



Healing at Hand

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Greetings ...

You may have heard of this proverb: **"A contented mind is a perpetual feast"** – it essentially means that if you are mentally at peace, you will always feel that you have enough of everything, and will not have to strive to get more. It also means contentment of the mind is the path to true happiness.

Kahlil Gibran wrote, "Once, when my feet were bare, and I had not the means of obtaining shoes, I came to the chief of Kufah in a state of much dejection, and saw there a man who had no feet. I returned thanks to God and acknowledged his mercies, and endured my want of shoes with patience."

We find that one who is content, finds great happiness even in the smallest thing; the sense of contentment infuses sunshine into one's life.

A teaching of the great **Buddha** is, **"Desire is the major cause of suffering."**

There is nothing wrong in the desire to earn more money so that one can improve one's standards of life. But, when making money becomes the only purpose and one's only happiness and one's peace of mind is based just on money, then that desire does become a problem. Therefore contentment is being happy with what one has, even when one continues the struggle to reach higher peaks.

Since ancient times, almost all of people are looking for happiness. One day perhaps we will discover that the pursuit not only makes us lose much, but also it is endless, and we never truly get satisfied – for, as we attain one goal, the pursuit of the next goal is already in the making. Hence in the process we lose much, we have no time to chat with our family, our friends, even have no time to play the game we love, and so on.....

When one is satisfied, one will find that one is happy and relaxed. When one engages in one's life dispassionately, it will become evident that one has a good life and is not worse than others – hence, contentment.

When one is mentally at peace, a cheerful face follows and beautiful character shines forth. **Muhammad**, the Prophet of Islam said, **"Verily, you can never satisfy people with your wealth. Therefore, satisfy them with a cheerful face and a beautiful character."**

May the Light always shine on you, and contentment reign in your hearts,

Rashidah

FULL MOON BLUES

When the moon is full, alcohol has a more intoxicating effect than at any other time of the month. You need less to get you tipsy. The effect of booze is not the only thing that a full moon exacerbates. Tempers fray more readily, passions rise more rapidly, fears intensify more easily and laughter comes more naturally. Basically, if you are having a strong reaction to anyone or anything, whether the response is positive or negative, it is likely to amplify or magnify. – Jonathan Cainer

Truth is a deep kindness that teaches us to be content in our everyday life, and share with the people the same happiness.
-Kahlil Gibran

COMIC RELIEF ...



A young businessman had just started his own firm. He'd rented a beautiful office and had it furnished with antiques. Sitting there, he saw a man come into the outer office. Wishing to appear busy, the businessman picked up the phone and started to pretend he had a big deal working. He threw huge figures around and made giant commitments. Finally, he hung up and asked the visitor, "Can I help you?" The man said, "Sure. I've come to install the phone!"

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ALLERGY ISSUES

There are different types of allergic reactions and they are categorized by what causes them

Allergic rhinitis is a common type of allergic reaction. It is airborne particles usually pollens and grasses but sometimes moulds, dusts, and animal dander that causes sneezing; an itchy running nose; itching and irritated eyes. Allergic rhinitis may be seasonal or perennial (year-round).

Seasonal Allergic Rhinitis

An allergy to airborne pollens commonly referred to as hay fever. Pollens vary considerably in different parts of the country. In the spring pollens usually comes from trees and early summer from grasses. Occasionally, seasonal allergy is caused by mould spores.

Once the pollen season starts, the nose, roof of the mouth, back of the throat, and eyes itch gradually or abruptly. Watery eyes, sneezing, and a clear watery discharge from the nose usually follow. Some people develop headaches, coughing, and wheezing; becomes irritable and depressed; lose their appetite; and have trouble sleeping. The inner eyelids and whites of the eyes may become inflamed (conjunctivitis). The lining of the nose may become swollen and bluish-red, leading to a running nose and stuffiness.

Season allergic rhinitis is usually easy to recognize. Skin test and the person's history of symptoms can help the doctor or pharmacist determine which pollen is causing the problem. Commonly antihistamines, decongestants, corticosteroids sprays or oral corticosteroids where suggested as treatments in seasonal allergic rhinitis. People have sometimes side effect or adverse effects from these drugs, and a lot of people are opting for safer options such as homeopathic, herbal/nutraceutical products to manage their symptoms.

Perennial Allergic Rhinitis

Year-round allergic rhinitis causes symptoms similar to those of seasonal allergic rhinitis, but the symptoms vary in severity, often unpredictable throughout the year.

The allergen in a year-round allergy may be house dust mites, feathers, animal dander, or moulds. Conjunctivitis isn't common. Nasal congestion, which is common, may block the Eustachian tubes in the ears, causing hearing problems, particular in children. A doctor must distinguish perennial allergic rhinitis from recurring sinus infection (sinusitis) and growths inside the nose (nasal polyps). Sinusitis and nasal polyps could be complications of the allergic rhinitis. People who have a chronically stuffy and runny nose but no sinusitis, nasal polyps, or any demonstrable allergy may have a different condition vasomotor rhinitis which is not caused by allergy. If specific allergens are identified, the treatment for perennial allergic rhinitis is similar to that of season allergic rhinitis. Sometimes surgery is needed to remove nasal polyps or treat the sinus infection.

A Guide to Homeopathy as a treatment option

Whether the diagnosis is allergy or a related condition, homeopathy offers a uniquely effective way to treat the person. From the homeopathic perspective, the basic problem is an imbalance in the system as a whole, which leads to the oversensitive state. It is sensible to avoid substances or influences that trigger symptoms. Often, however, identifying exactly what causes the reaction is nearly impossible. Many times, too, it turns out to be something you just can't avoid completely. Moreover, the underlying weakness remains; the symptoms returns as soon as the substance is encountered again. Professional constitutional homeopathic treat can help the system correct its imbalance and help free it from its sensitivity. In the home, homeopathic medicines may be used when acute, short-lived allergy symptoms occur in people who are otherwise healthy. The homeopathic remedies that can help you through the worst part of the attack: Start with **Allium cepa**, also useful is **Sabadilla**, **Wyethia**, **Nux vomica**, **Arsenicum** and **Euphrasia**. Take the medicine up to every hour until symptoms improve, then take three times a day.

A Guide to Herbal Tonics as a treatment option

Because the immune system has to be maintained in a state of readiness, the allergic rhinitis patient has to pay attention to strengthening it. Be careful not to over stimulate it, because too many white blood cells can be just as damaging as too few under the proper circumstances. Herbal tonics normalize and balance practically every aspect of the immune system function. Alternatively, they can be applied in case of an overactive immune system to shut down an allergic response. **Echinacea** (e. purpurea; E. augustifolia) is probably the most famous of all immunotonics. Use small daily or semi daily amounts for immune system enhancement, and larger doses during the course of an ongoing acute rhinitis.

A Guide to Herbs as a treatment option

The use of herbs can be a very simple healing art. Herbs, unlike synthetic chemical hers of most modern medicines, promote the natural functions of the body. **Bayberry** (*Myrica cerifera*); **Bloodroot** (*Sanguinaria Canadensis*); **Ephedra** (*E. gerardiana*).

In conclusion:

It is essential to realize that every disease has a positive aspect. The ailments inform us of our resistance and of our imbalance, it provides a focal point for discovering all the negative energies we have cultivated. In the healing process, our lessons are learned and the body is brought naturally back to a reflection of total balance. If we fail to see the positive aspect of a disease, it will not be possible to get rid of the negative aspects.

-Vibrations, Aug/Sept 2005

Seven Strategies of Vibrantly Healthy People

By Ann Musico

Environmental pollution. Pesticides. Stress. Irradiated foods. Mineral-depleted soil. Toxic chemicals. Anxiety and stress. Artificial sweeteners. Antibiotics and hormones. Drug and contaminated food recalls. Living a life of wholeness can seem like a losing battle. Don't be discouraged. It is possible. Begin by getting back to the basics. For me, that means following Biblical principles of health and wholeness. It can be as easy as substituting life for death! Here are seven life-enhancing strategies that will help you become vibrantly healthy:

1. Periodically cleanse your temple. I am not just referring, here, to outward cleanliness and grooming, I am talking about detoxification. We are constantly being assaulted with toxins at every level: toxic relationships and emotions; negative thinking patterns; harbouring offense, bitterness, resentment and unforgiveness; eating junk, processed and packaged "foods;" alcohol and drugs, both recreational and prescription. The key here is to detox on a regular basis. There are many different ways to do this. Here are a few suggestions:

Every month, take a day to inventory your level of toxicity – spirit, soul and body. Are there any relationships that are draining you? Pay attention to your thoughts. Are you constantly running a negative, critical, judgmental tape in your head? Do you feel anxious, angry or fearful? Identify the source of those emotions. What type of fuel are you putting into your body? Are you sluggish, depressed and overweight? These are clues that you are using the wrong fuel. Do a cleanse – there are several excellent ones you can buy. Focus on fresh, natural whole foods. Remember, God tells us He will not be mocked, whatever we sow, that's what we reap. If you sow dead, lifeless foods, emotions and thoughts into your body, you will reap death.

2. Use high octane fuel. Once you consistently take time to detox, you will get so much more benefit from the food you use to fuel your body. Jack LaLanne says if God didn't make it, don't eat it!! That's great advice. Centre your diet around fresh, natural, organic wherever possible, whole fruits, vegetables and grains. You limit your toxic load and your body receives real nourishment. Protein is important. Make sure it is lean and clean: antibiotic and hormone free, grass-fed meat and poultry or wild caught fish. Eliminate synthetic, artificial sweeteners, processed, junk foods and unhealthy (hydrogenated, trans- and polyunsaturated) fats. It's a sad fact but many obese people are actually dying of malnutrition. They fill their stomachs with empty calories. Make your fuel nutrient-dense. Don't just fill up – fuel up.

3. Properly hydrate. Most people are walking around dehydrated and don't even know it. Once your mouth is dry, it's too late. That is one of the last signals your body gives you. Gradually work up to drinking one-half your body weight in ounces of water. That means if you weigh 120lbs (55kg) you should drink at least 60oz (1.7l) of pure water spread throughout each day. It will enable your organs to function properly, help you metabolize and digest your food, improve mental clarity, assist you in cleansing your body of toxic waste and give you energy. No, you can't substitute soda, juice, coffee or tea. It must be water, plain and simple. Your body is approximately 75% water and your brain 85%. You must replenish your body with adequate water daily.

4. Move It. Your body was created for movement. Whenever you go for too long a period of time without using your body, it begins to atrophy. The muscles shrink and get weak and flabby, which leads to fragile bones, a weak cardiovascular system, and an extra padding of fat to carry around. At the very least, buy an inexpensive pedometer and work up to a minimum of 10,000 steps a day. You don't have to join a gym – walk, play with your children, take up a sport, dance, take a Yoga or Pilates class – find some way to continuously move your body for at least 30 minutes every day.

5. Rest and Refresh. All work and no play makes Jack (or Jane) dull. There's more truth in this old saying than you think. Everyone must disconnect and take time to rest. It doesn't necessarily mean to just spread a blanket under a shade tree and look at the sky, although that's not a bad thing to do. Read, write, paint, dance, meditate, play an instrument, sing – take time out every day – even if it is just 20 minutes – and do something that refreshes you. Remember, God created the entire universe in six days and rested on the seventh. If He felt rest was that important, who are we to disagree?

6. Reboot. Aim for at least 6 to 7 hours of quality sleep each night. Inadequate sleep lowers the immune system, causes an increase in cortisol, leading to weight gain, and predisposes you to high blood pressure. If you are experiencing sleep problems, identify the cause and correct it. Are your hormones in need of balancing? Are you exercising or eating too close to bedtime? Too much brain stimulation before bedtime with TV, cell phones, computers? Is there something worrying you?

7. Supplement wisely. It's been said that no matter how carefully we eat, the food just does not contain the nutrients due to mineral depleted soils and improper handling. I would definitely recommend you take supplements to bridge the gap. However the quality of those supplements is critical. Be sure they are natural, whole food supplements with no artificial fillers and additives. Your body recognizes vitamins and minerals from whole food sources as food and uses them much more efficiently. If you begin to include these seven simple strategies, you will create vibrant health.

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The Importance of Vitamin B-12

What is vitamin B-12?

Vitamin B-12, or cobalamin, is a water soluble vitamin, extremely effective in very, very small doses. The good news is that the liver has a large store of B-12. However the bad news is that depletion and deficiency is very hard to spot and might take five years or more to appear. A 2008 Oxford University study (journal: *Neurology*) showed that older people with lower B-12 levels were 6 times more likely to exhibit brain shrinkage, and even the group of people having B-12 levels above those designated too low, developed dementia and other age related problems during the 5 year study.

Typically, symptoms include: Shortness of breath, fatigue, anaemia, weakness, fainting, dizziness, sores in the mouth, memory loss, dementia, slow reflexes, coldness or numbness in feet and hands. Heart attacks have also been linked to low levels of vitamin B-12. (*American Journal of Epidemiology Vol 143*). Several research studies have indicated that **40 per cent of the population could be short of vitamin B-12**. Until recently the recommended adult intake was in the region of just 3-5 micrograms per day. However research with heart disease patients has shown levels of 100-400 micrograms are much more beneficial.

Why is it so important?

The vitamin is crucial to life and to general health, being involved in almost every cellular system in the body. Over 300 enzymatic reactions use this vitamin in some way. Apart from dementia, fatigue and heart problems, some cancers (for example, breast cancer) are known to be associated with lowered levels of this vitamin.

In recent years scientists have become more and more knowledgeable and concerned about Vitamin B-12, particularly for people over the age of 50 and/or those on strict vegetarian diets. Some 72 per cent of vegetarians are deficient in this vitamin, as it is most readily found in meat. Vitamin B-12 is known to help form and regenerate red blood cells.

Lowered B-12 levels are not so much about what we eat, but far more to do with our ability to **RELEASE** the vitamin from our food. Lowered levels of beneficial bacteria, coupled with increased levels of microbes and particularly *Helicobacter pylori* weaken our ability to release the vitamin from the food we consume, especially as we age. This is true of other essential B vitamins too.

A particular concern is with those cancer patients who rush to change their diet as part of their personal cancer therapy programme, and become vegan or vegetarian. This can result in a further lowering of B-12 levels and it could be that their cancer was already associated with lowered levels of B-12. People who change their diet in this way may actually be compounding a problem. In these cases supplementation is almost certainly essential if only as insurance!

Unfortunately, not all supplements were created equal. There is a considerable amount of dispute over the common (cheap and synthetic) supplement cyanocobalmine. Some nutritionists recommend the methylated version (the form that does occur naturally) methylcobalmine. The most natural form would be that available (and plentiful) in the food 'Chlorella'.

The vitamin is involved in all aspects of your good health. It is known to help form and regenerate red blood cells. It helps prevent cardiovascular disease by lowering blood levels of homocysteine; it promotes growth and appetite in children, improves brain power, concentration and memory, and is involved in a healthy nervous system. It helps maintain a fatty tissue known as the myelin sheath surrounding nerve cells. B-12 is also involved in the metabolism of carbohydrates and fats and the synthesis of protein, DNA and RNA.

Finally, it has a complex interconnection with folic acid, a B vitamin essential for your health, including accurate DNA replication - thus the concern about its role in cancer. **The body simply cannot use folic acid without B-12.**

Sources of Vitamin B-12

The best sources are all animal in origin, such as liver, kidneys, beef, poultry, milk, cheese, fish, egg yolks. Very little is lost in cooking. However, **microwaves have been shown to destroy 40 per cent.**

Its enemies are acids and alkalis, oestrogen and alcohol. As it is water-soluble it can be flushed from the body. There have been no cases of toxicity from excess consumption.

How Orthodox Medicine is making a mistake

The complexity of the B-12 production is illustrated in how it is absorbed:

B-12 is a very large molecule. To extract it from protein (and digest the protein) the stomach must secrete adequate amounts of acid plus the digestive enzyme pepsin. This may be a problem for older people; 20-30 per cent do not produce enough acid and may explain why 11 per cent of older people 'officially' have B-12 deficiency (*Journal of American Geriatric Society, Vol 44*) and why estimates that the real figure may be as high as 40 per cent could be nearer the mark. As we said at the outset, early symptoms are fatigue, memory loss and mental confusion, but inevitably vitamin B-12 deficiency is linked to Alzheimer's and dementia (*Age and Ageing, Vol 23, pg 334*).

Our modern diets (where people mix carbohydrates and proteins in their mouths; and eat sugar-rich, salt-rich, refined rubbish) worsen the acidity issue. Carbohydrate arriving in the stomach has already mixed with the enzyme Ptyalin, which demands a more alkaline environment. The stomach gets confused and produces a compromise mix of acid and alkali. Acid production in the body, anyway, declines as we age. Everybody should separate their carbohydrate and protein meals, especially as they age.

... continued on next page

Next, this large molecule needs to combine with an "intrinsic factor" (a protein) in order to be absorbed across the gut wall. And here the Beneficial Bacteria in the gut play their part. Sometimes, due to genetic defects, sometimes due to stomach injury, or problems with the intestinal lining, or inadequate friendly flora (the beneficial bacteria of the gut), the "intrinsic factor" absorption process is weak.

Next, orthodox treatments for specific microbes can reduce B-12 absorption. For example, researchers at the Turkish Military Academy identified that 77 per cent of people with vitamin B-12 deficiency had *Helicobacter pylori*. In 1994 the International Agency for Research on Cancer declared *Helicobacter pylori* a Grade 1 (definite) carcinogen. There is compelling evidence that *Helicobacter pylori* is linked to stomach and gastric cancers so it is important to treat the original infection.

Helicobacter pylori is a spiral shaped bacterium that lives in the stomach and duodenum. Half a gallon of gastric juice is produced every day, but *Helicobacter pylori* hides from the acid in the mucous membrane and surrounds itself with a neutralising fluid to prevent the gastric juice acid attack. This acid attack weakens with age and modern diet as explained above.

Then the immune system sends white cells to kick out the invader bacterium but they cannot get through the stomach lining. So they collect on the other side of the membrane and the immune response multiplies. Some bacterium die, *Helicobacter* feeds on the nutrients, more white cells are sent and the vicious circle results in a peptic ulcer.

Breath tests, endoscopy or Vega Testing can all establish its presence. Of course, orthodox medicine recommends a mixture of antibiotics to eradicate the bacterium. However, that will reduce the friendly flora in the gut. Another part of the orthodox cure seems to be acid lowering drugs or simple ant-acids. Neither seems particularly logical. The body is producing the acid to try to kill off the *Helicobacter pylori*!

Whilst the good news is that stomach acid attacks *Helicobacter pylori*, taking ant-acids prolongs its health! (Bismuth and Goldenseal are known to kill the bacterium without affecting stomach acid). Ant-acids will alter the chemical potency of the beneficial bacteria further down in the gut and this will thus further reduce the B-12 release and ingestion. Clinical trials show that supplementing with *Lactobacillus* suppresses *helicobacter*, but does not eradicate it. Taking multi-strain probiotics could well help rebalance the friendly flora in the intestine.

Essential B-12. Make sure it's all natural ...

As mentioned earlier, 72 per cent of vegetarians are deficient in B-12. Older people need more of it. People with high risk of heart problems, dementia, Alzheimer's, stomach ulcers, anaemia etc need more of it. Pregnant women need more of it, as it helps cell growth. And if you don't want to eat meat, you must supplement, especially, if you have had cancer. There are two simple ways: The best **natural** source of vitamin B-12 is most definitely **Chlorella**. (Read more at: <http://www.canceractive.com/cancer-active-page-link.aspx?n=533>). Chlorella is a food, algae, specifically grown as a protein source to feed the Japanese after the war. It contains high levels of vitamins such as beta-carotene and B-12, plus good levels of minerals and enzymes. It is green and has high chlorophyll content. The Natural Selection source is Yaeyama, who supply probably the very best natural form available.

Secondly, you can also purchase an **Advanced B Complex** supplement. The Natural Selection product is, as always, natural and whole. It contains methylcobalmine - the natural form of B-12.

If you feel you may be short of B-12, another thing to consider is taking **multi-strained probiotics** to restore your body's ability to release the vitamin from your whole foods.

- Chris Woollams

Source: <http://www.canceractive.com/cancer-active-page-link.aspx?n=513&Title=Vitamin%20B-12>



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Restless Leg Syndrome

Do Your Legs Keep You Awake at Night?

Some people find that their racing minds keep them up. For others it's their restless bodies.

Sleep is that golden chain that ties health and our bodies together,' said English playwright and author Thomas Dekker. America's National Sleep Foundation says that individual sleep needs vary, but estimates that a healthy person's basic sleep needs are met with seven or eight hours of sleep a night. Sleep isn't a luxury. For people who aren't getting enough rest sleep deprivation can result in increased appetite and excess weight, a higher risk of heart conditions and diabetes, and a reduced ability to focus, take in new information and react to events around us. If you constantly wake up exhausted but can't pinpoint a reason why, perhaps your restless body may be to blame.

Periodic limb movement

Periodic limb movement is a condition that is characterized by muscle movements that you are not able to control, which usually happen when you are sleeping. In most people with the condition the muscles in the lower legs may flex or tighten, but some people also experience arm movements. A typical movement is for the big toe to extend. Often the ankle, knee or hip will also bend slightly, and this can last from a few minutes to an hour. Within that time, movements tend to occur every 20-to-40 seconds. Periodic limb movement may not keep you from falling asleep, but the constant twitches and spasms will disrupt your sleep throughout the night, which can make you feel tired during the day, and your partner's sleep may also be affected.

What you can do: keep a sleep diary for about two weeks and take it along to your doctor, who will need a full medical history and a list of any medications you are taking. From there, you will probably be referred to a specialist and to a sleep centre. There's strong evidence that the condition runs in families, so ask your relatives if they experience similar symptoms. The doctor will do a polysomnogram, which charts your brain waves, heartbeat, and breathing as you sleep. It also records your eye and leg movements, and muscle tension. While there is no cure for periodic limb movement, the symptoms can be treated to help you sleep better. In some cases people are prescribed medication that replaces a chemical in the brain called dopamine. These types of medications are also used to treat Parkinson's disease, but it does not mean that you are at greater risk of getting Parkinson's. Other medications that may be recommended include sleeping tablets and anti-seizure medications.

Restless legs syndrome

Restless legs syndrome (RLS) is closely related to periodic limb movement: in fact four out of five people with RLS also experience periodic limb movement. The difference is that it's more likely that you'll also have experienced RLS symptoms while awake, so you may already have an idea that these same symptoms are affecting your sleep too. With restless legs syndrome, there is usually a hard-to-resist urge to move the legs associated with an uncomfortable sensation in the calves and twitches of the ankles. Women are twice as likely to suffer from this condition and it's estimated to affect around five percent of the population, getting more common as you get older.

Although it can be very difficult to describe, restless-legs symptoms can range from burning, prickling, itching or tingling, to leg pain. What you can do: RLS also appears to run in families, and it can improve or worsen with age and with events such as pregnancy. Because resting while awake or asleep can increase the symptoms, you are encouraged to exercise regularly, such as taking an evening walk. Massaging the legs and soaking in a hot tub may also help, as can reducing the number of caffeinated or alcoholic drinks you have, and stopping smoking. If you have a severe form of the syndrome, you may need to see a sleep specialist.

Top tip

The American Academy of Sleep Medicine recommends napping before 3pm and for no longer than an hour, so that it doesn't interfere with falling asleep at night.

Did you know?

There are five stages of sleep – stages one to four, and REM (rapid eye movement) sleep. Stages three and four are referred to as deep sleep, and it is very difficult to wake someone from them. In deep sleep, there is no eye movement or muscle activity. The deep-sleep stage is also referred to as beauty sleep because this is when your body secretes growth hormones, which help repair and rebuild body tissues such as muscle and bone. A reduction in activity in parts of the brain that control emotions and social interactions suggests that this type of sleep may also help people maintain optimal emotional and social functioning while they are awake.

Source: Sleepdex online

“There's a kind of greatness which doesn't depend upon fortune; it's the value we set upon ourselves. We are worth what we want to be worth.”

- Irene Charnley

There are some things we cannot grasp with our intellect. Like love. Like beauty. Like spirituality. Yet these are the things that give life the most depth and meaning. They are what we should celebrate most and reach for as much of as we can.

-Jonathan Cainer

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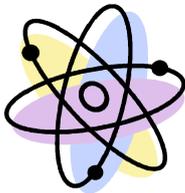
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Esoteric View on Leg Pain

According to those who believe that disease has underlying spiritual/emotional reasons, leg pain relates to being afraid of the future and moving forward. The legs take us into the future, and if you are resisting this, your legs will let you know in the form of joint pain or knee problems. It can't hurt, if you are experiencing leg pains, to examine your attitude to changes that are occurring in your life.

www.all4women.co.za

Age spots on Hands

Add 1 teaspoon of honey to 1 teaspoon of plain yoghurt and mix thoroughly. Apply this mixture to your hands and let it dry, then wash off after 30 minutes. Do this once a day if you want to lighten age spots on your hands.



Source: *Alternative Cures, Bill Gottlieb*

TEST YOUR KNOWLEDGE

1. Which vitamin is also known as "retinol"?
2. "Arctophily" is the term for the collection of which children's toys?
3. Which former South African cricket captain also played for Australia?
4. "Deutscher Aktien Index", the German stock index, is commonly known by what acronym?
5. Near which large Italian city is the volcano Vesuvius?

1. Vitamin A
2. Teddy bears
3. Kepler Wessels
4. Dax
5. Naples

Time to Contemplate . . .

That which God said to the rose
and caused it to laugh in full-blown beauty,
He said to my heart
and made it a hundred times more beautiful.

— Jalaluddin Rumi, 13th century Sufi saint