



# Healing at Hand

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Picture from the source site, courtesy of NASA/JPL-Caltech: Generations of stars can be seen in this new infrared portrait from NASA's Spitzer Space Telescope. In this wispy star-forming region, called W5, the oldest stars can be seen as blue dots in the centres of the two hollow cavities (other blue dots are background and foreground stars not associated with the region). Younger stars line the rims of the cavities, and some can be seen as pink dots at the tips of the elephant-trunk-like pillars. The white knotty areas are where the youngest stars are forming. Red shows heated dust that pervades the region's cavities, while green highlights dense clouds.

W5 spans an area of sky equivalent to four full moons and is about 6,500 light-years away in the constellation Cassiopeia. The Spitzer picture was taken over a period of 24 hours.

Like other massive star-forming regions, such as Orion and Carina, W5 contains large cavities that were carved out by radiation and winds from the region's most massive stars. According to the theory of triggered star-formation, the carving out of these cavities pushes gas together, causing it to ignite into successive generations of new stars.

This image contains some of the best evidence yet for the triggered star-formation theory. Scientists analyzing the photo have been able to show that the ages of the stars become progressively and systematically younger with distance from the centre of the cavities.

## Greetings ...

Space... the unknown frontier. To boldly go where no-one has gone before.  
No, this is not an introduction to a Star Trek episode ...

In each individual there is a subtle quest to discover the unknown. We find outer space fascinating as there is so much to be discovered. We are in awe because of its vastness and continued expansion. Hmmm ... how about exploring our inner space? Isn't there too a lot to be discovered? After all, we are part of the universal creation too. How much do we know about our true Self? Are we able to observe a continued expansion within ourselves too? By going beyond our mind's self-made limitations and boundaries, are we willing to discover more space within? Yes, we can do it. Continued self-enquiry and awareness, and exploring the mind in stillness, opens the discovery of a marvelous process of expansion taking place –inward and outward. We have the choice of letting our minds become constricted and placing limitations upon it, or allow the barriers to drop down and let go and in the process open up to the vast space within and experience expansion.

Eckhart Tolle says: "Make a habit to monitor you mental-emotional state through self-observation. Be at least interested in what goes on inside of you, as what happens outside. If you get the inside right, the outside will fall into place. Primary reality is within, secondary reality is without. Have a look inside. What kind of thoughts is your mind producing? What do you feel? ... Observe the many ways in which un-ease, discontent, and tension arise within you through unnecessary judgement, resistance and denial. Drop the negativity. Keep your inner space clear in order to gain freedom to experience joy and peace". – *The Power of Now*.

Wishing you a fascinating and enlightening journey of self-discovery.  
May you keep safe and happy during the festive season and holidays.

**Rashidah**

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When you get authority, **do good**;  
and when in power, **forgive**.

- **Prophet Muhammad**  
in Islam

## COMIC RELIEF ...

During their silver anniversary, a wife reminded her husband: "Do you remember when you proposed to me, I was so overwhelmed that I didn't talk for an hour?"  
The hubby replied: "Yes, honey, that was the happiest hour of my life."

# Why we need Omega 3 supplements

One of the most commonly touted health trends are Omega 3 and Omega 3 supplements. How essential is Omega 3 supplementation and how do we get it?

## What is Omega 3 and what does it do?

Omega 3 is an essential fatty acid found in most fish to varying degrees. This acid assists in the breakdown and removal of saturated fats from our bodies. However, our bodies do not produce Omega 3, so the only way to actually get it into your system is through diet and supplements.



## You would have to eat a lot of fish to get enough Omega 3

Salmon, tuna, trout and mackerel are all good sources of Omega 3. However, the biggest problem in relying solely on fish consumption is that you'd have to eat quite a bit of fish in order to get the recommended 3 grams per day of Omega 3. Unfortunately, because of water pollution and other toxins which can lead to mercury poisoning, doctors recommend Omega 3 supplements rather than large quantities of fish. When choosing Omega 3 supplements, find one that identifies exactly with the type of fish from which the pill is made.

## Preferably choose Omega 3 supplements made from salmon or krill oil

Some Omega 3 supplements also contain flax seed oil. These are perfectly fine as flax seed oil is another very helpful ingredient.



## There are generally no side effects associated with taking Omega 3 supplements

However, as always, if you're pregnant or have other health concerns you should consult your doctor prior to engaging in any sort of dietary supplement or regime. A few people have reported having a fishy taste or noticing a fishy smell after taking Omega 3 supplements, but there has been nothing conclusive regarding either issue. In fact the benefits of taking this supplement generally far outweigh any negative tastes or smells.

## Omega 3 improves heart health

Omega 3 is one of the few supplements actually recommended by the American Heart Association as a means to prevent heart attack.

The US National Library of Medicine reports that increasing the amount of Omega 3 has been proven to lower the risk of heart attack, arrhythmia, and stroke. It slows the build-up of plaque in veins and arteries which improves circulation and lowers blood pressure. Omega 3 also reduces the pain associated with certain forms of arthritis.

## May improve behavioural problems too

Studies indicate that Omega 3 may improve or prevent depression, cancer, diabetes, Alzheimer's, hyperactivity, arthritis, and ADHD.

With so many potential benefits and so few risks, it just makes sense to make taking Omega 3 supplements part of your daily routine. You have nothing to lose and a great deal to gain.

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

"If we had no winter, the spring would not be so pleasant;  
if we did not sometimes taste of adversity, prosperity would not be so welcome."  
- Anne Bradstreet

## DRINK HOT LEMON WATER AND BECOME LIGHTER

Drinking half a freshly-squeezed lemon in a mug of hot water first thing in the morning helps to flush out and purify the body internally. This reduces toxins to reduce skin sensitivities. Lemon also alkalizes the body, hence helping to bring into balance our acidic levels which results from eating incorrectly and suffering stress and anxiety.

Lemon also rejuvenates and boosts energy levels when feeling a bit low – both physically and emotionally. The citrus aroma boosts serotonin levels in the body, thus having an uplifting property. It also reduces the levels of norepinephrine (stress hormone) in the body. So go ahead and give your body that boost!



## PROSTATE CANCER



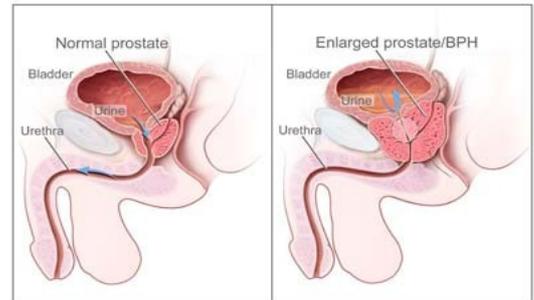
While the prostate is a topic that many would prefer to avoid discussing, it is estimated that 50% of men aged 50 could already be enlarged prostate problems. This percentage increase to 96% at age 80, so it's undeniably something worth talking about.

A normal human male prostate is about the size of a small plum and it fits neatly into the crowded, multi-functional area of the man's lower pelvis. As we age the prostate grows naturally because of hormones in the body. When the prostate enlarges it presses against the urethra, the tube which transports the urine to empty the bladder. The problem arises when the prostate blocks the urinary tube, negatively affecting the urine flow and possibly causing many other problems.

### Signs of an enlarged prostate

Some men who suffer from an enlarged prostate, may wake up 4-10 times per night to go to the bathroom. It takes a long time for the urine to start flowing and it feels as though the bladder never completely empties.

*[BPH - Benign prostatic hypertrophy (BPH) is a non-cancerous enlargement of the prostate gland, commonly found in one out of every 2 men over the age of 50]*



This may lead to lower back pain and to hold it in could become uncomfortable and an embarrassment. The urine may burn, erectile problems could follow and the ability to lead a happy intimate life may be affected. In severe cases a man may lose his appetite and even develop fever.

If one experiences these symptoms, the best course of action would be to visit a urologist for a thorough examination. An enlarged prostate can be a sign of prostate cancer which is far more common nowadays than ever before, yet it is a cancer that can be treated well if diagnosed at an early stage. This is where modern medicine is of utmost value. But what if the prostate is enlarged, there is no cancer and the doctor says that you have to live with it for the rest of your life?

Nature has an answer to treat it naturally – Vogel Prostan capsules – produced from the berry of the South American plant, *Sabal Serrulata*, used to assist with male problems. More than a hundred years ago, these berries were eaten to help with bladder problems as well as erectile problems. In an 8-week multi-centre study performed by 85 medical doctors on 364 men suffering from enlarged prostate problems and who never received any medication for their problem, excellent results were recorded.

### Don'ts

Renowned Swiss Naturopath, Dr Vogel, wrote in his book, *The Nature Doctor*, that coldness exacerbates prostate problems.

#### Avoid the following:

- Cold drinks, ice cream, cold beer, cold surfaces and a decrease in body temperature must be avoided.
- Dr Vogel also pointed out that cycling can hurt the prostate and cause it to enlarge.

### Do's

- Heat helps the problem drastically.
- Cycling - if one cycles regularly, one should use a saddle designed specifically for men.
- It isn't always possible to solve the problem of an enlarged prostate completely since it's part of the natural ageing process, but it is possible to keep some of the side effects under control. Lifestyle is of great importance and nothing is better than a balanced life filled with happiness, a positive outlook, good eating habits using nature's foods, plenty of water, regular exercise and enough rest and sleep.
- Have a diet low in carbohydrates. *ScienceDaily* (Nov. 14, 2007) reports — A diet low in carbohydrates may help stunt the growth of prostate tumours, according to a new study led by Duke Prostate Center researchers. The study, in mice, suggests that a reduction in insulin production possibly caused by fewer carbohydrates may stall tumour growth.
- Keep cholesterol levels low. *ScienceDaily* (Apr. 12, 2006) — Researchers from Italy have found what they believe to be the first direct link between high cholesterol levels and prostate cancer.
- Eating Walnuts. New research finds that walnut consumption slows the growth of prostate cancer in mice and has beneficial effects on multiple genes related to the control of tumour growth and metabolism. *ScienceDaily* (Mar. 23, 2010).



(Credit: iStockphoto/Nilgun Bostanci)

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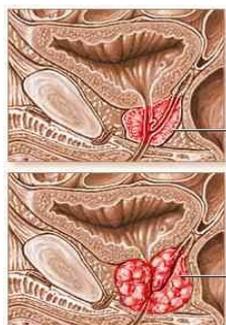
**Supplements** - Says Dr Allan N. Spreen, Chief Research Advisor, *FSP Nutritional*: These 5 nutrients alone are enough to rejuvenate your prostate:

1. If you're taking anything natural for your prostate, it probably includes **Saw Palmetto**. According to one of today's most respected medical references, "saw palmetto is effective in nearly 90% of users."
2. The little-appreciated herb "**Stinging Nettle**" (*Urtica dioica*) contains an incredibly helpful phytonutrient that also blocks both 5-alpha and aromatase. You absolutely must have *Urtica Dioica* in your supplement, if you want to do the most effective job of blocking both enzymes. And you must block both enzymes if you want to avoid a disastrous build-up of oestrogen!
3. **Beta Sitosterol** is actually a plant fat — a powerful kind of phytosterol — and a cousin to the healthy fats found in meat. Not only could it boost the power of your urinary flow; it could also dramatically lower the amount of urine left in your bladder. That means you won't have to get up every 5 minutes during the night and run to the bathroom.
4. We natural doctors used to wonder why **Pumpkin Seeds** seem to help so many men with prostate trouble. But now we've found these seeds are rich in protective phytosterols... very powerful molecules.
5. **Selenium**'s power to support your immune system is remarkable. And it's especially helpful for your prostate. Studies consistently show that men with higher levels of selenium have healthier prostates.

**Furthermore, these boosters can greatly assist and protect the prostate:**

- a. **Zinc**. More than 60% of us have a zinc deficiency! And that spells trouble... Your semen has 100 times more zinc than your blood – and your prostate has the highest concentration of zinc in your body. Zinc is a health booster that helps reduce 5-alpha reductase (the enzyme that converts your valuable testosterone into DHT). A health level of zinc maximises your testosterone production and extends the life of testosterone in your blood stream.
- b. **Vitamin E**. It's one of the most effective and versatile antioxidants on the planet. Together with Beta Sitosterol, vitamin E targets dangerous free radicals and provides your prostate with a shield of protection – sheltering it from the ravages of ageing, oxidation and external threats.
- c. **Lycopene** - A study from Harvard University revealed that men who ate foods high in lycopene lowered their risk of prostate health issues by 45%! Lycopene is a carotenoid that gives tomatoes their red colour. Its antioxidant power is double than most – and 10 times stronger than vitamin E! And its link to your prostate is undeniable. Unless you really love tomatoes – like 5 or more large ones a day – I recommend you let *Ultimate Prostate Defence* supply you with the additional prostate protecting power lycopene can give you.

<http://www.sciencedaily.com/releases/2010/03/100322153953.htm>



Normal prostate

Prostate cancer

## You could live with prostate cancer

Dr Martin - Editor, *House Calls*

Prostate cancer isn't the cold-blooded killer you've been led to believe - and a new study shows yet again how the best treatment is often no treatment at all.

That's because prostate cancer doesn't actually kill most of the people who get it. In fact, low- and intermediate-risk prostate cancers hardly kill anyone at all.

Swedish researchers crunched the numbers on more than 6,800 men under 70 years old who had been diagnosed with prostate cancer and compared what happened to those who underwent treatment to those who did nothing.

And never before has "nothing" meant so much - because while these patients were three times more likely to die of prostate cancer, the overall numbers were so tiny you'd need a microscope to see them.

In fact, the researchers found that just 2.4% of the patients who did nothing died of prostate cancer over 10 years. Not only that, but the researchers say the real number may have been even smaller - because many of those who didn't seek treatment were healthier in the first place, according to the study published in the *Journal of the National Cancer Institute*.

In any case, nearly 98% of the untreated patients didn't die of prostate cancer. It's yet another sign that today's screenings have gone too far - detecting cancers that never needed to be seen in the first place, because they never would have caused anyone harm.

Some of those screenings actually "detect" phantom cancers that aren't really there at all - setting patients up for all the pain and misery of treatment, with none of the disease. One study out of Europe earlier this year found that one out of every eight men treated for prostate cancer didn't actually have the disease.

### Whatever happened to "first, do no harm"?

And when it comes to prostate treatments, there is plenty of harm. Men who opt for treatments such as surgery and radiation face impotence, incontinence, painful recoveries, high stress and big bills. These people call themselves "cancer survivors" - but maybe "treatment survivors" is a better term.

The bottom line here is that many of us suffer from cancer and never know it - because some cancers grow so slowly that they'll never hurt us. Prostate cancer is a prime example of that.

So if you have a doctor rushing you into treatment, rush yourself to another doctor for a second opinion first. The numbers are on your side.



## PET HEALTH - 10 Pet Emergencies

Your pets are like members of your family. They sleep on your bed (not the Great Dane), they eat in your kitchen, and they lie in front of your heater, whether it's switched on or not. You take good care of them and it worries you when they get ill. The big question is when you should load Fido and Fluffy in the car and take them to the vet immediately, and when it's OK to wait till the morning and see whether things get better. We asked veterinarian Dr Cedric Tutt, for advice on this tricky issue. These are the things that warrant immediate action:

### Allergic reaction

When an animal emerges from shrubs or bushes yelping, it has probably been stung, or bitten. The culprit could be a bee, or even a snake. When an animal's face starts swelling, medical attention is needed right away. Your animal could be allergic to that particular type of venom.

### Eye injury

This can happen easily. Your kitten can take a swipe at your dog or your cat has a fight with the tomcat next door, and the eye is severely scratched. This could lead to a loss of sight, or a cut in the cornea, or even a ruptured eye.

### Vomiting

If your animal vomits once, it could just be feeling nauseous, or have eaten something disagreeable, but when it starts vomiting a few times over a period of 24 hours, it could have something stuck in its digestive system. Dogs often have bones (or other objects such as kids' toys) stuck in their throats - especially after its owners have tossed it many bones after the weekend braai. Objects can also get stuck where the neck joins the body, in the animal's stomach or in its intestine. These will have to be removed by a vet.

### Not eating

This is often the first sign that all is not well. If an animal does not have diarrhoea, and is not vomiting, a lack of appetite is worrying. Watch out for any blood in body fluids, such as the faeces, the urine, or in its vomit. This could have many causes, including cystitis or tick bite fever.

### Fractures

These will not heal if simply left. If a dog or a cat is limping after a fight, or after a fall (or possibly even after being knocked down by a car), swift medical attention is needed. Fractures are usually accompanied by swelling of the area.

### Broken jaw

This can happen to both cats and dogs. Fights can cause this type of fracture, and so can being hit by a car. Animals with broken jaws are usually unable to close their mouths and they register this as a mouth obstruction, which they then try to remove. They could do themselves serious damage in the process.

### Flea allergies

Fleas are not merely an irritation to animals, but also to their owners. Animals with flea-bite dermatitis can scratch themselves to shreds in a very short time. And here's the bad news – for every flea on the animal, there are about eight in your house. Speak to your vet about the most effective de-fleaing treatment. And on this topic – fleas and worms share a life cycle. If your child kisses the dog (just think where that muzzle has been!), it could get worms that way. Deworm pets and kids – and yourself on a regular basis.

### Unusual lumps

A hardened, raised lump could be one of a few things: an abscess (often present in cats after they've been involved in a fight), a tumour, or a haematoma (accumulation of blood in the tissues). All three of these are potentially serious and need attention.

### Hair loss

If an animal's skin goes scaly, and it itches, it could have mites. The bad news is that some of these can spread to the humans living in the same house. If the animal is treated, it sorts out the problem.

### Pale skin

When an animal's eyelids or gums go pale, it has either suffered blood loss, or it could have tick bite fever. Even if an animal is black, their eyelids or gums could become a sort of greyish colour. Get the animal to the vet.

Susan Erasmus, [Health24.com](http://Health24.com)

A pearl is a beautiful thing that is produced by an injured life.  
It is the tear *[that results]* from the injury of the oyster.  
The treasure of our being in this world is also produced by an injured life.  
If we had not been wounded, if we had not been injured, then we will not produce the pearl.  
- Stephen Hoeller

Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything.  
- Thich Nhat Hanh

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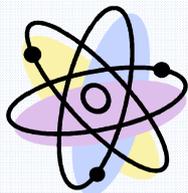
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## Research Confirms Bowen Technique's Effectiveness on Parkinson's Disease

Bowen Technique appears to be beneficial for those with Parkinson's. This became evident long before the positive results were available. The participant's smiling faces, sparkling eyes and wonderful comments throughout the treatment period said it all.

I trust this study will pave the way to larger studies that are increasingly statistically significant, so that the benefits of Bowen (improved quality of life, reduced symptoms and greater wellbeing) make their way into mainstream Parkinson's literature for all of those with this disease and those treating it.

For those interested in downloading the full Parkinson's disease study, please visit my website: <http://www.wholebeing.com.au/treatments/parkinsons-treatment.html>  
The study gives additional important information on a Parkinson's specific research method for those wishing to conduct research into this disease in the future.

The Bowtech procedures used were the 3 BRMS as prerequisite for special and advanced procedures, and for balancing.

The procedures: Upper Respiratory & TMJ, Sternal, Coccyx, Additional TMJ, Knee Reflex, and Shoulder moves - for their strong influence on the Central Nervous System.

- To improve gait, the Ankle, Pelvic and Knee Reflex procedures were used.
- Elbow/Wrist, Shoulder and Ankle procedures to reduce tremor.
- Kidney procedure to balance adrenals and for effective water redistribution.
- The Rhomboid moves to improve posture and kyphosis.
- Hamstrings procedure to reduce tension.
- And Respiratory procedure was very beneficial for the participants.

**-Joshua Rasco, Sydney, Australia  
Bowen Hands, March 2010**

### TIME TO CONTEMPLATE

When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food, and the joy of living.

If you see no reason for giving thanks, the fault lies with yourself.

- Tecumseh, Shawnee Chief

### TEST YOUR KNOWLEDGE

1. What kind of antelope is on South Africa's R2 coin?
2. Bronze is an alloy of copper and which other mineral?
3. Which city is the capital of Cuba?
4. Name the only mammal capable of true sustained flight?
5. Omaha is the largest city of which US state?

1. Kudu 2. Tin 3. Havana  
4. Bat 5. Nebraska



Near colliding [NGC 2207 and IC 2163](#) as seen by the NASA/ESA Hubble Space Telescope  
Pic: Wikimedia Commons