



The best way to find yourself,
is to lose yourself in
the service of others.
- Ghandi



Pic: Nick Brandt; www.nickbrandt.com

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- Don't cry because it's over. Smile because it happened.
- Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.
- Try not to become a man of success, but rather try to become a man of value.
- Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration.
- We come to love not by finding the perfect person, but by learning to see an imperfect person perfectly.

A guy arrives at the Pearly Gates and St Peter asks him to relate a good deed he had done. The guy thinks for a moment and says, "Hmmm, well, I was driving down a road and I saw a giant group of hoodlums harassing this poor girl. I slowed down, and sure enough, there they were, about 20 of them abusing this poor woman.

"Infuriated, I got out my car, grabbed a tyre iron out of my trunk, and walked up to the leader of the gang. He was a huge guy; 6 foot 4 inch, 260 pounds, with a studded leather jacket and a chain running from his nose to his ears. As I walked up to the leader, the others formed a circle around me and told me to get lost, or I'd be next.

"So I ripped the leader's chain out of his face and smashed him over the head with the tyre iron. Then I turned around and yelled to the rest of them, 'Leave this poor innocent girl alone! You're all a bunch of sick, deranged animals! Go home, before I really teach you a lesson in pain!'" St. Peter, duly impressed, says, "Wow! When did this happen?"

"Oh, about three minutes ago."

Kindness Story #14

You Would Hug Me?

I had just finished my monthly Free Hugs session in Union Square, NYC, and was walking back to Harlem, where I lived. I save subway fare by walking as often as possible. Being a storyteller, I don't have much money.

That's when I saw a woman sitting on the pavement. The shopping cart next to her side was piled high with her possessions. Her shoes were worn to nearly nothing. I got out my Free Hugs sign and approached her.

I smiled gently and asked if she would like a hug. She looked at me with disbelief and asked, "You would hug me?" I opened my arms and walked closer to her. "If you want a hug," I said. "Absolutely." She reached out for the hug and then told me she had not been touched in almost 20 years.

I hugged her tighter. I apologized to her that I had no money to give her that day and she responded that the hug I'd just given was worth more than any amount of money.

Next time you see someone who is homeless, smile at them, say, "Hello," and if it feels right to your heart, offer a hug or even the touch of your hand on their arm.

--posted by [bubblehugfairy](http://www.bubblehugfairy.com) on Dec 11, 2012
<http://www.helpothers.org/>

Why People Shout in Anger

A saint, once explained...

'When two people are angry at each other, their hearts distance a lot. To cover that distance they must shout to be able to hear each other. The angrier they are, the stronger they will have to shout to hear each other, to cover that great distance.

What happens when two people fall in love? They don't shout at each other, but talk softly, because their hearts are very close. The distance between them is either non-existent or very small ...'

The saint continued, 'When they love each other even more, what happens?'

'They do not speak; only whisper, and they get even closer to each other in their love. Finally, they even need not whisper, they only look at each other and that's all. That is how close two people are when they love each other.'

'So when you argue, do not let your hearts get distant. Do not say words that distance each other more. Or else, there will come a day when the distance is so great, that you will not find the path to return.'

Engaging Discernment

In life, we are often faced with situations which make us feel uneasy, and we often blame ourselves or others. But if we learn to discern, rather than judge, we begin to observe a clearer picture, which in turn, help us to make better decisions not tainted with injustice and prejudice. The power of discernment (to know the right way and the wrong way) is an intellectual ability within all of us.

When facing setbacks, we often experience the sharp edges of self-judgement and harsh self-criticism. Be kind to yourself and leave aside the judgemental attitude. Discern, rather than judge. Engaging with discernment brings with it the quality of humility, a renewed non-arrogance and self-respect, and due respect to others.

Discernment is the activity of determining the value and quality of a certain subject or event; a recognition and understanding of the difference between one thing and another. It allows one to move past disappointment, anger, sadness and unresolved issues.

What is Tibb medicine?

Tibb or Unani-Tibb is a comprehensive healing system with roots in Ancient Egyptian, African, Greek, Arabic, Indian and Western Herbal medicine. So it's not a new, uncommon or esoteric form of medicine, but recognised as the foundation of present-day medicine. Until fairly recently, it was the mainstay of medicine practiced all over the Western world, then the germ theory and chemical medicine became dominant.

What makes it interesting is that it takes a comprehensive view of the cause of disease because it sees the body and its workings as a complex machine, and understands there are several factors that contribute to most diseases. So it considers lifestyle, diet, emotions, interaction with the environment and even spiritual factors that impact on a patient's well-being. In South Africa, Prof Rashid Bhika heads up the TIBB NGO.

A recognised pharmacist, he built up the largest privately owned manufacturer of generic pharmaceuticals in South Africa from 1974-2007 (when it was sold to international company, Rambaxy) and, as a member of the Allied Health Profession Council of South Africa, promoted the understanding of complementary and alternate medicine.

Find out more about TIBB medicine at Tibb.co.za, or on facebook: [IbnSinaInstituteofTibb](https://www.facebook.com/IbnSinaInstituteofTibb).

Your Family, Dec 2012

THE ROLE OF UNANI-TIBB IN INTEGRATIVE MEDICINE

Opposition to conventional medicine has been building up for some time. The reasons are well defined, and familiar to most of us. They include lack of drug efficacy, short- and long-term adverse drug reactions, an alarming increase in resistance to antibiotics, and of course, escalating cost. There is also the feeling that they are not as effective as claimed, and perform poorly in chronic, long-term or recurring disorders. More generally, the practitioner-to-patient relationship is often unsatisfactory, sometimes abysmal. Moreover, there is a too-narrow focus on a symptomatic versus curative approach, and the neglect of nutrition and other lifestyle factors in dealing with the disorder. These and other factors have encouraged many to try one or other form of complementary medicine, either alone or combined with conventional medicine as Integrative Medicine.

Essentially, the thrust of Unani-Tibb therapy is to support physics in restoring harmony, and so rectify the disorder. However, Unani-Tibb diagnosis and therapy are largely congruent with conventional medicine, as they both can lay claim to the same historical origins, such as the Hippocratic tradition. This suggests that Unani-Tibb would be a suitable partner in the practice of Integrative Medicine. In practical terms, the treatment of acute diseases and emergencies would have conventional medicine as the major partner. In chronic disorders, however, the dominant role would be assumed by Unani-Tibb. In addition, whereas conventional medicine is largely concerned with the suppression of troublesome symptoms, Unani-Tibb is more directed at nullifying the underlying causes and contributory factors. The two medical paradigms would therefore truly complement each other. By combining both medical systems in an integrative approach, the probability of cure is increased.

<http://www.integrativemedicine.co.za>

Speak kind words, and in return you will hear kind echoes.

BOWEN THERAPY: SEIZURE PROTOCOL

Bowen Therapeutic Technique is a complimentary therapy that allows the body to re-tune and repair itself. There is a Bowen Seizure Protocol which is specifically designed to help people who have been experiencing seizures. The protocol includes 9 therapy sessions over a period of 6 months.

Bowen Hands, June 2011

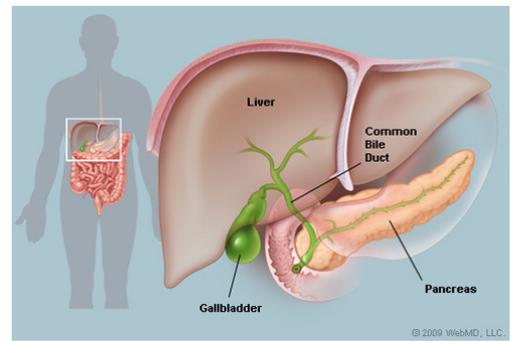
For a detailed list of South African/Namibian Bowen Therapists, please visit:

<http://www.bowensa.com/practitioners.html>

Know Your Gallbladder

The gallbladder is a small pouch that sits just under the liver. It stores bile (a yellow-green fluid) produced by the liver. After meals, the gallbladder is empty and flat, like a deflated balloon. Before a meal, the gallbladder may be full of bile and about the size of a small pear. In response to signals, the gallbladder squeezes stored bile into the small intestine through a series of tubes called ducts. Bile helps digest fats.

- <http://www.medicinenet.com/script/main/art.asp?articlekey=113979>



Picture of the Gallbladder

Image Source: © 2009 WebMD, LLC.

Gallstones Facts

- Gallstones are "stones" that form in the gallbladder or bile ducts, which can be as small as a grain of sand or as large as a golf ball. There can be just one large stone, hundreds of tiny stones, or any combination.
- The common types of gallstones are cholesterol, black pigment, and brown pigment.
- Cholesterol gallstones occur more frequently in several ethnic groups and are associated with female gender, obesity, pregnancy, oral hormonal therapy, rapid loss of weight, elevated blood triglyceride levels, and Crohn's disease.
- Black pigment gallstones occur when there is increased destruction of red blood cells, and brown pigment gallstones occur when there is slow flow and infection of bile.
- The most common symptoms of gallstones are biliary colic and cholecystitis.
- Complications of gallstones include cholangitis, gangrene, jaundice, pancreatitis, sepsis, fistula, and ileus.
- Gallbladder sludge is associated with symptoms and complications of gallstones; however, like gallstones, sludge usually does not cause problems.

<http://www.lifewithjosh.com/health-and-fitness/gallbladder-flush/>

Gallbladder attack symptoms

- Moderate to severe pain under the right side of rib cage. It may also radiate through to the back or to the right shoulder
- Severe upper abdominal pain (biliary colic)
- Nausea; Queasiness; Vomiting
- Flatulence; Burping or belching
- Attacks are often at night and/or often occur after overeating
- Pain will often, but not always, follow a meal with fats or grease
- Pain may be worse with deep inhalation
- Attacks can last from 15 minutes to 15 hours

Gallstones treatment without surgery

You may want to try flushing out gallstones naturally first, before opting for surgery. It may or may not work, but it's worth a try. A natural flush using apple juice, lemon juice, Epsom salts and Olive oil, is recommended.

REMOVING GALLSTONES NATURALLY by Dr Lai Chiu-Nan - (<http://www.dhealingforum.com>)

1) Drink 1 glass (250ml) 100% apple juice, 4 times a day, for **5 days**.

1 glass at breakfast, 1 glass at lunch, 1 glass at dinner, and 1 glass before going to bed. It softens the gallstones. Eat normally.

2) On the 6th day, skip dinner. At 6pm, take a teaspoon of Epsom salt (magnesium sulphate) with a glass of warm water. At 8 PM, repeat the same for purging purpose. It helps to flush out all solid stuff. It also opens the gallbladder ducts. At 10 PM, drink half a glass of olive oil mixed with half a glass of lemon juice. The oil lubricates the stones to ease their passage. Lemon juice helps to extract the stones out from gallbladder ducts.

Soon you will purge again. This time you can find greenish stuff floating in your toilet bowl, if you have gallstones. "You may want to count them. I have had people who passed out 40, 50 or up to 100 stones." as told by Dr Lee. "Even if you don't have any symptoms of gallstones, you still might have some. It's always good to give your gall bladder a clean-up every now and then."

Gallstones may not be everyone's concern, but may lead to cancer. We all have them (big or small, many or few). "Cancer is never the 1st illness. There are a lot of other problems leading to cancer. I came across some materials stating that people with cancer usually had stones," said Dr Lee of China. One symptom of gallstones, is a feeling of bloatedness after a heavy meal, as if you can't digest the food. If it gets more serious, you feel pain in the liver area."

A metaphysical concept suggests that gallbladder disorders betray an underlying fear that something is being taken from one. Louise Hay, motivational speaker and author of "You can Heal Your Life", mentions that gallstones could be tied to bitterness, hard thoughts, condemning or pride. Over the years, these unexpressed emotions could solidify into gallstones. And if it causes a lot of pain and inflammation, it also represents the seething anger.

Discover what the cause is of making one so bitter. Holding onto resentment and bitterness only results in pain. Let go of anger; soften the heart and allow forgiveness. Move on. There is a lot of goodness in the world. There are many others who are kind and loving to us. Let not a bad experience ruin one's life.

Louise Hay recommends repeating this daily affirmation: **"There is joyous release of the past. Life is sweet and so am I."**

GARDENING BENEFITS

We all know that plants bring green colour and a natural feel to the indoor environment, but plants possess many other proven benefits which help improve your quality of life, as well as your bottom line!

Plants improve indoor air quality by removing harmful pollutants from the air. They improve comfort levels by stabilizing humidity levels.

Plants have been proven to increase worker productivity and attendance as well as add to workplace satisfaction. Not to mention the positive effects they have on the aesthetic value of your property, occupancy and tenant retention.



4 Surprising Benefits of Gardening

You may garden just for fun, but you're also protecting your mental and physical health, too.

A growing number of studies are finding improved mental and physical health benefits of gardening that extend far beyond the obvious rewards of exercise and fresh air. And in this economy, the free food certainly doesn't hurt. There's no need to dig up your entire backyard, either.

#1: Improve your satisfaction with life

It's hard not to enjoy life when you're surrounded by flowers, vegetables, and all the wildlife they attract—and now there's science to back that up. Professors from the University of Texas and Texas A&M, asked 298 older adults how they would rate their "zest for life," levels of optimism, and overall resolution and fortitude and found that gardeners had significantly higher scores in all those areas than non-gardeners.

Considering that antidepressant use among adults over 65 has nearly tripled since the 1980s, gardening could be as useful as Prozac for warding off the blues in our aging population.

#2: Lower your osteoporosis risk

It's probably no surprise that gardening, and all the physical activity that goes along with it, leads to weight loss and better overall physical health. But that physical activity can improve your bones as well. In a study of 3,310 older women, researchers from the University of Arkansas found that women involved in yard work and other types of gardening exercises had lower rates of osteoporosis than joggers, swimmers, and women who did aerobics. That, likely, has to do with the fact that gardening is sort of like weight training, the study authors note; you have to pull weeds, dig holes, carry heavy loads of soil and compost, and do other forms of weight-bearing activities that ward off osteoporosis.

#3: Lower your diabetes risk

One of the primary components of managing diabetes is getting enough physical exercise. Active gardeners easily get more than the recommended 150 minutes per week of exercise, and those who garden just for fun get just slightly less than that, according to research from Kansas State University.

And if you grow food in your garden, you have another diabetes-management tool at your disposal: fresh produce. A number of studies have found that diabetes rates are lower in areas with community gardens, or places where backyard gardening is more common.

#4: Better sleep

The mental health benefits of gardening are so strong that a field of medicine called horticultural therapy has been developed to help people who have psychiatric disorders deal with their conditions. Studies of people with dementia and anxiety have found that gardening helps calm their agitation, leading to better sleep patterns and improved quality of their rest.

There's no reason the rest of us won't benefit, too. Researchers from the International Society for Horticultural Science interviewed 42 people both with cancer and without cancer, and found that all of them used gardening as a coping strategy for stressful life situations. The less we're all stressed out, the better we'll sleep.

<http://www.rodale.com/benefits-gardening>

In days gone by of a joyful time,
Offering me the first spring flowers from your homely garden,
Captivated these appreciating eyes, and beautified this thankful heart of mine.

Contact details:
Rashidah Hargey

- BOWEN THERAPIST
- YOGA INSTRUCTOR

Theracare Health Centre
118 First Avenue
Rondebosch East 7780
(opp. Crawford Station)
Western Cape, S.A

<http://goo.gl/maps/Ou7oo>

TELEPHONE:

083 29 444 29

(021) 696 5928

(please leave voice message)

WEBSITE:

www.bowentherapy.co.za

EMAIL:

info@bowentherapy.co.za

rashidah.hargey@gmail.com

Every body is better with



For local Bowen Therapy practitioners:
<http://www.bowensa.com/practitioners.html>

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. **Please consult your health-care professional for medical advice and treatment.**



Pic: Nick Brandt; www.nickbrandt.com

Abu Ben Adhem

By James Henry Leigh Hunt

Abu Ben Adhem (may his tribe increase!)
Awoke one night from a deep dream of peace,
And saw, within the moonlight in his room,
Making it rich, and like a lily in bloom,
An angel writing in a book of gold:—
Exceeding peace had made Ben Adhem bold,
And to the Presence in the room he said
"What writest thou?"—The vision raised its head,
And with a look made of all sweet accord,
Answered: "The names of those who love the Lord."
"And is mine one?" said Abu. "Nay, not so,"
Replied the angel. Abu spoke more low,
But cheerily still, and said "I pray thee, then,
Write me as one that loves his fellow men."
The angel wrote, and vanished. The next night
It came again with a great wakening light,
And showed the names whom love of God had blessed,
And lo! Ben Adhem's name led all the rest.

This well-known poem was written by an Englishman in the early Victorian era. It's actually a poetic elaboration of a story from the 12th century Sufi poet, Farid Ud-Din Attar.

Attar's version was about Prophet Ibrahim (Abraham) and the angel Gabriel, but the story itself may predate him.

It had probably become a common cultural tale by the time James Henry Leigh Hunt came along and invented the poetic character, Abu Ben Adhem.

Attar's tale was different in an important respect, in that, the issue was a list of the friends of God, and Abraham said to the angel Gabriel: "I am a friend of the friends of God".

<http://www.windsofchange.net/archives/004227.html>

The Warrior of Light

According to a poet: 'A warrior of light chooses his enemies.'
He knows what he is capable of; he does not have to go about the world boasting of his qualities and virtues. Nevertheless, there is always someone who wants to prove himself better than he is.

For the warrior, there is not 'better' or 'worse':
everyone has the necessary gifts for his particular path.
But certain people insist. They provoke and offend and do everything
that can, to irritate him. At that point, his heart says:

'Do not respond to these insults, they will not increase your abilities.

You will tire yourself needlessly.'

A warrior of light does not waste his time listening to provocations;
he has a destiny to fulfil.

-PAULO COELHO