



Healing at Hand

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Greetings!



Smile awhile! A smile can brighten the darkest day.

Smiling is good for the heart; it lightens it and brings it joy. The eyes light up with brilliance when the smile is sincere. When the smile comes from the heart it is as if the entire being, every single cell in the body is smiling. A very close connection is made, a 'coming together' as it were. With smiling, the heart opens up to give and also to receive, hence a beautiful oneness is experienced with the other.

A smile costs nothing and yet gives so much. Ever notice how smiles are started by another smile? It is contagious - but one doesn't mind catching it!

A true smile is produced spontaneously. It is not something that is possessed, yet you are giving something of yourself. This reminds me of a saying by Kahlil Gibran: **"You give but little when you give of your possessions. It is when you give of yourself that you truly give"**.

Prophet Muhammad of Islam used to say that **even the giving of a smile is charity**.

A smile may only take a moment, but may give a lifetime memory to someone. So be the sunshine in someone's day! Smiling indicates being at peace with the other. *Mother Theresa* said, **"Peace begins with a smile"**.

She also said, **"Let us always meet each other with smile, for the smile is the beginning of love."**

It is harder to frown than to smile. This is because frowning is the expression of difficulty, and much more facial muscles are used to achieve this. Smiling, on the other hand, doesn't require much work. It comes easily. Go on, give it try it! Push up the corners of your mouth. That's it, keep pushing up the corners, a little bit more, and there you go!

"Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts". - *Paramahansa Yogananda*

On a lighter note – it has been said that, "If you would like to spoil the day for a grouch, give him a smile".

Peace and blessings, *Rashidah*

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Many species, one home

The phenomenon of keeping pets has been around for thousands of years. But just think about it for a moment: you take in a creature of a different species, feed it, look after it, love it, and maybe even let it sleep on your bed. The problem is you don't really know what its behaviour means and how to deal with it.

Part of the responsibility of being a pet owner is finding out what the cat means when it slowly blinks its eyes (it's smiling) and why it doesn't work when you shout at the dog to stop barking (it thinks you're joining in on the game with a bark of your own). And this is just scratching the surface. – [wwwhealth24.com](http://www.health24.com)

To learn more, see link: [9 behavioural problems in pets](http://www.health24.com/medical/Focus_centres/777-2268-2552-2678.asp) -

http://www.health24.com/medical/Focus_centres/777-2268-2552-2678.asp

"Smile!

It is the key that fits the lock
of everybody's heart."

-Anthony J. D'Angelo

COMIC RELIEF ...



A drunk walks into a bar. The bartender tosses him out because he's too drunk. The drunk walks back into the bar. Again the bartender throws him out for being drunk. Yet again, the drunk walks into the bar. The bartender is about to throw him out when the drunk looks at him and says, "How many bars do you own anyway?"

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HOW YOU'VE GROWN

Beba Papakyriakou
(BA; BA Honours, Psychology)

Humans are ever-changing beings and the key to personal growth and development is awareness.

You know how you look at yourself in the mirror every day and don't really see any changes until they're too distinct to miss, but then you bump into someone who hasn't seen you in years and she comments on how you look? Well, the same could be true in realizing how you've grown spiritually, or in terms of your thought processes, attitudes, behaviours.

Human beings are not static entities. We are ever evolving, growing, and developing

Or at least many humans are. I guess there are those who have no interest in growing or changing or evolving, and will continue to do the same thing day in day out, think the same thoughts, learn nothing new, exhibit the same behaviours, watch the same TV shows, drink the same brand of beer.

But for the rest of us, expanding our consciousness, trying something new, stretching ourselves to see how far we can reach, reading new books, changing our perspective, and enriching our lives and our relationships could be an exciting part of life.

The key to personal growth and development is awareness

If we aren't aware of something, how can we change it? If we take one step back from ourselves and others, and just observe, we will see so much and can choose to correct, refine, celebrate, or continue doing what we see.

As with anything, there are gauges that show us things

A gauge that we have gained weight is when our clothes are too tight. A gauge that we might need some exercise is when our bones creak when we get up from the sofa in the TV room. A gauge that we have grown spiritually is when we respond differently, more constructively to a situation.

Internal gauges are very exciting. This "internal locus of control" is vital as it detaches us from the opinions and perspectives of others. So, we can be our own gauge regarding our personal growth and development. We can set our own targets about our own development, and track our progress through the gauges we choose. This is great because in turn it increases our awareness so we don't continue going through life asleep or living by default.

Another gauge is when we come into contact with the world and can determine the extent of our progress and changes in "real time".

Sometimes we don't really know how far we have come until we are with people who might well have had incredible life-changing experiences in the interim years, but when we see them years later, they are engaging in behaviours that are no longer a part of our life. And that's when we have more evidence that we have progressed, and how much further we can or need to go.

All this growth and development and awareness and observing ourselves and others, needn't become a heavy chore. It should be fun and enjoyable, and when something is fun and enjoyable we tend to want to do more of it. Not so?

About the author

Beba Papakyriakou is an international business owner and published author, with two psychology degrees. She has been up till now very closely involved with child abuse organisations, has been on national TV, and has handed over copyright of one of her books to a non-profit organisation for their use and fund-raising. She has been working towards raising her own vibrations and those of people around her. Writing is one of her passions and she believes that finding expression through writing often leads one towards wholeness. (And fun!)



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us.

We ask ourselves, "Who am I to be brilliant, gorgeous, talented, fabulous?"

Actually, who are you not to be?

You are a child of God. Your playing small does not serve the world. There is nothing enlightening about shrinking so that other people will not feel insecure around you. We are born to manifest the glory of God that is within us. It is not just in some of us, it is in everyone.

As we let our light shine, we unconsciously give other people permission to do the same.

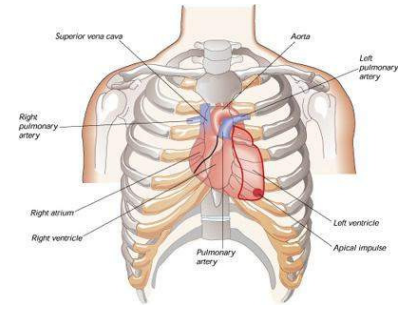
As we are liberated from our fear, our presence automatically liberates others.

- **Nelson Rolihlahla Mandela**



10 Foods that Love Your Heart

By Karen Kelly



"Eat walnuts every day," was the surprising "prescription" Tuvana Bain, M.D., delivered at my annual checkup this year. Just back from a medical conference, she advised that eating a few handfuls of walnuts every day could significantly lower my levels of endothelin, a natural compound that causes inflammation of arteries and plaque buildup in blood vessels and contributes to heart disease, which is still the leading cause of death in the United States.

My doctor's unorthodox (but appealing) advice piqued my curiosity: What other foods should I be eating to keep my heart pumping? What makes a food especially heart-healthy? With the latest research to guide me, I came up with the ten best foods for your heart, then incorporated them into six recipes that I've made a regular part of my repertoire.

1. Asparagus

Asparagus is high in saponin, a phytochemical that binds with bile acids and cholesterol, washing these fatty compounds from the body. One serving of asparagus does not contain an effective dose, but including saponin-rich foods like quinoa and alfalfa sprouts in your diet has a cumulative beneficial effect. Asparagus also contains anti-inflammatory nutrients like folate and vitamins C and D.

2. Chocolate

Long considered a temptation to sin, chocolate has recently been elevated from a special-occasion treat to a daily staple. One impressive 2006 analysis at the University of Scranton in Pennsylvania showed that eating about six ounces of dark chocolate per day significantly inhibited atherosclerosis and lowered low-density lipoprotein (so-called "bad" cholesterol) and triglycerides, raised high-density lipoprotein, and protected the lower-density lipoproteins from oxidation. The same report found that cocoa contains phenols-antiseptic, anti-inflammatory compounds that reduce the risk of heart disease by keeping fat-like substances from oxidizing in the bloodstream and clogging the arteries.

3. Green tea

"Green tea has much less caffeine than black or oolong teas, making it more practical to drink with meals," advises nutritionist Jonny Bowden, Ph.D., C.N.S., author of *The 150 Healthiest Foods on the Planet* (Fair Winds Press, 2007). All three teas contain antioxidants like vitamins A, C, and E, tannins, and flavonoids (organic compounds that help flush out carcinogens and fight cancer cells and mutation).

4. Herring

Often upstaged by salmon, herring actually harbors some of the highest levels of omega-3 fatty acids, which decrease triglyceride levels and the growth rate of atherosclerotic plaque and lower the risk of arrhythmia, which can lead to sudden cardiac death. Fresh herring is even better: A three-ounce serving supplies about two grams of omega-3s.

5. Oatmeal

The soluble fiber in oatmeal binds with lowdensity lipoproteins and expels them from the body. Oats are also a good source of protein, calcium, iron, magnesium, zinc, copper, manganese, thiamin, folacin, and vitamin E, and they contain more healthy oils than other grains. Steel-cut oats, though not ideal for baking, are best for breakfast: They retain more nutrients than rolled oats.

6. Oranges

Researchers at the Hebrew University in Jerusalem reported in 2006 that the flavanones (a subcategory of flavonoids) in oranges decrease LDL cholesterol and increase HDL cholesterol. The researchers suggest people with high cholesterol should eat more oranges, grapefruit, and lemons before turning to a prescription statin drug. In fact, flavanones are so powerful, doctors caution statin patients against eating citrus fruits, especially grapefruit, since it may increase the effect of the drug.

7. Papaya

This bright, coral-colored tropical fruit is a good source of digestive enzymes and potassium, says Bowden. "Because it helps maintain smooth-muscle contractions like the heartbeat, potassium is one of the top three heart nutrients, and papayas have more than bananas." A medium papaya has 781 milligrams compared with 371 mg in a medium banana.

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YOUR HEALTH

-Warning Signs that you should not ignore

Why is it that the most important issue (your health) never gets addressed until you are sick? If you are aware of the warning signs, the "little" symptoms that can lead to larger health problems, you can head off disaster. Prevention is far less costly than disaster recovery - physically, emotionally, and financially. Let's learn to read the signs and take heed when our body starts to warn us of impending ill health.

Many of us don't know the "subtle" warning signals we experience on a daily basis. We are bombarded daily by so many advertisements designed to mask these symptoms, rather than find the cause of them, that we have come to believe that the symptoms are "normal". If we only temporarily relieve the symptom and don't get to the root cause of it, it WILL escalate and cause further damage to your body.

All illness, disease, and symptoms of ill health are related. There is no such thing as an "isolated" health problem in your body. Treating any symptom as an isolated incident, without determining the root cause of the symptom, will not fix it, only mask it. On this basis, we, at The Wolfe Clinic, work with you and your body as a "whole" so that your body's build-in healing mechanism can give you balance and vital health.

Did you know that . . . pain of any kind means your body is in crisis? This means headaches, neck aches, back aches, leg cramps, menstrual cramps - pain of any kind.

When your body is in crisis, some of the warning signs it will give you are:

- indigestion or incomplete digestion
- bloating
- gas
- abdominal pain/cramps
- low back pain
- bladder/urination problems
- varicose veins
- water retention
- bad breath
- ear infections
- frequent sore throat
- dandruff
- dry/oily hair
- soft or brittle nails
- dry/oily skin
- sensitivity to perfumes and chemicals
- insomnia or irregular sleep patterns
- painful joints
- chronic tiredness
- headaches
- body aches and pains
- acne and other skin disorders
- angina
- diarrhea and/or constipation
- hemorrhoids and/or protruding rectum
- fevers/night sweats
- hormonal imbalance
- breathing disorders
- pain/swelling/lumps of any kind
- painful menstruation
- bowel movements that do not float
- anal itching
- itchy eyes
- shortness of breath
- sensitive mouth/gums
- hiatal hernia
- low attention span
- foggy head
- dizziness
- nausea
- swollen abdomen

How many commercial advertisements have you seen lately for products that are designed to "instantly" get rid of most of the symptoms listed above? And when the symptoms return, do you reach again for that "instant" fix? Did you ever wonder why the symptoms return again and again to haunt you? It's because the "cause" was not addressed.

Nature's Way of Telling You

The quality of your bowel movements is nature's way of telling you the level of health you are experiencing. Just as you need to monitor what goes in your mouth, stool investigation will give you valuable information regarding your highway to health, the digestive tract. Your digestive tract is the assembly line for the food you eat. Your bowel movements can give you a clear picture daily as to whether the most important process of health is functioning properly.

Learning what to look for in your bowel movements can prevent future illness and suffering. We have been taught to feel embarrassed about talking or even thinking about our bowel movements. Do not let this get in the way of your vibrant health. The large intestine is the sewer system of your body. Mismanagement will only cause the digestive tract to become a cesspool. How does the rest of the body become toxic? The answer is "mismanagement of the large intestine". You reabsorb your own toxic waste.

What indicates a good bowel movement is, firstly, that the stool floats and does not mark the toilet bowl. One or more bowel movements EVERY day is essential to good health.

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Stool Investigation

If you have **any** of these warning signs in your bowel movements, you must take action. These are a physical indication that things are not well in your digestive tract. An unwell digestive system is always the start of bigger health problems that can lead to chronic disease, including cancer, diabetes, arthritis, etc. You can be sure that someone with any chronic disease started out with one or more of these warning signals that were not heeded:

- blood of any color in your stool - bright red, dark red, blackish red, or totally black
- stool that is yellow, orange, olive blue, slate gray, very dark brown, or black
- offensive smelling stool
- hard stool that sinks to the bottom of the toilet bowl and/or marks the bowl
- flat thin-like stool
- stool with many small bead-like bubbles
- slimy stool that appears to have mucous in it
- bowel movements that require effort on your part to excrete
- less than one complete bowel movement EVERY day.

These symptoms are warning signs of bigger health problems if they are not addressed properly. Stools should normally be soft, a medium brown color, and should float, and this should occur a minimum of once per day. If this is not the case with your bowel movements, you need to fix the situation before it escalates into chronic illness.

As embarrassing as it might be for both you and your children, it is important to check with your children on a regular basis, as to the quality of their bowel movements. Remember when they were babies and you did this on a regular basis? Remember when you took them to the doctor and one of the first questions he asked was about your child's bowel movements? Somewhere along the way, we forget the importance of this vital key to good health.

- *The Wolfe Clinic, (<http://counter.bloke.com>)*

Put your hand on a hot stove for a minute,
and it seems like an hour.

Sit with a pretty girl for an hour, and it
seems like a minute. That's relativity.

-*Albert Einstein*

The best doctors in the world are:

- **Doctor Diet**
- **Doctor Quiet,** and
- **Doctor Merryman**

-*Jonathan Swift*

Continued from page 3 ... (10 FOODS THAT LOVE YOUR HEART)

8. Dried plums

These are wrinkly, naturally sweet treats, otherwise known as prunes, contain very high levels of antioxidants. In fact, USDA statistics cite a whopping 5,770 units per 100 g compared with 2,400 units for the same amount of blueberries. "Dried plums are also high in fiber, which has been shown to be a crucial component in longevity and preventing heart disease in numerous epidemiological studies," says Bowden. A half-cup or 3.5-ounce serving has roughly 25 percent of the daily requirement for fiber (approximately 25 g for an average-size woman) and only about 200 calories.

9. Sweet potatoes

"The more color a vegetable has, the better. And sweet potatoes fill the bill because of the carotenoids—potent antioxidants—they contain," says Bowden. The same nutrient that protects the plant in nature by making it less vulnerable to the rays of the sun and by warding off predators (who don't like the taste) also shields our hearts from damage caused by free radicals, explains Bowden.

10. Walnuts

In addition to their recently discovered endothelin-busting properties, walnuts also contain alpha-linolenic acid, or ALA, an omega-3 fatty acid that is similar to the one found in herring and salmon.

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



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contact: **Rashidah Hargey** – cellph. **083 29 444 29**



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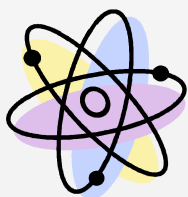
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Bowen Therapy

for Rheumatoid Arthritis & Fybromyalgia

MARLENE NICHOLLS from Canada, wrote this testimonial:

I have a condition of Rheumatoid Arthritis and Fybromaylgia. I am also allergiec to many types of drugs used to treat these conditions. I own my own Insurance Brokerage and am a mother of three daughters, so I have a very demanding schedule and want to continue to be an active person, both in my business and with my family.

As with most arthritic patients, all joints are affected, however pain and stiffness in my knees is probably the worst, making it often quite painful to negotiate stairs in particular. From time to time, I also experience stiffness and pain in my neck and upper back, sometimes making me immobile in that area. When that occurs, I have tried many treatments and found in the past that a massage treatment will at least allow some mobility.

Karen Primdahl, a Bowen therapist in Canada, suggested Bowen treatment. Not only did the Bowen treatment take the pain and stiffness from my neck, what was most amazing was the effect it had on my knees. The Bowen Techique provided mobility in my knees without pain that I had not experienced in many years, and has continued to do so.

The effect of the treatment has been long term, which is very gratifying. It has been wonderful to have mobility back, and to be for the most part pain free. Knowing I can be treated again without the use of medication is very comforting.

Bowen Hands, March 2005

Tired of suffering pain?

Here is your solution ...

Try Bowen Therapy for pain relief !

Contact Rashidah Hargey @ 083 29 444 29
Theracare Health Centre, Rondebosch East

TEST YOUR KNOWLEDGE

1. How many numbers are displayed on a dartboard?
2. Which is the world's second-smallest continent?
3. On which island was Napoleon Bonaparte born in 1769?
4. What is the most spoken first language in South Africa?
5. What is the name of the luxury airliner used by the South African president?

1. Twenty 2. Europe 3. Corsica
4. isiZulu 5. Indivaziti

"I wish I could show you when you are lonely or in darkness, the astonishing light of your own being!"

"Ever since happiness heard your name, it has been running through the streets trying to find you."

~ Hafiz of Persia, poet and sufi mystic