



Healing at Hand

March 2010
Issue 15
Autumn



Picture: Sunrise by [cuellar](#)

BOWTECH[®]
The Original Bowen Technique

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Greetings ...

Relationships – we all have them, we all need them. Why? It helps us with our mental, emotional and spiritual growth, health, and sense of wellbeing. Through relationships we extend and receive support in our endeavours, our struggles and our joy. “Shared joy is increased, shared pain is lessened”, said Spider Robinson.

Now new research shows that being a member of a social group can cut your risk of conditions like stroke, dementia and even the common cold. Therefore the quality of your social life could have an even greater impact on your health and well-being than diet and exercise.

So, it's worth engaging with your group of friends, and to make new acquaintances as time goes by and you develop other needs. Put a little effort into your friendships: make that call, pay a surprise visit or take initiative by arranging a getaway weekend or do some fun activities with your circle of friends.

This relationship does not include internet-related cyber-category social groups. Being part of a group on Facebook/Twitter doesn't quite do it. We all need **real-life** relationships with physical interaction, eye contact, a comforting hug, a caring touch, an approving pat on the back, etc. There are some conversations that still need to happen face to face. There is no substitute for personal presence - it can go a long way to making us happier and healthier, to love and to be loved, building deep connections through sharing, feeling harmony and oneness within.

Be well, and take care. *Rashidah*

Be bodywise !

You know the feeling when your taste buds and tummy start talking - you have the craving that needs satisfying. Sometimes though you misinterpret what your body is trying to tell you. Use the chart below as a guide:

CRAVING:	WHAT YOU NEED:
<i>Chocolate</i>	Magnesium. Women should be careful - during menstruation, magnesium levels drop. Find it in raw nuts, seeds, fruit and legumes
<i>Fizzy Drinks</i>	Manganese. Get it in almonds, pecans, pineapple and blueberries
<i>Salty Snacks</i>	Chloride. Found in raw goat's milk, fish and unrefined sea salt.
<i>Oily snacks and fat</i>	Calcium. Get it in mustard and turnip greens, broccoli, cheese, sesame, kale and legumes.

www.naturopathvworks.com

“Tell me and I'll forget;
show me and I may remember;
involve me and I'll understand.”
- Chinese proverb

COMIC RELIEF ...



It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my dog Jake, was barking, and I saw a little boy staring at me. ‘Is that a dog you got back there?’ he asked. ‘It sure is.’ I replied. Puzzled, the boy look at me and then towards the back of the van. Finally, he said, ‘What did he do?’

Know Your Numbers

Have you ever noticed those numbers with an 'E' in front of them on food labels?
Here's what they're doing in your food.



For centuries, drying, salting, pickling and other chemical techniques have been used to prolong the edibility of foods. Your granny's strawberry jam is a miracle of food processing: boiling the jars to sterilize them, then adding kilos of sugar to preserve the strawberries and a couple of lemon pips for their pectin, to set the jam.

Over the past 50 years, as food production has become more industrialized, food processing has become far more complex. Thousands of chemicals are used to create all sorts of effects, from preservation to creating creaminess in fat-free products to colouring ingredients to resemble foods they are not. These additives are identified on labels, usually by an E-number (an internationally standardized scheme of codes).

The number can make additives seem scarier than they are. Some E-numbers are ingredients your gran would've used: for example, E441 (gelatine) and E500 (baking powder). An element of naturally fermented yoghurt is E270 (lactic acid). The yellow colourant E100 is turmeric. However, another yellow colour, E102 (tartrazine), is not permitted in the EU – it's speculated that it increases hyperactivity in children.

Not all 'natural' products are unequivocally good. Some of them are toxic in excess: a one-off dose of 40 teaspoons of salt (sodium chloride, no E-number) would kill you. Then there are the E-numbers that, although allowed, should be ingested cautiously. Most of these are preservatives and many are under review in other countries:

E211: sodium benzoate: found in acidic foods such as salad dressings and fruit juices. Considered potentially harmful to DNA. May cause allergies in asthma sufferers.

E216: propylparaben: this anti-fungal is forbidden in food, but may be found in cosmetics.

E220: sulphur dioxide: found in wines and dried fruits and can cause asthma and rashes in people who are sensitive to it. Also degrades vitamin B1 (thiamine).

E250: sodium nitrite: fixes colour and preserves cured meats. Sodium nitrite forms carcinogenic nitrosamines at high heats (e.g. frying) and when reacting with stomach acids.

E621: monosodium glutamate: glutamates occur naturally in many foods, but some studies suggest that high intake of glutamic acid (E620) of which MSG is a sodium salt, may cause damage to areas of the brain.

The majority of E-numbers are safe in normal quantities, but there are some under investigation or that need to be regulated because of side-effects. It's best to eat a diet of mainly unprocessed foods.

ADDITIVE ABACUS

E100-199	Colours
E200-299	Preservatives
E300-399	Antioxidants, acidity regulators
E400-499	Thickeners, stabilizers, emulsifiers
E500-599	Acidity regulators, anti-caking agents
E600-699	Flavour enhancers
E700-799	Antibiotics
E900-999	Miscellaneous
E1000-1999	Additional chemicals

The man who views the world at 50 the same as he did at 20,
has wasted 30 years of his life.

- Muhammad Ali, boxing champion

Fancy Footwork

Spoil those toes. Your feet work harder than any other part of your body

Keeping Feet fresh:

- * Washing every day with soap and dry thoroughly. Use deodorizing foot spray or powder.
- * Socks and pantyhose should preferably be cotton or a wool blend to allow feet to breathe.
- * Wear leather shoes as they breathe and don't trap air.
- * Alternate shoes to give them time to dry out.
- * Avoid getting body cream between toes as this encourages fungal growth.



Ingrown toenails - If the toe is infected, soak it in warm, soapy water as often as possible - at least three or four times daily. To relieve pain, insert a small wad of cotton wool soaked in antiseptic under the nail to lift it away from the skin. If the infection is more severe, oral antibiotics or minor surgery may be necessary.

Beat Blisters - Never pop a blister - this increases the possibility of infection. Use lavender essential oil to accelerate the healing process. If the blister breaks open, trim off the loose skin, keep it clean and apply antiseptic ointment.

Foot Pain - Make sure your shoes fit properly. Have feet checked out by a professional to prevent long-term damage. To relieve foot pain, you need to build up the muscles in your feet. Daily, place a towel on the floor with your foot on top of it. Stretch your toes and move the towel towards you.

Pregnancy and feet - Pregnancy causes feet to swell and the extra weight can change the size of your feet permanently. During pregnancy, elevate your feet whenever you have a chance and use a foot spa to increase circulation and alleviate water retention. Have your feet measured after pregnancy to ascertain your correct shoe size. If you're still having problems, consult a podiatrist.

Words by Shannon Smith
www.clicks.co.za

* **Need to find a Podiatrist? Deepika Patel: 021-5316691**

STINKY FEET?

Your shoes look good and feel comfortable, but when you take them off, pot plants wilt and small birds fall to earth. Stinky feet are such a common problem, but it needn't be yours.

- Don't choose shoes that have plastic, synthetic or cardboard linings;
- stick the narrow nozzle of a vacuum cleaner into your shoes every few weeks - this will draw off any moisture;
- buy a few pairs of inner soles for your shoes and alternate them;
- get rid of any nylon or synthetic socks and replace them with socks that are a mixture of wool and cotton;
- get rid of hard, dry skin on your feet that could harbour bacteria;
- buy some **tea tree oil** - put a few drops into a basin of warm water and bathe your feet in it at the end of each day.

[Read more: Interesting foot facts](#)

www.health24.com



Picture from the book: "Understanding Bowen Technique" - Bowen Instructor, John Wilks, applying the Bowen Technique in treating foot/ankle discomfort and problems.

Foot Health

Your foot health can be a clue to your overall health. For example, joint stiffness could mean **arthritis**. Tingling or numbness could be a sign of **diabetes**. Swelling might indicate **kidney disease, heart disease or high blood pressure**. To keep your feet healthy:

- Examine your feet regularly
- Wear comfortable shoes that fit
- Wash your feet daily with soap and lukewarm water
- Trim your toenails straight across and not too short
- Seek professional advice if you are concerned about the health of your feet. <http://www.nlm.nih.gov>

Bowen Therapy and Podiatry

Mitchell R. Mosher, DPM, claims that the Bowen Technique is one of the most powerful physical medicine techniques that he learned in 24 years as a Podiatrist attending countless podiatry-related seminars.

He routinely uses the Bowen Technique to complement his treatment of various foot and ankle conditions (hallux valgus with bunion, hallux limitus rigitus, joint pain, hammer toes, burning foot, ankle sprain, leg/foot cramp, heel pain, and fasciitis) and apply it pre/post surgery to reduce pain and help healing.

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

Amazing Grace



Traditional Western exercise regimes tend to compartmentalize the body—either you do cardio or work your arms, legs, back, abs, etc. But every movement you make engages an intricate array of muscles. Think about it—you are capable of balancing the weight of your torso on two long supports, while smoothly transferring this weight from one support to the other, and all while maintaining a constant rate of motion and perfect balance.

This simple motion requires the perfect co-ordination of hundreds of muscles - large and small across your entire body. And that's just walking!

The human body has over 600 muscles, many which are too small, or too deep inside the body, for us to see. Hundreds of tiny muscles across the body work constantly to maintain our balance, stability, and precision of movement - all vital qualities for a healthy yoga practice.

Take a moment today to appreciate the amazing feats of co-ordination your body accomplishes in even the simplest of acts, such as walking, sitting up, or holding Warrior I pose.

Just about all yoga asanas, from standing postures to twists to inversions to balancing poses, require and build abdominal strength and stability, says Beth Shaw, a yoga instructor, creator of the video *YogaAbs*.

"Yoga conditions the abdominal region for movement and stability and, more than anything, for balance and strength," she says.



"Many people don't think of twists as abdominal exercises, and in the gym, people don't appreciate them because they don't look very fancy or taxing, but your abs do help facilitate rotation," says Valerie Kit Love, a licensed occupational therapist, a certified Kripalu Yoga teacher, and the owner of a yoga and Pilates studio in Oklahoma City.

In particular, twists work your obliques. As an added benefit, they also lengthen and stretch some of the deep back muscles, which can contribute to back pain if they're chronically tight.

And even pranayama, yoga's traditional breath work, includes many exercises that strengthen the transversus as well as the diaphragm. (Though it's usually not considered an abdominal muscle, the diaphragm interacts dynamically with the other organs every time you breathe.)



Standing postures such as Triangle Pose and Warrior Pose II also work the obliques as well as the deepest abdominal muscle, the transversus abdominis, as they help stabilize the torso and spine. But yoga's comprehensive regimen of abdominal work adds up to much more than a firm, flat belly. Because your abdominal muscles support the proper curves of the spine, a strong core can both improve posture and reduce back pain.

In addition, Love says, "since the abdominal wall wraps around and holds the abdominal organs, adding support to this area will improve digestion and elimination." You also condition your pelvic floor muscles (located at the base of your core).



Much like the top position in a push-up, the traditional Plank Pose strongly works the abdominals as they stabilize your torso.

When you take the shape of a forward bend, you fold in toward yourself, which encourages a sense of introspection and stillness.



DAVID MARTINEZ



Finally, as you build core strength, you may find it easier to tap into your third chakra, the power centre just above your navel.

Often this connection not only leads to greater muscular strength but also brings more energy into your creative life, work, and relationships.

Alisa Bauman is a freelance writer and yoga instructor in Emmaus, Pennsylvania.

www.yogajournal.com

There are two blessings of which people do not take full advantage of:
Health and Leisure.

- Prophet Muhammad

UPCOMING COURSE: BOWEN TECHNIQUE 2010

Bowen Technique is a gentle, non-invasive physical therapy which aims to balance and stimulate the body's energy flow, frequently resulting in a deep sense of overall relaxation. It is referred to as a 'complimentary' modality. This means it will enhance and complement, not interfere, with other medical attention. However, other manipulative therapies done immediately after a Bowen session can undermine the effectiveness of the continuing Bowen work. Therapists would recommend their clients to allow about 4-5 days after a Bowen session before having any other physical therapy.

Bowen Technique empowers the body's own natural resources to heal itself. It results in improved elimination of toxins and thus improves assimilation of nutrients. It improves circulation of lymphatic and venous fluids and results in improved joint mobility. There is reduced physical, emotional and mental stress, and gives rapid and lasting relief of conditions. Bowen Technique is safe to use on anyone, from new-born babies to the elderly.

The course consists of 7 Modules, with Module 7 being the Accreditation Module conducted by an overseas Instructor. Each Module is over two days. It is also a requirement to have a recognized certificate of Anatomy and Physiology and a current First Aid certificate. The Bowen Modules are spread out during the course of the year with sufficient time in between to practice the various procedures taught and to complete case studies.

Please Note: Bowen Technique, Module 1 and 2 can be taken alone without the study of Anatomy & Physiology. The completion of Module 1 and 2 allows one to practice the Bowen Technique on one's own family/friends, but not as a fully-fledged Bowen Therapist eligible for remuneration.

If the full Bowen course is taken, then Anatomy & Physiology study becomes a requirement for successful completion and accreditation.

DATE & TIME: **Module 1** – Sat & Sun, **March 6th and 7th**, 2010. From **9H00 – 17H00**.

Module 2 - Sat & Sun, **March 13th and 14th**. From **9H00 – 17H00**.

TEACHING VENUE: **Meadowridge Library, Cape Town**

PRICE: **Module 1 – R1950; Module 2 – R1950**

BOWEN INSTRUCTOR: **Jean Nortje**

Contact information: macjeano@icon.co.za – Tel. 021-712 7853 ; Cell: 082 707 8528



Bowen Practitioners:

Please note: The Bowen AGM has been moved forward from Sat. 17 April to **Sun. 18 April** from **10H00-17H00**. The day includes the AGM as well as a Refresher Course, and will count for 8 CPD points.

See you there!

Chairperson, Jean Nortje.



WILL BETTER BALANCE IMPROVE OTHER AREAS OF MY LIFE?



Yes. Learning to balance teaches you how to stay steady in times of uncertainty. If you wobble in Tree Pose and panic, you will fall. But if you come back to your breath and press down through the foot on the ground, you can reclaim your balance.

Applied to daily life, it can train you to focus on things that give you a sense of stability – such as a loving relationship – and not be swayed by circumstances that are beyond your control – such as the economy.

<http://www.naturalhealthmag.com>

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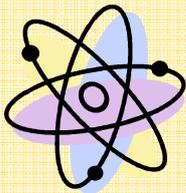
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**Every body is better
with Bowen**



**Re-use
Reduce
Recycle**



***If you keep doing what you are doing,
you will keep getting what you are getting.***

What is BOWEN THERAPY?

You have just picked up this newsletter and you are reading about a healing modality you have never heard of. So what is the Bowen Technique?

Simply, a soft tissue remedial therapy, developed late last century, that resets the body to heal itself. For work or sport related injuries it has been said there is nothing better. Likewise, it addresses all sorts of problems in the body.

Bowen work is not contra-indicated, it is non-invasive and can be comfortable and appropriate to use on anyone. It addresses patients with disabilities, amputees and handicapped people as well. Practitioners have reported success working on phantom limb pain.

Best results are obtained with perseverance. In all cases, weekly treatment is advisable adding more procedures, not all at the same time, and noting which ones are more effective.

Continually using Bowen technique procedures has shown to at least give patients a better quality of life. There are procedures that have been known to help many types of conditions.
- Oswald Rentsch, Bowen Hands, Dec 2009

My Personal Story

by Gerri Shapiro, MS Ed.

About 25 years ago I lifted a very heavy box. Immediately I felt something snap in my lower back. Before I knew what was happening, I crashed to the floor and couldn't get up. I could hardly move. The pain was terrible. For the next two weeks I could barely get out of bed and I could only walk a few steps at a time. It took many weeks for the pain to finally subside. Ever since that day, I've suffered from chronic back pain.

Although I experienced some relief using heat, cold, massage, chiropractic and acupuncture, invariably the pain always returned - until in 1999 I visited a friend in California who had had similar back problems. She told me she had some body work called Bowen. Her back and hip pain were gone after the first session! I was definitely intrigued. I couldn't wait to find out more.

When I arrived back home, I got on the internet and discovered that the Bowen Technique wasn't that well-known in the U.S. Hoping to find a practitioner, I emailed close to 40 practitioners around the country and asked if they could refer me to someone nearby. After 39 "no's", I got one "yes" and arranged to have three Bowen sessions. After the third treatment, my back pain and sciatica were "history!" I was so excited, I decided to train as a Bowen practitioner.

<http://www.miraclepainrelief.com>

TEST YOUR KNOWLEDGE

1. Which river flows between South Africa and Botswana?
2. In the Cuban dance called the conga, how many dance steps precede the kick?
3. In a petrol engine, what term is used for the device that ignites a petrol-air mixture?
4. How many wings does a flea have?
5. Which comic strip cat's favourite food is Lasagna?

1. Limpopo River 2. Three
3. Spark plug 4. None
5. Garfield