



Healing at Hand

Nov 2010
Issue 24
Spring



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Ninety percent of the friction of daily life is caused by the wrong tone of voice.

Johan C Maxwell

Greetings...

Ah! The splendour of Spring . . . awakening our senses to new colours, sounds and smells! Maybe a bit too much for some though, as it also awakens hay fever symptoms amongst other things. It is evident that this renewal and 'shaking up' is not only happening externally, but also within, hence many people find themselves struggling with one condition or the other at the present time. What we need to do is to create the right environment for healing, plenty of rest, and be patient.

Observe how we enter a moment of stillness in admiration of the emergence of a new flower opening from its bud, or suddenly connecting to the birdcalls outside the window. It may be a fleeting moment, but being totally engaged in that presence we let go of the concept of time.

Time is a concept in our minds. We calculate things and perform actions based on a time factor. However, from time to time, we may have to remind ourselves that time is a mental concept and not everything has to conform to time as we know it. For example, we become sick and we expect it to last a few days. When we are healing, again, we set a time limit for recovery. We set goals and a time-limit for achievement. This is not necessarily a bad thing, however if things don't work out according to that expectation, we become anxious, despondent, worried, and depression may set in.

In two individuals the recovery to a similar condition may happen faster in the one, but take longer in the other. Hence comparison in such cases may not be a healthy thing to do. It is possible that in addition to doing everything that is necessary to facilitate healing, we may also have to "bide our time" and allow the healing its full course without placing a time factor on it as this may burden us with undue stress by wanting everything 'sorted out' within a specific time. Some things happen fast, others slowly. We find that the recognition of the passage of time is always in relation to something material. Why is it that time "stands still" in moments of awe and inspiration? Is it because we enter a different level of consciousness where time as we know it doesn't have importance?

Various religious scriptures mention time. But with that, it may offer different interpretations. 'One day' could signify one century or even one millennium. 'Days' may mean 'stages/periods'. Hence time is not uniform and absolute, as related to everyday experience. What passes for one person as five minutes, may feel like one hour for another. So perhaps what may be needed is a little more patience for the opportune moment for things to happen or manifest for a particular purpose.

Till we meet again, *Rashidah*

COMIC RELIEF ...



The businessman dragged himself home and barely made it to his chair before he dropped exhausted. His sympathetic wife was right there with a tall cool drink and comforting word. "My, you look tired," she said. "You must have had a hard day today. What happened to make you so exhausted?" "It was terrible." Her husband said. "The computer broke down and all of us had to do our own thinking."

Sort out your home vibes



Detergents and dusters take care of grime, but when negativity invades your space, you need a more subtle form of spring-cleaning to banish lingering bad vibes. Anyone who has walked into a house that has just been burgled knows how the bad energy of that event seems to cling to the furniture. Your instinct is to fling open the windows and clean everything, in order to reclaim your space and purify the atmosphere of the intruder's presence. This sensation is not a wacky aberration of your mind, but a 'tuning in' to the subtle energy that surrounds every living creature. Most people feel energy quite strongly in places where a particular emotion or thought pattern is consistently expressed (like the build-up of reverence in a place of worship, or the accumulation of tension in a prison), but you also tap into it each time your intuitive radar picks up good or bad vibes from the people you interact with.

Thoughts are powerful, and the actions and intentions of others affect you in ways that may be beneficial or depleting. Some people are wonderful to be around because they are upbeat and inspirational; others are deliberately destructive or subconsciously steal your energy, leaving you tired and drained. Take note of what is happening around you on an energetic level. When you move into a home or office that has been occupied by others, or when unpleasant experiences taint your environment with a residue of negativity, try one of these age-old energy-cleansing techniques to clear the air and restore a feeling of balance.

Smudging

Plants and their essences have been used in purification and spiritual rituals since time began. The term 'smudging' (the practice of burning fragrant herbs and oils to clean the atmosphere and dispel negative energies) is associated with Native Americans. The sacred pipe of the Sioux was stored with sage branches to keep it uncontaminated, and juniper or cedar was burned while praying to the Great Spirit, in much the same way as incense is used in churches today. Similarly, South African traditional healers perform a daily ritual in which they burn dried and plaited helichrysum branches out of respect for, and to invoke, the ancestors.

Smudging is widely practised among people engaging in spiritual or ceremonial activity, when taking possession of a new space, or when illness or unpleasantness needs to be neutralised. It shifts stagnant energy and cleanses; rather like taking a spiritual shower. Dried sprigs of sage or cedar are bound together to form the core of the traditional smudge stick, but other locally available healing plants, such as rosemary and lavender, can be included. The smoke from the gently smouldering bundle of herbs is wafted over the people or space that needs to be cleared. Alternatively, the dried herbs can be burned in a heat-proof dish. The idea is to release their fragrance and healing properties, and not to create a choking cloud of smoke. The process should be conducted in a spirit of reverence and respect for the gifts the plants bring and, ideally, you should ask their permission before you cut their stems.

Essential oils

The principle behind the use of essential oils is closely allied to smudging: to harness the subtle qualities of certain plants to bring about healing and harmony. Two or three drops of juniper oil in a burner or added to a bowl of steaming water will clear a room of negative energy. Or try lavender (healing and calming), clary sage (revitalising), rosemary (purifying), or benzoin (protective).

When you move into a new home or office, you can clear the energy very simply by dipping a small bunch of fresh herbs in salt water and flicking the drops into the corners of each room. Or mix a tablespoon of salt with two drops of frankincense oil. Allow it to dry, then sprinkle tiny amounts around the room, gradually moving towards an open window.

Crystals

Crystals are powerful energy cleansers. For instance, a chunk of **rose quartz or amethyst placed near your computer will help to reduce radiation**. Wash your crystals in seawater once in a while to rejuvenate them. Kyanite is a self-clearing crystal that repels negative energies and has the ability to recharge other crystals that have become tired. Carry a small one in your pocket or handbag to balance and protect your energy field.

Sound

Drums, church bells, sacred music, gongs, singing and chanting cleanse the atmosphere with harmonious frequencies. Use a singing bowl (a small metal bowl that comes with a wooden stick, available at alternative-health stores) or any beautiful piece of music to bring clarity and tranquillity to your environment. To play a singing bowl, hold it in your palm and, with the wooden stick, rub the outside rim, keeping an even pressure. Gently increase the speed as the bowl begins to vibrate and as the sound grows. You can also tap the bowl to begin the vibration.

Colour

Colour is light, and each one has a frequency that can be used therapeutically to cleanse and balance the aura. 'Your aura is your personal space,' says Aura-Soma practitioner, Alison Effting. 'When you are stressed it goes out of shape. It's important to restore the balance so that life doesn't impact too negatively. By identifying your true colours you can harmonise the auric field around your body.'

... continued on next page

In Aura-Soma, clients select oils that appeal to them from a range of jewel-coloured options. The practitioner 'reads' the combinations that have been intuitively chosen and recommends an appropriate massage oil. Aura-Soma room sprays energised with essential oils, crystal energies and herbal extracts are also available, offering a smoke- and fuss-free alternative to smudging.

Meditation

Effective energy cleansing starts with your awareness of the subtle messages that surround you. **Meditation makes you more alert, boosts the immune system and rewires the brain to reduce stress.** It's helpful to patients suffering from severe illness, it allows busy people to cope more effectively, it alleviates depression and restores balance. If you find yourself in a stressful or chaotic situation, try sitting quietly in meditation for 15 to 20 minutes. By giving your own field a healthy charge, you are less susceptible to negativity and are able to impact your environment in positive ways.

by Catherine Eden

Useful contacts

- Association of Aura-Soma Practitioners of Southern Africa, (021) 761-2808
- Johannesburg Samye Dzong (Buddhist centre), (011) 614-1948
- SA Association of Herbal Practitioners, (021) 854-3529
- Aromatherapy Association of SA, (021) 531-7314

A loving person lives in a loving world.
A hostile person lives in a hostile world:
everyone you meet is your mirror.
- Ken Keyes Jr.

The less you open your heart to others, the more your heart suffers. - Deepak Chopra

Tennis Elbow

Tennis elbow is an overuse injury. The cause is repeated contraction of the forearm muscles that you use to straighten and raise your hand and wrist. The repeated motions and stress to the tissue may result in inflammation or a series of tiny tears in the tendons that attach the forearm muscles to the bone at the outside of your elbow.

As the name tennis elbow indicates, playing tennis (particularly, repeated use of the backhand stroke with poor technique) is one possible cause of the condition. However, many other common arm motions, including using plumbing tools, painting, raking and weaving, can cause tennis elbow.

Tennis elbow symptoms may include: Pain that radiates from the outside of your elbow into your forearm and wrist, pain when you extend your wrist, forearm weakness, pain that gets worse over weeks or months, a painful grip during certain activities, such as shaking hands or turning a doorknob and an inability to hold certain objects, such as a coffee cup.

Talk to your doctor if self-care steps such as rest, ice and use of over-the-counter pain relievers don't ease your elbow pain and tenderness. Seek immediate care if your elbow is hot and inflamed, and you have a fever, you can't bend your elbow, your elbow looks deformed or you suspect you've broken a bone.

Tennis elbow is most common in adults ages 30 to 50 but the condition can affect anyone who repetitively stresses the wrists. People who smoke or anyone who uses repetitive movements for at least two hours a day is at greater risk. Left untreated, tennis elbow can result in chronic pain especially when lifting or gripping objects. Using your arm too strenuously before your elbow has healed can make the problem worse. These steps may help you prevent a tennis elbow injury:

- Review your technique. Have a tennis professional review your technique to see if you're using the proper motion.
- Build your strength. Prepare for any sport season with appropriate preseason conditioning.
- Keep your wrist straight. During any lifting activity including weight training or during tennis strokes, try to keep your wrist straight and rigid. Let the bigger, more powerful muscles of your upper arm do more of the work than your smaller forearm muscles do.
- Warm up properly. Gently stretch the forearm muscles at your wrist before and after use.
- Use ice. After heavy use of your arm, apply an ice pack or use ice massage.

Source: www.mayoclinic.com

Learn, Earn, Return – these are the three phases of life. - Jack Balousek

Golfer's Elbow

Golfer's elbow is pain and inflammation on the inner side of your elbow, where the tendons of your forearm muscles attach to the bony bump on the inside of your elbow. The pain may spread into your forearm and wrist.

Golfer's elbow is similar to tennis elbow but it occurs on the inside rather than the outside of your elbow. And it's not limited to golfers. Tennis players and others who repeatedly use their wrists or clench their fingers also can develop golfer's elbow.

The pain of golfer's elbow doesn't have to keep you off the course or away from your favourite activities. With rest and appropriate treatment, you can get back into the swing of things. Golfer's elbow is characterized by:

- **Pains and tenderness on the inner side of your elbow.** Sometimes the pain extends along the inner side of your forearm.
- **Stiffness.** Your elbow may feel stiff, and it may hurt to make a fist.
- **Weakness.** You may have weakness in your hands and wrists.
- **Numbness or tingling.** Many people with golfer's elbow experience numbness or a tingling sensation that radiates into one or more fingers - usually the ring and little fingers.

The pain of golfer's elbow may appear suddenly or gradually. The pain may get worse when you swing a golf club or racket, squeeze or pitch a ball, shake hands, turn a doorknob, pick up something with your palm down or flex your wrist toward your forearm. Many activities can lead to golfer's elbow, including:

- **Golf.** Gripping or swinging the clubs incorrectly can take a toll on your muscles and tendons.
- **Racket sports.** Excessive topspin can hurt your elbow. Using a racket that's too small, heavy or tightly strung also can lead to injury.
- **Throwing sports.** Improper pitching technique in baseball or softball can be another culprit.
- **Other activities.** Painting, raking, hammering, chopping wood, typing and other repetitive wrist, hand or arm movements.

Golfer's elbow is most common in men ages 20 to 49 - but the condition can affect anyone who repetitively stresses the wrists or fingers.

Consult your doctor if rest, ice and over-the-counter pain relievers don't ease your elbow pain and tenderness. Seek immediate care if your elbow is hot and inflamed, and you have a fever, you can't bend your elbow, your elbow looks deformed or you suspect you've broken a bone. You can take steps to prevent golfer's elbow:

- **Strengthen your forearm muscles.**
- **Stretch before your activity.**
- **Fix your form.** If you golf, ask an instructor to check your grip and swing technique.
- **Lift smartly.** When lifting anything including free weights keep your wrist rigid and stable to reduce the force transmitted to your elbow.

It's also important to know when to rest. At the first sign of elbow pain, take a break. In addition to self-care measures, time off is often needed to promote healing.

Source: www.mayoclinic.com

A Sufi was once engaged in prayer when his room caught fire.
He did not stop praying for one moment.
Afterwards, people asked him about this. He replied:

'The Divine Fire held my attention,
so I could not attend to the fire in my room.'

Kindness is the light that dissolves all walls between souls, families, and nations.
Paramahansa Yogananda

Appendicitis

Appendicitis is an inflammation of the appendix, a 3 1/2-inch-long tube of tissue that extends from the large intestine. Left untreated, an inflamed appendix will eventually burst, or perforate, spilling infectious materials into the abdominal cavity. Appendicitis occurs when the appendix becomes blocked, often by stool, a foreign body, or cancer. Blockage may also occur from infection, since the appendix swells in response to any infection in the body. The classic symptoms of appendicitis include:

- Dull pain near the navel or the upper abdomen that becomes sharp as it moves to the lower right abdomen. This is usually the first sign.
- Loss of appetite
- Nausea and/or vomiting soon after abdominal pain begins
- Abdominal swelling
- Fever
- Inability to pass gas

Almost half the time, other symptoms of appendicitis appear, including:

- Dull or sharp pain anywhere in the upper or lower abdomen, back, or rectum
- Painful urination
- Vomiting that precedes the abdominal pain
- Severe cramps
- Constipation or diarrhoea with gas

Call your doctor if you have pain that matches these symptoms. Do not eat, drink, or use any pain remedies, antacids, laxatives, or heating pads, which can cause an inflamed appendix to rupture. Surgery to remove the appendix (appendectomy), is the standard treatment for appendicitis. Within 12 hours of surgery you may get up and move around. You can usually return to normal activities in 2 to 3 weeks. After an appendectomy, call your doctor if you have:

- Uncontrolled vomiting.
- Increased pain in your abdomen.
- Dizziness/feelings of faintness.
- Blood in your vomit or urine.
- Increased pain and redness in your incision.
- Fever.
- Pus in the wound.

There is no way to prevent appendicitis. However, appendicitis is less common in people who eat foods high in fibre, such as fresh fruits and vegetables.

www.all4women.co.za

Aaaah... aaaah... tisshoo !!!

The Anatomy of a Sneeze

Sneezing, also called sternutation, is your body's way of getting something irritating out of your nose. When the inside of your nose gets a tickle, a message is sent to the part of your brain called the sneeze centre. The sneeze centre sends a message to all the muscles that have to work together to create the sneeze. Those include the abdominal muscles, chest muscles, diaphragm, the muscles that control your vocal cords, muscles in the back of your throat, and your eyelid muscles. It's impossible to keep your eyes open when you sneeze.



The sneeze centre makes all these muscles work in just the right order, to send that irritating particle out of your nose - at speeds up to 100 mph, according to the Nemours Centre for Children's Health Media.

About one of every three people sneezes when exposed to bright light; they are called photic sneezers. If you are a photic sneezer, you got it from one of your parents, since it is an inherited trait.

(HealthDay News, Feb 2010)

The practice of saying 'Bless You' when someone sneezes:

Bless you, or God bless you, is a common English expression addressed to a person after they sneeze. The origin of the custom and its original purpose are unknown. The practice of blessing a sneeze, dating as far back as at least 77 AD, however, is far older than most specific explanations can account for. Various alleged but conflicting superstitions relate the sneeze to evil spirits.

The German response to sneezing is *Gesundheit*. In non-English-speaking cultures, words referencing good health or a long life are used instead of "Bless you".

http://en.wikipedia.org/wiki/Bless_you

It is said that Tibetan Buddhists believe a sneeze (like meditation, falling asleep, preparing to die) can provide a moment of "clear consciousness," when people are opened to greater understanding.

In the Islamic culture, the sneezer says, *Alhamdulillah* i.e. "All praise is for Allah (God)", after which a responder would say, *Yarhamkum Allah* – May God have mercy on you, and the answer to that is, *Yahdeekum Allah* – May God guide you. It is said that the act of sneezing out an offending particle is indeed something to be thankful for - and praising God for the marvellous workings of the body. If our bodies were not designed to do this, the offending particle may travel deeper and further upwards and cause great harm. Hence, true to the word, sneezing is a great blessing indeed, whether the blessing is voiced or not!

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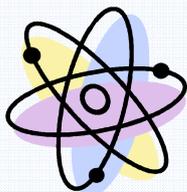
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Question: **No matter what I do, I just can't sleep. I'm sick of the insomnia, but I really don't want to take a prescription sleeping pill. I've tried melatonin, but it doesn't seem to work for me. Should I try taking more?**

Dr. Wright: Melatonin doesn't work for everyone. There are a significant number of people whose sleep difficulties are not at all helped by taking melatonin. But don't give up before you try two things.



First, try opening the melatonin capsule and placing the contents under your tongue. For some, this works even when swallowing the capsule whole doesn't.

If that doesn't work, you may need to adjust your dose. Determining the best dosage of melatonin is really based on how your body responds to it. If you're having difficulty sleeping, the best dosage for you is the smallest amount needed to provide that improvement in your sleep, which may mean taking more than indicated on the bottle. However, it's always best to consult with a physician skilled and knowledgeable in natural medicine before increasing dosages of any supplement you're taking. And if it turns out that melatonin doesn't work for you, a naturopathic or holistic physician could help you find a natural alternative that will.

Contact South African Society for Integrated Medicine on (021) 887-5364 or lucia@integrativemedicine.co.za <http://www.fsp.co.za>

JOY NOT FOR SALE

More money may improve people's satisfaction with life, but it won't necessarily help them enjoy it, suggests a new study. The vast majority of people in the world would choose to have life's basic comforts. No one wants to live on a pavement, or be hungry or dirty. But cash, while it can buy a certain amount of satisfaction with life, can't buy enjoyment. It buys security, but not happiness, in other words.

But what are life's basic comforts? For some this would be a roof over their heads (any roof), or running cold water, or enough to eat. To others it would mean air conditioning, deli food and hot towel rails. So it all depends on your expectations, then. But some things are the same for everyone: the need to be treated with respect, to have people around who love us, to learn new things and to do what we do best. A price tag simply cannot be put onto these things.

www.health24.com



Indian Peacock – by [Richard Bartz](#),
Wikimedia Commons

TEST YOUR KNOWLEDGE

1. In which European city is the Rembrandt House Museum?
2. How many South Africans have won the Nobel Peace Prize?
3. How many sides does a tetragon have?
4. Stiles and rungs are parts of which DIY device?
5. What does "mambazo" mean in the name Ladysmith Black Mambazo?

1. Amsterdam 2. Four
3. Four 4. Ladder 5. Axe

Time to Contemplate . . .

Time ticks away each moment of each day. We know this. We live by the clock. We're forever checking the hour and the minute. We know where we're supposed to be, what's due to happen and when and how it should take to get from one place to another.

Yet we don't stop to consider the most pressing, time-related question of all: **What are we doing with our precious gift of existence?**

- Jonathan Cainer