



Healing at Hand

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Picture: Protea, by Christel Engelbrecht

Greetings ...

Angels – what are we to do without them? There are the earthly kinds and the heavenly ones. Both offering noble and selfless service – doing good to others, extending a helping hand. Very special they are indeed! We find them in every sphere, community, family and ever present in areas of disaster and distress.

“Whether we are filled with joy or grief, our angels are close to us, speaking to our hearts of God's love”. - Eileen Elias Freeman.

In essence, angels are always offering something – bringing a gift as it were – whether it be of peace, a clear message, guidance, knowledge, upliftment, or help of any kind. The name Anjali is found in Sanskrit, Latin and Greek. In Latin/Greek language Angeli means angel or messenger. In Sanskrit, Anjali's main definition is angel, or a gift/favour, or a devotional offering made with both hands, usually as in prayer.

In yoga practice there is also an Anjali Mudra, a hand posture meaning ‘to offer/salute’. The term mudra means a seal. Anjali mudra may have many meanings.

Prof. Krishnamacharya, known as the father of modern yoga, offers this explanation: “This gesture signifies the potential for an intention to progress to the greatest spiritual awakening. When done properly the palms are not flat against each other; the knuckles at the base of the fingers are bent a little, creating space between the palms and fingers of the two hands resembling a flower yet to open, symbolizing the opening of our hearts”. The gesture acknowledges and recognizes the divine in oneself, as well as the other. It can also be a reminder for us to keep an attitude of inner peace. It is a posture based on humility rather than ego expression as the hands are placed at the centre of the heart space: the centre of love, kindness, compassion and peace - thus extending the greatest offerings and gifts in life to others.

“The magnitude of life is overwhelming. Angels are here to help us take it peace by peace”. -Levende Waters

“The golden moments in the stream of life rush past us and we see nothing but sand; the angels come to visit us, and we only know them when they are gone”. -George Elliot.

Wishing you peace, *Rashidah*

INDEX:

From the editor	1
Cleaning with Eucalyptus Oil	1
10 Ways You Can Stop Worrying	2
Multi-faith Meditations	3
Angina treatment	4
Is Sea Salt better for your health than Table Salt?	6
Test Your Knowledge	6
Time to Contemplate	6

Cleaning with Eucalyptus oil

Eucalyptus oil is a natural and eco-friendly cleaning agent and disinfectant. It can be used in a variety of ways to replace harsh chemicals in your home. Here are a few ideas:



- For a **general cleaner** which you can use in kitchens and bathrooms, take a spray bottle with water, add a few squirts of dish-washing liquid and then a capful of eucalyptus oil.
- Use this essential oil neat to **remove sticker residue** or nasty chewing gum.
- Add 2 teaspoons of eucalyptus oil to your **washing** - it adds a lovely smell and also has anti-bacterial properties
- **Freshen up musty rooms or remove cooking smells** with a spray bottle filled with water and a capful or two of eucalyptus oil
- If you have stubborn **rings in your bath**, mix 2 teaspoons of the oil with a cup of baking soda, use it to scrub your bath, leave for 30 minutes and then rinse off.

Life is not separate from death.
It only looks that way.
- Blackfoot Indian proverb

10 Ways You Can Stop Worrying



1. Let There Be No Crisis Before Its Time

A philosopher once coined an adage: “Today is the tomorrow you worried about, and all is well.” Think about that when you’re tempted to time travel into the future to put out fires that haven’t even started yet. Don’t worry about something that will take place in a week, a day, or even an hour. The variables will be different then, than they are today. If you have to make a decision on Friday, wait until Friday, and see what the day brings.

2. Stay Grounded in the Present

You’re at the movies and a worrisome thought crosses your mind. *Did I check whether the documents were sent tonight to my client?* This thought leads to another and another: *If it didn’t get sent, maybe I can drop it off in the morning? But I have a breakfast meeting with the V.P. tomorrow.* In the meantime, half the movie has gone by, and you’ve missed it. Look at what happens when you don’t stay grounded in the present. Squash unnecessary worrying with one question: “Can I do anything about this matter right now, right this minute?” If the answer is “no,” stay in the present moment, jot down the thought, and then let it go.

3. Don’t Let Possessions Possess You

Don’t let objects rule you. Don’t give them the power to spoil your day. No one’s advocating that you don’t react upon losing or damaging something, but worrying over a problem after the fact can’t restore or bring anything back. Let go of your attachment to things—no attachment; no worry. The less you have, the less anxiety you bring into your life. Detach and simplify and you minimize worry.

4. Set Worry Limits

Do you spend half your day listening to bad news updates? Do you scan the internet for more? If you can’t get worry under control right away, then establish limits. Set a timer or a watch alarm for 15 minutes. Tell yourself: “I feel the need to think about _____, but I can only afford to spend 15 minutes on it.” When the time is up, the alarm will be a tangible reminder to let the worry go. Schedule this time when you have something important to do immediately afterwards (like picking up the kids, going to a meeting, having friends over), so you’ll *have* to drop worry and refocus fast.

5. Keep a Worry Journal

Write down your worries in a journal on a weekly basis. Try to keep tabs of how much time you spend being anxious, too. Open the journal each week to see how many of the things you worried about actually happened or came true. Referring to this journal often will show you how much time you waste by worrying. It will also serve as a reminder that most of the things you worry about don’t actually happen.

6. Be Your Own Disaster Master

Worrying is a choice, and you can choose not to do it. Once you catch yourself, you can say, “Okay, I know all I’m doing is going around in circles. So I’m getting off this bus. I’m not going to do this to myself.” Then, get completely absorbed with something that requires your complete mental attention: do a Sudoku puzzle, add some numbers to your cell phone, write a book on Twitter, count the change in your piggy bank, start your taxes early, etc.

7. Stop Playing God

You can’t plan for every outcome. So worrisome thinking such as, *If this, happens, I’ll do this. If that happens, I’ll do that. If this and that happens, I’ll do this and that*, will only drive you up the wall. Truth is, you don’t know what will happen five minutes from now, let alone tomorrow, so stop trying to do God’s job. Acknowledge the Divine is in charge with a prayer. Prayer has a calming effect that can centre you and drive worry away.

8. Don’t Control Others with Your Worries

Worrying about loved ones wastes a lot of time and opens up the door to permanent estrangement. The antidote? Let people be who they are. Stop forcing others to do what will make *you* feel better, instead of what *they* want. Don’t manipulate them into eating what you want them to eat, going where you want them to go, or doing what you want them to do under the guise of love. Give people credit for having half a brain and knowing what’s good or bad for them. You’ll cut your worrying in half.

9. Rein in Your Imagination

Many worriers are gifted with imaginations. Don’t use yours against yourself. Instead of doting on the worst case scenario, conjuring up negative images of doom and gloom, use your mind to form a positive picture. Visualize what’s good about the situation. Think about the best possible scenario or outcome instead.

10. Practice and Pretend

Pretending you’re not anxious when you are interrupts the worry cycle so you can practice going about your business as usual—uncomfortable but still functioning. After you survive a series of nail-biting experiences that turn out to be nothing to worry about, your mind will say, “See I told you so.” Practice and pretend not to worry and, in time, anxieties won’t paralyze you. Remember, though, that you can’t just stop worrying all at once and expect results. Decreasing your tendency to worry takes dedication. But will I worry about not worrying and make myself anxious? I think not.

Multi Faith Meditations

JEWISH WISDOM

Death is not the end; the earthly body vanishes, the immortal spirit lives on with God.
- *Union Prayer Book, 1940*

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little,
and if we didn't learn a little, at least we didn't get sick,
and if we got sick, at least we didn't die;
so, let us be thankful.

-The Buddha

PRAYER FOR PEACE

Send Thy Peace, O Lord, which is perfect and everlasting, that our souls may radiate Peace.
Send Thy Peace, O Lord, that we may think, act and speak harmoniously.
Send Thy Peace, O Lord, that we may be contented and thankful for Thy bountiful gifts.
Send Thy Peace, O Lord, that amidst our worldly strife we may enjoy Thy Bliss.
Send Thy Peace, O Lord, that we may endure all, tolerate all in the thought of Thy Grace and Mercy.
Send Thy Peace, O Lord, that our lives may become a divine vision, and in Thy Light all darkness may vanish.
Send Thy Peace, O Lord, our Father and Mother, that we, Thy children on earth, may all unite in one brotherhood. Amen

Inayat Khan, founder of Sufi Movement



Desires cause peace to disappear. You think that acquiring things will make you secure, but the reality is that the more you have, the more fear there is in losing it, and the further you are from peace. Desires are the cause of all conflicts. When you want something and you cannot get it you become frustrated. Learning to be free of desires is learning how to stay peaceful.

**- The Gift of Peace,
Brahma Kumari Publications**

Blessed are the ones who rely on God
and have surrendered themselves before His will,
who are grateful in prosperity and patient in adversity.

-Muhammad, Prophet of Islam

I'm thankful, Lord, that all the darkness in the world has never put out Thy light.

- Christian quote



Angina treatment: Stents, drugs, lifestyle changes — What's best?

[By Mayo Clinic staff](#)

You may have several options for your angina treatment: angioplasty and stenting, medications or lifestyle changes. Discover the benefits and risks of each treatment.

Your doctor says your chest pain (angina) is caused by blockages in your heart arteries and that you need to get those blockages taken care of. What are your options?

First, it's important to determine what type of angina you have. There are two main types of angina — chronic stable angina and unstable angina. Unstable angina is a serious situation and requires emergency treatment. Treatment involves surgery or a procedure called angioplasty (also known as percutaneous coronary intervention), combined with the placement of a small metal tube called a stent.

But doctors have been debating which treatment for chronic stable angina works best. Some doctors think angioplasty is the best treatment option. Others believe taking medications for angina may be just as effective for some people to prevent heart attacks as undergoing angioplasty.

Making a decision on how to treat your angina can be difficult, but knowing the benefits and risks of stents and medications may help you decide.

Why are there different treatments for each type of angina?

Angina is chest pain, and doctors usually describe it as chronic stable angina or unstable angina:

- **Chronic stable angina** is a form of chest pain that happens when your heart is working hard and needs more oxygen, such as during exercise. The pain goes away when you rest. Your narrowed arteries can be the cause of this form of angina. If you have chronic stable angina, you may need to decide between angioplasty with stenting or medications as treatment. If the blockage causing chronic stable angina is severe, it's possible your doctor may recommend coronary bypass surgery, in which the blocked arteries are replaced with blood vessels grafted from another part of your body.
- **Unstable angina** is either the new onset of angina or a change in your usual pattern of chest pain (getting worse, lasting longer or not being relieved with rest or use of medications). Unstable angina is dangerous and a warning sign of a heart attack. If your angina is unstable, seek urgent medical care. You may need angioplasty with stents, even if your doctors find that you're not having a heart attack.

What are treatment options for chronic stable angina?

Angioplasty and stenting

During an angioplasty (An-je-o-plas-tee), your doctor inserts a tiny balloon in your narrowed artery through a catheter that's placed in an artery, typically in your groin. The balloon is inflated to widen the artery, and then a small wire mesh coil (stent) is usually inserted to keep the artery open. Some stents are simply bare metal, while others are coated with medications to help keep your artery open (drug-eluting stents).

Angioplasty and stenting involve some risk. There's a small risk of blockages re-forming after a stent is implanted, as well as additional risks — albeit small — including the risk of having a heart attack, stroke, or life-threatening bleeding during or after the procedure. Inserting a stent is expensive, meaning you may want to factor the cost into your medical decision. You should also consider that even if you have a stent placed, you'll probably need to take medications as an additional angina treatment.

You'll probably remain hospitalized for at least a day while your heart is monitored and your vital signs are checked frequently. You should be able to return to work or your normal routine the week after angioplasty.

Many doctors consider angioplasty with stent placement to be a good angina treatment option for blocked arteries and chronic stable angina. That's because it's less invasive than open-heart surgery and has had good results.

Keep in mind that you'll still likely need to take some medications after an angioplasty as part of your treatment.

Medications

If you have stable angina, you may be able to treat it with medications and lifestyle changes alone, meaning you may not need angioplasty with stenting. Medications that can improve angina symptoms include:

- **Aspirin.** Aspirin reduces the ability of your blood to clot, making it easier for blood to flow through narrowed heart arteries. Preventing blood clotting may reduce your risk of a heart attack.
- **Nitrates.** Nitrates are often used to treat angina. Nitrates relax and widen your blood vessels, allowing more blood to flow to your heart muscle. You might take a nitrate when you have angina-related chest discomfort,

... continued on next page

before doing something that usually triggers angina (such as physical exertion), or on a long-term preventive basis. The most common form of nitrate used to treat angina is nitroglycerin tablets that you put under your tongue.

- **Beta blockers.** Beta blockers work by blocking the effects of the hormone epinephrine, also known as adrenaline. As a result, your heart beats more slowly and with less force, thereby reducing blood pressure. Beta blockers also help blood vessels relax and open up to improve blood flow, thus reducing or preventing angina.
- **Statins.** Statins are drugs used to lower blood cholesterol. They work by blocking a substance your body needs to make cholesterol. They may also help your body reabsorb cholesterol that has accumulated in the buildup of fats (plaques) in your artery walls, helping prevent further blockage in your blood vessels.
- **Calcium channel blockers.** Calcium channel blockers, also called calcium antagonists, relax and widen blood vessels by affecting the muscle cells in the arterial walls. This increases blood flow in your heart, reducing or preventing angina. Calcium channel blockers also slow your pulse and reduce the workload on your heart.
- **Angiotensin-converting enzyme (ACE) inhibitors.** These drugs help relax blood vessels. ACE inhibitors prevent an enzyme in your body from producing angiotensin II, a substance in your body that affects your cardiovascular system in numerous ways, including narrowing your blood vessels. This narrowing can cause high blood pressure and force your heart to work harder.
- **Ranolazine (Ranexa).** This drug is used only when other anti-angina drugs haven't worked, because it can cause a heart problem known as QT prolongation, which increases your risk of heart rhythm problems. It's used with other angina medications, such as calcium channel blockers, beta blockers or nitroglycerin.

If you try drug treatment and lifestyle changes and you still have symptoms that are limiting you, a stent may be the next step.

Lifestyle changes: Part of either treatment

Regardless of which angina treatment you choose, your doctor will recommend that you make lifestyle changes. Because heart disease is often the underlying cause of most forms of angina, you can reduce or prevent angina by working on reducing your heart disease risk factors. These risk factors include:

- **Smoking.** If you smoke, stop.
- **Poor diet.** Eat a healthy diet with limited amounts of saturated fat, lots of whole grains, and many fruits and vegetables. Know your cholesterol numbers and ask your doctor if you've optimized them to the recommended levels.
- **Lack of physical activity.** Talk to your doctor about starting a safe exercise plan. Because angina is often brought on by exertion, it's helpful to pace yourself and take rest breaks.
- **Excess weight.** If you're overweight, talk to your doctor about weight-loss options.
- **Underlying conditions.** Treat diseases or conditions that can increase your risk of angina, such as diabetes, high blood pressure and high blood cholesterol.
- **Stress.** Avoiding stress is easier said than done, but try to find ways to relax. Talk with your doctor about stress-reduction techniques.

So which angina treatment is better — angioplasty and stenting or medications?

Your medical condition will determine whether having angioplasty and stenting or taking medications will work better for you. Talk to your doctor about which angina treatment is best for your situation. Consider this:

- **People who have angioplasty and stenting first** may feel better quicker. For example, their chest pain may decrease quicker than those who just take medication. However, after five years those who only take medication usually have the same level of pain relief (less chest pain) than those who had angioplasty and stenting.
- **People who take only medications for angina** may not feel better as quickly, but medications require no recovery time and are less expensive than angioplasty and stenting. If you choose to take medications to treat your angina, it's important that you take them exactly as your doctor says so that you get the most benefit.

What if your angina treatment doesn't work?

- If you try medication and lifestyle changes first, but they don't relieve your angina, angioplasty and stents may be another option. It might be reasonable to try more-conservative steps first — medication and lifestyle therapy — before considering a stent. Talk to your doctor if you're concerned that medications or stents aren't controlling your angina. Remember that with either treatment plan, lifestyle changes are important.

- <http://www.mayoclinic.com>

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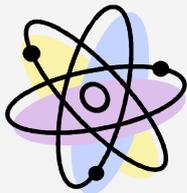
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Every body is better with



“Angels not only worship, they direct our gaze to an awesome God”. –Timothy Jones: *Celebration of Angels*

Is Sea Salt better for your health than Table Salt?

Sea salt and table salt have the same basic nutritional value — both mostly consist of two minerals — sodium and chloride. However, sea salt is often marketed as a more natural and healthy alternative. The real differences between sea salt and table salt are in their taste, texture and processing, not their chemical makeup.

Sea salt is produced through evaporation of seawater, usually with little processing, which leaves behind some trace minerals and elements depending on its water source. These insignificant amounts of minerals add flavour and colour to sea salt, which also comes in a variety of coarseness levels.

Table salt is mined from underground salt deposits. Table salt is more heavily processed to eliminate trace minerals and usually contains an additive to prevent clumping. Most table salt also has added iodine, an essential nutrient that appears naturally in minute amounts in sea salt. By weight, sea salt and table salt contain about the same amount of sodium chloride. Your body needs only a couple hundred milligrams (mg) a day to stay healthy, but most people get far too much — mostly from sodium in processed foods. So regardless of which type of salt you prefer, keep sodium consumption between 1,500 and 2,300 mg of sodium a day if you're a healthy adult. People with high blood pressure, African-Americans and anyone middle-aged or older should aim for the low end of that range.

Katherine Zeratsky, R.D., L.D., Mayo Clinic nutritionist,
<http://www.mayoclinic.com/health>

“The reason angels can fly is because they take themselves lightly”. –G.K. Chesterton



TEST YOUR KNOWLEDGE

1. In which country are the ancient cities of Herculaneum and Pompeii?
2. What kind of animal is the Australian brumby?
3. Canopus, Arcturus and Alpha Centauri are all examples of which celestial objects?
4. In the nursery rhyme, *It's raining, it's pouring*, what was the old man doing?
5. Name the only South African province with two World heritage sites.

1. Italy
2. Horse
3. Stars
4. Snowing
5. Kwazulu-Natal

TIME TO CONTEMPLATE . . .

When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities. This is when the magic begins. This is a state I call synchro-destiny, in which it becomes possible to achieve the spontaneous fulfillment of our every desire. Synchro-destiny requires gaining access to a place deep within yourself, while at the same time awakening to the intricate dance of coincidences out in the physical world.

– Deepak Chopra