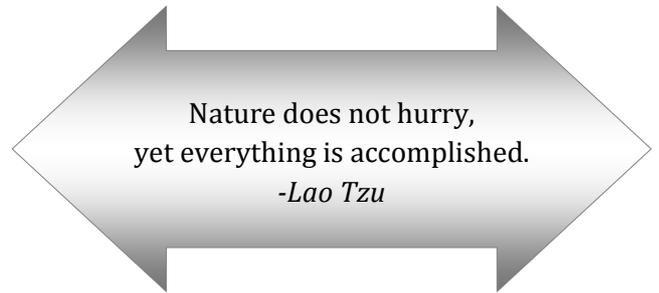




Pic: Nick Brandt; www.nickbrandt.com



Nature does not hurry,  
yet everything is accomplished.  
-Lao Tzu



- Beauty is whatever gives joy. – *Edna St. Vincent Millay*
- Every new day is a blank page – fill it with Worship, Wonder and Worth.
- You do not become good by trying to be good, but by allowing the goodness that is already within you to emerge. – *Eckhart Tolle*
- We all have a responsibility to leave the world a slightly better place, as far as we can; the answer lies in love, sacrifice and service. – *Helen Zille*
- Real beauty is not something you see in a mirror or on the cover of a magazine; it's the way that you live your life. – *Waris Dirie*
- We learn nothing from times of ease; it is in times of difficulty that we come face to face with who we are and what we want to be. – *Erika Trentacoste*
- Life without love is like a tree without blossom and fruit. -*Kahlil Gibran*
- The fragrance always remains on the hand that gives the rose. –*Mahatma Gandhi*

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To unsubscribe, please e-mail: [rashidah.hargey@gmail.com](mailto:rashidah.hargey@gmail.com)  
and type UNSUBSCRIBE in the subject line.

The neighbours thought it was odd, but 93 year old Morton was dating again. One Monday morning, Morton woke up with a funny feeling that something important happened last night. It was during breakfast, that Morton finally remembered what it was. He had proposed to his date, Greta.

But what she answered he just couldn't seem to remember. Morton picked up the phone and dialled.

"Hi Greta", said Morton, "I have a funny question for you, do you remember last night when I proposed?"

"Oh my gosh", gushed Greta, "I'm so glad you called, I knew I said yes to somebody but I just couldn't recall who it was!"

## *Random Acts of Kindness - Story #18: Take a Smile*

My husband was away on detachment with the Royal Air Force. My parents were away too, and although I have some good friends, on this particular day I felt totally alone.

Feeling quite grey I decided to visit a local supermarket. While I was there, a lady made eye-contact. (I use a wheelchair and people usually look over my head.) She gave me a lovely smile!

The moment was brief but my heart swelled and the greyness vanished!

That lady will never know how much her smile lifted my spirit - but I will never forget it!

As the saying goes, "A smile costs nothing to give."

But it might be worth more than you could imagine to the one who receives it!

--posted by AJP1 on Apr 27, 2013

<http://www.helpothers.org/>

**We see things not as they are, but as we are.  
- HM Tomlinson**

## Let It Go

If you are holding on to something that doesn't belong to you and was never intended for your life, then you need to LET IT GO!!!

If you are holding on to past hurts and pains ... LET IT GO!!!

If someone can't treat you right, love you back, and see your worth ... LET IT GO!!!

If someone has angered you ... LET IT GO!!!

If you are holding on to some thoughts of evil and revenge ... LET IT GO!!!

If you are involved in a wrong relationship or addiction ... LET IT GO!!!

If you are holding on to a job that no longer meets your needs or talents ... LET IT GO!!!

If you have a bad attitude... LET IT GO!!!

If you keep judging others to make yourself feel better... LET IT GO!!!

If you are struggling with the healing of a broken relationship ... LET IT GO!!!

If you keep trying to help someone who won't even try to help themselves ... LET IT GO!!!

If you're feeling depressed and stressed ... LET IT GO!!!

If there is a particular situation that you are so used to handling yourself, and God is saying "take your hands off of it," then you need to LET IT GO!!!

**T.D. Jakes**

**Let go, and let God ...**

## YOGA –

### Breathing Exercise for Good Health, Energy and Tranquillity

Welcome to your next lesson in breathing exercises.

In the previous issue of this newsletter, the general benefits of breathing exercises, as well its guidelines for preparations were discussed in detail. Due to space restraints this will not be repeated each time a different type of breathing exercises is shared. The reader is welcome to refer back to the previous issue as much as they like, to revise the benefits of pranayama. Remember that pranayama is done with exhalation and inhalation through the nose, unless of course, otherwise stated. Also, if you are suffering a cold and have a blocked nose and thus unable to breathe effectively through the nose, in which case nostril breathing should not be forced - breathe through an open mouth. Nothing is ever forced in yoga practice, as this tantamount to violence towards oneself. Greater emphasis is placed on doing the activity with self-observation and awareness, and working within the boundaries of what your body is able to offer at the present moment.

So today, we are going to do the Humming Bee breath, another beginners' breathing exercise. Kids love this one too. In fact, everyone loves humming ... because a state of happiness is contained therein. I have yet to see humming person looking sad.

#### BRAHMARI (Humming Bee)



##### Benefits

The humming enables one to extend the exhalation, and enhances breath control.

Humming also causes a deep vibration in the lung tissue and thereby loosening any congestion. This breathing exercise is also helps to relieve tightness in the chest. In addition, one also finds it very soothing and calming.

##### Preparation

The softening of the breath does not mean allowing it to become more shallow. As with all other breathing exercises, and as previously mentioned, it is recommended to first warm up with a few body stretches.

##### How to do Brahmari breath

Sitting in your most comfortable sitting posture (on a mat or a chair) with your hands folded in your lap. Hold the spine upright, but not stiff and rigid. The chest area feels open for the free flow of prana/air. Take a moment to settle in and feel your breathing settling down. Notice the flow of air as it enters and leaves the nose, and the gentle contraction and expansion of the rib cage. Remember to keep the shoulders and face soft and relaxed during the entire duration of the practice. Also, do not strain the body by trying to empty too much air out of the lungs.

Inhale and exhale through both nostrils. With the exhalation, produce a loud humming sound, keeping the mouth closed. Keep the humming going until the outbreath has finished. Next, inhale without humming and repeat the process for 6 rounds. Keep breathing and humming comfortably, and do not strain the outbreath.

##### SPECIAL NOTE:

To make this breathing exercise even more effective whilst doing the humming sound, continuously pat with cupped hands over the bony parts of your chest, moving over the front and sides of the rib cage (and ask a friend to do your back).

This is a wonderful way to loosen sticky, accumulated phlegm in the bronchial tubes – a common problem in winter, especially those who are prone to coughs and colds, and chest problems.

**Note:** If you are new at this, do it only a few times as you body may not yet be used to the increased oxygen flooding into your body, and you may feel a bit dizzy. Slowly increase the rounds of breathing as you practice more and more.

Every artist dips his brush in his own soul, and paints his own nature into his pictures. -Henry Ward

# HAPPY FOOD

- **Beans** – contain tryptophan, which we use to create serotonin – the ‘happy’ hormone. There are many different types of beans: Black beans, Haricot beans, Kidney beans, Lima or Butter beans, Mung beans, Pinto or Borlotti beans, Green String Beans, Chickpeas (Garbanzo beans), Aduki beans, Alfalfa, Broad beans (Fava beans), etc.
- **Omega 3s** – boosts levels of the chemical GABA, which helps to stifle anxiety. Sources: Fish; Green leafy vegetables such as, spinach, broccoli, kale, and brussels sprouts; Legumes such as, pinto beans, kidney beans, black beans, and split peas; Walnuts; Pumpkin seeds and flax seeds; Berries such as, raspberries, blueberries, blackberries, and strawberries; Avocados.
- **Wholegrain carbs** – are great for balancing blood sugar levels. They provide the body with fuel it needs for physical activity. The less processed the better. Easily digested refined carbohydrates from white bread, white rice and other refined grains, pastries, sugared sodas, and other highly processed foods may contribute to weight gain, interfere with weight loss, and promote diabetes and heart disease.

## But what is a whole grain?

A whole grain is the entire grain—which includes the bran, germ and endosperm (starchy part). For example, to make 100% whole wheat flour, the entire wheat grain is ground up. "Refined" flours like white and enriched wheat flour include only part of the grain – the starchy part, and are not whole grain. They are missing many of the nutrients found in whole wheat flour. Examples of whole grain wheat products include 100% whole wheat bread, pasta, tortilla, and crackers. But don't stop there! There are many whole grains to choose from:

Bulgur (cracked wheat), Whole wheat flour, Whole oats/oatmeal, Whole grain corn/corn meal, Popcorn, Brown rice, Whole rye, Whole grain barley, Wild rice, Buckwheat, Buckwheat flour, Triticale, Millet, Quinoa, Sorghum.

## 14 June is WORLD BLOOD DONOR DAY

Did you know that 30 minutes of your time can save three lives? When you donate blood, you're giving a gift that money can't buy, but that your own body replaces within 24 hrs.

If you weigh at least 50kg, are between 16 & 65 years old, practice safe sex,  
and not engaged in substance abuse,  
Call 0800 11 90 31 (toll free).

## 21-27 June is SANCA DRUG AWARENESS WEEK

According to the Medical Research Council, 1-5% of patients at specialist treatment centres list over-the-counter medicines as their primary substance of abuse.

- Women ages 30-41 are the most common abusers.
- Drugs that are commonly abused are analgesics (such as Syndol, Adco-dol and Betagesics) and codeine-containing products (such as Tylenol with codeine, Adco-dol with codeine, Empacod and Panamol Plus).
- Medications – such as pain, anxiety, and sleeping pills – prescribed to assist with problems can become abused (Zolpidem, Ativan, Valium, Xanax and Myprodol).

**If you –**

- (a) take pills just in case you don't feel well,
- (b) use pills for other purposes than the ones they were prescribed for, or
- (c) visit a number of pharmacies to get the same medication often,

**- seek help.**

SANCA (South African National Council of Alcoholism and Drug Dependence):

011-781 6410, 08614SANCA (toll free)

sanca@sancanational.org.za, www.sancanational.org.za

-Fairlady, Feb 2010

# How to Manage Joint Pain

## Overview

[www.health24.com/Medical/Arthritis/News](http://www.health24.com/Medical/Arthritis/News)

Arthritis is a group of conditions involving damage to the joints of the body, the symptoms being stiffness, pain and inflammation. The Arthritis Centre covers a range of related conditions such as osteoarthritis, rheumatoid arthritis, gout, ankylosing spondylitis, systemic lupus erythematosus (SLE), and many others.

Common symptoms of joint, tendon, and muscle problems include inflammation, pain, weakness, stiffness, joint noises, and decreased range of motion. Inflammation can result from many conditions, including musculoskeletal disorders, autoimmune disorders, obesity, and infections. When inflammation occurs in a joint, fluid may accumulate inside the joint, causing swelling and decreased range of motion.

Individuals who are more susceptible to joint, tendon, and muscle problems are those who tend to maintain fixed positions for extended periods of time (such as sitting in a chair or standing), perform repetitive movements of the limbs (such as factory workers), overload particular muscle groups (such as movers or manual workers), and those who apply pressure on body parts and use forceful movements (such as athletes). Previous injury to a muscle or bone will cause susceptibility to joint, tendon, or muscle problems.

Joint, tendon, and muscle pain can be caused by injury to bones, joints, muscles, tendons, ligaments, bursae, or nerves. If pain occurs when there has been no injury to a joint, tendon, or muscle, or if pain from an injury persists for more than a few days, then another cause may be responsible, such as nutrient depletion of magnesium or Coenzyme Q10.

**Muscle pain** -- muscle pain is known as myalgia. Muscle pain is often less intense than that of bone pain but can be very unpleasant. For example, a muscle spasm or cramp (a sustained painful muscle contraction) in the calf is an intense pain that is commonly called a charley horse. The most common causes of muscle pain are: injury or trauma, overuse, and tension or stress. Other causes include: certain drugs, including ACE inhibitors for lowering blood pressure, cocaine, and statins for lowering cholesterol (these drugs may deplete certain nutrients from the body); dermatomyositis, a connective-tissue disease that is characterized by inflammation of the muscles and the skin; electrolyte imbalances, such as too little potassium or calcium; fibromyalgia, a condition that causes widespread muscular pain in the body; infections, including influenza, Lyme disease, and malaria; and a breakdown of muscle fibers called rhabdomyolysis, which results in the release of muscle fiber contents (myoglobin) into the bloodstream.

**Joint pain** -- joint pain, also called arthralgia, is a symptom of injury, infection, illnesses (especially arthritis), or an allergic reaction to medication. Causes of joint pain include: recent joint injury; joint strain; joint sprain; previous joint injury; infections such as influenza and the common cold; arthritis, including rheumatoid arthritis, osteoarthritis, and ankylosing spondylitis; gout; sickle cell disease; Lyme disease; acute rheumatic fever; and cancer.

Bone pain due to joint damage can be deep, penetrating, dull, or sharp. Bone pain, or ostealgia, refers to pain within the affected bone. Common causes of bone pain include underlying medical disorders or past bone traumas. Other causes are: viral illness, leukemia, sepsis/bacteraemia (infection of the blood), physical trauma to the bone (such as a fall), arthritic pain, fibromyalgia, neoplasm/cancer, Paget's disease, and osteoporosis.

**Tendon pain** -- tendon pain, also called tendinopathy, affects joint areas, most commonly the shoulder, elbow, wrist, hip, knee, and ankle. Common causes of tendon pain include tendonitis, bursitis, tenosynovitis (inflammation of the fluid-filled sheath that surrounds a tendon), lateral and medial epicondylitis (tennis elbow), and tendon injuries. Tendon and ligament pain is often worse when the affected and inflamed tendon or ligament is stretched or moved, which happens during walking. Common causes of ligament pain include injuries (sprains).

## Taking care of your joints can prevent pain and possibly even arthritis

**Osteoarthritis** is the most common form of arthritis in humans and affects about one-third of older adults.

In a 2003 news bulletin of the World Health Organisation, it was predicted that by 2020 arthritis would be the fourth leading cause of disability worldwide. But we shouldn't wait until we have arthritis to take action. Researchers developed a method that identifies osteoarthritis-related changes that occur in cartilage in response to high-load activities such as running and jumping.

Cartilage is firm, rubbery tissue that cushions bones and keeps them from rubbing together. When osteoarthritis begins to develop, the ability of cartilage to resist physical-activity-related impact is reduced. This is now known to be due to the loss of molecules called glycosaminoglycans (GAGs). Using their new system, the researchers found that GAG-depleted cartilage loses its ability to stiffen under the forces of high-load activities.

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GAG loss also caused an increase in the depletion of fluids from the cartilage, which likely reduces protection against the impact of high-load activities. The findings show how GAG loss at the earliest disease stages reduces the ability of this tissue to withstand high-load activities, according to the study, which was published in the Biophysical Journal.

"This finding suggests that people with early degradation of cartilage, even before such changes would be felt as pain, should be careful of dynamic activities such as running or jumping," Grodzinsky said in a journal news release.

## 10 TIPS TO TAKE CARE OF YOUR JOINTS

### 1. Carry things correctly

When carrying objects, carry them close to your body. Bend your knees rather than your back when lifting things.

Joint and back injuries are commonly caused by carrying heavy weights in an incorrect manner. Try not to carry more than 25kg.

### 2. Use your big joints

Use your big joints to carry objects. Don't carry a heavy shopping bag with your finger-tips – rather put it over your shoulder or forearm.

Carry a heavy pot by putting your hands (whilst wearing oven gloves) under the handles, gripping the side of the pot, instead of by the handles.

### 3. Avoid bending

Avoid bending unnecessarily by organising your house effectively. Store items you use often between waist and shoulder height wherever possible. It is easy to hurt yourself when bending to reach things low down - especially if they are heavy to pick up too.

### 4. Bend those knees

When you do have to bend down to pick up things (especially heavy ones), keep your back straight and bend your knees.

### 5. Push - don't carry

Try to push heavy objects, instead of carrying them. Use a shopping trolley instead of a heavy basket. Get a suitcase that has wheels, so that you don't have to lug a heavy suitcase around.

### 6. Take a rest

Break up activities that put strain on your joints with periods of rest. Repetitive stressful actions can easily injure your joints. Do remember to take a break.

### 7. Get up and move

Don't sit in one position for a long time. Get up from your desk or from the couch every 20 or 30 minutes and move around. Also remember to stop regularly when driving long distances and to stretch your legs.

### 8. Watch what you're doing

Avoid staying in joint-straining positions for a long time. Be aware if you're doing something like leaning on your hands or elbows, which can put those joints under strain.

### 9. Use proper grips

Avoid tightly grasping small objects. Rather use a built-up grip around objects such as kitchen knives, toothbrushes and pens. This way, you use your whole hand to grasp the object, instead of only using two or three fingers.

### 10. Protect your knuckles

When you get up from a chair, lean on the palms/forearms of your hands rather than on your knuckles.

### On a brighter note:

Older women who've had regular exposure to sunlight may be less likely to develop rheumatoid arthritis, new findings indicate. But even though the researchers found an association between greater estimated exposure to UV-B light and lower risk of rheumatoid arthritis in the women in the first phase of the Nurses' Health Study, the finding did not prove that there was a cause-and-effect relationship.

It's not known how UV-B exposure might reduce the risk of rheumatoid arthritis, but it could be due to the skin's production of vitamin D in response to sunlight, the study authors suggested in a journal news release.

This beneficial effect - which is believed to be due to ultraviolet B (UV-B) in sunlight - was only evident in older women. This may be because younger women are more aware of the skin-related hazards of sunlight and take more steps to limit their exposure, the researchers said.

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## 4 SIMPLE WAYS TO TREAT ARTHRITIS

By Dr Andrew Lang

### What are the simplest ways to reduce inflammation in the body?

- 1. Keep moving:** even though pain and stiffness can make you feel like skipping your exercise routine, research shows that staying active can help keep arthritis symptoms under control.
- 2. Diet. The Mediterranean diet** consists primarily of fish, fruit, vegetables, cereals, and beans and contains less red meat and dairy products than Western diets. In a recent study of Rheumatoid arthritis patients, those consuming the Mediterranean diet had a statistically significant 56 percent decrease in disease activity.
- 3. Omega 3 Oils.** The research is solid. We have a preponderance of Omega 6 oils, which we do need, from polyunsaturated oils, such as olive and canola. Saturated fats from meat contribute to inflammation. You can reduce inflammation by reducing or eliminating saturated fats in the diet. By increasing Omega 3 oils from fish or algae sources, we can alter the balance of our body's chemistry to reduce inflammation.
- 4. Repair your Gut.** Having healthy intestines makes sure that the primary part of your immune system is working properly. Allergies, antibiotics and a lack of healthy bacteria called probiotics can alter the integrity of the gut lining. A poor gut integrity allows substances, such as allergens and other inflammatory substances to pass through the gut into the blood, which can affect our health systemically. Eating fermented foods, such as sauerkraut and yogurt helps to establish a healthy intestinal environment.

Remember that a lot of underlying conditions can cause arthritis. Help in the differential diagnosis and prognosis of arthritic disorders clarifies what steps you need to take in treatment

*Rheumatology International (2002;23:27-36).*

Read more: <http://www.care2.com/greenliving/4-simple-ways-to-treat-arthritis.html#ixzz2UliXrESX>

### Low testosterone linked to arthritis

#### -Rheumatoid arthritis

The hands, wrists, feet and knees are usually the first joints affected. RA usually affects several joints at the same time, on both sides of your body. For example, both of your wrists may be painful and stiff. Over time, it may also affect larger joints, such as your jaw, shoulders and hips. Sometimes, if it's treated, it will go away for a little while, but it usually comes back. It is important to see your doctor as soon as you begin to experience symptoms.

RA causes pain, swelling, stiffness and loss of joint function. Severe cases can last a lifetime. Rheumatoid arthritis results from the immune system attacking the body's own tissues.

Regular, gentle exercise can strengthen the muscles around your joints and relieve fatigue. Mild water aerobics or walking are good exercises to start with. Stop if you feel pain in a new joint while exercising. If the pain does not get better, you should call your doctor. Losing weight if you are overweight and eating a healthy diet can also help RA.

In order to lessen the stress on affected joints, you can use devices to help you do everyday activities. Grabbing tools can help you pick items up. Canes can make walking easier.

To ease pain, you can also apply heat or cold to your painful joints. Heat relaxes tense muscle and cold can numb pain. An easy way to apply heat is to take a 15-minute hot shower or bath. Cold packs or soaking joints in cold water are effective ways to apply cold treatment. However, you should not use these methods if you have poor circulation.

Men with **low levels of the hormone testosterone** may be at greater risk for rheumatoid arthritis, according to a new study. The findings suggest that hormonal changes occur before rheumatoid arthritis develops and could influence disease severity, the researchers said in a journal news release. Both men and women with rheumatoid arthritis have lower levels of testosterone in their blood than people without the disease. But it has not been known whether low testosterone levels are a cause or effect of rheumatoid arthritis.

After taking into account known rheumatoid arthritis risk factors such as smoking and weight, the researchers found that men with lower testosterone levels were more likely to develop rheumatoid arthritis. They did not, however, prove a cause-and-effect link between the two. Previous research suggests that testosterone may dampen the immune system, the researchers said.

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[www.health24.com](http://www.health24.com)

## Homeopathy for Aching Joints

Help is at hand.... When those joints are giving you aggravation, consider taking what is mostly prescribed by homeopaths, and which have a stellar reputation: **Rhus tox** and **Bryonia**. But which one is right for you? Your symptoms hold the key! Classical homeopathy traditionally uses single remedies that are specific to certain symptoms. In clinical homeopathy, remedies are homeopathic complexes, combining the common remedies for each ailment into one remedy to provide effective treatment.

- **Rhus tox 30C** can be taken for **early-morning stiffness** in joints that eases on limbering up (eases up with movement), and where pain is better for heat or warmth.
- **Bryonia 6C**, on the other hand, is for joint or muscle **pain that is worse for the slightest movement**.

If it is stiffness in the muscles, then **Arnica** is still the remedy of choice. Gently apply Arnica oil, gel or massage balm onto affected areas 3 to 4 times a day, when you're warm, ideally after a bath/shower. Do not apply on broken skin though.

- **Pegasus Arthritis and Gout Remedy 30C**

Homeopathic complex remedy for acute inflammatory joint pain, including arthritis, gout, sciatica and rheumatism.

- available from *Wellness Warehouse* and other selected pharmacies.

- **Homeoforce COMBIN I – ARTHRITIS**

good for arthritis, rheumatism, fibrositis, lumbago, sciatica and backache.

- easily available from your local *Clicks*, *Pick n Pay*, and *Checkers* stores.

- **Peppermint Oil**

Massage on location of pain.

A surprising painkiller, peppermint oil contains a mild local anaesthetic. When applied to the skin, it can cause surface warmth, which relieves pain beneath the skin. It reduces inflammation, is good for muscular pain, neuralgia, and useful for many more ailments.



## ... And let's not forget dear old kitty cat!

More than 80 percent of cats older than 11 years have osteoarthritis, which frequently affects their elbows, backs, hips and joints in the hind limbs, according to lead study author Eric Troncy. Cats with arthritis may become less active, be reluctant to jump and suffer pain when being petted.

"Despite the fact that cats are the most popular pet in North America, nobody had found a way to easily diagnose and treat cat osteoarthritis," Troncy said in a university news release. Researchers tested the anti-inflammatory drug meloxicam and found that it provided various levels of pain relief depending on dosage levels. Cats that were given the highest dosage of the drug for four weeks continued to have pain relief for five weeks after they stopped receiving the drug, which caused no side effects. Although meloxicam provided pain relief for cats with osteoarthritis, it did not reduce pain associated with touch, such as petting, according to the study, which was published Feb. 13 in the journal *Research in Veterinary Science*.

## Alternative Healing

Says, Alison Efting from AllisOne Products: **Tissue Salts** are great for use in pets. Animals are wonderful examples of how natural laws are at work across the realm of creation. We are all made of the same stuff! And animals don't experience placebo effect.



**For Arthritis and stiffness joints**, our **Arthro Synergy** is a blend of the most important tissue salts for Arthritis and is simpler for animals as it is one tablet as opposed to blending your own. But that you can do easily too...**Nat Phos, Silicea and Ferrum Phos** are probably most important; then **Calc Fluor and Kali Sulph**.

I usually would start with crushing about 1 of our large tablets per dose, about 2 times a day or as often as she eats. You may need to do 3 tablets of each depending on the product you are using, or alternately more frequent doses to get a significant boost.

<http://www.allisone.co.za/blog/2010/07/08/tissue-salts-for-pets/>

## Food supplement Coenzyme Q10 could cut Heart Deaths

By LYNDASAY BUCKLAND

A food supplement available over the counter could halve the risk of death in patients suffering from heart failure, research suggests. A study found that Coenzyme Q10 (CoQ10), which is also found in red meat and fish, significantly reduced the risk of patients suffering major heart problems. The researchers said it was the first drug to improve heart failure death rates in more than a decade and should be added to standard treatment. Campaigners called for more research before changes could be recommended to the way in which the condition is treated. In the latest study, being presented at the Heart Failure 2013 conference in Lisbon, researchers focused on 420 patients across Europe, Asia and Australia with severe heart failure who were given CoQ10 supplements or a placebo, and followed for two years.

The researchers found CoQ10 halved the risk of patients suffering a "major adverse cardiovascular event", such as being admitted to hospital due to heart failure getting worse, or sudden death. These events happened to 14 per cent of patients in the group taking CoQ10 compared to 25 per cent in the placebo group.

The study found that CoQ10 also halved the risk of patients dying from any cause, with 9 per cent dying in the group taking the supplement compared to 17 per cent in the placebo group. The researchers said patients treated with CoQ10 had significantly lower rates of cardiovascular deaths and fewer hospitalisations due to heart failure.

Professor Svend Aage Mortensen, from University Hospital Copenhagen, said: "CoQ10 is the first medication to improve survival in chronic heart failure since ACE inhibitors and beta-blockers more than a decade ago and should be added to standard heart failure therapy." **CoQ10 occurs naturally in the body and is a powerful antioxidant. But levels of CoQ10 decrease in the heart muscle of patients with heart failure, with the deficiency getting worse as the heart failure also worsens.**

Drugs called STATINS are used to treat many patients with heart failure, but because they block the development of cholesterol, they also have an impact on CoQ10 and further decrease levels in the body. Prof Mortensen said: "Supplementation with CoQ10, which is a natural and safe substance, corrects a deficiency in the body and blocks the vicious metabolic cycle in chronic heart failure called the energy-starved heart." However, Prof Mortensen cautioned against patients rushing to take the supplement. **"Food supplements can influence the effect of other medications including anticoagulants and patients should seek advice from their doctor before taking them,"** he added. Louise Peardon, deputy director of advice and support for charity Chest Heart & Stroke Scotland, said: "These findings on the potential properties of naturally occurring antioxidants are encouraging, but the research is at a very early stage." -- <http://www.scotsman.com/news/health>, 25/05/2013.

**Which foods are rich in CoQ10?** Oily fish like tuna, salmon, mackerel, halibut, sardines and herring. These kinds of fish are also rich in omega-3 fatty acids, which control swelling and may possibly aid in decreasing the danger of heart ailment. A natural source of CoQ10 is also found in **red meat**, especially the organs. **Fresh fruits and vegetables** are healthy supplies of CoQ10 - most excellent sources involve spinach, cauliflower and broccoli along with strawberries. **Whole grains** like rye, wheat and soy contain a little quantity of CoQ10 as well, as do oils like olive oil, etc.

## ◆◆ Workshop ◆◆



Unleash your Sixth Sense  
Learn to develop Your Intuitive Self  
facilitated by Ren Redgrave

An interactive spiritual and psychic development workshop where you will be given the tools and fun exercises to help you develop your psychic abilities and increase your sensitivity to receive and trust your intuitive guidance...

- \* psychic techniques explained \* connect with your intuitive self \* discover whether you are clairaudient, clairvoyant or clairsentient
- \* build a symbolic dictionary \* awareness of your physical body \* activate your chakras \* expand your awareness at will \* sensing energy \* expand your aura \* cleansing & protection
- \* using your third eye \* meditation \* psychic ethics
- \* various scrying techniques \* psychometry ... and lots of fun!

Held regularly on  
Week nights and  
Weekends  
throughout the year.

ENQUIRIES  
021 559 3561  
082 750 3845

For more information or the next dates, please call or email [ren.redgrave@gmail.com](mailto:ren.redgrave@gmail.com)

# OCCUPATIONAL THERAPY

-Wikipedia

**Occupational therapy** (also abbreviated as OT) is the use of treatments to develop, recover, or maintain the daily living and work skills of patients with a physical, mental or developmental condition. Occupational therapy interventions focus on adapting the environment, modifying the task, teaching the skill, and educating the client/family in order to increase participation in and performance of daily activities. An OT can work with different populations, diagnosis, specialities, and in different settings. Occupational therapy approaches typically include:

- Teaching new ways of approaching tasks
- How to break down activities into achievable components e.g. sequencing a complex task like cooking a complex meal
- Comprehensive home and job site evaluations with adaptation recommendations.
- Performance skills assessments and treatment.
- Adaptive equipment recommendations and usage training.
- Environmental adaptation including provision of equipment or designing adaptations to remove obstacles or make them manageable
- Guidance to family members and caregivers.
- The use of creative media as therapeutic activity

## Children and youth

Occupational therapists work with infants, toddlers, children, and youth and their families in a variety of settings including schools, clinics, and homes. They assist children and their caregivers to build skills that enable them to participate in meaningful occupations. Occupational therapists also address the psychosocial needs of children and youth to enable them to participate in meaningful life events. These occupations may include: normal growth and development, feeding, play, social skills, and education. Occupational therapy with Children and Youth may take a variety of forms:

- Promoting a wellness program in schools to prevent childhood obesity
- Facilitating hand writing development in school-aged children
- Promoting functional skills for living in children with developmental disabilities
- Providing individualized treatment for sensory processing difficulties
- Addressing psychosocial needs of a child and teaching effective coping strategies

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**Occupational Therapy Intervention For:**

- Concentration deficits
- Neurological disorders
- Attention deficit disorder
- Developmental delays
- Gross and fine motor difficulties
- Visual perception difficulties
- Reversals of letters and numbers e.g. b/d, 6/9
- Parenting skills
- Learning disabilities
- Emotional problems
- School readiness assessment & programmes
- Sensory defensiveness

Contact details:  
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- YOGA INSTRUCTOR

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Pic: Nick Brandt; www.nickbrandt.com

## UNENDING LOVE

I seem to have loved you in numberless forms, numberless times...  
In life after life, in age after age, forever.  
My spellbound heart has made and remade the necklace of songs,  
That you take as a gift, wear round your neck in your many forms,  
In life after life, in age after age, forever.

Whenever I hear old chronicles of love, it's age-old pain,  
It's ancient tale of being apart or together.  
As I stare on and on into the past, in the end you emerge,  
Clad in the light of a pole-star piercing the darkness of time:  
You become an image of what is remembered forever.

You and I have floated here on the stream that brings from the  
fount.

At the heart of time, love of one for another.  
We have played alongside millions of lovers, shared in the same  
Shy sweetness of meeting, the same distressful tears of farewell -  
Old love but in shapes that renew and renew forever.

Today it is heaped at your feet, it has found its end in you  
The love of all man's days both past and forever:  
Universal joy, universal sorrow, universal life.  
The memories of all loves merging with this one love of ours - And  
the songs of every poet past and forever.

*Rabindranath Thakur, anglicised to Tagore (1861-1941) -  
Nobel Prize in Literature in 1913; Bengali poet, philosopher, artist,  
playwright, composer and novelist and polymath who reshaped his  
region's literature and music.*

## Warrior of Light

When the warrior of light is the victim of some injustice, he  
usually tries to be alone, in order not to show his pain to others.

This is both good and bad.

It is one thing to allow one's heart to heal its wounds slowly, but  
it is quite another to sit all day in deep contemplation for fear of  
seeming weak.

Inside each of us there lives an angel and a devil, and their voices  
are very alike. Confronted by a problem, the devil encourages  
that solitary conversation trying to show us how vulnerable we  
are. The angels makes us reflect upon our attitude and  
occasionally needs someone else's mouth to reveal itself.

A warrior balances solitude and dependence.

- PAULO COELHO