



Healing at Hand

February 2010
Issue 14
Summer



Greetings ...

Adjust your pace. Anxiously trying to achieve what we set out to do, we end up running. And sometimes we fall. Adjust your pace so that you can absorb what is happening around you while you are on your journey in life - and discover some enjoyment and new experiences in the whole process. Do not only keep your eyes fixed on the goal, the end result. There is much to be learnt in the journey itself in getting there. And even if we do fall, it may not be a happy experience, however these are the moments that define our strength, courage and commitment. Often this is where the direction for the next phase of our journey is determined. We have the power to pace ourselves, whether it is to run, walk or relax. So take time to figure out the right one at the right time.

Wishing you good health, prosperity and attaining true knowledge, *Rashidah.*

BOWTECH[®]
The Original Bowen Technique

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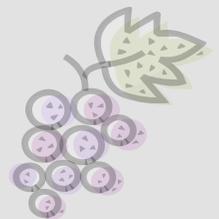
*In silence you can hear the world.
In solitude you can hear
God's sweet voice.*

FRUIT OF THE VINE

The humble grape is packed with powerful antioxidants, and apart from the well-documented anti-ageing properties, the health benefits of antioxidants range from strengthening the immune system, promoting a healthy heart and cardiovascular system, and providing protection from arthritis and diseases of the joints.

In countries such as France, renowned for their love of wine, the incidence of heart disease has been found to be significantly lower than in other countries – and that's despite the French's love of rich, fatty foods.

What isn't too well known, though, is that **the most nutritious part of the grape is its seeds, so don't spit them out!** - Oprah Magazine, Jan 2008



"I figured you should have breakfast in bed on your birthday. Can you reach the stove okay?"

"Age is an issue of mind over matter.
If you don't mind, it doesn't matter".
Mark Twain



Chinese Acupuncture

Twenty thousand years ago man started to use sharply polished needles, made from stone, to cure pain. Later they used needles made from animal bones. Two thousand years ago people in the north of China developed this into acupuncture. They mapped acupoints, the meridians and completed the theories around these. More recently the locations of the acupoints and meridians have been confirmed, using sensitive apparatus measuring electrical resistance.

WHAT PROBLEMS CAN WE TREAT WITH ACUPUNCTURE?

Rheumatic and Arthritic conditions – these are the most common conditions for which acupuncture is used. The conditions under this heading include:

- Tennis Elbow; Carpal Tunnel Syndrome; Wrist pain
- All painful shoulder problems
- Neck problems; Lumbago, and other back problems
- Hip, knee and ankle problems
- Any other painful condition of muscle, ligaments or other soft tissue disturbances such as Shin Splints.



Sports Injuries – these respond dramatically to acupuncture with needles or laser which will often increase the healing response by 30-50%.

Neurological Disorders - these include trigeminal, neuralgia of the face, post herpetic neuralgia, headaches and migraines.

Paralysis – Bell's Palsy and Stroke patients.

Gynaecological problems – painful periods and PMS

Cigarette and Alcohol addiction, and obesity or overweight.

Chronic Fatigue, M.E. Syndrome, low resistance with current cold and flu.

Miscellaneous conditions – herpes zoster (shingles), mild depression and anxiety, irritable bowel problems, sinuses.



Acupuncture needles are made from stainless steel – they are sterilized in a sealed package and for single use – there is no chance of contracting AIDS.

Acupuncture is not symptomatic. Many conditions are permanently cured while others might need booster treatment for a period of time.

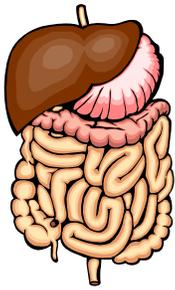
Very thin needles are used for acupuncture. Insertion of the needle should be painless when performed by a competent acupuncturist. After the needles are inserted the patients usually feel some sensation locally or distant. Traditionally it refers to the energy reaction of the body and is good in producing more result. For some cases the doctor may manipulate needles for one or two times during retaining the needle and before the needles are withdrawn to produce more needling sensations. But if you really do not like the sensation, you can definitely ask your doctor to do a gentler treatment.

HOW DOES ACUPUNCTURE WORK?

Acupuncture works through stimulation of the meridians at their external locations via points which are located along them. The stimulation can be accomplished by applying needles, heat, finger or hand pressure, scraping or cupping (section). The therapeutic effect occurs internally by regulating Qi and stimulating the proper internal functions to which the external meridians and points are connected. It also removes blocks to the flow of energy. If energy is freed then it can flow and heal the person. A great deal of research has been carried out in recent times, all of which suggest a number of mechanisms are probably involved. Whatever the underlying mechanism, the end result appears to be an improvement in function. Any improvement in function means that the system is able to work more effectively than before and can now start the process of healing.



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Helpful bacteria may hide in the Appendix

Long thought vestigial (serving no purpose), the appendix may serve as a “safe house” for bacteria that aid in digestion.

Everyone is born with one, but no one knows what it's for. The human appendix is a small dead-end tube connected to the cecum, or ascending colon, one section of the large intestine. Everyone lives happily with it until it becomes painfully inflamed, when the only treatment is to remove it surgically. Then everyone lives happily without it.

So why is it there in the first place?

Some experts have suggested that it is a vestige of the evolutionary development of some other organ, but there is little evidence for an appendix in our evolutionary ancestors. Few mammals have any appendix at all, and the appendices of those that do bear little resemblance to the human one.

Last December, researchers published a novel explanation in *The Journal of Theoretical Biology*. The appendix, they suggest, is a “safe house” for commensal bacteria, the symbiotic germs that aid digestion and help protect against disease-causing germs.

Structurally, the appendix is isolated from the rest of the gut, with an opening smaller than a pencil lead, protected from the faecal stream that might be carrying pathogens. In times of trouble, like a diarrhoeal infection that flushes the system, these commensal bacteria could hide there, ready to repopulate the gut when the illness has passed.

William Parker, the senior author of the study and an assistant professor of surgery at Duke University in North Carolina, emphasized that this was a hypothesis, not experimental proof. “At this point,” Dr Parker said, “this is a deduction based on a lot of information that we've had for many years and some key pieces of information that have only been uncovered recently by our lab and others. It does make sense.”

Rebecca E Fisher, an assistant professor of anatomy at the University of Arizona College of Medicine, said that although the appendix was “likely to be a derived feature, selected for a purpose, the enigma is that we didn't know what the purpose might be.” “I think Parker's study offers an interesting solution,” Professor Fisher said.

Recent studies have found that biofilms, colonies of beneficial microbes that live outside cells, form in the large intestine, where they are dependent on the mucus that lines the bowel. There, they aid digestion and protect against infection, while enjoying the protection and nutrition of the human host. The researchers, examining tissues from uninfected human appendices removed in kidney-pancreas transplants, found biofilms on the epithelial lining of the appendix, as well. Under their theory, it is in these biofilms in the appendix, well positioned to avoid pathogens in the rest of the gut, that commensal bacteria take refuge. If that is true, why is it that removing the appendix apparently does not have negative side effects? The scientists contend that in industrialized countries with modern medical care and sanitation, maintaining a reserve of helpful bacteria has become unnecessary. Widespread outbreaks of intestinal disease are so rare that the commensal bacterial face little danger extermination.

Dr Parker wants to know whether biofilms function in the same way in other animals. “We have an idea that the cecum in some animals works the same way,” he said. “But how, for example, do biofilms work in frogs and other species with no cecum and no appendix?”

Nicholas Bakalar, The New York Times

ABUSE OF THE ELDERLY

The abuse of older people is on the increase. They get abused not so much in institutions, but by their own families. The abuse is often financial, physical and sometimes sexual. And they mostly keep quiet about it. But you don't have to.

If you suspect there is elder abuse going on next door (or child abuse, or animal abuse), don't join the conspiracy of silence.

Report it immediately. It is much better to be slightly embarrassed and having to apologise if it turns out to be untrue, than it is to blame yourself for keeping quiet when something really horrible has happened.

[Read more: The abuse of the elderly](#)

www.health24.com



Sleep good for Arteries



A good night's sleep may be just what your arteries need.

So finds a new five-year study in which middle-aged people who had an extra hour of sleep each night were less likely to have artery-stiffening calcium deposits.

But the study results shouldn't send people off to bed prematurely or have them popping sleeping pills, cautioned Diane Lauderdale, associate professor of health studies at the University of Chicago Medical Centre, who led the study.

"We don't know why there is an association," Lauderdale said. "And until we know why, we can't tell whether it is a causal association."

The report was published in the *Journal of the American Medical Association*.

Calcification may cause heart disease

Lauderdale and her colleagues have been following a group of young adults for years, studying their heart arteries from a number of angles. The latest report linked the sleeping habits of 495 participants, ages 35 to 47, with the incidence of artery calcification, measured by CT scans.

Calcium deposits can make the coronary arteries less flexible and ultimately lead to heart disease. None of the participants had detectable calcium deposits when the study began, but five years later, 61 (12.3%) did.

After adjusting for lots of potential risk factors, such as sex, race, and smoking habits, the researchers found that one more hour of sleep a night decreased the risk of calcification by a third. That's about as much as a 16.5-point reduction in blood pressure, the researchers said.

Possible explanations

"Nothing came out of the study as appearing to explain the association," Lauderdale said. But she believes that there are three possible explanations.

One is that another factor, such as socioeconomic status, was the connection here. A second is that a stress-related hormone, cortisol, which has been tied to decreased sleep and increased calcification, is the link.

"Finally, sleep is related to blood pressure, and that is a coronary artery disease risk factor," Lauderdale said. "It's possible that for people who were sleeping more, their 24-hour blood pressure was lower than their daytime blood pressure."

Sleep deprivation alters physiology

Whatever the link, it was to be expected, said Kathy P. Parker, a sleep expert who is dean of the University of Rochester School of Nursing. "We know that sleep deprivation does alter the physiology of numerous body systems, so it is not surprising that another health problem, or symptom or sign, should be related to sleep length," Parker said.

There is no precise formula for the length of sleep that is best for a given individual, Parker said.

"There is considerable variation in sleep needs," she said. "On average, an individual needs between

7 and 8 hours of sleep. There is an increase in health problems with five hours or less, or nine hours or more."



Regular sleeping habits

The best advice, said Parker, who is one of only five US nurses certified by the American Board of Sleep Medicine, is "go to bed at a regular time, wake up at a regular time, pay attention to whether you feel refreshed and alert during the day, [and] avoid too much caffeine and alcohol." As for sleeping pills, they are "appropriate in certain situations," such as times of acute psychological stress or jet lag or for "certain sleep disorders," Parker said. "It's really important to wait until this finding is confirmed in another study population," Lauderdale cautioned. "Also, until we know the mechanism, it is premature to base clinical advice on this information." – (Ed Edelson/HealthDay News)

December 2008

www.health24.com

Read more:

[Sleep linked to blood pressure](#)

[Troubled sleep bad for health](#)



We make war that we may live in peace.
Aristotle

COURSES / WORKSHOPS / EVENTS

Ananda Kutir Ashrama



Sivananda Integral Yoga Retreat

With Swami Vidyananda

Be Happy

“Be content. Reduce your wants. If you have four shirts, reduce the number to three or two. Lead a happy, contented life. Avoid unnecessary worry. Be mentally detached. Have plain living and high thinking. Think of those who do not possess even one-tenth of what you have. Share with others.”

Swami Sivananda



Date:
19th - 22nd March 2010

at
Blue Butterfly Retreat Centre
Tulbagh

What is happiness? What is contentment?
Where to find it? How to remain happy in
all conditions?



To join contact
Swami Vidyananda
Ananda Kutir Ashrama
021 6961821
info@anandakutir.org.za

Location Details:
Directions and a map as well as the retreat roster will be given on booking.

Cost: R1265 (non-refundable)
Payable on booking by 15th February 2010
Places are limited, so early booking is strongly recommended.

BODY AND MIND

New research proves that the outdoors really is the new Prozac. A recent study found that stress levels plummeted within minutes of contact with nature. So get out there and make Green time a regular part of your life. It's all good for the shape of our body and the state of your mind.



Unleash your Sixth Sense Learn to develop Your Intuitive Self facilitated by Ren Redgrave

An interactive spiritual and psychic development workshop where you will be given the tools and fun exercises to help you develop your psychic abilities and increase your sensitivity to receive and trust your intuitive guidance...

- * psychic techniques explained * connect with your intuitive self * discover whether you are clairaudient, clairvoyant or clairsentient
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Academy of Tissue Salts & Facial Analysis

Junior Facial Analyst & Tissue Salts Consultant JFA First JFA Course in Cape Town

Sat, 30 Jan / Sun, 31 Jan / Sat, 6 Feb / Sun, 7 Feb 2010

4-day training (9:00h to 15:00h)

Content of the course:

Basic biochemistry knowledge of Dr Schuessler's Tissue Salts No 1 to 12 • Causes of deficiencies and correction
• Facial signs & Body signs • Individual Facial Analysis • Creating a dosage plan • Significance of nutrition, hydration, cosmetics and water • Influence of Electro pollution, Electromagnetic fields / Geopathic stress • Why do we create allergies
• General attitude • Possible reactions • Balancing micro & macro • External application of Tissue Salts

Venue and Course details:

Pinelands Library at the Howard Centre in Cape Town - Saturday and Sunday from 09:00h to 15:00h

Preparation:

Reading the book '**Second Chance – regain health with Tissue Salts**' by Eva F. Schoenfeld. Price for registered, studying and certified JFA's R160. Opportunity to buy the book at the first course day or you can purchase it from Judy Wolmarans, 083 2646 220.

Fee & Application:

R 1,980.00 - per person, including documentation and certification.

Please deposit R 1,000.00 - quoting your surname as reference, to:
Nedbank, Broadacres 132 805, Acc. 132 801 9020, Schuessler CC

Email your application form together with the proof of payment of your deposit to:
info@facialanalysis.co.za to confirm your booking.

The balance has to be paid latest until January 21st 2010 (please send proof of payment).

For further information please call 076 819 4590 or send an email to: info@facialanalysis.co.za

**Contact details:
Rashidah Hargey**

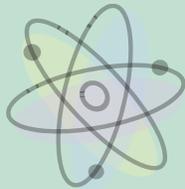
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rashidah.hargey@gmail.com**



**Every body is better
with Bowen**

BOWEN THERAPY AND HOMEOPATHY

Dr. Robert Ullman is a naturopathic and homeopathic physician and is co-founder of the Northwest Center for Homeopathic Medicine in Edmonds, WA.

Here are the cases of three people from his practice who responded well to the Bowen Technique:

Nancy, 23, had had pain in the hips since she was a teenager. The pain was severe and radiated down the outside of her legs to her knees. It would come on particularly when she was angry or upset. Exercise would make it worse, and it had come on from extensive gymnastic practice in high school and college. No treatment had ever been successful in relieving the pain. After two Bowen treatments, Nancy reported that the pain was completely relieved. It turned once after an emotional trauma a few months later and one treatment took care of it.

Sam, 52, had chronic spasms in his neck and shoulder. He never seemed to be able to relax. He worked too hard and took his problems home from work. During his Bowen treatment, Sam went into a very deep state of relaxation, nearly asleep. When the treatment was finished, he said that he had not felt that kind of rest in years. The effect stayed with him and his pain completely went away within a week after his second treatment. He then took his first vacation in a decade.

Jill, 49, had asthma and chronically swollen, painful knees. The Bowen moves were able to relieve her bronchial spasms and allow freer breathing, but did not totally cure the asthma. Her knees, however, had a complete reduction in swelling and pain, and considerably increased mobility after two treatments. Now she can go up and down stairs without pain.

These kinds of results are common for the Bowen Technique. Simple, gentle, deep and rapid, this is Tom Bowen's healing legacy. It is truly a wonder from down under.

<http://www.boweninfo.com/bowenin hospitals.htm>

TEST YOUR KNOWLEDGE

1. Is a bolt tightened by turning it clockwise or anti-clockwise?
2. With which fruit is the word "viticulture" associated?
3. Name the largest country on the African continent.
4. What title is given to the spiritual leader of Tibetan Buddhism?
5. Which Oscar winner played the title role in the film "Ghandi"?

1. Clockwise 2. Grapes 3. Sudan
4. Dalai Lama 5. Ben Kingsley

Get with the Rhythm!



Skipping is all about recognizing a rhythm and moving with it.

Remember when you first learned to skip. You watched others turning the rope and jumping over it. Inwardly, you tried to make a calculation. Was there some way of working out an ideal moment to lift up your feet? When it was your turn to do it, it soon became clear that mental activity could not help you.

- Jonathan Cainer

Time to Contemplate . . .

In essence, we are all much the same, but each individual manifestation of that essence is unique. To go along with our different personas, we have different tastes, preferences and opinions. It's not for anyone to say that some of these are better than others. - Jonathan Cainer