



Healing at Hand

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Amma

I dreamt that she sat by my head, tenderly ruffling my hair with her fingers, playing the melody of her touch.
I looked at her face and struggled with my tears, till the agony of unspoken words burst my sleep like a bubble.
I sat up and saw the glow of the Milky Way above my window, like a world of silence on fire, and I wondered if at this moment she had a dream that rhymed with mine.

- [Rabindranath Tagore](#)

Greetings!

Someone once said: "The best gift you can give is a hug; one size fits all and no one ever minds if you return it".

A hug can be one of the most comforting and loving exchanges promoting healing and happiness. It communicates non-verbally, love to the other and that both are one at heart. Hence, something precious and beautiful is transmitted through this action. No amount of materialistic wealth can ever replace it. It is a gesture that touches the heart, softens it, opens it, and encourages one to reciprocate it to others. Essentially, it's about sharing with the other – and this sharing can be of happiness, pleasure, satisfaction, sympathy, grief, anguish or pain.

Human beings are social creatures (living together or enjoying life in communities or organized groups), and emotional too (mood, temperament, personality, and disposition). Everyone wants to feel loved and know that others care for them. The sharing these sentiments are important for wellbeing.

The healing touch is something that humans respond to readily and positively. There is nothing more uplifting and healing than a caring touch, extended with love, kindness, compassion and empathy. So reach out and touch. Have great month ahead!

Be well, and be happy. *Rashidah*

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COMIC RELIEF ...

Junior had just received his brand new driver's license. To celebrate, the whole family trooped out to the driveway and climbed into the car for his inaugural drive. Dad immediately headed to the back seat, directly behind the newly minted driver. "I'll bet you're back there to get a change of scenery after all those months of sitting in the front passenger seat teaching me how to drive," said the beaming boy to his old man. "Nope," came dad's reply, "I'm going sit back here and kick the back of your seat while you drive, just like you have been doing to me for sixteen years."

Is it a Migraine or Sinusitis?

Despite what your doctor might tell you, migraines often masquerade as sinus headaches, a new study shows

Nearly nine in 10 people who think they have sinus headaches are really having migraines, Mayo Clinic researchers reported June 10 at the American Headache Society's annual meeting in Vancouver, British Columbia.

The bad news is that some sufferers may be taking too many unnecessary over-the-counter sinus medications because of the missed diagnosis, the researchers said.

"Most folks who come into the clinic with a self-diagnosed or physician-diagnosed sinus headache actually don't have sinus headache at all," said lead researcher Dr Eric Eross, an associate consultant in neurology from the Mayo Clinic in Arizona.

How the study was conducted

In their study, Eross and his colleagues examined 100 people who answered a newspaper ad seeking people who thought they had sinus headache. Each patient had an extensive evaluation and some had imaging tests.

The researchers found that 63 percent were actually suffering from migraines, 23 percent had probable migraine and nine percent had headaches that couldn't be classified. The patients with unclassified headaches probably have sinus headache, Eross noted.

In addition, three percent had headaches secondary to a sinus infection, one percent had cluster headaches and one percent had hemicrania continua, a rare type of chronic headache, he added.

On average, the people who actually had migraine had gone 25 years without a correct diagnosis, Eross said. About 6 million South Africans suffer from migraines.

Many not getting the right treatment

"Most folks who think they have sinus headache are most likely using sinus medication to treat what is really migraine, and so they are not getting the appropriate and most effective treatment," Eross said.

Ninety-five percent of the patients were taking some medication: 33 percent were taking ibuprofen and naproxen; 25 percent were taking acetaminophen; 21 percent were taking other non-prescription pain relievers, 21 percent were taking non-prescription sinus medications and 9,5 percent were taking triptans.

Triptans are the most effective migraine prescription medications available, Eross noted. Those taking triptans had the best results by far, he added. In the study, 92 percent of the people were candidates for triptans, but only 12 percent were actually taking them the researchers said.

Importance of seeing a specialist

If you think that you have sinus headaches, he said, most probably you have migraines. "Make sure you see someone who specialises in headache, either a headache specialist or neurologist," he stressed. One expert said the findings mirror her experience.

"The results of this study of sinus headache are very consistent with my clinical experience," said Jeanetta Rains, a headache specialist from Elliot Hospital and Dartmouth Medical Center. "Quite often, these individuals have undergone extensive treatments for allergies, sometimes sinus surgeries etc., only to discover that their chief complaint of headaches persists."

"Patients and physicians may have a difficult time sorting out the overlapping symptoms. I think the bottom line for patients and physicians alike, when symptoms persist despite our best efforts at treatment, sometimes we need to take a step back and reconsider our diagnoses and appreciate that it may be difficult to discriminate among the various types of headache," she added.

Weather considered

Results of another study presented at the same meeting showed that, while weather is often the trigger for a migraine, many more people believe weather changes trigger their migraine than is actually the case.

Among the 77 migraine patients in the study, the researchers found that 51 percent were actually sensitive to weather, but 62 percent thought they were sensitive to weather.

Of those whose migraines were triggered by weather, 34 percent were sensitive to temperature or humidity, 14 percent to a changing weather pattern and 13 percent to a change in barometric pressure, and one in 10 were sensitive to more than one type of weather change.

– (HealthDayNews) - www.health24.com

Read more: [Headache Centre](#)

[Go to Sinusitis page](#)

"The only people with whom you should try to get even are those who have helped you."
- John E. Southard

Your three best doctors are: Faith, Time, and Patience. - *From a fortune cookie*

Bowen Therapy – why starting with left side first

Because Mr Tom Bowen Said So!

By Nancee Rogers

BS, LMT, Bowenworks - Cincinnati, USA

While taking the modules, students often ask, “Why do I start on the client’s left side?” Sometimes the instructor jokingly responds, “because Mr Tom Bowen said so!” Others have said, “It normalizes the blood pressure.” The issue of why we start on the left, and stay on the left quite a bit, was a puzzle to me as a Module 1 student, and continues to intrigue me as a practitioner.

During the Yale conference, we had great lectures, some of which dealt with how Bowen works on a physiological and anatomical basis. Topics that are covered in most anatomy and physiology texts – proprioceptors, Golgi tendon organs, and the autonomic nervous system - were discussed as pathways for some of the results we see in Bowenwork.

However, knowledge of these does not seem to address the issue of why we stay on the left much of the time. After the conference, I was leafing my bodywork library, and found a small book, “Your Healing Hands: The Polarity Experience” by Richard Gordon. I opened the book and started thumbing through the pages, landing on a section titled “The Principle of Polarity”. It reads: “Just as the earth and sun have north and south magnetic poles, so do our bodies. In fact, everything that stands upright on the planet has a positive charge on top, and a negative charge at the base.

The top of the body has positive charge. The feet have a negative charge. The right side has a negative charge. The left side has a positive charge. (These charges are commonly measured using sensitive voltmeters).

When the positive and negative poles of magnets are put together, there is an attractive current between them. Similarly, polarity energy is directed magnetically along its lines of force to align and establish the vital polarities of the body. Blocked areas create imbalance in the body’s natural energy field, an imbalance which the polarity practitioner treats by connecting: the right (+) hand to the left (-) side of the body, and by connecting: the left (-) hand to the right (+) side of the body.

Again, if you are working with someone, your right hand goes to their left side, and your left hand goes to their right side.

If you are working on the vertical centre line of the body, the left (-) hand is always placed above in a relatively more positive area, and the right (+) hand is placed below in a relatively more negative area.

Applying this to Bowenwork, **Tom Bowen would stand on the left side of a person while the person is prone.** This places his left hand above, and his right hand below.

From information by lecturers at the conference, it seems evident that Tom Bowen did not “study” anatomy or polarity, but instead, it seems as if he must have been very sensitive to energy fields, and could “feel” the energy moving through a person. He probably figured out the above through trial and error in his own experiences with clients.

Even the fingers have charges – with the little finger having a positive charge, the ring finger a negative charge, the middle finger a positive charge, the index finger a negative charge, the thumb being neutral. It makes sense why Bowenwork sometimes uses particular fingers for moves.

The rest of the book is filled with other examples that totally resonate with Bowenwork. Gordon notes that there are certain centres of the body that are highly receptive to the flow of energy: the coccyx, the navel and the base of the occipital bone. Because of its location at the very end of the spine, the coccyx has maximum negative polarity of any point in the spine. Connecting the middle finger (+) with the coccyx (-) helps move energy through this area. *Think about the Bowen coccyx procedure in relation to this information.*

The author warns . . . “do not be surprised to see very great changes in the person you are working on. Emotionally upset people may start releasing, forgiving and relaxing. Other people may go into a very deep state of conscious sleep. Whatever happens, be confident that it is exactly what the person needs at that time. Life-force will go only where it is needed to bring on the changes that are necessary. Life-force does not differentiate between physical and emotional pain. Both are simply expression of blocked life-force.

Gordon has a great chapter on natural healing with life-force. He notes it is the nature of the human body to heal itself, and, health and healing must take place on a cellular level.

Cells will heal and regenerate quickly if given a favourable environment, which he defines as high quality thoughts and feelings, high quality food, and a regular exercise programme.

The section on the quality of positive thoughts and feelings reminds me of point made by lecturers at Yale. Reading this book gave me some insight into Bowenwork and how it works on the energetic side. Prior to Bowenwork, I was based very allopathically and had a really hard time accepting and “putting my arms around” energy work. The results I have seen with Bowenwork, coupled with the explanations given in this book have helped me to understand this work more.

It is so apparent that Tom Bowen had a gift that allowed him to sense energy fields. He might not have known the scientific principles of polarity, but he obviously was aware of the effects of it in the body. The techniques he created mirror the principles so well.

Bowen Hands, Dec. 2006

Rheumatoid Arthritis

Rheumatoid arthritis (RA) is a long-term disease that leads to inflammation of the joints and surrounding tissues. The cause of RA is unknown. RA can occur at any age and women more often are affected. RA usually affects joints on both sides of the body equally. Wrists, fingers, knees, feet, and ankles are the most commonly affected. The course and the severity of the illness can vary considerably. Infection, genes, and hormones may contribute to the disease.

The disease often begins slowly, with symptoms that are seen in many other illnesses:

- Fatigue
- Loss of appetite
- Low fever
- Swollen glands
- Weakness

Eventually, joint pain appears.

- Morning stiffness, which lasts more than 1 hour, is common. Joints can even become warm, tender, and stiff when not used for as little as an hour.
- Joint pain is often felt on both sides of the body.
- The fingers (but not the fingertips), wrists, elbows, shoulders, hips, knees, ankles, toes, jaw, and neck may be affected.
- The joints are often swollen and feel warm and boggy (or spongy) to the touch.
- Over time, joints lose their range of motion and may become deformed.

Other symptoms include:

- Chest pains when taking a breath (pleurisy)
- Eye burning, itching, and discharge
- Nodules under the skin (usually a sign of more severe disease)
- Numbness, tingling, or burning in the hands and feet

Joint destruction may occur within 1-2 years after the disease appears. RA usually requires lifelong treatment, including medications, physical therapy, exercise, education, and possibly surgery. Early, aggressive treatment for RA can delay joint destruction. The course of rheumatoid arthritis differs from person to person.

Call your health care provider if you think you have symptoms of rheumatoid arthritis.

Source: <http://www.nlm.nih.gov/>

HELP FOR RHEUMATOID ARTHRITIS

- Have one small cup of **ginger, cat's claw and celery-seed** herbal tea, three times a day.
- Also add **ginger and celery seeds** to your meals (they go particularly well with curries and Thai foods).
- Alternatively, you could add one teaspoon of powdered **devil's claw root** to a cup of water, and then simmer the mixture for 15 minutes. Drink a cup of this tea three times a day, but avoid it if you have ulcers or if you're pregnant.

www.health24.com

SUPPLEMENTS - Some experts recommend taking:

- B-complex vitamins
- methylsulfonylmethane (MSM)
- Glucosamine, and
- Chondroitin

NB: Consult with your doctor before taking herbal remedies and supplements.

REIKI PRINCIPLES



Just for today, do not anger
Just for today, do not worry
Honour your parents, teachers and elders
Earn your living honestly
Show gratitude to every living thing.



- Dr Mikaomi Usui

Guided Imagery and Music – GIM

I had the privilege to experience my first Guided Imagery and Music session in 2007. The experience was incredible, and GIM has subsequently enriched and healed my life in a profound way.

*Due to childhood trauma, and teenage depression I have struggled with a feeling of disassociation from my body for a number of years. I found ways of **not** feeling my body, and **not** feeling my feelings in order to cope with life.*

Throughout the GIM session, I felt the power of life, the vibrant energy of vibration in my whole body. It felt like the instruments were 'dancing' underneath my skin. It was an entirely new sensation for me. GIM has since taken me on a journey of gentle and deep healing. The secret lies in the healing power of music and this unique holistic approach of working with it. GIM can be seen as a specialized form of Music therapy.

Guided Imagery and Music, GIM is a music-centred, psycho-therapeutic healing modality, which can be applied in a variety of settings during individual sessions or group work. It was developed by the late Helen Bonny, in the United States in the 1970's. It is a process of exploration of consciousness, facilitated by listening to specifically sequenced music programs in a relaxed state, accompanied by a GIM fellow – trained GIM practitioner. Music is seen as an auditory co-therapist and partner of the guide/GIM fellow. It acts upon the body, mind, and spirit of the traveller, to facilitate integration and healing.

Most often this broad framework is followed during an individual **GIM session**:

1. Introduction, choosing a theme and setting an intention
2. Relaxation
3. Music: Listening to recorded music program in a relaxed state - traveling to the GIM music program
4. Art expression of the journey - Mandala drawing
5. Post-talk

What are benefits of experiencing GIM as an individual?

GIM assists in stress reduction, it facilitates a feeling of well-being in a holistic way.

It is particularly effective in the healing of grief, loss, depression and anxiety.

GIM stimulates physical pain relief and healing of physical symptoms.

It also brings about self-awareness and deep transformation, which brings about personal growth,

A person who undergoes the GIM process, has the opportunity to integrate all of his/her mental, emotional, physical and spiritual aspects of well-being. In addition to the feeling of wholeness as a human being, he/she is often awakened to a transcendent identification with the Greater Whole. Persons who experience GIM go through profound changes and, as a result of one or more sessions, make choices that lead to a more meaningful and fulfilling life.

The GIM method of healing was brought to South Africa in March 2007, by Prof. Dr. Gina Kaestele from the "Imago Institute". A group of enthusiastic students enrolled to do the training with Dr. Kaestele. The majority completed their training in September 2010.

The 10 South African GIM fellows are now practicing in a variety of settings in Cape Town, Bloemfontein and Gauteng. **The South African network of Guided imagery and music** was formed in August 2010. This network aims to support the SA GIM fellows in their work. It also aims to promote GIM in South – Africa and to organise further training possibilities. Visit www.gim-sa.co.za for further details.

By Christel Engelbrecht - Guided Imagery & Music (GIM) Fellow

Christel is an individual and group facilitator, who uses a wide variety of modalities to access the universal language of symbol: GIM - Guided Imagery and music, sound healing, process art, MARI, numerology, shamanic practices, nature and soul holidays. The various processes allow her clients to go on a journey of discovery into their own consciousness - unlocking their full human potential. This facilitates spiritual and personal growth, transformation and healing. Christel believes in the healing power of symbol, expressed especially through music and art, as well as each individual own potential to heal themselves.

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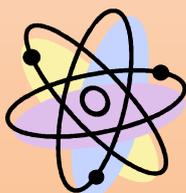
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*Jenny Thompson
Diretor, Health Sciences Institute*

Folic acid and vitamin B-12 supplements

In a large two-year study, more than 900 seniors diagnosed with various levels of mental distress were given placebo or 400mcg of folic acid along with 100mcg of vitamin B-12 daily.

In tests that examined memory and mental processing speed, subjects in the B-12/folic acid group improved significantly compared to the placebo group.

Of course, these two supplements are known to be beneficial for heart health because they reduce homocysteine - the amino acid that promotes artery plaque build-up. And that same benefit is most likely behind the memory advantages.

A few years ago, Oxford researchers took blood samples and gave memory performance tests to more than 2,100 seniors.

The results: Subjects who tested poorly generally had higher homocysteine and lower folate levels than subjects who scored higher on memory tests. Also, higher test scores were associated with a decline in homocysteine over a six-year follow up period.

So go ahead and take those supplements. The most pronounced side effect will be a healthier heart.

- healthbytes@fsp.co.za - Fleet Street Publications, 07 Feb 2011

PERFECT PEARS



Pears provide a good source of fibre, vitamin B2, C, E, copper, and potassium. They are an excellent source of pectin, which is a water soluble fibre. Pears are actually higher in pectin than apples. This makes them effective in helping to lower cholesterol levels and in toning the intestines.

They are often recommended by health care practitioners as a hypoallergenic fruit that is high in fibre. They are less likely to produce an adverse response than other fruits. Pears are also often recommended as a safe fruit to introduce to infants.

www.all4women.co.za

For more info see <http://www.everynutrient.com>

TEST YOUR KNOWLEDGE

1. In which 1984 film do three scientists save New York City with their ghost removal service?
2. Rennet is a substance often used in the manufacturing of which dairy product?
3. How many yellow stars are there on the national flag of the People's Republic of China?
4. Which Italian artist created the famous fresco known as The Last Supper?
5. Which country has the longest coastline in the world?

1. Ghost Busters 2. Cheese 3. Five
4. Leonardo Da Vinci 5. Canada

TIME TO CONTEMPLATE . . .

"Adventure isn't hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day to day obstacles of life – facing new challenges, seizing new opportunities, testing our resources against the unknown and in the process, discovering our own unique potential." - John Amatt