



Healing at hand

March 2009

Issue 3 -

AUTUMN

Greetings ...

I was horrified to read that the World Health Organization (WHO) predicts that by the year 2020, smoking will result in more deaths than HIV and Aids, Tuberculosis, car accidents, suicides and homicides, combined. Although smoking is generally associated with lung cancer, the WHO says it is also the single greatest cause of heart disease. One needs to consider this quite seriously! Not only are smokers causing tremendous devastation to their own health as well as our planet, but also serious health implications to others from the effects of passive smoking. This issue of *Healing at Hand* brings a few smoking issues to light.

Respiratory problems in both adults and children are increasing at an alarming rate. Every new generation is suffering more and more. Drug therapy with its associated side-effects is clearly not the ideal solution to this escalating problem. It is important for us to develop awareness with regards to this problem and wherever possible, take positive steps. Together, we need to make this planet of ours more toxic-free so that all its inhabitants can breathe more freely.

Be well,

Rashidah

MEDICINES CAN MAKE YOUR BONES BRITTLE

It's important to take note of medications that can increase your risk of osteoporosis. If you are taking some of these life-saving or life-enhancing drugs, you might have to go to extra lengths to protect your bones, as you can't just stop using them. Your doctor will be able to give you advice. According to the American National Osteoporosis Foundation, the following medicines can cause bone loss:

- glucocorticoids
- excessive thyroid hormones
- anticonvulsants, antacids containing aluminium
- gonadotropin-releasing hormones (GnRH) used for treatment of endometriosis
- methotrexate for cancer treatment
- cyclosporine A (an immunosuppressive drug), as well as,
- heparin and cholestyramine, taken to control blood cholesterol levels.

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If you are patient in one moment of anger, you will escape a hundred days of sorrow.

COMIC RELIEF ... 😄

One evening during a violent thunderstorm, a mother was tucking her son into bed. She was about to turn off the light, when the little boy asked with a tremor in his voice, "Mummy, will you sleep with me tonight?" The mother smiled and gave him a reassuring hug. "I can't, dear," she said, "I have to sleep in Daddy's room." A long silence was broken at last by his shaky little voice: "The big sissy."

YOUR RIGHTS AS A PATIENT

- Do you know your rights when dealing with the medical profession? And just as importantly, do you know your doctor's rights?

There are few things that make you feel more frustrated and powerless than being sick. Knowing your rights as a patient, as well as your responsibilities, can ensure a better relationship with your doctor and with hospital staff. Patient rights are entrenched in our constitution. To make sure that these rights are a reality, the Department of Health has proclaimed a common standard called the National Patients' Rights Charter. Here are a few of the fundamental rights:

- **YOU HAVE THE RIGHT TO PARTICIPATE IN THE DECISION-MAKING PROCESS**

Patients have the right to participate in decision-making on matters of your own health.

Practically, this means that no doctor, nurse or other healthcare professional has the right to simply tell you what he or she is going to do and then do it. It is your body and you are the person to make the final decision. It can be very intimidating being in hospital, and not quite knowing what is going on, but it can make a big difference if you have the confidence to get involved.

- **INFORMED CONSENT**

You have the right to be given full and accurate information about the nature of your illness or illnesses, as well as the right to have any diagnostic procedures and proposed treatments carefully explained to you.

If you don't understand (and let's face it, we as laypeople often don't) you have the right to ask questions till you do. You also have the right to know what each procedure or treatment is likely to cost, before you have to make a decision. Then you and your healthcare professional can jointly decide what is best for you, in your individual circumstances.

- **YOU HAVE THE RIGHT TO REFUSE TREATMENT**

A person has the right to refuse medical treatment, provided that such a refusal does not endanger the health of others. This refusal can be verbal or in writing.

- **YOU HAVE THE RIGHT TO BE REFERRED FOR A SECOND OPINION ON REQUEST**

You may also choose the healthcare provider who gives that second opinion.

- **YOU HAVE THE RIGHT TO COMPLAIN**

It is said that there is no law without a right to complain. You have the right to complain about the healthcare that you have received, as well as the right to have such complaints investigated and then to receive a full response as to the outcome of the investigation.

- **YOU HAVE THE RIGHT TO BE TREATED BY A NAMED HEALTHCARE PROVIDER**

You have the right to know the person who is providing healthcare. This is why all doctors and nurses should wear name tags or should introduce themselves. If you have missed someone's name, be sure to ask.

- **INFORMATION CONCERNING YOUR HEALTH IS PRIVATE AND CONFIDENTIAL**

Any disclosure of this information can only be made once you have given written authorization. There are, however, a few exceptions, such as where a medical practitioner is required by law to disclose to the Department of Health that a patient has a notifiable disease, e.g. the SARS virus.

THE RIGHTS OF DOCTORS

Doctors also have rights that are designed to protect them. These are applicable to private hospitals and nursing staff. Here are a few of the most important ones:

- While they have a responsibility to protect life, doctors also have the congruent right not to be placed in disproportionately life-threatening situations.
- Doctors have the right to fair labour practices, including fair working conditions, overtime and leave and the right to have their grievances taken up at appropriate forums.
- Doctors have the right to be paid for their services rendered. That means that even if you have a medical aid, you as a patient are required to take personal responsibility for your medical bills. If you can't settle your doctor's bills in full, it is your duty to make appropriate arrangements with that doctor to settle any outstanding debts.
- Should anyone wish to take action against a doctor, doctors have the right to receive the reasons for those complaints in writing and, of course, to defend themselves.

PATIENT'S RESPONSIBILITY - There are a number of responsibilities that go along with being a patient. One of the more important ones is that you should make sure that your healthcare provider has access to all the information he or she might need about you and your family in order to treat you. It is also your duty to keep this information up to date, as sometimes outdated information can be more dangerous than no information at all.

Life, Spring 2004



Going Nuts about Nuts



If you avoid nuts because they are high in fat and calories, you will also be missing out on a good source of protein, minerals and antioxidant vitamins. Here is a list of these traditional festive nibbles and their health benefits.

BRAZIL NUTS - they are one of the richest sources of selenium, a micro-nutrient essential for the immune system and with a number of potential anti-cancer properties. A US study found that a supplement of 200mcg of selenium a day reduced cancer of the prostate, lung and colon by about 50%. Scientists also believe that selenium may protect women from developing breast cancer. Brazil nuts are ideal for vegetarians and vegans since weight for weight they contain as much protein as eggs. They are an excellent source of phosphorus, which helps build bones and teeth, and rich source of magnesium, essential for the smooth operation of muscles and nerves. They also contain linolenic acid, important for the skin and hormone balance.

PEANUTS - are high in unsaturated fat, magnesium and dietary fibre which all reduce diabetes risk, and decrease insulin resistance. A US study has shown it may help lower the risk of type 2 diabetes in women. Peanuts contain iron, zinc, vitamin E, magnesium folic acid and resveratrol which is effective in fighting cancer-causing free radicals.

WALNUTS - a Penn State University study has shown that walnuts not only lower bad cholesterol but also decrease the possibility of blood vessel inflammation in those susceptible to cardiovascular disease. Walnuts are a good source of two unsaturated fatty acids: alpha-linolenic acid and linolenic acid. They also contain vitamin E, iron, manganese, phosphorus, potassium and folic acid which build bones, and maintain the health of the heart and blood, and vitamin B6, which is helpful in relieving many of the symptoms with PMS.

HAZELNUTS - they are rich in vitamin E and monounsaturated fats, both of which can provide protection from heart attacks. As vitamin E helps fight free radicals, eating a handful of hazelnuts a day could provide some protection against cancer, as well as looking after the skin, keeping wrinkles at bay. Rich in fibre, they help the digestive system too. Hazelnuts contain plenty of Biotin, a B vitamin good for the hair and skin, and vitamin E, copper, magnesium and phosphorus, as well as iron, folate and zinc.

CASHEWS - Cashew nuts contain twice as much iron as minced beef. Eaten regularly, they could help protect against Anaemia. As iron uptake is aided by vitamin C, it helps to nibble cashews with a glass of fresh orange juice. They are also rich in zinc which is needed by the body for normal growth, sexual development and reproduction as well as a healthy immune system. An excellent source of copper and manganese, they are also a rich source of phosphorus, magnesium and zinc, vitamin B, E and folate. They may help enhance the recovery process of muscles after intense activity.

ALMONDS - almonds are rich in protein - weight for weight they contain nearly 75% more protein than eggs. Almonds have healthy amounts of essential micronutrients, including magnesium, potassium, phosphorus and copper as well as vitamin B2, niacin and the anti-oxidant vitamin E. Almonds are also particularly high in calcium - good for people who are lactose intolerant. They can also help as part of a bone-boosting diet to beat osteoporosis. They are best eaten raw and unsalted.

PECANS - Pecan nuts are 53% fat by weight, yet they may reduce low density lipoprotein, a type of cholesterol associated with heart disease. More than half the fat in pecans is monounsaturated, which is believed to help lower bad cholesterol levels. It may also prevent blood clots which can cause heart attacks or strokes. Pecans are a good source of fibre, vitamin E, copper and magnesium. They also contain zinc, good for skin and essential for the reproductive system and immune health.

CHESTNUTS - low in fat and an excellent source of energy, chestnuts are a good option for dieters. They are easily digested and can be ground to make flour for anyone who is gluten intolerant. Chestnuts contain vitamin E and vitamin B12 which is essential for all growth, the formation of red blood cells and a healthy nervous system.

- *The Argus, Dec 08, 2004*

Every brand new day arrives with a myriad of blessings . . .

*fresh hope; new friendships; opportunities to extend love and kindness;
new challenges; to experience something beautiful;
and to make a difference in someone's life.*

. . . It is good to start the day with this awareness.



THE HARMFUL EFFECTS OF SMOKING

Cigarettes and more specifically tobacco smoke are full of chemicals and poisons. Tobacco smoke contains over 4,000 chemicals, many of which make smoking harmful.

Effects of Tobacco Smoke

- Smoking KILLS
- Every year hundreds of thousands of people around the world **die** from diseases caused by smoking.
- One in two lifetime smokers will die from their habit. Half of these deaths will occur in **middle age**.
- Tobacco smoke also contributes to a number of **cancers**.
- The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, **straining your heart** and blood vessels.
- This can cause **heart attacks and stroke**. It slows your blood flow, cutting off oxygen to your feet and hands. Some smokers end up having their **limbs amputated**.
- Tar coats your lungs like soot in a chimney and causes cancer. A 20-a-day smoker breathes in up to a full cup (210 g) of tar in a year.
- Changing to low-tar cigarettes does not help because smokers usually take deeper puffs and hold the smoke in for longer, dragging the tar **deeper into their lungs**.
- Carbon monoxide robs your muscles, brain and body tissue of oxygen, making your whole body and especially your heart work harder. Over time, your **airways swell up** and let less air into your lungs.
- Smoking causes disease and is a slow way to die. The strain put on your body by smoking often causes years of suffering. **Emphysema** is an illness that slowly rots your lungs. People with emphysema often get **bronchitis** again and again, and suffer lung and heart failure.
- Lung cancer from smoking is caused by the tar in tobacco smoke. People who smoke are **ten times** more likely to die from lung cancer than non-smokers.
- Heart disease and strokes are also more common among smokers than non-smokers.
- Smoking causes fat deposits to narrow and **block blood vessels** which lead to heart attack.
- Smoking causes around one in five deaths from heart disease.
- In younger people, three out of four deaths from heart disease are due to smoking.

<http://www.quit-smoking-stop.com/harmful-smoking-effects.html>



SO PLEASE, STUB IT OUT!

Related articles:

[Effects of Second-Hand Smoke](#)

SMOKING KILLS

The Department of Health knows that tobacco smoke is a significant public health risk to young children and the feeling is that parents need to be aware of the risks of smoking in the home around their young children. People must reduce the children's exposure to environmental tobacco. Tobacco smoke also contains carbon monoxide, a gas that inhibits the blood ability to carry oxygen to body tissues including vital organs such as the brain and heart. Children are particularly susceptible to the effects of passive smoking, making their bronchial tubes more likely to develop respiratory and ear when exposed to environmental tobacco smoke.

The Department of Health supports the World Health Organization's conclusion that passive smoking is a cause of bronchitis, pneumonia, cot death, and neurobiological impermanent in children. People around you can get lung cancer and heart disease from passive smoking. Cigarette smoking causes lung cancer, accounting for around 85% of all new cases. The risk of lung cancer increase within both years of use and the amount smoked. There is no safe level of tobacco consumption.

Some diseases that could be smoke related:

1. Blood vessel disease
2. Chronic bronchitis
3. Impotence
4. Cancer of the lungs, throat, vocal chords, mouth, tongue, esophagus, bladder, pancreas, kidney, stomach and cervix.
5. Heart Attacks
6. Other common symptoms: Dry mouth, sore throat, headaches, digestive problems, fatigue and mouth ulcers.

Benefits of Quitting Smoking

- Within about 2 hours of stopping, there is no more nicotine in your blood system. However, it may take 2 days for nicotine by-products to leave your body.
- Within 6 hours your heartbeat slows down and your blood pressure drops slightly. It may take from 3 to 30 days for blood pressure to return to normal.
- Heart rates slow down and blood pressure slightly drops after six hours.
- Between 12 and 24 hours, carbon monoxide is eliminated from your body. Lung efficiency improves. Taste buds and sense of smell improves after two days.
- Blood flow to the hands and feet improves after two months.
- After few months the lungs work more efficiently and are able to remove mucus.
- The incidence and progression of lung disease including chronic and bronchitis are reduced.
- After fifteen years the risk of heart attacks and strokes are almost the same as those of a person who has never smoked.
- You save a lot of money!

Talking to an ex-smoker can be a great help or call the tobacco help line on: 011 720 3145.

28 May 2004

SOURCE: [Department of Health](#) (The Government of South Africa); capegateway.gov.za

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Up in Smoke

Nicotine was officially recognized as an addictive substance in 1992 when the World Health Organization classified the dependence of tobacco as a disease. In 1994 nicotine dependence and withdrawal were further classified as mental health disorders in the fourth edition of the American Psychiatric Association (DSM-IV). Finally in 1998, the Scientific Committee on Tobacco and Health (SCOTH) went a step further by comparing nicotine addition to other serious addictions, such as cocaine and heroine. There are many similarities between these additions, including affects on mood and performance, reducing hunger and accelerating body metabolism.

Another point worth mentioning is that the trend by tobacco companies to sell so-called 'light' cigarettes has done nothing to decrease the amount of toxic substances a smoker inhale, which include carbon monoxide, tar and cyanide. This is why in certain countries the word 'light' has been banned because it is misleading.

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QUANTUM TOUCH CASE STUDY

Abscessed wisdom tooth extraction

Toothache prompted me to visit the dentist. What I thought would be a simple cavity filling, I was instead informed that the wisdom tooth must come out. My first thoughts were: "This is going to be v-e-r-y painful!" However, I immediately countered that negative thought with: "Quantum Touch will help me with this". So before he injected the anaesthetic and while waiting for it to 'kick in', I was running energy on myself all the time with deep breathing to assist my body and mind with this impending trauma.

Next, he came with the pliers and started yanking at the tooth, while mentioning that these molars tend to break off while pulling them out. (Of course my eyes were tightly closed throughout the process; I'm still not sure whether it was out of fear or concentration!), but that didn't stop me visualizing for a brief moment, the dentist struggling in my mouth trying to remove pieces of broken tooth. I quickly retrained my thoughts and continued with Quantum Touch. Then, voila! In one piece it came out. Unfortunately with all the yanking about, the opposite temporo mandibular joint had become misaligned and quite uncomfortable. No problem! As soon as I got home, I started running Quantum energy specifically over that TM Joints and the area of extraction. Within 5 minutes, the jaw was properly re-aligned and bleeding had stopped. Later, when the anaesthetic wore off, I was pleasantly surprised that I had no pain at all. Sounds like a miracle? Well, it was! - with the help of Quantum Touch.

Rashidah

Time to Contemplate . . .

"Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting." - R W Emerson



"... to be free is not merely to cast off one's chains, but to live in a way that enhances the freedom of others."

- Nelson Mandela