



# Healing at Hand

Aug 2010  
Issue 21  
Winter



Pic: Peekaboo by [AlicePalice](#)

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**“Be humble for you are  
made of earth.  
Be noble for you are  
made of stars.”**  
– Serbian proverb

## Greetings ...

**Beauty is in the eye of the beholder.** So the saying goes, it having appeared first in 3rd century BC in the Greek language.

Eyes hold great fascination for me. They come in the most beautiful, interesting colours – a prismatic delight for the one who beholds it. Some eyes are radiant, yet others are dull (indicative of poor state of health?); some eyes exert a magnetic effect, while others appear mysterious; some colours may change to a different shade according to the persons emotional state or being offset by external surrounding colours. At times, looking into someone’s eyes it feels as if one can become totally immersed in them. Ever observe lovers gazing into each other’s eyes, totally oblivious to their surroundings? And a baby while being breastfed by its mother - their gazes totally locked? What do they see? That loyal look of the dog to its master; the soft, peaceful brown eyes of a cow; the slinky eyes of a cat; that wide-eyed toddler revelling in discovery.

They all tell a story. Eyes are able to express such a vast array of information – joy, love, pain, sadness, devotion, panic, recognition, distaste, confusion, etc. Non-verbal feelings/thoughts can be imparted silently through mere eye contact.

**“There is a road from the eye to the heart that does not go through the intellect”** - G K Cheston. Perhaps safest form of communication since nothing gets ‘lost in translation’? The eyes play a huge roll in collecting external information. Should we, however, wish to tune into our *internal* environment it may become necessary to shut the eyes, as they may be the very reason for easy distraction.

Furthermore, the eyes can be a dead give-away when someone is telling a lie. George Herbert quoted: **“The eyes have one language everywhere”**. How true - no matter what language we speak, a great part our communication is understood through eye contact (or sometimes deliberately avoiding eye contact).

When one looks into the eyes of a child, there is so much purity evident in their being, as Owen Meredith said: **“Those true eyes, too pure and too honest in aught to disguise the sweet soul shining through them”**. Also, a Yiddish proverb proclaims: **“The eyes are the mirror of the soul.”**

And finally, something that speaks volumes:

**“An eye for an eye makes the whole world blind.”** – Mahatma Gandhi.

May you find beauty, peace, love, and joy in what your eyes behold! *Rashidah*

## COMIC RELIEF ...



An elderly lady did her shopping and, upon returning to her car, found four males in the act of leaving with her car. She dropped her shopping bags and drew her handgun, proceeding to scream at them at the top of her voice, "I have a gun and I know how to use it! Get out of the car you dirty rotten scoundrels!" The four men didn't wait for a second invitation, got out and ran like mad, whereupon the lady, somewhat shaken, proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried and then it dawned on her why. A few minutes later she found her own car parked four or five spaces farther down. She loaded her bags into her car and drove to the police station. The sergeant to whom she told the story nearly tore himself in two with laughter and pointed to the other end of the counter, where four pale white males were reporting a carjacking by a mad elderly woman described as white, less than 5" tall, wearing glasses and has curly white hair, carrying a large handgun. No charges were filed.

## Tick tock ... Tick tock ...

### Perfect Clockwork

**While we are asleep, the cells in our body begin an intricate repair process. We take a look at chronobiology, the study of the ticking human clock.**

At midnight, while we are asleep, our bodies are absorbing the fat we have consumed during the day and our cells are beginning their intricate repair processes.

Midnight is the time when pregnant women are most likely to experience labour pains. At this hour, the body experiences a rush in progesterone, the hormone secreted by the ovary during the menstrual cycle and the placenta during pregnancy to bring on labour.

Anyone who has suffered from gout will tell you that the worst attacks often occur at this time of night. This is because the concentration of uric acid, which builds up and crystallized in joints and causes pain, peaks between midnight and 2am.

Levels of the hormone vasopressin, which suppresses bladder activity, increase.

Asthma sufferers are 300 times more likely to have a severe asthma attack now than at any other time.

Adrenaline and anti-inflammatory hormones are at their lowest between 3am and 4am, which causes airways to narrow. Spasm-triggering compounds called leukotrienes are also at their highest.

You are most likely to die at this time in hospital according to figures from Harvard Medical School. The reason could be that blood pressure reaches a low during sleep. Sudden infant death syndrome is also most likely to occur at this time for the same reason. On a more positive note, more women give birth naturally between 4am and 6am than at any other time.

Growth hormones are secreted throughout the night to repair tissue and strengthen bones, so at this time the body does not want to be awake. Those working the night shift are at their least alert now because of the high levels of melatonin which makes us want to sleep.

Anyone wanting to become pregnant should try to conceive now. You are most likely to conceive a few hours after ovulation, which usually starts around midnight. Fortunately this coincides with the time that our libidos are at their peak. In the early morning, the male sex hormone testosterone, which is responsible for sex drive in both males and females, surges.

Your joints and body feel stiff in the morning because anti-inflammatory hormones are at their lowest level and your muscle temperature is low after a night of sleep. This is why sufferers of rheumatoid arthritis usually feel more pain in the early morning.

It is also the time you are most likely to get a migraine because of fluctuations of the "feel good" hormone serotonin. The trigger for an attack is a lack of this chemical, which occurs naturally in the brain.

As your body wakes up, blood pressure and temperature start to rise and the stress hormone cortisol surges. It is at this time that heart attacks, angina and sudden cardiac deaths are most common because the combination of cortisol and the increase in heartbeat puts pressure on the heart.

Your blood clots the most at this time, which also makes your risk of stroke highest at 8am.

Your digestive system is working at its peak now, so first thing in the morning is the best time to eat a big meal. If you need to have an injection, now is the time to have it because you are least likely to feel pain. The hormone adrenaline, which helps us to endure pain, peaks now.

This is the best time to take an exam or interview because wakefulness peaks mid-morning so concentration, short-term memory and logical reasoning are at their best.

The body's glucose levels are also high, giving the brain and body good energy levels.

Your immune system is at its most vulnerable now because the helper T-Lymphocytes of the immune system are at their least active during this time.

The risk of stroke due to clot formation and blood vessel blockage is at its highest because blood pressure peaks around midday.

Strokes known as cerebral infarctions are 50% more likely to strike between 6am and midday than at any other time.

Your urinary production is reaching a high point after a morning of liquid consumption, and your kidneys are working at maximum efficiency to wash out any toxins of the body.

As your body works to digest lunch, physical efficiency and energy drops. You are more likely to be in a road accident at this time, because the body slows down dramatically and concentration levels can dip.

Research shows that toothaches are at their least painful in the late afternoon. It could be that endorphins that protect against pain reach a peak now.

The skin is at its most porous mid-afternoon because your body is warm. With heat pores open, this is the most effective time to rub cream into your skin.

This is also a good time to have an aerobic workout. The body is at its strongest, most flexible and responsive now because it is warm and adrenaline levels are at a high. Most Olympic records have been set at this time.

Hair and nails grow quickest between 4pm and 5pm and lung function is at its best.

As the body begins to tire, muscle tone is lessening and heart rate and blood pressure are gradually reducing. By early evening, your stomach is producing more acid. The more food that is in the stomach, the more acid it produces.

The acid build-up can sometimes be pushed up the oesophagus, causing acid reflux. It can also aggravate any existing stomach ulcers.

As daylight fades, your body is starting to secrete melatonin to prepare for sleep. As the body relaxes, your sense of smell and taste are at their most acute – making it the ideal time for a delicious meal.

Liver enzymes increase now. They decrease again by 10pm.

You are most likely to suffer from pain as your pain threshold is at its lowest. This is because levels of pain-blocking endorphins are falling

Your immunity is at its optimum level because levels of interleukin 1, one of your body's immune system regulators, increases at this time.

Your sensitivity to allergies is at a peak. By 11.30pm high melatonin levels make us feel ready to sleep. Ten minutes after we fall asleep, the heart rate slows and brain waves reduce. Twenty five minutes later, we are in a deep sleep . . .

ZZZZZZZZZZ

*Marianne Power*

***Leaves one in awe and truly appreciate this marvel of creation that we inhabit, doesn't it? Do take special care of it. It serves you well.***

## GETTING THE TIMING RIGHT

Pioneering researchers around the world believe that medicine should take into account what is happening to the body at specific times of the day.

Drugs which have no effect at noon might be potent 12 hours later. And drugs may have fewer side effects if taken in the morning rather than at night.

Chronotherapeutics researches the effect of treating patients at specific times of the day.

According to Dr Michael Smolensky at the Hermann Hospital in Houston, there are about 30 diseases which could be more effectively targeted if the treatment was carefully timed.

Treating pancreatic cancer, for example, with certain drugs is most effective at 4am, when the enzyme that protects healthy cells is at its highest, so higher doses can be given.

## TISSUE SALTS AND THE ORGAN CLOCK

In the 24-hour cycle, particular organs and systems have their peak time of activity. Over-activity may occur due to an imbalance, resulting in various symptoms and discomforts. Tissue Salts may help to bring balance and harmony in addressing this imbalance.

Time	Organ Peak Time	Tissue Salts
01h00-03h00	Liver	No. 7 – Kali Sulph
03h00-05h00	Lungs	No. 12 - Silica
05h00-07h00	Colon	No. 5 – Kali Mur
07h00-09h00	Stomach	No. 3 – Calc Sulph
09h00-11h00	Spleen/Pancreas	No. 11 – Nat Sulph
11h00-13h00	Heart	No. 4 – Ferr Phos
13h00-15h00	Small Intestines	No. 6 – Kali Phos
15h00-17h00	Urinary Bladder	No. 8 – Mag Phos
17h00-19h00	Kidneys	No. 9 – Nat Mur
19h00-21h00	Circulation	No. 10 – Nat Phos
21h00-23h00	3-Food Heater	No. 1 – Calc Fluor
23h00-01h00	Gall Bladder	No. 2 – Calc Phos

## Most drug abusers are employed

Substance abuse in the South African workforce is on the rise. The most 'visible' drug abusers - those in the final stages of addiction - can't keep down a job. But at any one time most abusers are in the earlier stages of the process, and still able to go relatively undetected in the workplace. The following are tell-tale signs that a colleague might have a drug problem:

- decreasing work performance and productivity;
- forgetfulness, poor concentration and poor judgement calls;
- erratic work patterns; failure to meet deadlines;
- loss of interest and motivation;
- impaired communication and interpersonal skills;
- poor conflict management;
- aggressive or inappropriate behaviour;
- dishevelled appearance;
- lateness and absenteeism.

[Read more: Drugging on the job](#)

[www.health24.com](http://www.health24.com)

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 Cainier*

# Tissue salts – what are they?

*They're inexpensive, taste fine and seem to be able to counteract just about every common ailment from pimples to period pain, headaches to hangovers. Meet the 12 tissue salts that many swear are all you need to balance your body, and keep you healthy for life.*

## What are they?

Tissue salts, also known as "cell salts" or "biochemistry salts", are the same minerals that are found in rocks and in soil. What's interesting is that they already occur naturally in the human body, which means that an imbalance or lack of certain ones opens the door for illness and disease.

The key, therefore, is to keep the body in balance. But this is easier said than done, as homeopath Eva Schoenfeld of the Academy of Tissue Salts and Facial Analysis explains:

"In the past we could easily replace lost minerals through our normal daily nutrition, but in modern life 'empty' food harvested from drained soil leads to constant mineral depletion in the human body."

She adds that the soils in South Africa are completely depleted of minerals, and believes that this is one of the reasons there are so many immune diseases in the country.

"The British Institute of Science in Society in London did much research regarding the mineral selenium and discovered very interesting geographical connections. Most notably, they found that the soil of the whole southern hemisphere is actually devoid of zinc, magnesium and selenium - the latter being one of the most crucial natural immune boosters. They also compared this situation to the North-African country Senegal, and found that their soil is very rich in selenium, and it is fact that immune diseases and many other ailments and syndromes are almost unknown there."

## Why your body needs them

Modern lifestyles drain even the most health-conscious of us, and if you consider that you lose minerals through stress, worry, bad nutrition, industrially tainted foodstuffs, electro-pollution (from cell phones, microwaves, computers), through environmental toxins (insecticides, pesticides, preservatives etc), as well as exposure to heavy metals such as amalgam dental fillings, lead, aluminium and contaminated drinking water, it really is a wonder there's anything left.

This is why Schoenfeld believes humanity is becoming weaker and more disease-prone from generation to generation. The missing minerals are not being replaced.

"This tendency is very much in evidence nowadays. If we only consider the worrisome increase in babies that are already born with allergies and other deficiencies, you can see that a mineral deficiency has been transmitted by the mother. What the mother lacks in minerals during pregnancy, the child will be lacking at birth.

"This is one of the reasons for the ongoing and increasing generational deficiencies, and will continue indefinitely until people are ready to accept the necessity of a regular mineral-replacement policy in life. With application of the correct amounts of tissue salts, the body can heal and restore itself from within," she says.

## History of tissue salts

We can thank Dr Wilhelm Scheussler, a prominent 19th Century German doctor, for the "discovery" of tissue salts. He conducted research that established that each human cell contains 12 minerals or biochemic tissue salts when reduced to ashes, and that these minerals should be present in all living cells in perfect balance to ensure good health.

Using a form of medicine known as biochemistry, he deduced that any imbalance of these salts, or a deficiency of any of the tissue salts, causes malady. The body then begins to develop symptoms associated with the tissue salts that are lacking. Therefore, he established that restoring the accurate balance of tissue salts in the body would remove the symptoms of illness and restore health.

Wikipedia asserts that biochemic cell salts are alternative remedies based on inorganic salts that were elaborated by Scheussler, and which are not classed as homeopathic remedies, since they're not purported to act according to the "like cures like" principle of homeopathy.

It also states that inorganic salts were first used as homeopathic remedies by Samuel Hahnemann, and further developed by Scheussler, who identified 12 different salts in human tissue based on his analysis of the inorganic constituents of cremated organs and remains.

According to Wikipedia, "even though water and organic matter make up a greater portion of living cells, the inorganic matter is the only substance that the organism/cells cannot produce by itself. Since the life of living cells is relatively short, the creation of new cells depends on the presence of minerals. Mineral deficiencies will inhibit the proper functioning of living cells."

## How the body uses them

According to Schoenfeld, most people are rather ill-informed when it comes to the benefits of, and how to take, vitamins and mineral supplements, believing that minerals on the cellular level can be replaced by vitamins and nutritional supplements.

"Vitamins and supplements can only get cellular acceptance provided the cells are adequately mineral-enriched and balanced in the first place. If these minerals (tissue salts) are absent, the body will battle to absorb even a tiny fraction of these 'intruders'. In this case, the supplements will rather become a stress factor for the cells, which are missing the minerals for their intra- and extra-cellular balance to pave a smooth entry for vitamins and other substances," she explains.

Schoenfeld uses the example of anaemic people and their iron intake to illustrate her point, and says that iron tablets or shots represent a big strain for the body. So, the easiest way would be to take the iron from our food, which can again be a problem unless you're eating guaranteed organic food that is still rich in nutrients.

"If the iron level in the cells is depleted, the body won't be able to absorb the iron. But once one has had sufficient tissue salts and refilled its deposits, the body will be able to absorb the iron, and that is the same case with every vitamin or food supplement. The body has to be enabled to receive any benefit from them."

## 12 basic tissue salts

There are 12 basic tissue salts that can be used on their own, or in recommended combinations, to treat a very wide variety of ailments. They are:

- Number 1: Calc fluor** - Tissue elasticity restorer
- Number 2: Calc phos** - Cell restorer
- Number 3: Calc sulph** - Blood purifier, purulent agent
- Number 4: Ferr phos** - Anti-inflammatory
- Number 5: Kali mur** - Detoxifying agent
- Number 6: Kali phos** - Nerve and brain cell agent
- Number 7: Kali sulph** - Metabolism, pancreas conditioner
- Number 8: Mag phos** - Pain and cramp killer
- Number 9: Nat mur** - Water distributor
- Number 10: Nat phos** - Acidity neutraliser
- Number 11: Nat sulph** - Liver cleanser
- Number 12: Silicea** - Skin and connective tissue conditioner

Schoenfeld adds that there are another 15 supplementary substances (numbers 13 to 27), which Dr Schuessler did not determine because his analysis methods weren't advanced enough. They are well known in Europe and now also available in South Africa.

## Who can use them?

One of the major benefits of tissue salts is that they're very safe. They're also very inexpensive. However, as with most health matters, it's always best to check with your health practitioner beforehand.

That said, tissue salts are generally suitable for everyone from babies to diabetics and even animals.

Margaret Roberts' book "Tissue Salts for Healthy Living" is perhaps one of the best buys if this avenue of healthcare appeals to you. Not only does she go into easy-to-read detail about each tissue salt - what it contains, what it works best for, what other tissue salts it can be taken with - it also contains important information on how to take them.

## What is the best way to take them?

Tissue salts generally come in tablet form and are comprised of lactose powder. This is similar to homeopathic products. Each inorganic salt is ground with lactose powder in a ratio of 1:9 and this mixture is then ground with fresh lactose, in the same ratio. This process is repeated either three or six times, yielding a 1 000 000 to 1 dilution or 1000:1 dilution.

Schoenfeld recommends that all tissue salts be combined with each other and taken throughout the day. She explains that the absorbing of the active ingredients happens through the laryngeal mucous membranes of the mouth. The more urgently the body needs the tissue salts, the faster they dissolve or the sweeter they taste. This can also happen simultaneously.

## The best way of taking tissue salts tablets:

Mix all tablets of the required numbers together in a dish and shake it. Take one by one during the day. Let them dissolve in your mouth - as the best absorption is through the mucous membranes. It is not true that you must take one number and then another - the body knows exactly where to go with the different numbers.

But it is true that you should not take more than three tablets at once, as the capacity of absorption is limited.

The best way of taking tissue salts powder:

Dissolve the required amount of powder in a glass of water and sip it. Keep the sip in your mouth for about 30 seconds before swallowing.

- [www.health24.com](http://www.health24.com)

Sources: Eva F. Schoenfeld, *Academy of Tissue Salts and Facial Analysis*.

E-mail [info@facialanalysis.co.za](mailto:info@facialanalysis.co.za); visit [www.facialanalysis.co.za](http://www.facialanalysis.co.za) or phone 076-819-4590.

'*Tissue Salts for Healthy Living*' by Margaret Roberts, available on Kalahari. Net or visit [www.margaretroberts.co.za](http://www.margaretroberts.co.za); Wikipedia

(Amy Henderson, Health24, February 2009)

Read more: [Tissue salts tool](#)

**Being deeply loved by someone gives you strength,  
while loving someone deeply gives you courage.**

-Lao Tzu

## FASTING FOR GOOD HEALTH – BODY, MIND & SPIRIT

Fasting, or voluntarily refraining from eating, is one of Nature's greatest healing agents, often restoring health when everything else has failed. It gives the whole digestive system a rest, allowing the body to cleanse itself thoroughly, and often removing waste matter and impurities that have accumulated over years.

**PHYSICAL BENEFITS:** Even a one day fast gives the bowels a rest. The body feels lighter. The whole system is cleansed and given an overhaul. During a fast, the bodily energy that is usually directed towards digestion is available for the repair and healing of the body. Noticeable changes are:

- The tongue may feel furry while fasting – toxins and impurities released from the body
- The stomach will cease to feel hungry after the third day of the fast
- The peristaltic action will slow down or stop in the small intestine
- The liver benefits from fasting, which is a natural form of cleansing
- You may experience slight constipation during a fast

**MENTAL BENEFITS:** Fasting is an austerity found in most of the major religions. It is practiced to strengthen the mind and the will-power. Just as we can strengthen our muscles by giving them progressively more weight to carry or work to do, so we can also strengthen the mind by giving it increasingly difficult tasks to perform. Fasting will help you to develop concentration and mental strength.

**SPIRITUAL BENEFITS:** When the body and mind are not taken over three times a day by the vibration of food, they are left free to focus on spiritual matters. All world religions recommend fasting, often with vigil, as a means of strengthening prayers. The energy in the Anahata chakra (heart centre – focal point for meditation generating pure qualities such as cosmic love) and the Ajna chakra (brow centre – also known as 'third eye') can be focussed more easily when body and mind are clear, as they are during a fast.

**TYPES OF FASTING:** A total fast means abstinence from all food, both liquids and solids. A partial fast includes the intake of water. Some fasts include milk and fruit only.

### TIPS WHILE FASTING:

- Do not think of food while you are fasting. Use the time for quiet activity
- Enjoy the time that would have been spent preparing food or eating
- Drink as much water as possible (if possible) to help flush out the system
- Practice Yoga postures; they will help to eliminate toxins. Other light exercises, such as walking, is also recommend, but avoid tiring yourself out
- Yogic breathing exercises assist with the cleansing process. Always remember to focus on the exhalation. Positive affirmation and visualisation may further assist this process (e.g. while exhaling, releasing a grey cloud from the soles and repeating mentally "I am releasing toxins and purifying the body and mind, etc. When inhaling, repeating "peace, harmony and joy, etc)
- Practice purificatory practises (such as yogic Kriyas) to cleanse the body
- Bathe frequently, to relax the muscles and assist the skin in its cleansing process
- Take as much fresh air as possible, and try to fast in a natural environment
- Be sure to keep you body warm at all times
- Rest and relax as much as possible. Try to be quiet and to spend time by yourself whenever you can
- Sometimes, especially when you are new to fasting, you may experience some side effects. If you have a headache or nausea, drink some hot peppermint tea. Do not take regular tea or coffee.

### PLANNING YOUR FASTS:

- You can undertake a fast for 1-3 days without the guidance of an expert. Pick a time when you can be as quiet as possible, perhaps at the weekend. You may choose to be alone, or with others who are also fasting and will reinforce your resolve
- One day of fasting each week maintains good health and mental resolve
- Weekend fasts are recommended several times a year, especially at the time when the seasons are changing
- Long fasts of a week or more give great spiritual strength. After the third day, hunger will disappear. You should fast until your normal hunger returns

**BREAKING THE FAST:** It is very important to break your fast correctly. The mind may develop some abnormal cravings for foods. Be careful to resist these impulses. It is best to begin eating slowly. Nourishing soups and broths made from a variety of vegetables are easily digestible and healthy, providing the nutritional needs to the body. In Winter, make warming broths with root vegetables, i.e. Parsnips, Swedes and Turnips, with the addition of grains or pulses. For light, Summer soups use watercress, tomatoes, courgettes, and lettuce, and flavoured with fresh herbs. Heavy meals, high-content sugar and unrefined foods are not recommended; neither is drinking cold liquids.

When returning to your normal diet, try to refrain from unhealthy habits such as coffee, tea, alcohol, and if you must – then consume minimal meat.

**CAUTION:** You should not attempt to fast if you are pregnant, if you have had an eating disorder, or if you suffer from anaemia. Consult your doctor if in doubt.

–Extracted from: *Yoga Mind and Body*, Sivananda Yoga Vedanta Centre Canada; Dorling Kindersley

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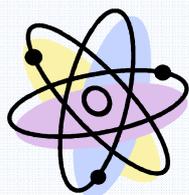
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**Every body is better  
with Bowen**



**Re-use  
Reduce  
Recycle**

## LIVE YOUR LIFE

You have two ways to live your life: from memory, or from inspiration. Memories are old programs replaying. Inspiration is the Divine giving you a message. You want to come from inspiration. The only way to the Divine is to clean all memories. The only thing you have to do is clean.

When you erase something from your computer, where does it go? The recycle bin. Though it's still on your computer, however it's out of sight.

When I experience memories replaying problems, I have a choice. I can stay engaged to them or I can petition Divinity to free them up through transmutation, thus restoring my mind to its original state of peace. Drinking Blue Solar Water transmutes memories, and helps the body to "let go, and let God."

Blue Solar can be made this way: Get a blue glass bottle. Fill it up with tap water. Cork the top of the bottle or wrap the top in cellophane. Place the bottle in the sun or under an incandescent lamp for at least one hour. Drink the water; rinse your body with the water after bathing or showering. Use the Blue Solar Water to cook with, wash your clothes with, and for whatever you use water for. You can make your coffee or hot chocolate with Blue Solar Water. - *Dr Len Hew, "Zero Limits"*

## Is Zinc for more than just colds?

**Question:** Why is Zinc included in multivitamins? I take it when I have a cold, but is there a reason for long-term supplementation?

**Dr. Wright:** As you mentioned, it is an excellent cold preventative and remedy, but zinc's benefits go well beyond that single use. Zinc is an essential mineral to human health. In fact, humans literally can't even start to grow from an initial single cell without adequate zinc. Zinc also helps improve prostate, skin, hearing and vision problems.

- *HealthBytes, Fleet Street Publications – www.fsp.co.za*

## TEST YOUR KNOWLEDGE

1. Complete the Olympic motto: Swifter, Higher, ...?
2. Which is the most populous city in Pakistan - Lahore or Karachi.
3. A piano trio is a chamber ensemble usually consisting of a piano, a violin and which other instrument?
4. Name the highest ranking suit in the card game bridge?
5. Which religion refers to the Four Noble Truths?

*PS. Thank you to the reader who spotted the mistake in the previous issue's Trivia. The correct answer to Question 4: Spiderman.*

1. Stronger 2. Karachi  
3. Cello 4. Spades 5. Buddhism



Worcester Mountains, Western Cape, Winter 2010

## TIME TO CONTEMPLATE

Many years ago, while travelling in Poland, a sage visited the humble abode of a renowned Rabbi known for his great wisdom. The single room in which he lived was filled with books. Other than that, he had nothing except a single table and a bench.

"Rabbi", asked the sage, "where is your furniture?"

"Where is yours?" he then asked the sage.

"Mine?" the sage responded, puzzled. "But I'm just passing through."

"So am I", said the Rabbi. "So am I."