



Healing at Hand

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Pic: *Morpho peleides*, by Bresson Thomas

Index:

| | |
|--|---|
| From the editor | 1 |
| Comic Relief | 1 |
| Gout | 2 |
| Alleviate Gout pains | 3 |
| Did You Know? | 3 |
| Too Tired To Think Straight? | 3 |
| Magnesium – Nature’s Silent Guardian | 4 |
| Is Marriage a Curse or a Blessing? | 5 |
| Bowen Technique – the Lower Respiratory (Asthma) Procedure | 6 |
| These Are The Good Bugs | 7 |
| Test Your Knowledge | 7 |
| Time To Contemplate | 7 |

Greetings!

I’m certain that we all know of someone who could be described as having an *ageless spirit*. Even though their chronological age may indicate they have aged they still exude a refreshing youthfulness in their nature. Their good humour, playfulness and joviality immediately bring about lightness in their interaction with others. Their playfulness is neither irresponsible nor foolish. Their beautiful nature is transmissible as everyone in their company also become cheerful and pleasing. Notice the bounce in their step and the mischievous twinkle in the eye, that ever-present smile and a quirky sense of humour! They are like the sun – warm, bright and light.

These special souls radiate a beautiful energy that draw people to their company. Of course they can be contemplative and serious as well - for they too experience the serious side of life like everyone else does but there is no room for grumpiness in their attitude. Even when they are quiet it still feels good to be in their company.

Someone once said: **“Youth illuminates the world around you with joy and possibility. However, an ageless spirit is one that embraces life – a heart that remains ever young.”**

It is also said that **the heart that loves, is always young**. Perhaps this is where the secret lies! When one is so busy extending love and joy to others, one does not feel/pay attention to one’s own hardship.

Perhaps it is better not to be overly-concerned with ageing and strict social conformity. We could be much happier when we remember this advice: **“Live your life and forget your age”** – Norman Vincent Peale.

It’s important to have a twinkle in your wrinkle and a smile in your heart.

Wishing you joy, laughter and fun.

Keep shining!
Rashidah



Sometimes, hope is what makes us smile.

Other times, a smile is what can bring us hope.

- Tibetan Monk

A calm demeanour will deter the danger of words spoken in anger or panic.

-Shmiras Haloshon SA

COMIC RELIEF ...



Three girls were in a lift, and suddenly the lift comes to a halt and the lights go out. First they try to call for help, using their cellphones ... but no luck! There’s no signal. After a couple of hours being stuck with no sign of help, the one girl says to the others “I think the best way to call for help is by shouting together.”

The others agree, and they take a deep breath and begin to shout ... **“together, together, together!”**

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Gout

What is gout?

Gout is a metabolic disorder that may be inherited. It is characterised by recurrent acute joint inflammation (gouty arthritis) in the extremities, caused by crystals that are deposited in and around the joints. These crystals come from body fluids that contain markedly high concentrations of uric acid (urate), a waste product of digestion that is normally excreted in urine.

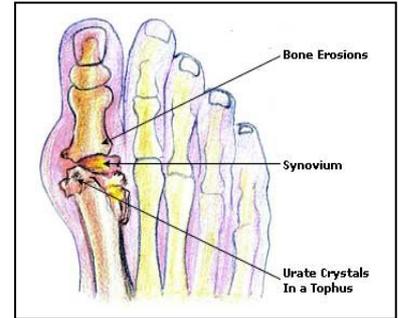
Symptoms include heat, red and shiny skin, and extreme tenderness and pain in the affected joints. It tends to affect the peripheral joints, most often those in the big toe, but can also affect the knees, elbows, thumbs or fingers. The arthritis may become chronic and cause joint deformity. Collection of urate crystals in the kidneys can lead to kidney stones.

Gout occurs mainly in middle-aged men, who represent 90% of all gout sufferers. Often they are obese and suffer from high blood pressure (hypertension). The remainder are usually post-menopausal women; gout is rare in children.

WHAT ARE THE SYMPTOMS?

Acute gouty arthritis

- Sudden onset of intense pain in a joint, typically the big toe, sometimes also the ankle, knee, elbow or wrist.
- The onset can be almost immediate or over minutes to hours.
- Swelling, inflammation and a feeling that the joint is very hot.
- Tense, warm, shiny red or purplish overlying skin.
- Occasionally, in extreme cases, chills and fever.



Although gout is probably inborn, the first attack of gouty arthritis usually does not appear until middle age, mainly in men. The first few attacks may come (often at night) and go without apparent reason, but are often precipitated by the factors above. The symptoms usually settle down within days. With prompt treatment, the pain and inflammation can be brought under control quickly, although attacks can recur if the underlying problem, a high urate level, is not treated. Later untreated attacks may persist for weeks.

Chronic joint symptoms

- Asymptomatic intervals tend to become shorter as the disease progresses. Attacks start to occur more frequently and may start to develop in more than one joint and in unusual sites including knees, hands and elbows.
- Joints can become permanently deformed as a result of erosion by the crystals, so that hands and feet lose their mobility. In rare cases, the shoulder, chest joints or neck vertebrae may be involved.

Tophi

- When gout has been present for a longer period, urate deposits called 'tophi' develop. They appear as small, hard lumps around ankles, hands, the tips of the elbows, earlobes and even around the vocal chords and the spinal chord.
- Eventually they can cause pain or stiffness.
- They can also protrude and finally erupt, causing a discharge of chalky material containing urate crystals.
- Neglected tophi cause damage to the underlying bone and joints and are an absolute indication to treat the underlying condition and not just the symptoms of the attacks.

Prevention

- Avoid certain protein-rich foods that can lead to decreased urate excretion: organ meats (liver, brains and kidneys), shellfish, fatty fish, asparagus, spinach and most dried beans. Some people find particular foods which affect them as individuals. These should be avoided in that instance.
- Increase your fluid intake – this is very important to decrease the possibility of urate crystal formation in the kidney tracts.
- Avoid alcohol, as it retards elimination of urate.
- If you are obese, control your body weight.

The following conditions can trigger gout:

- Recent surgery
- Dehydration
- Joint injury
- Excessive dining
- Heavy alcohol intake
- Stress
- Change in diet
- Certain foods such as red meat and rich foods.

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What to do

When you wake up with an acute episode, ibuprofen or any other anti-inflammatory drug in the home pharmacy might help.

- Rest and elevate the inflamed joint to ease some discomfort.
- Ice-pack applications can help reduce pain and decrease inflammation.
- Paracetamol and codeine are not very effective, and aspirin might make the condition worse because it prevents excretion of urate by the kidneys.
- Consult a doctor the next morning or, if the pain is excruciating, go to an emergency department.
- During an acute attack or when under treatment by a doctor, drink fluids abundantly to combat dehydration, increase fluid in the kidneys and dilute urate in the urine.

- www.health24.com

Reviewed by Dr David Gotlieb, rheumatologist, MBChB FCP(SA).

Alleviate Gout Pains

To help alleviate the painful symptoms of gout try including apples, cherries and strawberries in your diet these fruit contain natural antioxidants that help cleanse the body of uric acid.

-www.all4women.co.za; <http://www.ayurvediccure.com/>



For more home remedies, visit:

<http://www.iloveindia.com/home-remedies/gout.html>

<http://www.home-remedies-for-you.com/remedy/Gout.html>



DID YOU KNOW?

Eat a handful of walnuts before bed.

You'll be giving yourself a boost of fibre and essential fatty acids along with the amino acid tryptophan -- a natural sleep-inducer.

Too tired to think straight?

Sleep deprivation may lead to overly optimistic thinking, says a new study, which means that you might not consider potential risks. Sleep deprivation can alter decision-making skills and impair certain thinking abilities such as attention, memory, and even financial decision-making.

Experts recommend that you try and go to bed at more or less the same time every night, avoid vigorous exercise before you head for bed, limit your alcohol intake, and avoid eating heavy meals just before you bond with the duvet. Easier said than done, we know, but try and aim for this at least five nights a week.

-www.health24.com

More reading: [Sleep deprivation encourages risky decisions](#)

IRISH BLESSING

May the road rise up to meet you; May the wind be always at your back.

May the warm rays of the sun fall upon your home; May the hand of a friend always be near; May the rains fall soft upon your fields.

And until we meet again . . . May God hold you in the palm of His Hand.



MAGNESIUM - Nature's Silent Guardian

20 Good Reasons for taking Magnesium

According to Dr Carolyn Dean, author of the Miracle of Magnesium, the following health issues have all been scientifically proven to be affected by Magnesium deficiency:

1. **Anxiety and Panic attacks** - Magnesium (Mg) normally keeps adrenal stress hormones under control.
2. **Asthma** - Both histamine production and bronchial spasms increase with Mg deficiency.
3. **Blood clots** - Mg has an important role to play in preventing blood clots and keeping the blood thin, much like aspirin but without the side effects.
4. **Bowel disease** - Mg deficiency slows down the bowel, causing constipation, which could lead to toxicity and mal-absorption of nutrients, as well as colitis.
5. **Cystitis** - Bladder spasms are worsened by Mg deficiency.
6. **Depression** - Serotonin, which elevates mood, is dependent on Mg.
7. **Detoxification** - Mg is crucial for the removal of toxic substances and heavy metals such as aluminium and lead.
8. **Diabetes** - Mg enhances insulin secretion, facilitating sugar metabolism. Without Mg, insulin is not able to transfer glucose into cells.
9. **Fatigue** - Mg-deficient patients commonly experience fatigue because dozens of enzyme systems are under-functioning. An early symptom of Mg deficiency is frequently fatigue.
10. **Heart disease** - Mg deficiency is common in people with heart disease. Mg is administered in hospitals for acute myocardial infarction (heart attack) and cardiac arrhythmia. Like any other muscle, the heart muscle requires Mg. Mg is also used to treat angina (chest pain).
11. **Hypertension** - With insufficient Mg, spasm of blood vessels and high cholesterol occur, both of which lead to blood pressure problems.
12. **Hypoglycaemia** - Mg keeps insulin under control; without Mg, episodes of low blood sugar can result.
13. **Insomnia** - Sleep-regulating melatonin production is disturbed without sufficient Mg.
14. **Kidney Disease** - Mg deficiency contributes to atherosclerotic kidney failure.
15. **Migraines** - Serotonin balance is Mg-dependent. Deficiency of serotonin can result in migraine headaches and depression.
16. **Musculoskeletal conditions** - Fibrositis, fibromyalgia, muscle spasms, eye twitches, cramps and chronic neck and back pain may be caused by Mg deficiency and can be relieved with Mg supplements.
17. **Nerve problems** - Mg alleviates peripheral nerve disturbances throughout the whole body, such as migraines, muscle contractions, gastrointestinal spasms, and calf, foot and toe cramps. It is also used in treating central nervous symptoms of vertigo and confusion.
18. **Obstetrics and Gynaecology** - Mg prevents PMS; prevents dysmenorrhoea (cramping pain during menses); is important in the treatment of infertility; and alleviates premature contractions, preeclampsia, and eclampsia in pregnancy. Mg should be a required supplement for pregnant mothers.
19. **Osteoporosis** - Use of calcium with Vitamin D to enhance calcium absorption without a balancing amount of Mg causes further Mg deficiency, which triggers a cascade of events leading to bone loss.
20. **Tooth decay** - Mg deficiency causes an unhealthy balance of phosphorus and calcium in saliva, which damages teeth.



Is Marriage a Curse or a Blessing?

- *Extracted from Dialogues with Anandmurti [Gurumaa](#)*

Nature has made the two genders of male and a female different from one another. Their physical differences are evident, but they are different mentally too; they think differently. But one thing is common to them for sure, and that is that they cannot stay away from one another. Nothing can separate them, not even their multiple differences. A boy and a girl are apart only at the toddler stage, but once the hormone glands become active, nothing can stop them from coming together. Men can't live without women or women without men. The truth is that nature has created these differences for a purpose. As the saying goes: Opposites will always attract. Mutual attraction between the sexes is nature's handiwork.

Once upon a time, in primitive society, a man could have sex with any woman and vice versa - just like animals. Then, as man became wiser and started living in organized groups, the need for sex acquired another dimension - that of emotional attachment. This emotional attachment led to the further domestication of man and woman. The concept of marriage came into the picture and started taking shape slowly. When man started living in closed groups, the structure of society started to evolve, and society designed marriage around sexual attraction and emotional bonding.

Many people believe that marriages are tailor-made by God. One thing has to be understood: Marriages are not made in heaven and your partner is not chosen by God. Society has created a structure in which marriages are arranged and organized. Man is a lonely and social animal, and so in order to live his life he needs a partner. The Bible says that God first made man, but man was always unhappy, and so God created woman from the rib of man - to entertain him. So as per the Bible, man can never ever be truly happy without a woman in his life. Even today a woman is called 'the better half of man'. The two halves have to be together for a feeling of completeness. Marriage is considered a medium for man and woman to feel complete. Well, it remains to be seen if that really happens or is simply wishful thinking!

Boys will remain boys and girls will remain girls; they must get together and they will get together. And then the end result will be sex - which will lead to pregnancy, which will but obviously lead to the birth of a child. Bringing a child into this world is a responsibility, therefore the entire process needs to be given the utmost attention.

Curtailment of the sexual urge was the motive behind the idea of marriage. Boys and girls are attracted to one another, they seek attention and appreciation from one another. Movies, television and the print media help this attraction or lust in so many ways, that children grow up faster and teenagers become adults earlier. The age of puberty age is decreasing every day. Girls used to attain puberty at around fourteen years of age; today it is happening at eleven, and even ten years of age. When the mind is bombarded with so much information, and that too in titillating ways, it brings about changes in the brain, because of which the body too undergoes certain changes. The internet has given unlimited access to all kinds of information, from making friends to dating and looking for sexual partners. The sexual urge arises much earlier than it used to in the past.

Today's teenager is much more aware of sex than the earlier generation. Sex arises within one's body and mind, and therefore, even when there are no external sources of knowledge, one still knew about it instinctively. This mutual attraction gives rise to the need for two individuals to come together, and therefore society established the institution of marriage.

Marriage is an institution in which two individuals are placed together so that their physical, emotional and social needs may be fulfilled. Marriage is an understanding between two individuals to accept one another in their entirety, and not selectively - accepting only the good parts and hating or rejecting the bad ones or trying to improve the person or condemn him or her all the time. Marriage is a bond which two individuals share with one another; marriage is living a life of commitment together, it is mutual sharing, love and trust. Most people I have observed feel that marriage is something which everyone should indulge in at a certain age in their life, as though it is a compulsion; maybe for sex it is! For girls it is a license to get good clothes and be the focus of attention, even though just for a few nights during the wedding celebrations. For boys it is most definitely sex, and lots of it; the best part is that they don't even have to pay for it! And yes, it is also about finally getting a woman they can own and flaunt in their social circle. Sex seems to be the only binding factor for many married couples, who are otherwise nagging and fighting all the time. At times the bond is the children who are accidentally born of such encounters. Thus, for the sake of the children, social marriages are kept intact. I have observed many unhappy marriages that are still withstanding every onslaught, as a divorce would bring more complications and troubles for the couple and their children.

Now let's see how marriages are planned. In Indian society it is the parents or the elders who choose a bride or groom for their children. The norm is that this selection is made within the boundaries of caste and religion. What is the criterion for selection? Religion, money, social status, looks: this is the order of priority. In arranged marriages it is not the union of two individuals but of two families. Therefore economic worth is given great importance and then comes the status and of course the appearance. In love marriages, the chart is topsy-turvy; first come looks, and then everything else. Never are compatibility, like-mindedness, likes and dislikes taken into consideration. Adults think that once the marriage takes place, the bride and groom can get to know one another - it is always a surprise package for both the man and the woman. If it works, good! And if it doesn't work, no problem, just keep on trying to tolerate one another. In Hindu society there is a concept that once you are married to someone, the bond will last for the next seven lifetimes! Commitment for seven lives is a very serious thing - marriage is definitely a serious matter. If one is getting married with one's eyes closed, or if one is getting married in the hope that life is going to be heaven, then you are waiting for a disaster to happen.

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The Lower Respiratory (Asthma) Procedure - A major procedure and release of tension

By Joanne Figov

Bowen Technique Instructor, UK

It has been said the pelvis is the centre of gravity. Likewise, the diaphragm is the centre of movement and it is the diaphragm that is often so pivotal to the Bowen Lower Respiratory (LR) procedure.

It is said that Tom Bowen found that most of us had tremendous tension in the diaphragm and that the LR procedure released that tension; and when one understands the dynamics of what that does, then understanding the effect on the body makes sense.

The heart and lungs work to supply the body with fresh, oxygen-rich blood. This area of the chest known as the Thorax is divided from the abdomen below by the diaphragm, a flexible, powerful sheet of muscle. It is linked with our breathing patterns and moves accordingly. It forms the bottom of the thoracic cavity and rests on the liver, stomach, spleen and kidney.

Thus one can understand that a myriad of functions, like respiration, movement, digestion, elimination etc. are all dependent on proper functioning of the diaphragm. It does very important work. We rely on its pumping action for breathing and life. As it expands and contracts, it stabilizes our bodily functions.

If the diaphragm is constricted, major body systems are harmed. Constriction can affect breathing, digestion, as peristaltic action slows down and the function of the liver, gall bladder, pancreas and spleen can be affected as all these organs rely on each other and a flexible diaphragm.

Important structures pass through the diaphragm and if there is constriction, problems arise. The esophagus, aorta (main artery), the thoracic duct, the vena cava all pass through. If there is constriction the effect on the esophagus can be swallowing and reflux problems. With the vena cava --- varicose veins, and circulatory problems in the legs. A constricted aorta can affect blood pressure.

The Vagus nerve also runs through the diaphragm and this nerve affects stimulation of the heart, lungs, organs, and esophagus. Two important muscles are in use near this area - the Psoas (think pelvic) and Quadratus Lumborum. They attach to the spine and hip in-between the diaphragm and spinal column.

Thus the LR and Pelvic procedure are a powerful combination and I use it frequently for athletes, as it opens the chest and balances the pelvis - the centre of gravity. Good in a general treatment as well.

Thus, one can see that if the diaphragm is restricted, it affects the entire body. Major systems are altered and the effects on the digestive, respiratory and eliminative systems can be quite dramatic.

Why does this happen? There are many reasons, too many to discuss here but to touch on a few: Tension and stress causes over-restriction in the muscle and fascia nearby over a period of time. Improper breathing alters the body's rhythm, and asthma is a major cause of diaphragmatic tension. Also, years of accidents, injuries, posture and bad diet. Suppressed emotions cause physical changes especially in that region. In Chinese medicine the lungs hold grief.

What can Bowen do? Good question. From my experience it can have profound effect, especially combined with other Bowen procedures. For example the LR and TMJ procedures help allergies and hayfever.

One of my colleagues always combines LR procedure with Knee procedure as she says knees signify going forward in life and stepping away from fear. She successfully uses this for panic attacks.

When I do move 6 of LR procedure, patients often experience tingling in other parts of the body especially the ear which signifies that the energy goes where needed. LR procedure is essentially good for asthma - a subject too vast to discuss here. Just to mention that Tom Bowen said that with this procedure there was the 60/20/20 effect. That is 60% success, 20% due to other factors --diet, pollen etc, and 20% will not respond.

LR procedure also addresses gastro-intestinal complaints and this makes sense. If we are working over the organs on the front of the body then we are affecting an integrated body response as Bowen Technique is supposed to do. By addressing essential organs we are indeed, through the procedure, helping the body to assimilate nutrients, improving blood flow, eliminate toxins, etc.

One of my colleagues has discovered that every asthma patient she has ever treated is dehydrated and that it shows up in her opinion in the hamstrings. The hamstrings are tight due to dehydration and doing the Hamstring procedure can help greatly. Something to think about! Also, from my research, the hamstrings are involved with digestion so there is a link with the LR and the organs of digestion.

**Contact details:
Rashidah Hargey**

- **BOWEN TECHNIQUE**
- **QUANTUM TOUCH**
- **REIKI – Mikaomi Usui**
- **YOGA INSTRUCTOR**

**Theracare Health Centre
118 First Avenue
Rondebosch East 7780
(opp. Crawford Station)**

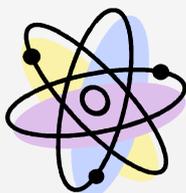
**(021) 696 5928 (o/h)
083 29 444 29**

Website:

www.bowentherapy.co.za

e-mail:

info@bowentherapy.co.za



Every body is better with

Marriage ... continued

Go ahead and get married, but are you prepared for it? Do you know what marriage really means? If you get married without the right understanding of marriage, then most probably it will become a curse for you. It will become a cross on which you will be martyred.

Please think before you leap. If you are well prepared for marriage, then it can be heaven; and if you are not, then it will be a curse. By itself, marriage is neither heaven nor hell - it is what a person makes of it.

To read full article, go to:

<http://www.gurumaa.com/content/is-marriage-a-curse-or-a-boon.html>

These are the good bugs

Most of us have been prescribed antibiotics at one time or another to fight infection. But powerful antibiotics are likely to have an impact on the delicate balance of our intestinal flora, leading to side effects like diarrhoea.

Antibiotics also have a hidden impact on the immune system, which is why we so often get a series of infections one after the other: the immune system doesn't have the strength to battle invaders.

Ask for a probiotic. Many doctors will prescribe a probiotic, but if yours doesn't, ask your pharmacist for the correct one when getting your prescription filled. A probiotic with validated safety data won't do you any harm, even if taken on a daily basis for the rest of your life.

www.health24.com

[Pre-and probiotics boost immunity](#)

To view a Bowen foundation treatment, go to:
<http://tiny.cc/5brw0>

To find Bowen Therapists in South Africa & Namibia, please go to www.bowensa.com

Medical Information Disclaimer:

Information published in this newsletter is intended for general informational purposes only, and should not be construed as medical advice, medical opinion, diagnosis or treatment. It is not a substitute for medical attention. See your health-care professional for medical advice and treatment.

TEST YOUR KNOWLEDGE

1. Which murder mystery board game features characters such as Miss Scarlet, Professor Plum and Mrs Peacock?
2. In which modern country is the city of Babylon?
3. According to the Roman calendar which month was the 10th month of the year?
4. In which sport did Alan van Heerden represent South Africa?
5. Which European city is known as the "Eternal City"?

1. Cluedo
2. Iraq
3. December
4. Cville
5. Rome



Time to Contemplate...

The most beautiful thing we can experience
is the mysterious.

It is the source of all true art and science."

-Albert Einstein