



Healing at Hand

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Picture: Shanaaz Rawoot

INDEX:

| | |
|--------------------------------------|---|
| From the Editor | 1 |
| Comic Relief | 1 |
| How to Care for a Difficult Relative | 2 |
| 30 Weird Medical Facts | 3 |
| Tinnitus Focus | 4 |
| Bells are Ringing ... | 5 |
| Beat Sinusitis | 6 |
| Test Your Knowledge | 6 |
| Time to Contemplate | 6 |

Greetings !

It is best not to view illness as a bad thing – one should rather consider it a wake-up call. A lesson is contained in it. If your health has suddenly taken a down turn, this has been probably in the making for a while.

Ask yourself, ‘Have I been drinking sufficient amounts water to hydrate my cells so that they can work effectively? Have I been supplying the necessary nutritional needs to my body so that the organs may have the right “fuel” to keep working? Have I been getting enough sleep to recharge all the systems? Have I been allowing myself some ‘quiet time’? Stressed, worried, anxious? All these factors have a negative impact on our immune systems. In addition to these, we also find our health having to deal with pollution, the chemicals in our food, cleaning agents, toiletries, etc. Another contributory factor is consuming fast foods on a regular basis and thus denying our bodies its required nutrients.

If your health has suffered lately, then it’s time to bring things in good balance. Seek assistance, make changes - consider good health the greatest asset. A few guidelines for physical and mental health include: early morning sunshine, adequate sleep, exercise, wholesome food, drinking sufficient water, quiet time for reflection ... and, a daily dose of laughter!

Spiritual health is nurtured with the practice of daily devotions and prayers, honesty, contentment, kindness, a sense of gratitude and giving thanks, and rendering selfless service.

The joy of receiving is in giving.

Blessings and peace, *Rashidah*

An Apple a Day ...



Can an apple a day really keep the doctor away?

According to recent studies, the consumption of apples can control weight-gain, lower the risk of heart disease and fight cancer. Though most of the people think the flesh of the apple is the most delicious part, the skin is definitely the most nutritious. It contains about four milligrams of quercetin, an antioxidant that can help prevent the cell changes that can lead to cancer.

Everyone is the age
of their heart.

-Guatemalan proverb

COMIC RELIEF



A woman in Florida called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher; “They’ve stolen the stereo, the steering wheel, the brake pedal and even the accelerator!” she cried. The dispatcher said, “Stay calm. An officer is on the way.” A few minutes later, the officer radios in. “Disregard”. He says, “She got in the back seat by mistake.”

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How to Care for a Difficult Relative

By Leonard Felder

Millions of women and men who have an aging, ailing, or disabled family member are faced each day with the challenge of trying to help this person in the midst of their other responsibilities and busy schedule. Over 50 percent of family caregivers have to deal with a family member's uncooperative personality or stubborn resistance to being helped.

Whether you are trying to assist an aging parent, a mentally ill sibling or child, an addicted family member, or just trying to get your spouse or your grown child to go see a health practitioner, the personality clashes and power struggles can be extremely frustrating. It might be a family member who is in denial about his or her condition. Or someone who just won't do what the doctor or healer has suggested. Or a relative who bombards you with complaints and demands, but then is unwilling to follow through on any suggestions or arrangements you try to offer.

Here are four specific techniques so that you can come through effectively for your troubled loved ones and not become burned out because of this person's repeated attempts to ignore or sabotage your assistance.

Remember the Wisdom of the Flight Attendant

At the beginning of every airline flight, the flight attendant says, "Be sure to put the oxygen mask over your own face before trying to help the person next to you."

That may seem strange at first. Caring and compassionate individuals would probably feel guilty thinking about their own needs when the ailing or dependent person next to them is in crisis. But think about it for a moment--if you forget to breathe, relax, replenish, oxygenate your brain, and do self-nurturing things, you will quickly burn out and become impatient, resentful, or short-tempered toward the complicated person you are trying to help. In the truest sense, it's not selfish but essential that you address your own physical and emotional needs before trying to help someone else. In most cases, this can allow you to be a more thoughtful, calm and resilient caregiver, especially when you're dealing with a stubborn or agitated individual.

Try This Exercise: Prior to each phone call or visit with a feisty or difficult relative who sometimes resists your help, take a few minutes to meditate, pray, walk in nature, read an inspiring few pages of a book, or write in a journal. Those moments of centering and renewal are crucial if you want to be at your best with a troubled individual who frequently or occasionally pushes your buttons.

Avoid Power Struggles

Let your family member retain as much control and independence as he or she can handle. Too often, well-intentioned family caregivers rush in and take over for a relative who is aging, ailing, or disabled. But if you stop and consider how you would feel if someone prematurely took away your independence or control over your daily routines, you would probably feel resentful or rebellious against that person.

Try This Exercise: Sit down with your family member and have a brainstorming session where you discuss:

- "What are the things you want me to handle for you?"
- "What are the things you absolutely want to keep doing for yourself without any interference from me?"
- "What are the things for which you want a little assistance but you still want to make sure you're in charge?"

Try to Share the Load

The best caregivers are those who know their own limits and who are resourceful in asking for help from trained experts or in delegating tasks to others who can lighten your load to help you prevent burnout. For example, is there another relative who can take care of some of the tasks you don't enjoy, such as phone calls to insurance companies, filling out reimbursement paperwork, running errands to pick up prescriptions or medical records, or arranging for a visiting nurse or aide to give you the day off sometimes?

It's normal to feel a little guilty or frustrated that you can't do every care-giving task exactly the way you want it done. But the more you respect your own limits and recognize that you have others to care for and a life of your own, the quicker you will learn that your role is to supervise a team of helpers rather than trying to do it all on your own and getting exhausted or short-tempered as a result.

Instead of dwelling on your family member's difficult personality or problem behaviours, take some quiet time each day or each week to notice and enjoy the precious soul or childlike vulnerability that often is hidden underneath the layers of this individual's personality and old habits.

Try This Exercise: During a hospital visit or home visit, bring along a relaxing piece of music that your relative loves and that you can listen to together. By doing this, you might achieve a soulful moment of connection and closeness with this frequently resistant person. Or if you can look into this troubled relative's eyes or notice the strength and character in his or her hands, those moments will probably be far more soul-satisfying than battling his or her difficult attitudes and behaviours.

www.beliefnet.com/Health

30 Weird Medical Facts

The fingernail of a healthy person takes four to six months to grow out completely. Here are some more fascinating body facts.

- One in every 1000 babies is born with a tooth.
- A person will die from lack of sleep sooner than they will from starvation, which usually takes a few weeks.
- Eighty percent of people infected with the Ebola virus, will die from this disease.
- Humans have 46 chromosomes, peas have 14 and crayfish have 200.
- There are approximately 96,000 km of blood vessels in the human body.
- If the lining of mucus were to disappear from your stomach, your stomach would digest itself.
- Each person sheds 22 kilograms of skin in his or her lifetime.
- More germs are transferred shaking hands than kissing.
- Your heart beats 100 000 times a day.
- A foetus only acquires fingerprints at the age of three months.
- Guys are more likely than girls (by a ratio of 3-to-2) to have bad acne.
- We share 98.4% of our DNA with a chimp - and 70% with a slug.
- Human foetuses react to loud rock music by kicking.
- At just 12 weeks the human foetus can scowl and squint.
- If you remove the minerals from a bone by soaking it overnight in a six percent solution of hydrochloric acid, it will become so soft, you could tie it in a knot.
- One person in 20 has an extra rib, and they are most often men.
- When you were born, you had 300 bones. Now you have 206, if you are an adult. The rest of the bones have not disappeared – they have merely fused together.
- The female egg cell is the largest cell in the human body. It is about 175 000 times heavier than the smallest cell, the male sperm cell.
- The average person has about 100 000 scalp hairs.
- When you look at an object, the image of that object appears upside down on your retina. However, your brain automatically corrects for this, allowing you to perceive the object the right side up.
- Enamel, found on our teeth, is the hardest substance in the human body.
- Aspirin and alcohol can be absorbed directly into the bloodstream through the stomach lining.
- The soles of your feet contain more sweat glands and more pressure-sensitive nerve endings per square inch than any other part of your body.
- Like fingerprints, every person has a unique tongue print.
- The kidneys filter your blood up to 300 times per day.
- During the first six weeks of life, there is no difference between the male and female embryo.
- Human fingers stretch and bend about 25 million times in a normal lifetime.
- The human body contains 30 000 billion red blood cells.
- Tooth decay has led to 60 percent of adult Americans losing their upper right, middle molar.

*Source: The People's Almanac 2,
compiled by David Wallechinsky and Irving Wallace.*

LOVE OF GOD

How numerous Your favours bestowed upon me,
favours of gifts and grace and assistance.
Your love is now my only desire and my ultimate bliss.

*Rabia al- Basri (Iraq),
8th century female Sufi saint (717–801 CE)*



Tinnitus Focus

The Bowen Technique and Tinnitus

By Janie Godfrey

The Bowen Technique is a light-touch therapy, pioneered in the 1950's by Thomas Bowen of Australia. The treatment is done through light clothing and the therapist uses just thumbs and forefingers to make the unique sets of gentle, rolling-type moves over precise points on the body, which are then alternated with leaving the client to rest for a few minutes. These short breaks allow the body to respond by making the subtle and fine adjustments needed to return the body to a balanced, efficient and relaxed state of function.

The Bowen moves are focused on crucial junctions of muscle and bone, nerve pathways, blood and lymph circulation and energy flow. Communication crossovers within and between the systems are prompted and facilitated. Bowen treatment promotes balancing not only on the structural level and functional systems, but also at the level of the individual's overall well-being. Addressing the body as a whole in this way, the Bowen Technique treats beyond the presented symptoms and embraces the physical, chemical, emotional and mental aspects of each person receiving the treatment.

Fundamental to realising this multi-level benefit is the Bowen Technique's ability to induce a state of deep relaxation. This deeply relaxed state is both caused by and, at the same time, facilitates the impact of the specific soft tissue moves. The effect of Bowen on balancing the autonomic nervous system has been measured and documented by Dr JoAnne Whitaker in a 1997 study (see www.bowen.org). Through this resetting of the autonomic nervous system's action, while in a state of great relaxation, the individual's body is facilitated in its own dynamic self-regulation.

Can Bowen help with Tinnitus?

Tinnitus is a difficult condition to treat with success because it seems to have so many different causes but in some cases, Bowen Technique practitioners have seen significant improvements in clients with everything from mild and intermittent to severe and long-standing tinnitus.

The Bowen Technique is very helpful with relaxing muscle tensions which, if they are tight in the shoulder and neck area, could be causing a great deal of strain around the ears and connecting tissues, affecting the alignment of the head and jaw as well as the free circulation and drainage in the area. Because Bowen treatment is very relaxing, the effect on stress and anxiety can be profound. As the symptoms of tinnitus are worse when a person is anxious, tired, worried or stressed, anything that significantly and reliably helps with relaxation will have an effect on these.

Bowen Technique practitioner Jane East reports treating a 58-year-old man with tinnitus. He was experiencing problems which impacted on his professional life since the tinnitus was at a level of around 8/10 and he was unable to engage in conversation at social functions, which were an essential element of his job. Following three Bowen treatments, he was able to engage in conversation and remain in a busy room without the tinnitus distress previously suffered. It was not cured but had reduced to a 3/10 level.

A case history that touches on the role played by loud noise is from Bowen practitioner Angela Casey whose teenage son, who has cerebral palsy, has also always had deafness in one ear. He had a hearing test on his DEAF ear to see if any hearing had developed, something his mother would have refused had she known what it entailed. The test involved putting very high levels of white sound in his good ear and then gradually increasing the sound levels in his deaf ear. The result was a dreadfully frightening "sound shock" in his deaf ear, which terrified him and which he described as like someone hitting him on that side of his head with a hammer.

He was then terribly distressed by the development of severe tinnitus in his hearing ear. Angela treated him with the Bowen jaw area moves and associated work, headwork, face moves etc, which was very successful at reducing the levels and, thankfully, gradually the tinnitus faded to nothing over a period of time.

Another indication that Bowen is worth trying for tinnitus is the experience of a 76 year old lady who originally went for Bowen treatment for knee pain and back discomfort. While Tony Crimes, the Bowen practitioner, was taking her case history she also mentioned the high pitched buzzing sound in her ears that she had been told was tinnitus about 3 years previously and that she had learnt to live with it.

... continued on next page...

Her first Bowen session finished with the moves around the jaw area and specific relaxation moves around the face and head. Tony advised her to drink plenty of water, keep mobile with gentle walking every day. She was also advised to avoid caffeine drinks, limit her salt intake and practice relaxation techniques due to her moderately high blood pressure. One week later, when she returned for her second treatment, she reported that not much had changed except for an excellent night's sleep after her first treatment. During her third treatment, one week later, she reported a 'clicking sound' in her left ear during the jaw moves. Three days later she rang Tony to say that she had slept well for two nights, her back was better, her knee was still a bit sore but she was amazed that the buzzing sound had reduced dramatically - the first time any change had occurred in three years.

Tony then decided to leave this resolution alone for a while and made an appointment for her to return in a month's time. When she arrived, she was still in a much improved state with her back and knee and said that her tinnitus 'came and went' but was vastly improved overall.

Most people trying to deal with tinnitus agree that it is a difficult condition and that most treatments are 'hit-or miss'. This is also the case with The Bowen Technique, but there is certainly some evidence that it can be of significant help with tinnitus and should therefore be tried. It could be a valuable tool in managing this condition and it could offer many other benefits to overall health in addition.

About the author:

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<http://tiny.cc/tm7ie>

Bad habits are like a comfortable bed: easy to get into, but hard to get out of.

Bells are ringing ... but it isn't music to your ears!

*Christine O'Brien,
Contributor, Nutrition & Healing, HealthBytes*

You hear ringing - but it's not the phone. That buzzing? Not a bee or fly in sight. Lying in bed, the room is completely silent... To your husband or wife, but not to you.

In your head, you hear a constant chirping, humming and ringing - and you feel like you're about to go insane. The words "peace and quiet" are completely meaningless to you - it's a feeling you simply never get to experience.

People who haven't experienced **tinnitus** would say it's no big deal. Just a little ringing in the ears, right? Wrong. It can absolutely ruin your life. And many doctors will tell you it's all in your head, or that they can't do anything about it - or they'll offer up surgery and earpieces that cost an arm and a leg.

Okay, now that I've painted a pretty depressing picture of life with tinnitus, I'm going to offer something else - a little hope. A daily dose of 100 or 150mg of **pine bark extract** (the study used a particular brand - Pycnogenol) brought substantial relief to people suffering from mild to moderate tinnitus, as demonstrated in a four-week trial.

The results of the trial, which are published in the journal *Panminerva Medica*, showed that the extract improved blood flow to the ear (impaired blood flow is a common cause of tinnitus). The higher dose was more effective.

In addition to measuring blood flow, the researchers evaluated tinnitus symptoms using a *Subjective Tinnitus Scale*. Participants in the trial experienced a pretty impressive decrease in symptoms. The average at the start of the trial was 8.8 and, by the end, the group taking 100mg dropped to 5.2... And the 150mg group fell to a very promising 3.2. There were no changes in the control group.

So it seems pine bark could offer some pretty serious tinnitus relief. Imagine - sweet silence!

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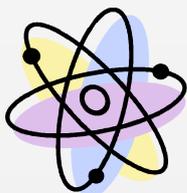
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Beat sinusitis

Anyone who has ever had sinusitis can attest to the fact that it is a very unpleasant condition. Before you rush off to the chemist try out these home remedies first:



- Drink lots of water as it will thin the mucus in your sinuses;
- Breathe in moist air from a humidifier or hot shower or a sink filled with hot water;
- Gargle with hot water to prevent a sore throat if you have a post-nasal drip;
- Elevate your head at night as this will help to drain your sinuses;
- Avoid alcohol;
- Breathe in eucalyptus oil

www.health24.com

NASAL CLEANSING

A simple and inexpensive way of treating sinus infections is doing a nasal cleansing using warm salty water (called *jala neti* in the yoga system) – an ancient technique passed on for thousands of years by the Yogis. It is an effective healing measure for asthma, allergies, hayfever, sinusitis, colds, influenza, etc. Nasal cleansing has many benefits:

- mechanically flushes out bacteria, viruses, dust, and allergens.
- thins the remaining mucus so that sinuses and their ostia (openings) don't clog leading to pressure and infection.
- decreases swelling of the nasal mucosa for less stuffiness.
- removes histamine, leukotrienes, and other naturally occurring chemical substances that provoke inflammation and discomfort.
- Regular practice of jala neti increases the frequency that cilia beat to remove mucus, crusty deposits of snot, and dusty debris. Cilia are tiny little hair-like structures that beat back and forth like windshield wipers clearing a windshield.



Simply mix up some saline solution by dissolving ½ teaspoon of non-iodinated table salt/sea salt into 250 ml of lukewarm water (close to body temperature or slightly warmer). Then place the spout of the neti pot snugly into one nostril. Lean over the sink, tilting your head to the other side and bend slightly forward. The mouth is kept open to allow for free breathing. When tilting the neti pot up, saline should drain from the higher nasal passage to the lower one, coming back out that lower nostril, or sometimes out of the mouth. Take your time, don't rush the procedure. Bend forward and let any excess water run out, then close the nostril with a finger and exhale a few sharp short blasts, not too forceful. Then do opposite side. The practice of neti also mildly stimulates the tear ducts, which help cleanse the eyes and give them added sparkle, and also an increase in the sense of smell and taste.

TEST YOUR KNOWLEDGE

1. What fruit appears on the Western Cape coat of arms?
2. What is the name of the Welsh capital?
3. Is a hippopotamus a carnivore or herbivore?
4. Which crew member of Apollo 11 did not walk on the moon?
5. Which part of the Bible has more books – the Old Testament or the New Testament?

1. Grapes
2. Cardiff
3. Herbivore
4. Michael Collins
5. Old Testament

Time to Contemplate

**You can close your eyes to the things
you do not want to see,
but you cannot close your heart to the things
you do not want to feel.**