



Healing at Hand

June 2010
Issue 18
Winter



BOWTECH[®]
The Original Bowen Technique

Index:

From the Editor	1
Protect Your Muscles	1
Comic Relief	1
Whiplash Injury	2
Bowen Therapy treating	
Whiplash Injury	2
Ayurveda – science of life	3
Life’s Simplest Pleasures	4
Razor Burn	5
Desert Rose Music Performance	
and Universal Chanting	5
National Blood Donor Month	6
Test Your Knowledge	6
Time to Contemplate	6

Greetings ...

The words and body language we use in our day-to-day communication at home, at the workplace and socially - have significant impact on our state of mind and what we want to achieve, how we are perceived and how well we get on with people. It is therefore very important to be observant on the words we choose and how we use them, as it impart a specific energetic level. When we are asking for something, when we are teaching, when we are giving advice – it has to be done with sincerity and patience. How we address the other, young and old, needs to be done respectfully. If we use words that impart a negative connotation, it may result in being unkind, unappreciative or disrespectful. The same can be said of the way we receive and welcome people. Even answering the telephone with a smile imparts a loving and positive energy. Similarly, the way we say goodbye, quickly gives a clue whether one’s presence has brought joy or not.

There are times however that a certain amount of firmness is required - but with fairness and sincerity. Sometimes we call this ‘tough love’. One learns that each individual is different, and needs to be addressed differently, using a different approach according to the situation. Trial and error is often the best teacher. As Frank Davidson said, “Our most profitable lessons are learned from failure, not success.”

Love and Light, *Rashidah*

Protect Your Muscles

Always stretch and warm up your muscles before you exercise.

HealthDay lists these common risk factors for muscle strains and injury:

- Tight muscles that haven’t been properly stretched;
- Tired muscles that have been worked too hard;
- Weak muscles that haven’t been strengthened through training and exercise;
- Muscles that haven’t been warmed up before exercise, sports or other activities;
- Muscle groups that work together that don’t have properly balanced strength – e.g. a stronger hamstring than quadriceps, or vice versa.



www.health24.com

COMIC RELIEF ...



A six year old goes to the hospital with her grandmother to visit her Grandpa. When they get to the hospital, she runs ahead of her Grandma and bursts into her Grandpa's room. "Grandpa, Grandpa," she says excitedly, "As soon as Grandma comes into the room, make a noise like a frog!" "What?" said her Grandpa. "Make a noise like a frog - because Grandma said that as soon as you croak, we're all going to Disneyland!"

**I am not fully dressed
until I adorn myself with a smile.**

- Unknown

Whiplash Injury

Whiplash neck injury is a term commonly used to describe a particular type of **soft tissue neck injury**. The term whiplash neck injury refers to an injury to the soft tissues in the neck, of an occupant of a stationary motor vehicle, which is struck directly from behind by another vehicle. Injuries to bone are called fractures. All neck injuries which do not involve fractures can therefore be called soft tissue neck injuries. Symptoms include:

Neck pain

Patients with whiplash neck injury typically experience neck pain. The onset of neck pain may be immediate, but pain usually commences within the first few hours of the accident. The pain is typically:

- worse on waking the morning after the accident,
- perceived over the back of the neck,
- dull or aching in quality,
- or may have a sharp stabbing component, which is usually associated with movement.

Other neck symptoms

Patients typically complain of various types of neck discomfort, including a feeling of stiffness, a feeling of tension or pulling, and/or muscle spasms, and most commonly of a restriction of neck movements.

Headaches

Headaches are commonly experienced at the back of the head or the junction between the head and the neck, and often also radiate forwards into the temples and behind or above the eyes.

Inter-scapular symptoms

In some cases pain and discomfort extends from the neck downwards into the inter-scapular region [between the shoulder blades], of the thoracic spine [upper back].

Shoulder-arm symptoms

In some cases pain and discomfort, as well as a feeling of pins and needles and/or numbness is experienced in the shoulders and less commonly in the upper limbs.

Other symptoms

Patients with whiplash neck injury may experience a variety of other symptoms, which occur less commonly. These other symptoms may be the result of more severe injury and/or complications, and should prompt careful assessment by a spinal specialist [a neurosurgeon or an orthopaedic surgeon with an interest in spinal conditions].

http://www.saspine.org/conditions/whiplash_neck_injury.htm

Bowen Therapy treating Whiplash Injury

A Case History of 2 people who sustained whiplash injury in car accidents.

The Bowen treatment resulted in healing and restoring their confidence in their driving abilities. Whilst their circumstances were quite different, the treatment was the same – with the same results. The procedures used were BRMs 1, 2, 3 and Lower Respiratory and some specific protocols.

The first, Liz, had a major accident on the motorway and was lucky to walk away from the wreckage. She came to see me 3 weeks after the accident, with still major bruising down her right side of her body, and stiff all over, and whiplash injury. In addition, she was depressed and frightened of driving on the motorway.

The second, Ruth, had a minor shunt from behind and came to see me just an hour after the accident. Her neck was very stiff with restricted mobility, and she was in shock. Both required only one treatment each, which restored their mobility and removed the emotions associated with the crashes. During the course of the treatment both felt their bodies become lighter and relaxed. They felt as though their bodies were being stretched from head to toe; their rib-cages suddenly expanded, allowing them to breathe deeply and easily; their left arms became heavy and ached before returning to normal; their jaws tingled and relaxed. Throughout their Bowen treatment their breathing became deeper and longer, with much sighing.

Imagining the forces in play during a car crash, one can see how the body becomes compressed, how the emotions are trapped in the chest, how the driver's one side of the body moves more because of the seat belt arrangement, how the jaw is clenched because of the whiplash and anger.

Bowen technique's gentle actions remove the results of these forces, and bring the body, mind and emotions back to balance.

Dave Riches, Marlow, UK; [Bowen Hands](#), March 2007

Ayurveda – science of life आयुर्वेद

Ayurveda is a Sanskrit word which literally means “science of life”. Common knowledge tells us that a strong constitution brings good health. We all know someone whose health seems robust - not because they keep fit, eat the right foods, and avoid excess toxins, but because they were born with a strength that equips them to cope with the stresses of modern life, and to restore an inherent equilibrium to their health.

But what is this constitution? Ayurveda stresses that we are all born with an individual constitution that is unique: an integral part of being, a fixed point which is our personal baseline for health – a health equilibrium which we restore if we wish but which results in illness if we do not.

Ayurveda is a very comprehensive medical system which has been practiced since ancient times in India as well as other countries, such as Sri Lanka. Ayurveda is a science of life which focuses on the subtle energies in all things – not only in living and inorganic things, but also in our thoughts, emotions, and actions. Each person’s constitution is based on a particular relationship of 3 fundamental and vital energies, or doshas known as: Vata, Pitta and Kapha (correct Sanskrit pronunciation Kapah). Vata is a combination of the air and ether elements. Pitta is primarily the fire element. Kapha is a combination of the water and earth elements. Not only do they determine your capacity for health but they also govern the way you respond to the world around you. To understand Ayurveda one needs to familiarize oneself with the way the energies of vata, pitta and kapha manifest themselves in one’s everyday life. These manifestations can be described in terms of the way we experience them.

How is the constitution determined?

All 3 doshas are present in every one. One or maybe two of the doshas will predominate one’s constitution. The state of your parent’s doshas at the time you were conceived is primarily responsible for your constitution. This is because the qualities of your parents’ experience in life continuously affect the doshas in every cell of their bodies, including sperm and ovum.

Three Ages in Life

During the cycle of birth to death, we evolve through three different ages, each related to the functions of the doshic energy that predominates in that age.

Childhood is the Kapha age. The body grows and has a constant demand for nourishment to develop strong tissues. Ailments related to disturbances of kapha are more common in childhood.

The Pitta age begins at puberty and lasts through the middle years. Many problems, such as acne, experienced by teenagers can be related to pitta, as this dosha increases in the body. During the pitta age, the body needs to be maintained in a stable state, and conditions due to excess pitta, such as acid indigestion, are more likely.

The Vata age begins at about 55 years or with the menopause in women. Metabolism begins to slow down and the tissues are not replenished so readily. Often, a dryness in the body precedes more obvious degeneration of the tissues. The correct diet and a regular oil massage can help keep the body supple.

Making Changes

Every day, the ratio of the 3 doshas within us is altered by whatever we do – eat heavy food, fly on a plane, sit in front of the television for hours, drink lots of coffee in the morning, or stay up all night. So long as the disturbances to our everyday equilibrium are small and not habitual, and so long as we take steps to restore the balance of our constitution, we should remain in health. Once you have a good ideal of the doshic nature of your constitution, you can go on to establish whether or not your lifestyle is helping you stay healthy. If the relationship between your vata, pitta and kapha is disturbed then you will need to take steps to adjust your lifestyle and modify some of your habits in order to restore your wellbeing and health. For example, habitually eating hot spicy food causes the heat in your body and mind to increase. Should this heat become excessive it could contribute to the disease process – the first signs may have “hot” qualities, such as an itchy rash or an unhelpful, critical attitude of mind. But if you have a “cold” constitution, hot spicy food may help maintain your balance.

The Doshas and the Mind

Vata: creativity, enthusiasm, freedom, generosity, joy, vitality. If you have a vata constitution, you are likely to be artistic and creative with a good imagination, though you may find it hard to put your ideas into practice, as new ideas continually catch your imagination. Your memory may not be very good.

Pitta: ambition, concentration, confidence, courage, enthusiasm for knowledge, happiness, intelligence. A pitta constitution generally means you have a very alert, focused mind. You grasp information quickly and manipulate it to your advantage. Your memory is good for information you consider useful for furthering your aims, but not so good at remembering birthdays and anniversaries.

Kapha: caring, centeredness, compassion, contentment, faith, fulfillment, groundedness, patience, sense of being nourished, stability, support, tenderness. If kapha predominates, you will have a steady and reliable mind. You may take time to learn, but will remember what you have learnt. There can sometimes be an element of dullness with a kapha mind; it is usually content not to seek fresh mental stimulation.

Continued on next page ...

Commitments, Habits and Preferences

Vata types need to introduce regularity to their lives and keep it – one of the hardest things for a vata person to achieve. But in succeeding you will experience less erratic levels of energy and a decrease in the discomforts caused by excess vata, such as insomnia and weariness. Eat regularly and establish a routine for going to bed and getting up. Note when you are running on overdrive – unable to pay enough attention to your current task, frantically going three things at once, or talking fast and frequently, skipping from subject to subject. Slow down and give yourself time to think; you will achieve all you need to, but will be less tired.

Pitta types may have already organized themselves efficiently – and often those around them too you tend to be precise about following your plans, as this helps you achieve your objectives. Avoid becoming too goal orientated. Take time out to do things just for the sake of doing them – take a relaxing walk instead of playing a competitive game. Sitting outside on a clear summer's night, staring at the moon is very soothing for pitta.

Kapha – if you already have a fixed schedule and don't like to change, you are probably a kapha type. Review your routine often, making deliberate changes to prevent yourself from getting stuck in a rut. Overcome your kapha dislike for change by making a pact with yourself to do something in a slightly different way each day – e.g. vary your route to work.

Occupations

You may spend as much as a third of your day working. The qualities of different occupations can be related to the qualities of vata, pitta and kapha.

The airy quality of Vata is good for **communication skills**; the ether element adds creativity. Compatible occupations for vata constitution include **dancing, acting, designing, teaching, writing, photography**.

A strong intellect is associated with Pitta; so too is the precision exhibited, e.g. by competent **engineers**. Occupations best suited to pitta include **management, politics, surgery, law, finance**.

The steadiness and compassion of kapha is appreciated in the **caring professions**, and the earth element in kapha finds good expression in **horticulture and catering**. Work satisfaction can be found in **nursing, administration, cooking, building, counselling, manual labour**.

Inevitably, many occupations call on the qualities from all doshas.

"The Book of Ayurveda", Judith H Morrison



Losing parts of yourself you once thought were your identity, youth, beauty and ambition is painful. But embracing the gifts of age can bring unexpected freedom.

Sharon Salzberg

Life's Simplest Pleasures

Watch the sun rise; Walk barefoot on the beach; Listen to a favourite song; Curl up with a good book; Dance in the rain; Ride a bicycle; Walk among the wild flowers; Sing in the shower; Build a sand castle; Gaze at the night sky; Look for shapes in the clouds; Write a love letter; Laugh until the tummy hurts; Take a leisurely stroll; Savour a meal. Look softly into the eyes of a loved one; Smile – with your heart.

Razor Burn

One of the biggest chores that guys have to face on an everyday basis comprises of shaving. However, what is more taxing than the shaving process itself is the razor burns, which often occur when you end up having a close shave.

Razor burns start with itching and soon develop into red blotches on your face. The result is that you are not only uncomfortable, but look somewhat funny as well. Of course, one way of not suffering razor burn is to stop shaving.



"Razor burn is actually a skin irritation," says Dr Evelyn Placek, M.D., a dermatologist. "When you shave, you're basically peeling off part of your epidermis--the top layer of skin. The redness is a normal response to tissue injury. Blood flow increases to the area to heal the wound, and blood vessels dilate and become red. Every time you shave again, you re-irritate your skin."

A moisturizing body lotion will help reduce dryness and itchiness after shaving.

The best time to shave is after a shower or bath. Your skin won't be dry, and your hairs will soften and stand up, so shaving will be less traumatic.

Here are some suggestions to treat razor burn:

- Try **rubbing pure ghee mixed with lavender and tea tree oil**.
- Try **witch hazel** to kill bacteria and reduce inflammation of the shaving area. Follow with coconut oil to moisturize the pores and prevent blockages that can lead to red, inflamed pores and ingrown hairs.
- Apply **Aloe Vera gel** on your skin after shaving, to prevent razor burn. Use one that is made with 100% aloe.
- Razor burn can be treated by patting **apple cider vinegar** at the affected areas.
- Apply **Calendula Ointment**. It works fast and effective.

PS. Remember that fragrances and scents can antidote the curative effects of Homeopathic Remedies.

(http://www.ehow.com/facts_4829083_home-remedies-skin-problems.html)

Desert Rose Music presents:

Desert Rose Universal Chanting

Uniting People; Uplifting Spirits

Join Desert Rose in chanting ancient Sufi and other universal chants while enjoying their performance of some of their exotic and spiritual music such as "Remembrance", "Love is our Mother", "Ana Becho'ach", "Shalom/Salam", and the Al-Ghazali prayer: "I ask you".

Enjoy 30 minutes of a Desert Rose performance with Lynne (keyboard and vocals), Yusuf (lead vocals), Ayala (guest vocals), Farah (clarinet and backing vocals), and Michaela (backing vocals). Plus another 30 minutes of universal chanting.

In a world confused by labels, words and different voices, Desert Rose aims to use the universal language of music to open hearts to the Only Voice that speaks to all of us about love, respect and Oneness.

Erin Hall, Rondebosch - Sat. 05 June 2010 at 8pm

Donation: R60

Contact details: bookings@desertrosemusic.co.za

Yusuf Ganief – 083 3202 265; Angela Whitehead – 084 3021 326

www.desertrosemusic.co.za

Contact details:

Rashidah Hargey

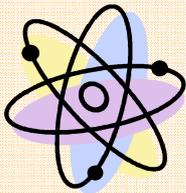
- **BOWEN TECHNIQUE**
- **QUANTUM TOUCH**
- **REIKI – Mikaomi Usui**
- **YOGA INSTRUCTOR**

Theracare Health Centre
118 First Avenue
Rondebosch East 7780
(opp. Crawford Station)

Telephone:
(021) 696 5928 (o/h)
083 29 444 29

Website:
www.bowentherapy.co.za

E-mail:
info@bowentherapy.co.za
rashidah.hargey@gmail.com



**Every body is better
with Bowen**

June is National Blood Donor Month

Did you know that type O blood is the most common blood group and is always in demand? And that your body replaces donated blood within 24 hours? June is National Blood Donor Month and if you've never considered donating blood before, now's your chance to learn more about this life-saving opportunity. The South African National Blood Services receives over a million units of blood through donations every year. But many people may be sceptical about donating due to some common myths.

- The SANBS advises that you have a snack or meal at least four hours before you donate. Afterwards, you need to make sure you drink plenty of liquids and you may want a glass of juice or a cup of sweet tea immediately after the donation. But aside from that, you will probably feel absolutely normal! Some people do experience light-headedness but this passes within an hour or two.
- The entire process will only take about half an hour. This includes the time you will spend filling out the necessary forms and donating the blood. Some people will choose to spend a little while after the donation is complete to remain lying down while having something to drink. It's up to you.
- All needles and equipment used in donating blood is sterile and is disposed of after your donation. You cannot contract AIDS or any other disease by donating blood.
- While donating blood is safe, there are measures in place from the SANBS that will ensure the safety of you and the recipients of your donation. You will be required to fill out a detailed form, asking about any medical conditions or surgery you have had, your sexual lifestyle and whether you have HIV or you think you may have HIV. This is confidential information and will not be shared with anyone else.
- Remember that at any one time, the SANBS needs to have an eight-day supply of blood available for emergencies and blood transfusions. This supply needs to be higher during peak holiday seasons, when the likelihood of road accidents is higher.

If you would like to donate blood or are unsure about whether you are eligible, contact the SANBS on 0800 119 031 or visit www.sanbs.org.za for more info. www.clicks.co.za

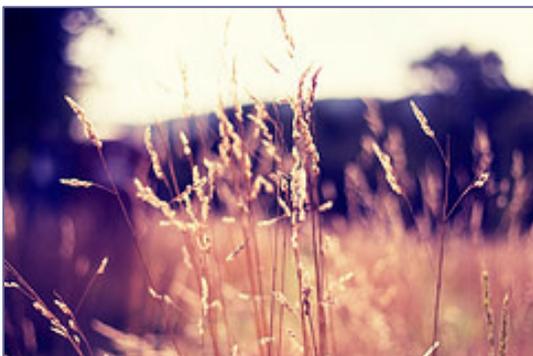
TEST YOUR KNOWLEDGE

1. Which young green cucumber, beginning with a G, is used mainly for pickling?
2. Name the only fruit that has seeds growing on the outside?
3. How many sides does a tetragon have?
4. Which South African province is the smallest?
5. Which word, beginning with an A, refers to fossilized resin used in jewellery?

1. Gherkin
2. Strawberry
3. Four
4. Gauteng
5. Amber



**Re-use
Reduce
Recycle**



Pic by [.Alyssa.](#)

TIME TO CONTEMPLATE

Businesses exist to make money. People don't. It is not what we are here for and so we cannot consider that our purpose is fulfilled, even if we manage to become wealthy. We have to value ourselves by something much deeper and more meaningful than the contents of our bank accounts. And though we may have a responsibility to make ends meet, we should not consider ourselves to be failures if we can't always manage that.

- Jonathan Cainer