



Healing at hand

April 2009

Issue 4 -

AUTUMN



Greetings ...

We are welcoming the cooler days now. The beautiful bright summer colours around us are slowly turning to the stunning earthy tones. I just love it! Collectively, the colours of nature are totally awesome! And things are now changing - Mother Nature is ushering in a new season. It is time for cleansing, restoring and rest. Hence, this is a good time to focus on our health: detox, cleanse and restore after the summer indulgences. In this issue we take a closer look at detoxing.

New-coined phrases like, the "Sickness Industry", and, the "Wellness Revolution" are now making regular rounds in publications. But what do they mean? The former is the conventional synthetic drugs and surgery business. It tries to treat and cure sickness and disease. Whereas the latter uses a variety of ways to keep people healthy. Scientists, fitness providers, businesspeople, food manufacturers, doctors, therapists, and others, focus on disease prevention. They help people lead happier, healthier and longer lives. The "Wellness Revolution" introduces people to product lines of super foods abundant in antioxidants, minerals & phyto-nutrients. A new era of consciousness has emerged where organic products offers simple, safe, and effective health and beauty products. However, there appears to be a battle between the "Sickness Industry" and the "Wellness Industry." Both sides of this economic war need skilled spokespersons, consultants, advisors, writers, and speakers to fight for people's beliefs and money. So which one should you choose? Well, it's really your call!

There is no better time now than the present, to focus again on the wise old adage: PREVENTION IS BETTER THAN CURE. A simple and basic lifestyle of consuming nutritional foods, exercising, good rest, plenty of water, sunshine, silent contemplation, and sessions of deep breathing, offer in return good health on all levels. Your health is in *your* hands! Enjoy good health. It's a marvellous thing! As Ralph Waldo Emerson said: "*The first wealth is health*".

Be well, *Rashidah*

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

Calm Down

If you tend to lose your temper, you need look for ways to calm down and regain control. Stress and anger aren't good for your physical or emotional health. Here are a few suggestions on how to calm your anger:

Take long, deep breaths and then *slowly* let it out; relax with light exercise or stretches, or do gentle Yoga postures; close your eyes and visualise something relaxing, peaceful and pleasant; quietly chant and repeat words to yourself, such as "relax" or "take it easy".

Health24.com

COMIC RELIEF ...



Sam met a woman on the train on his way home from work, and she invited him to her flat for a drink. It was past midnight when Sam suddenly realized he should have been home hours before. As he dashed to the door, his new friend took his hand and rubbed blue chalk all over his fingers.

He arrived at home to be confronted by a furious wife, "Sorry, darling, I met this woman and we went for a drink and ..."

"Don't lie to me!" snapped his wife. "Look at your fingers! You've been playing pool with the boys again, you louse!"

DETOXING

We are exposed to thousands of toxins on a daily basis, pesticides on food, air pollution in cities, and even chemicals from deodorants or perfumes. These all contribute to a build-up of toxins in the body. Many of us willingly ingest toxins through alcohol, cigarettes and junk food. It is said that these toxins can result in depression, exhaustion, dizziness, headaches and constipation. They may affect the immune system and have been linked to allergies, asthma and many other diseases.

Luckily, our bodies are designed to automatically expel many of these toxins, so that we remain healthy. The idea behind going on a detox diet is that we boost the body's natural detoxification process. This can also be facilitated by exercising or even by lymphatic drainage.

Detox diets vary, but they typically advise that you restrict your diet to raw or steamed vegetables, fruit and water, with strict avoidance of meat, alcohol, dairy products, processed foods, preservatives and stimulants. Some people may experience a range of symptoms while on a detox diet, including headaches, stomach aches, constipation or diarrhea, and fatigue. This is due to the stored toxins in your cells and liver being released into your bloodstream before they are eliminated. If you drink caffeine regularly and are planning to follow a detox diet, you may like to cut down your consumption gradually rather than cutting caffeine out all at once. This can help to reduce some of the symptoms.

A basic cleansing diet should make you feel a lot better and give your body a chance to rest from overindulging. Many people want to detox, but are not sure where to begin. Keep it in mind it's better to do it over a weekend or during a holiday, as the whole process, although very good for you, can make you feel a bit faint, weak or tired. When embarking on a detox diet, one should never take any laxatives or herbal products that could interfere with one's bowel or kidney function. Also, prolonged detox diets are not recommended. Ideally they should be followed for 2 days.

RULE 1: REST - the cleansing diet can make you feel tired and could interfere with certain activities, such as driving. Spend the day relaxing, reading and sleeping in order to recharge the batteries. Meditation and relaxation exercises are also excellent ways of restoring harmony to mind, body and soul. Block out irritating stimuli by switching off your television, cellphones, etc.

RULE 2: LIQUID - drink as much fluid as possible. Water, diluted fruit juices, fresh fruit and vegetables whipped up in a food processor, Rooibos tea with lemon and honey, are all excellent liquids which will detoxify the body. A high liquid intake helps to flush out the liver, the kidneys and the bowels.



RULE 3: DIETARY FIBRE - if you feel that you need more than liquids to sustain you during the cleansing period, concentrate on eating foods rich in dietary fibre to clean out the bowel, such as fresh raw unpeeled fruits, wholewheat bread, high-bran cereal, oats, brown rice, etc. Soak dried fruit in boiling water overnight and then boil in the same liquid until soft. Add one or two tablespoons of honey to this. Add fruit and liquid to oatmeal porridge for a delicious breakfast rich in fibre.

RULE 4: VITAMIN AND MINERAL SUPPLEMENTS

- when you take time out for a day or two to allow your body to heal itself, remember to continue with your vitamin and mineral supplements.



RULE 5: IMPORTANT CONSIDERATIONS -

- The basic cleansing diet should not be used for longer than two days.
- Do not use this diet if you suffer from any illness, or have problems such as heart disease, diabetes, low blood sugar, kidney problems, or any other serious condition.
- Do not exert yourself while using the diet.
- Avoid all stimulants such as alcohol, regular tea, coffee, cola drinks, carbonated cold drinks, chocolate, cocoa and cigarettes.
- Avoid all stressful situations and contact with the busy outside world.
- Concentrate on regenerating your batteries and purifying your system.

*Health24.co.za,
Life", Spring 2004*

South African Detoxifying Herbs

Buchu, a type of fynbos, is known as S.A's wonder medicinal herb. *Agathosma betulina*, known as the 'true buchu', is the only buchu species that should be taken internally. Drinking buchu water first thing in the morning on an empty stomach is said to be an excellent way to kick-start an internal cleansing programme.

Rooibos is another natural detoxifier, thanks to the antioxidant qualities of the superoxide dismutase (SOD) mimetic substances it contains. SOD is one of the best-known enzymes in the human body capable of neutralising free oxygen radicals as soon as they are formed. Free oxygen radicals cause damage to body proteins and fats, as well as to our DNA.

Both buchu water and rooibos tea are alkalizing. They are said to relieve constipation and balance blood-sugar levels.

Life", Spring 2004

FOODS TO HELP YOU DETOX

If you do have the urge to detox, the best advice is to use this to kick-start a new healthy eating regime. Try and replace some of the more toxic foods with those that are high in fibre and antioxidant properties.



- **VITAMIN C** is an antioxidant that supports the body's detoxification process. It may also help to decrease some of the side-effects of detox, such as headache or nausea.
- **MILK THISTLE** has many positive effects on the liver. This herb is an antioxidant, assists in liver cell regeneration, and is used after exposure to chemical and industrial pollutants or adverse effects from excess alcohol or fat consumption.
- **ARTICHOKES** contain plant compounds known as caffeoylquinic acids, which increase the flow of bile and help to digest fats.
- **BROCCOLI** and other members of the brassica family (cabbage, cauliflower, Brussels sprouts) support the liver's detoxification enzymes.
- **FRESH FRUIT AND VEGETABLES** are sources of vitamin C and glutathione, which are essential for removing toxins from the body. Go easy on grapefruit. A compound in grapefruit called naringin can significantly inhibit liver detox enzymes.
- **RICE** is easily digested by most people. Choose brown or basmati rice, rice cakes, rice crackers and rice pasta.
- **PROTEIN** is required by the liver for detox. Beans, nuts, seeds and protein powder all help. Some people may choose to eat fish in moderation.
- **DANDELION ROOT** increases the flow of bile. It can be taken as a tea.
- **ONIONS AND GARLIC** are rich in sulphur-containing compounds. They contribute to sulphation, the main detox pathway for environment chemicals and certain drugs and food additives. They also help with the elimination of harmful heavy metals from the body.
- **LEGUMES**. Split yellow and green peas and lentils are easy to digest and require less soaking time. Other beans include kidney beans, pinto beans, mung beans and chickpeas.
- **NUTS AND SEEDS**. Unsalted nuts and seeds can be sprinkled over any meal, include flaxseed, pumpkin seeds, sesame seeds, sunflower seeds, almonds, cashews and walnuts.
- **FISH**. Poached, broiled or steamed fish is good in moderation.
- **HERBAL TEA**. Herbal non-caffeine teas.
- **WATER, LEMON WATER** and unsweetened fruit juices.

FOODS TO AVOID

Decreasing the following foods in your diet can help keep those toxin levels down:

- **SUGAR**: refined sugar and mixtures containing refined sugar, including sucrose, dextrose, corn syrup and brown sugar. Avoid artificial sweeteners.
- **DAIRY PRODUCTS**: milk, eggs, butter and other dairy products.
- **WHEAT** and products containing wheat
- **GLUTEN**: all gluten-containing grains, including barley, oats and rye. Some people are sensitive to gluten, a protein fragment in these grains.
- **YEAST**
- **CAFFEINE**: coffee, both regular and decaf, and teas containing caffeine.
- **ALCOHOL**
- **FOOD ADDITIVES**, preservatives and processed foods
- **CHOCOLATE**
- **HIGH-FAT FOOD**

BACH FLOWER REMEDIES



Dr. Edward Bach (1886-1963) was a London doctor, who abandoned orthodox medicine to become a pioneer medical revolutionary. Dissatisfied with the conventional approach to the diagnosis and treatment of disease he had learned at medical school and later put to use during his years as a hospital doctor and in his Harley Street practice, Dr. Bach (*pronounced Batch*) first turned to homeopathy. He believed with Samuel Hahnemann, the founding father of Homeopathy, that "the patient is the most important factor in healing." He won a considerable reputation in this field - the vaccines, known as Bach nosodes that he isolated, still play a valuable role in homeopathy today.

A Unique System of Healing

Homeopathy and personal experience taught Dr. Bach much, but he wanted more. He began working on a unique healing system in the 1920's and continued with it almost up till his death, which took place shortly after he completed the 12th revision of his seminal work, *The Twelve Healers and Other Remedies*. One of Bach's main ideals throughout his working life was the need to make things simple. The remedies he discovered, as himself put, were derived from "simple" herbs, and the system of healing, of which they formed the basis, was equally simple. Dr. Bach was determined that as he said "without knowledge of medicine" the remedies and how to employ them could "be understood so easily they can be used in any household." He stressed, "It is the patient, the way he or she is affected and which is our true guide to healing."

However, do not see the remedies to replace any regular medication, and if you see no improvement in your condition after 2 to 3 weeks, stop taking the remedy. Consult your doctor before you embark on a course of remedies or if you suffer any unfamiliar symptoms.

The Bach Remedies

The 38 remedies - 39 with the recent addition of Rescue Remedy - that Dr Bach discovered make up unique system of healing that is complete in itself. With thorough and painstaking research, he devised his flower remedies to be effective against every possible negative state of mind - taken singly or in combination; they had the ability to help people to counteract such problems, with the result that only any unwelcome physical conditions would be helped as well. Dr Bach believed firmly that physical ill-health was the result of an imbalance within the mind. Whatever the problem, therefore, the driving forces behind the selection of specific remedies were the emotional outlook, mood temperament, and personality of the individual concerned. "Treat the patient according to the mood, according to the character, and individuality and you cannot go wrong." He also added that disease in itself was of no consequence

whatsoever since it was "the manner in which a patient reacts to an illness - that alone should be taken into account."

The other Bach watchword was "*simplicity*"; his stated aim being to devise a method of choosing which remedies to give that was "simple enough for most people to understand." It was this passion for simplicity that led him to review and refine his approach, until he was ready with the final version of the great system of healing. Dr Bach split all 38 remedies into seven groups, which he categorized as being for:

- Fear
- Uncertainty
- Insufficient Interest in present circumstances
- Loneliness
- Oversensitivity to influences and ideas
- Despondency or despair
- Being over-anxious for the welfare of others

The one further division that remains is between what Dr Bach termed 'mood and type remedies'.

Self-Diagnoses

When you use the Bach system, you are concerned solely with emotional states and personality problems; this means setting aside any physical symptoms. Your selection of remedies should be based on how you feel currently, not on how you think you felt in the past. A single remedy may be enough, but it may be better to try a selection in such cases, the appropriate type remedy. Looking at the way you react to specific situations will provide you with valuable clues to your character.

The Bach Flower Remedies for **fear** include the Bach Flower remedies: Mimulus, Red Chestnut, Aspen, Rock Rose, and Cherry Plum.

The Remedies for **uncertainty** include: Cerato, Schlerantus, Gentian, Gorse, Hornbeam, and Wild Oat.

Flower Remedies for **lack of interest in present circumstances**, are: Clematis, Honey Suckle, Wild Rose, Olive, White Chestnut, Mustard, and Chestnut Bud.

Bach Remedies for **loneliness**, include: Water Violet, Impatiens, and Heather.

Remedies for **oversensitivity** are: Agrimony, Centaury, Walnut, and Holly.

The Remedies for **despondency and despair** are: Larch, Pine, Elm, Sweet Chestnut, Star of Bethlehem, Willow, Oak, and Crab Apple.

The Flower Remedies for **over-anxiety for other's welfare** include: Chicory, Vervain, Vine, Beech, and Rock Water.

... Continued on next page

RESCUE REMEDY is an emergency mixture sold under this trade name is unquestionably the most widely known of all the 38 Bach flower remedies. It is a composite of five individual remedies that Dr Bach himself devised - and carried with him - to be used specifically to help in emergencies and crisis when there simply would not be time to select specific remedies to meet the situation's need.

Rescue Remedy consist of: Star of Bethlehem for shock, Rock Rose for terror and panic, Clematis for faintness and unconsciousness, Impatiens for mental stress, tension, and agitation; and, Cherry Plum for desperation and loss of self-control.

The standard way of taking Rescue Remedy is to put four drops of stock concentrate into a glass of water, and get the patient to sip this frequently until calm.

- "*Secrets of Bach Flower Remedies*", *Jeremy Harwood*

"Every good act is charity".
Prophet Muhammad

"The hand that feeds the heart is full of love;
And if food is served with love to you,
then God, Who is immanent,
surrounds you with His Presence".
Venkatesananda



VOLUNTEERS NEEDED!

Volunteers are needed for sandwich-making (especially for Monday mornings) at Ananda Kutir Ashrama, situated at 24 Sprigg Rd, Rondebosch East, for their Outreach Projects.

Peanut butter sandwiches are made and delivered to TB/HIV clinics in a number of areas such Khayelitsha, Crossroads, Phillippi, etc. and distributed to the patients who come to collect their medicines. Since they come from poverty-stricken areas and often arriving hungry at the clinics, they suffer terrible cramps and nausea when taking their medicines on an empty stomach. Hence, they are given sandwiches to ease their suffering; also, that sandwich might very well be their only food for the day!

Please extend a helping hand in serving humanity.

Any amount of time and effort will be greatly appreciated.



Ananda Kutir @ Tel. (021) 696 1821

http://www.anandakutir.org.za/outreach_projects.htm

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Call (021) 696 5928 to book an appointment.

Theracare Health Centre
118 First Ave, Rondebosch East
(opp Crawford railway station)

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"Serve others, for they are reflections of the same
entity of which you are a reflection.
Feel always kinship with all creation."
- Sathya Sai Baba

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BOWEN CASE STUDY

Scoliosis of the Spine

A client's report: The middle of my back was extremely tense, with painful muscle spasms occurring from time to time. A doctor had diagnosed me with Scoliosis.

After a couple of Bowen treatments my back had improved immensely. The alignment of the spine improved too. After a few sessions I experienced no more back spasms at all. I now attend monthly maintenance sessions to keep it that way. The treatment also helps to keep my stress levels down, as well as bringing release to the tension building up in my shoulders and neck due to continuous desk work.



Bananas Boost Bone Health

The simple banana is a great power food to prevent osteoporosis. Research shows that a greater potassium intake is associated with higher bone mineral density, and it's thought that potassium plays a role in inhibiting the loss of calcium from bones. Eat foods high in potassium, such as bananas and leafy green vegetables, to keep your bones strong.

health24.com

TEST YOUR KNOWLEDGE ... for fun

1. Which American swimmer won seven gold medals at the 1972 Olympics?
2. What is the name of Ethiopia's capital?
3. Who developed the first preventative vaccine against rabies?
4. In which sport would you use a shuttlecock or birdie?
5. In Enid Blyton's *Famous Five* books, what is the name of the dog?



1. Mark Spitz; 2. Addis Ababa; 3. Louis Pasteur;
4. Badminton; 5. Timmy

Time to Contemplate . . .

It was but yesterday I thought
myself a fragment quivering without
rhythm in the sphere of life;
Now I know that I am the sphere
and all life in rhythmic fragments
moves within me.

- Kahlil Gibran

