



Healing at Hand

Nov 2011
Issue 35
Spring



Pic: Coral fungus, by Dan Molter

INDEX:

From the Editor	1
Comic Relief	1
How to have an Awesome Life	2
What does it mean to have a Nervous Breakdown?	3
Create Your Purpose in Life	3
10 Unusual Uses for Epsom Salts	4
Urine Colour and Urinary Infections	5
Reye Syndrome	6
Wrinkles from Chewing Gum	7
Test your knowledge	7
Time to Contemplate	7

We are not human beings on a spiritual journey.
We are spiritual beings on a human journey.

- Stephen Covey

To unsubscribe, please e-mail:
rashidah.hargey@gmail.com and type
UNSUBSCRIBE in the subject line,
and your name will be removed from the mailing list.

Greetings !

Joy for living. Isn't it wonderful observing people returning to joyful living after having suffered a major setback in life? In time, they optimistically re-enter into a state of *joie de vivre* – joy for living. There are certain things that we can never get back again after losing them. They may have meant a lot to us and knowing that life will never be the same again, can we find the courage and strength to continue and make life meaningful and joyful for ourselves, as well as for others?

Joie involves one's whole being, an exultation of spirit, expressing a cheerful enjoyment of life. It is the joy of everything: the joy of eating, the joy of conversation, a comprehensive joy, a philosophy of life, a zest for life – always having something to look forward to, even though one may be short on materialistic means and resources, and have suffered loss and hardship.

Cheerfulness is such a marvellous attribute found in people's character and attitude.

Thomas Carlyle said: "**Wondrous is the strength of cheerfulness, and its power of endurance - the cheerful man will do more in the same time, will do it better, and will preserve it longer, than the sad or sullen.**"

Life is a great gift. And if we are constantly thinking of what we don't have, it will be hard to appreciate this great gift and instead, one's life will be spent in pain and want thus missing out on the opportunity of joy for living. In the words of Albert Einstein,

**"There are only two ways to live your life.
One is as though nothing is a miracle;
The other is as though everything is a miracle."**

We experience life according to the choices we make.
Choose life - not just mere existence. Discover the joy for living.

Be happy,
Rashidah

COMIC RELIEF ...



There was a man walking down the street, and a security guard came up to him and asked, "Why is there a penguin following you?" The man replied, "I don't know, he just followed me". The security guard then instructed, "You take that penguin to the zoo, right now". And the man did so.

A couple of hours later, the man came out of the zoo with the penguin again and they were walking down the street again. And the security guard said, "I thought I told you to take that penguin to the zoo"? The man replied, "I did, and he enjoyed himself, now I'm taking him to the library".

14 Inspiring Quotes from Guy Finley

- ♥ **Good Things Come from Goodness** – All things good come to those for whom the Good is all things.
- ♥ **Everything in Life is a Gift** – To know that every moment — regardless of how it comes wrapped — is a gift greater than you can give yourself, is to be well on your way to a life without fear.
- ♥ **Be Fully Present In Your Life** – Being fully present is the best guarantee for a bright future.
- ♥ **There Are No Limits** – The limit of your present understanding is not the limit of your possibilities.
- ♥ **Don't Hold off Making Real Change** – No one rises above who he or she has been without first having fallen down. The best time — in fact, the only time — to make a real change in your life is in the moment of seeing the need for it. He who hesitates always gets lost in the hundred reasons why tomorrow is a better day to get started!
- ♥ **Fear Feeds Weakness** - The strength of any weakness within us is the degree to which it is feared.
- ♥ **Criticizing Others is a Downfall** - The more time we spend considering the shortcomings of others, the smaller a person we become.
- ♥ **Make Friends with Your Mind** - An unattended mind is the breeding ground of self-defeat.
- ♥ **Peace Wants to Find You, Too** - The Peace you long for also longs for you.
- ♥ **Learn the Secret of Self** - There is nothing as certain as silence, stillness, and solitude to introduce you to the secrets of yourself.
- ♥ **Drop What is Dragging You Down** - Do the moment-to-moment work of dropping anything that wants to drag you down, and Reality itself will see to it that you rise.
- ♥ **Discovery is the Key to Quality** - The real quality of our life is not determined by what we have won from it, but by what we have discovered within it.
- ♥ **Choose in Favour of Yourself** - Once you know what it means to choose in favour of yourself, there is no power in the universe that can make you choose against yourself.
- ♥ **The Past Cannot Darken the Present** - Never speak out of anger; Never act out of fear; Never choose from impatience; But wait . . . and peace will appear.

The past is as powerless to darken the present moment as is a shadow to reach up and drag down the form that casts it.

<http://www.beliefnet.com/>

*“There are two ways of spreading light
– to be the candle or the mirror that reflects it”
– Edith Wharton*

What does it mean to have a nervous breakdown?

Answer from Daniel K. Hall-Flavin, M.D.

The term "nervous breakdown" is sometimes used to describe a stressful situation in which someone becomes temporarily unable to function normally in day-to-day life. It's commonly understood to occur when life's demands become physically and emotionally overwhelming. The term was commonly used in the past to cover a variety of mental disorders; it's used less often today.

Nervous breakdown isn't a medical term, however, nor does it indicate a specific mental illness. But that doesn't mean it's a normal or a healthy response to stress. A nervous breakdown may indicate an underlying mental health problem that needs attention, such as depression or anxiety.

Signs of a nervous breakdown vary from person to person and depend on the underlying cause. Exactly what constitutes a nervous breakdown also varies from one culture to another. Generally, it's understood to mean that a person is no longer able to function normally. For example, he or she may:

- Call in sick to work for days or longer
- Avoid social engagements and miss appointments
- Have trouble following healthy patterns of eating, sleeping and hygiene

A number of other unusual or dysfunctional behaviours may be considered signs and symptoms of a nervous breakdown. If you're concerned that you're experiencing a nervous breakdown, get help. If you have a primary care doctor, talk to him or her about your signs and symptoms or seek help from a mental health provider.

www.mayoclinic.com

Once you begin to acknowledge random acts of kindness –
both the ones you have received and the ones you have given –
you can no longer believe that what you do does not matter.

- Dawna Markova

YOUR PURPOSE IS TO CREATE YOUR LIFE

Your life is a canvas and God has given you the most amazing colours to paint it with. You can choose to paint a small grey depressing picture in the corner, or you can notice the diversity, beauty, wonder and magic around you and splash a whole rainbow onto your canvas, painting vibrant colours and images that celebrate the gift of life you have been given.

The best part is, nobody can paint on your canvas unless you choose to invite them

However in the end the canvas is yours, only you are responsible for your creation. The most fabulous thing about life is that if you don't like the picture or life you've created, you can get a brand new canvas and create a new picture.

You are the artist of your life just as you are the writer of your story

Each day provides a blank canvas, a new page. So choose love, peace, joy, wisdom, kindness and everything that is goodly and Godly as your inspiration and create a joyous, happy life. That is your purpose and your gift to the world.

Deborah Nel; www.all4women.co.za

10 Unusual Uses for Epsom Salts

In this article, we take a look at some of the most unusual (and useful) uses for Epsom salts.



Image: wholebodycleansefacts.com

What is the first thing that comes to your mind when you think of Epsom salts?

Ask this question to anyone you know and their answer will be 'they can be used as bath salts', 'they can be used as fertilizers', or 'they can be used as a hair wash'.

While these are some of the common applications of these salts, there are many, many more applications that most people are not aware of.

1. Epsom salts can keep your skin and hair healthy

You can rub some of it onto your skin, leave it for a few minutes, and rinse it off to make your skin cleaner and smoother. Similarly, you can add a few pinches of Epsom salt to your hair conditioner and use it regularly to get softer, shinier hair.

2. Finding it hard to clean your bathroom tiles?

Epsom salt can make your job easier. You can add a few pinches of salt to any liquid dish detergent and use it as a cleaning solvent to make the dirty tiles in your bathroom as good as new.

3. Tired of animals raiding your rubbish bin and making a mess every night?

Just sprinkle some Epsom salt around your trash can. Animals will stay away from your rubbish bin as they hate the smell and taste of Epsom salts.

4. Epsom salt can keep slugs away from your home

Sprinkle some salt on the terrace, backyard, and other such places to prevent those slimy, slithery slugs from entering your home.

5. Wondering how you can get more life out of your car batteries?

Here is an easy way to do it. Take some warm water, add an ounce of Epsom salt to it, and make a solution. Apply this solution to your car batteries regularly. It will increase the lifespan of your batteries and help you save a great deal of money in the long run.

6. Treating athlete's foot

If you have athlete's foot, you can add some Epsom salt to warm water and soak your feet in it for 15 to 20 minutes. It is a very effective way to treat fungal infections.

7. Epsom salts reduce swelling on sprains and bruises

If you have any bruises or sprains, you can add two to three cups of Epsom salt to a warm bath and soak for a few minutes. It is a good way to reduce the swelling and relieve the pain.

8. Remove blackheads without scarring

If you have blackheads on your skin, you can add a teaspoon of Epsom salt and 3 drops of iodine to a small cup of boiling water and apply this mixture on the blackheads with a cotton ball. This is an easy, safe way to remove black heads without leaving any scars.

9. Create a white Christmas with Epsom salts

You can create the magic of white Christmas in your home in sunny South Africa. Take some Epsom salt, add it to stale beer, and apply the mixture to your windows using a sponge. When it dries, your windows will have a frosty, snowy, Christmassy look.

10. Epsom salts can be used internally to treat constipation

We have seen a lot of external applications of Epsom salts. Some of you, however, might be wondering if it can be taken internally. Well; the answer is 'yes'.

If you are suffering from constipation, you can take a cup of warm water, add a few teaspoons of Epsom salt, and drink the mixture. It relieves constipation and helps you have a normal bowel movement.

-www.all4women.co.za

PS: Taking 2-3 large heaped teaspoons of Epsom salts with a glass of water draws all the water out of your internal organs in order to flush your system so make sure to drink lots of water to replace what you're losing.

Don't go anywhere for the next 24 hours. And make sure you go to the loo every time you feel any sort of bowel movement. It's never just air!

NOTE: Before taking any remedies consult with your health practitioner.



Urine Colour and Urinary Infections

Normal urine colour ranges from pale yellow to deep amber. But the colour of your urine may not always be normal. Most changes in urine colour are harmless and temporary - the result of certain foods, dyes, supplements or prescription drugs. Occasionally, though, unusual urine colour can indicate an infection or serious illness. Talk to your doctor about changes in urine colour that persist or don't seem linked to medications or food.

Normal urine colour varies, depending on how much water you drink. Fluids dilute the yellow pigments in urine, so the more you drink, the clearer your urine looks. When you drink less, the colour becomes more concentrated - severe dehydration can produce urine the colour of amber.

Most colour changes are painless and occur without other signs and symptoms. But if the colour change is due to a urinary infection, you may have a strong, persistent urge to urinate, burning pain with urination, frequent urination, fever, chills, sweats, abdominal pain that comes in waves, strong-smelling urine (normal urine should have little or no odour).

Call your doctor if:

- You have visible blood in your urine.
- You have colour changes that don't seem related to food, medications, supplements or dyes.
- You have dark brown urine, which could indicate a serious problem with your liver. In this case, seek medical care as soon as possible.

Factors that put you at risk of medical conditions that can affect urine colour include:

- **Age.** Many men older than 50 have occasional urinary blood due to an enlarged prostate gland.
- **Your sex.** More than half of all women will have a urinary tract infection at some point, often with some urinary bleeding. Men are more likely to have kidney stones or bladder stones.
- **A recent infection.** Kidney inflammation after a viral or bacterial infection is one of the leading causes of visible urinary blood in children.
- **Family history.** A family history of kidney disease or kidney stones makes it more likely that you'll develop these problems. Both can cause blood in the urine.
- **Strenuous exercise.** This is one of the leading causes of visible blood in urine. Distance runners are most at risk, but anyone who exercises vigorously can have some urinary bleeding.

These measures may reduce your risk of urinary tract infections:

- Drink plenty of water.
- Urinate when you feel the urge and as soon as possible after intercourse.
- Wipe from front to back after urination.
- Avoid heavily scented feminine hygiene products.

To help lower your likelihood of kidney stones:

- Drink plenty of water.
- Limit salt, protein intake

Source: www.mayoclinic.com

"To open your heart to someone means exposing the scars of the past."

Reye Syndrome

Reye syndrome is sudden (acute) brain damage and liver function problems of unknown cause. The syndrome has occurred with the use of aspirin to treat chickenpox or the flu in children. However, it has become very uncommon since aspirin is no longer recommended for routine use in children.

Children with Reye syndrome get sick very suddenly. Reye syndrome usually follows an upper respiratory infection (URI) or chickenpox by about 1 week. Reye syndrome often begins with vomiting, which lasts for many hours. This is quickly followed by irritable and aggressive behaviour. As the condition gets worse, the child may be unable to stay awake and alert.

Other symptoms of Reye syndrome are Confusion, Lethargy, Loss of consciousness or coma, Mental changes, Nausea and vomiting, Seizures and Unusual placement of arms and legs.

The following tests may be used to diagnose Reye syndrome: Blood chemistry tests, Head CT or head MRI scan, Liver biopsy, Liver function tests, Serum ammonia test and Spinal tap.

There is no specific treatment for this condition. The health care provider will monitor the pressure in the brain, blood gases, and blood acid-base balance (pH). Treatment may include:

- Breathing support (a breathing machine may be needed during a deep coma)
- Fluids by IV to provide electrolytes and glucose
- Steroids to reduce swelling in the brain

Go to the emergency room immediately if your child has confusion, lethargy, or other mental changes. Never give a child aspirin unless told to do so by your doctor.

Source: <http://www.nlm.nih.gov/>

We build too many walls and not enough bridges.

- Isaac Newton



New Book Release!

Conscious Cuisine

A vegetarian adventure

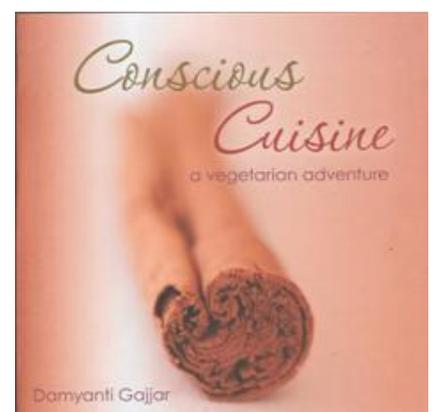
by Damyanti Gajjar

Damyanti Gajjar from Cape Town, is an outstanding cook with great knowledge of Ayurveda.

She has released a wonderful cook book with mouthwatering pictures and easy recipes, sharing a fusion of Ayurvedic principles and contemporary healthy vegetarian cuisine.

Now available at Ananda Kutir Ashrama at R170.

For more info please call 021 696 1821 / info@anandakutir.org.za



**Contact details:
Rashidah Hargey**

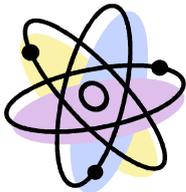
- **BOWEN TECHNIQUE**
- **QUANTUM TOUCH**
- **YOGA INSTRUCTOR**

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

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

**Website:
www.bowentherapy.co.za**

**E-mail:
info@bowentherapy.co.za
rashidah.hargey@gmail.com**



Every body is better with

BOWTECH[®]
The Original Bowen Technique

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.



Pic: [Amada44](#)

Wrinkles from chewing gum

Amid the news that Singapore has once again banned chewing gum, comes the news that if you chew lots of gum, you may be giving yourself wrinkles. While many people can still dismiss the inconvenience of stepping in chewing gum blobs on the pavement, or having to look at someone masticating in a public place, wrinkles on your own face is a different problem.

The repetitive motion of chewing leads to muscle overuse that causes lines and folds around the mouth. And apart from anything else, chewing gum endlessly just doesn't look very cool or professional. By all means have a chew if you suspect you may have death breath, but five minutes should be enough. Who wants to look like a prune?

www.health24.com

[Chewing gum could give you wrinkles](#)



**Need to buy someone a gift
for their birthday
or special occasion?**

The gift of health is priceless!

Why not present them with a
Bowen Therapy Gift Voucher?

Contact Rashidah Hargey - Cellphone 083 29 444 29

TEST YOUR KNOWLEDGE

1. What is the name of Manchester United's homeground?
2. In art, what colour is 'alabaster'?
3. With which sport would you associate David Coulthard?
4. Which planet is known as the morning Star and the Evening Star?
5. In which South African province are the Sudwala Caves?

1. Old Trafford
2. White
3. Motor Racing
4. Venus
5. Mpumalanga

Time to Contemplate

Knowledge exists potentially in the human soul
like the seed in the soil;
by learning the potential becomes actual.

— *Imam Al-Ghazali*