to act and speak from inspiration, holding on firmly not only to factual truth, but to what illuminates and reflects a deeper state of our spiritual heart. Inspiration has its roots in the Divine Source. It is uplifting, enriching and heart-moving. We can cultivate the courage to be true to ourselves. Sometimes the truth needs to be spoken, and other times remaining silent is acceptable. Easier said than done! Practising truthfulness is not always easy when we live in a web of unspoken falsehood. From time to time we all wear this mask in different circumstances. Notice how we try to conceal embarrassing facts, making ourselves look good, justifying mistakes or running away from confrontations. The important thing is to keep on trying to live truthfully through the practice of self-enquiry. The more awareness we create in ourselves, the closer we stand in truth.

Be inspired! Wishing you love, laughter and lightness! *Rashidah*

Fingerprint Technology



"British Scientists say they have developed technology that might enable them to use fingerprints not only to identify a person, but also to reveal drug use and diagnose some diseases, reports United Press International. The researchers expect to be able to use perspiration from a fingerprint to detect drugs, medications and foods that have been consumed - they could, for instance determine whether someone is a vegetarian or a meat-eater."

Psychologies Magazine, Oct/Nov 2007

MAKING DECISIONS

- Fear of change or negative consequences can prevent us from making tough decisions;
- It's important to weigh up practical and emotional concerns before taking action;
- We learn valuable life skills from making difficult choices, whether they have positive outcomes or not.



COMIC RELIEF ...



A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, "Why don't you eat the peanuts yourself?" We can't chew them because we've no teeth,' she replied. The puzzled driver asks, "Why do you buy them, then?" The old lady replied, "We just love the chocolate around them."

"Speak about yourself in positive and constructive terms only. Never sell yourself short."
- Brian Tracy

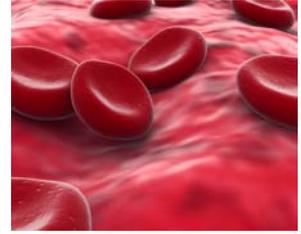
ANAEMIA - beyond the pale

Feeling tired all the time? Are the inside of your eyelids and gums looking a little pale?

You could be suffering from anaemia, a condition caused by a lack of healthy red blood cells. Because your red blood cells carry oxygen around your system, a shortage of these cells can leave you feeling tired and run down.

Signs and symptoms

Aside from feeling tired all the time, other symptoms include looking pale, having a fast or irregular heart beat; shortness of breath; chest pain; dizziness; battling to think straight; numbness in your fingers and toes; and headaches. You don't have to experience all of these symptoms to suffer from anaemia. It can be so mild that your condition goes unnoticed for months.



Why me?

There are many different kinds of anaemia. The most common is **iron-deficiency anaemia**. Women with heavy periods and those eating a diet low in iron are most at risk. If you fall into either category, it's important to take a good multivitamin supplement that contains iron. In order to produce red blood cells, your body needs folic acid and vitamin B12. Should you not get enough of either, you run the risk of getting **vitamin-deficiency anaemia**, sometimes referred to as pernicious anaemia. People most prone to this are those not getting enough vitamins in their diet in general, or they suffer from intestinal disorders that prevent them from absorbing nutrients.

Sickle-cell anaemia is an inherited condition that affects mainly people of African and Arabic descent. Sufferers have red blood cells that have taken on a crescent shape (as opposed to regular, round blood cells) that causes the cells to die prematurely. This results in a chronic shortage of healthy, red blood cells. Another pitfall of having irregularly shaped cells is that they sometimes get stuck in the walls of the smaller blood vessels, creating a painful jam.

Diagnosis and treatment



If you suspect you're anaemic, visit your doctor. A simple blood test will diagnose your condition. Sometimes, your doctor will perform further tests to figure out the underlying cause. If it turns out that you're suffering from iron-deficiency anaemia, it's most likely you'll be prescribed a course of multivitamin or iron supplements. Vitamin-deficiency anaemia is treated with vitamin-B12 injections and folic-acid supplements. Sickle-cell anaemia is incurable but any symptoms can usually be controlled with a pain-management plan.

Prevention is better than cure!

To ensure you're protected against developing anaemia, we've got a few tips for you:

- Fill up on iron-rich foods such as liver, kidney beans, oysters, sardines, turkey, enriched breakfast cereals and pumpkin seeds.
- Minimise your sugar, coffee and black tea intake - these substances reduce your body's ability to absorb iron.
- If you're on chronic medication, check with your doctor to ensure it doesn't interfere with your body's ability to absorb iron.
- If you suffer from particularly heavy periods, chat to your gynaecologist about it. There are ways to lighten your flow.
- Take a good multivitamin supplement. Iron supplements should only be taken under the supervision of your doctor.

www.clicks.co.za

**Wisdom ceases to be wisdom
when it becomes too proud to weep,
too grave to laugh, and too selfish
to seek other than itself.**

Kahlil Gibran





MAGNESIUM

What role does Magnesium play and how do you know if you're getting the right amount in your diet?

Magnesium is vital for your health, as it acts as a catalyst in more than 300 biological reactions. Magnesium and phosphate are involved in all reactions involving the release of energy, in almost all metabolic processes converting food to energy, in cardiovascular function and in reactions related to building, destroying and stabilizing DNA. Magnesium also stabilizes nerve membrane functioning and regulates the secretion of the neurotransmitter acetylcholine.

Dietitian Megan Pentz-Kluyts says that magnesium helps prevent cardiovascular disease and irregular heartbeat, reduces the risk of bone loss (osteoporosis), and increases and individual's chance of surviving a heart attack. 'It may also help prevent strokes and lessen the effects of existing osteoporosis,' she says.

There are many symptoms of magnesium deficiency, ranging from insomnia, fatigue, headaches and heart disorders to backache, kidney stones, osteoporosis, accelerated ageing, depression and muscle cramps, among others. Severe deficiency can cause seizures, says Pentz-Kluyts, particularly in children.

'We need **phosphate, iron and calcium** too,' says homeopath Dr Phillip Sherwin, 'as they **work in harmony with magnesium**. For instance in muscle function, calcium is necessary for muscle contraction and magnesium is necessary for muscle relaxation, while phosphate regulates magnesium absorption.' Both agree that **green leafy veggies, grains, nuts and legumes are good dietary sources of magnesium**.

The revised recommended doses are:

310mg a day for women between the ages of 19 and 30

320mg a day for women over 30

400mg a day for men between 19 and 30

420 mg a day for men over 30.

Sherwin points out, however, that our soil has become very deficient in this essential mineral because of modern farming practices. He recommends 500mg of elemental magnesium daily, together with 250mg of calcium.

NOTE: An overdose of magnesium can cause diarrhoea, and is potentially dangerous for people with poor kidney function.



<http://www.clicks.co.za/clicks/Article.aspx?aid=61>



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CADUCEUS – Symbol of Healing

If you've ever been to a hospital, you've seen the image: two serpents criss-crossed around a staff topped by a round knob and flanked by wings. This is known as the caduceus, and it has been the symbol of the American medical profession for nearly a hundred years.

The sign and symbol of the ancient physician was the caduceus. It was carried by the messenger of the God of Life, who was always pictured with wings on his feet. He was called Hermes by the Greeks and Egyptians and Mercury by the Romans. The symbol contains the totality of the body's functions and its connection to the mental, emotional and spiritual worlds. It is the description of the Tree of Life, the Tree of Knowledge of Good and Evil, and the Tree of Food and Nourishment. A globe with two wings symbolizes the two cerebral hemispheres of the brain, with the pineal body or third eye at its centre, and the central upright staff or trunk of this Tree of Life, which is the base of the brain and the spinal column. The cerebellum, the lesser wings of the staff is part of the sympathetic nervous system regulating automatic functions and the preservation of the body through the vital centres. The bulb at the top of the staff represents the optic thalamus, the centre of consciousness and light in the brain.

The two life-breaths wind down around the central wand, as two serpents of mind and emotional impulses or energy fields expressed in their stepped-down energy, positive and negative, attraction or love and repulsion or hatred. They represent the mind principle in its dual aspect. On the right, the fiery Sun; positive; yang; pingala. On the left, the Moon; negative; cooling; yin; ida currents. They manifest as desire which led man into the fall or involution. Below the causal plane, the patterns are extracted from each other, yin and yang. In this duality of function there is a constant fall into matter and materialization, through creation of forms. Yin is the principle of Mother, shaper of forms. The yang principle is Father, giver of life. Form and sense bring the vital energy down to Earth and bind it in life.

There is an involutory and evolutionary cycle of the soul and mind. The serpent descends the Tree of Life through matter to limitations, restrictions, difficulties and pains. The serpents cross in each oval cavity, exchanging polarity. The last loop is the *cauda equina* - the Tree of the Knowledge of Good and Evil, situated below the second lumbar vertebra. The Chakras are at the positions of these crossovers. The creation of man - moulding it by the finest material energy as an actual body made out of the essence of matter or clay. The Universal Life Breath of Prana was breathed into its nostrils, to link the universe or fine essence of matter outside with the soul in the body, blended into one unit of being, a living soul in a fine, material body.

The three nervous systems:

The Central Nervous System (*Sattvic* impulse created as the first creation, the Source and Centre of things, the super-conscious state of mind patterns);

The Parasympathetic Nervous System (the emotional, restless active preservative impulse - *Rajas*, created in the second creation. *Rajas*, good for food and nourishment, is the field of general action and service. It is the activity of the conscious mind);

The Sympathetic Nervous System, (*Tamas* or the earth-bound mind, the blind expression of the force of crystallisation, the generative, driving power, going into sense life entirely and bound thereby).

It is the crystallizing effect of the subconscious mind. Energy when expended becomes exhausted, tired, spent and depolarized, dense and crystallized. This concerns the vital forces in the body, in the pelvis. The sympathetic nervous system is the un-intelligent pole of impulse on the other end of the nervous system and spinal column. It is the emotional, generative impulse which keeps man bound to the earth. The three nervous systems need to be co-ordinated.

Paracelsus said: "Be still and know that I am God. Man is ill because he is never still. There is great healing in the quiet depths of space, but man never tunes into it by being quiet himself!"

**The caduceus embodies the system which is within everyone.
Man know thyself. Physician heal thyself. Man himself is a living caduceus.**

Ann Roden - <http://www.scribd.com/doc/4249506/The-Explanation-of-the-Symbol-of-Healing>

**"If you tell the truth you don't have to remember anything."
Mark Twain**



Tune in

Discover the healing power of sound with singing bowls, tuning forks, drums, and other musical instruments.



Music can move us to tears, help us feel calm or comforted, or inspire us to action. The rhythmic sounds of nature (think of waves breaking on a beach) can bring us into balance. Now researchers are learning more about how music and sound directly affect the healing process.

EVIDENCE. A 2008 study at the University of Maryland School of Medicine revealed that listening to music you consider joyful for 30 minutes helps release endorphins to relieve pain and reduce stress, which can otherwise overload your immune system and lead to a host of health conditions. Another study completed last year at Seattle University in Washington showed that listening to Mozart for 12 minutes three times a week can lower systolic blood pressure by seven points.

YOUR BODY TUNES IN. Researchers say that when you listen to music and sounds, your heartbeat, breath, and brain waves begin to slow down or speed up in response to what you're hearing. Your body syncs up with the sound, and the result can be an enhanced relaxation response—stress lifts, your heartbeat slows, muscles relax, and your body releases feel-good endorphins—or improved energy levels, depending on the rhythm.

Try these ways to benefit from sound therapy:

EASE STRESS: Use tuning forks and singing bowls

"Sonic tools" like tuning forks and singing bowls can soothe an overexcited nervous system, says Jonathan Goldman, author of *The Seven Secrets of Sound Healing* (Hay House, 2008). Singing bowls create a calming noise when you run a mallet around the rim, and tuning forks hum when tapped. Use these tools as frequently as needed, says Goldman.

RELIEVE INSOMNIA: Listen to a healing CD

"Music is to the nervous system what nutrients are to the body," says Joshua Leeds, author of *The Power of Sound* (Healing Arts Press, 2001). Music, special effects, and sounds from the natural world to enhance various activities, such as falling asleep.

SHARPEN YOUR MIND: Learn an instrument

Studies show that daily practice of a musical instrument can keep the brain young and pliable. It can also help relieve tension as your body actually resonates with the soft energies of the instrument.

Find a local teacher and ask about beginner lessons. Practicing for five minutes can clear tension and a foggy mind.

By ELIZABETH CASEY



Remedies for Post-Nasal Drip

So many people have a problem with post-nasal drip and are looking for solutions, so here are some:

Caffeine, other diuretics, alcohol, and creamy or spicy foods can make post-nasal drip worse.

Avoid dairy products, which can start an attack and build-up mucus.

Drink a lot of fluids, to flush out the back of the throat. **Hot herbal tea or soup** aids this with heat.

Nasal irrigation is also helpful - using a nasal douche, *neti* pot (an Ayurvedic device), or a nasal spray. Use **warm water with a little salt or baking soda** to clean your sinuses or to gargle. You can also use a store bought saline spray. Salt kills any bacteria that are causing an infection, and also loosens congestion. This should hurt less after you've done it a few times. You can do this every day to prevent congestion.

You can also use a **humidifier**/facial steamer or **inhale steam** from a pot to loosen excess mucus. Add **crushed fresh peppermint leaves** or a few drops of peppermint oil to improve the effect. Alternatively, you can try inhaling the steam from a pot of hot water with 1/2 teaspoon of ginger, 2 1/2 tablespoons of thyme and 1 teaspoon of salt.

Sinuses are passages from the nose to the ears. **Tap lightly with your finger tips along your sinuses** for a full minute along each sinus channel, to break up congestion. This is an easier option to use on children.

You can use decongestants to dry out the mucus for a *few days* maximum.

If none of these methods help, your doctor will need to identify what is causing your post-nasal drip (bacterial infection/allergy/gastro-esophageal reflux). Your doctor might prescribe antihistamines or steroids if it is an allergy. If it caused by reflux, antacids and dietary changes may be prescribed. If there is a chronic bacterial infection, occasionally surgery may be needed.

Source: All4women

Tissue Salts - Calc.Fluor, Calc.Phos and Nat.Mur may be of great assistance to keep post-nasal drip under control.

A couple of treatments with Holistic Natural Therapies may also bring great relief.

**Contact details:
Rashidah Hargey**

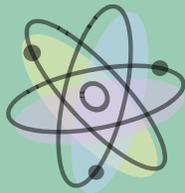
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**Every body is better
with Bowen**

Shake off Shingles

Question: I have been suffering with Shingles for 10 weeks now and am using conventional medicine without much luck. Can you help me find something natural that might bring a little relief?

Dr Jonathan Wright: Since your condition has been present for so many weeks, it is possible that you could be suffering from post-herpetic neuralgia, a continuing irritation of the nerves even after the active infection has subsided.

A study published in 2003 suggested that topical **geranium oil** might be a good option for immediate relief. The more highly concentrated, the better, with study participants reporting pain relief in direct proportion to the percentage of geranium oil present in their topical mixture. **Capsaicin cream** has also been shown to provide some relief, although it was outdone by the geranium oil in this study. Even if the infection from the herpes virus that causes shingles has subsided, taking general "infection-prevention" steps would still be a good way to support your system overall.

General recommendations include: **eliminating sugar, refined carbohydrates,** and allergies (if any). Also, incorporating at least 25,000 IU **vitamin A**, 25mg of **Zinc**, and 2,000mg of **vitamin C**, twice daily can boost the protection even more.
- <http://www.fsp.co.za>

BOWEN THERAPY CASE STUDY

Lower Back Injury

A 40-year old medical practitioner suffered severe chronic backache after a fall from a motorbike since 2006. He says, "I used conventional physiotherapy treatments with analgesics and anti-inflammatories - offering mild relief. I was referred for Bowen Therapy. After 3 consecutive treatments of Bowen, there was much relief and the backache soon subsided."

"I highly recommend Bowen Therapy to my patients who suffer from chronic muscular spasm and strains, as I can guarantee first hand that it works as it has really helped me. Bowen Therapy is the best"

*Submitted by Hansa Tiluk, - Cellph 073 4490 322
Bowen Therapist, Pietermaritzburg.*



**Re-use
Reduce
Recycle**

ALUMINIUM TOXIC BUILD-UP

Be aware of cooking in aluminium pots, percolators, pans, kettles and teapots. Also avoid Teflon coated pans - these are toxic as aluminium accumulates in the body, as do the toxins in Teflon, and this toxic build-up adds to our body stress and tension and panic.

Benefits Magazine



Time to Contemplate...

Each day spend some time in silence.
Also in rendering the service of love
to those in need.

Dada J.P. Vaswani

TEST YOUR KNOWLEDGE . . . for fun

1. What is the Afrikaans name for the impala?
2. *Boursin* is a type of which dairy product?
3. What is the name of the highest mountain range in the world?
4. Which rare fish did professor JLB Smith identify in 1938?
5. Which city is the capital of Bangladesh?

1. Rooibok
2. Cheese
3. Himalayas
4. Coelacanth
5. Dhaka