

Pic: Nick Brandt; www.nickbrandt.com

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"God creates out of nothing.
Wonderful you say. Yes, to be sure,
but He does what is still more
wonderful:
He makes saints out of sinners."
– *Søren Kierkegaard*



- It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about. - *Dale Carnegie* -
- Love is the expression of the one who loves, not of the one who is loved. Those who think they can love only the people they prefer, do not love at all. Love discovers truths about individuals that others cannot see. — *Søren Kierkegaard*
- The heaviest thing you can carry is a grudge.
- When anger rises, think of the consequences. – *Confucius*
- How you perceive an experience and how you handle it determines how you life turns out in the long run. – *Bill Cosby*
- Everything you are against weakens you. Everything you are for empowers you. – *Dr. Wayne Dyer*

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A young man was coming out of church one day, and the vicar was standing at the door, as always, to shake hands with the worshippers. He grabbed the young man by the hand and pulled him aside. The vicar said to him, "You need to join the army of the Lord." The young man replied, "I'm already in the army of the Lord, Father. So the vicar inquired, "Then how come I only see you at Christmas and at Easter?" He whispered back, "I'm in the secret service."

Random Acts of Kindness - Story #20:

Teaching English helped him to be seen again

I am an Iranian man who has been battling cancer for the past two years. A transplant has meant things have been better over the past six months. It means I have a lot more time to spend online learning new things.

I have a friend in England who is really feeling home-sick. It's making him quite depressed. He would tell me that he didn't want to do stuff, he just wanted to be left alone, and so on. But I didn't want to leave him in his depression.

So, I asked him if he could teach me English! Even though we were far apart we could communicate by Skype. He jumped from his seat towards the computer in his enthusiasm! "Yes! I'd really like to do that! Can I do that? Please?"

Now, after a few lessons, I can see him becoming happier and more energetic again!

In am sixty-two years old and I understand how important it is to feel that you are being seen, that you aren't invisible!

This one, simple thing has helped us both be seen again.

--posted by mmz_1329 on Jun 12, 2013

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

Cosmos Focus

Billions of years ago in our Milky Way galaxy, long before the Earth was born, swarms of stars formed in giant clusters. Each grouping of stars, called a globular cluster, was held together by the mutual gravity of its stars. These globular star clusters became the homesteaders of our Milky Way.

Astronomers have probed the galaxy's globular clusters using many telescopes, including NASA's Hubble Space Telescope, to dig into the Milky Way's past and uncover what was happening in these early, formative years. Recent stellar archaeological excavations with Hubble into one such globular cluster, 47 Tucanae, have allowed astronomers to piece together a timeline of the stars' births.

The illustration above shows the disk of our Milky Way galaxy, surrounded by a faint, extended halo of old stars. Astronomers using the Hubble Space Telescope to observe the nearby Andromeda galaxy serendipitously, identified a dozen foreground stars in the Milky Way halo. They measured the first sideways motions (represented by the arrows) for such distant halo stars. The motions indicate the possible presence of a shell in the halo, which may have formed from the accretion of a dwarf galaxy. This observation supports the view that the Milky Way has undergone continuing growth and evolution over its lifetime by consuming smaller galaxies. --www.hubblesite.org

The Milky Way is the galaxy that contains our solar system. It was named such from its appearance as a dim "milky" glowing band arching across the night sky, and is considered an original member of the universe. It is a barred spiral galaxy which may contain up to 400 billion stars. The oldest known star in the Galaxy is about 13.2 billion years old, nearly as old as the Universe thought to be about 13,8 billion years old – which in physical cosmology means its age is calculated from the time elapsed since the **Big Bang**. Theorists suggest that the first stars formed about 200 million years after the Big Bang, just as the fog lifted on the initial dark ages.

Four dying stars in the Milky Way's halo are shedding fresh light on our galaxy's birth. Astronomer Jason Kalirai of the Space Telescope Science Institute in Baltimore, Maryland, has created a new method to measure the ages of individual halo stars. His technique exploits a basic concept of stellar evolution: The heavier a star is, the faster it dies. Halo stars die by becoming red giants and then white dwarfs—dense stars little larger than Earth. White dwarfs have no nuclear activity, so as they age, they cool and fade. Thus, the hottest and brightest of these burnt-out stars entered the white-dwarf stage most recently. --news.sciencemag.org



August is Organ Donor Month

The Organ Donor Foundation (ODF), through their "SAVE SEVEN LIVES DRIVE" would like to encourage members of the public to become organ donors this August, Organ Donor Month. **One person can Save Seven Lives** when they become an organ donor – this includes the use of 1 heart, 2 lungs, 2 kidneys, 1 liver and 1 pancreas.

There are only 30,000 registered organ donors in SA. For more information, go to: www.odf.org.za. Registration is simple:

1. Inform your family
2. Register online or call 0800 22 66 11

Once you've registered, an information brochure, a credit card-sized card (to carry in your purse) and two stickers (for your ID document and driver's licence), will be sent to you. If you change your mind, tear up the card, remove the stickers and tell your family.

-Fairlady, Feb 2010

YOGA –

Breathing Exercise for Good Health, Energy and Tranquillity

Today we focus on **Simhasana – The Lion**. It is not strictly a yoga breathing exercise, but a rather unusual yoga pose in the sense that it does not involve any bending or stretching of the body. A very specific type of breathing is done, involving a good old roar from deep within the throat to bring out that fierce lion within all of us. A fun pose with great benefits! Kids love it, and tend to do it better than adults.

Benefits

- It relieves tension. Effectively gives an outlet to negative energies culminating from festering anger and resentment.
- Relieves tension in the chest and face. A good workout for the vocal chords and improving the tone of voice.
- Assist in relieving any infection of the throat and the respiratory tract. The tongue also receives unaccustomed exercise because it is stretched out fully outside the mouth.
- An often-overlooked benefit of Simhasana is that it stimulates the platysma, a flat, thin, rectangular-shaped muscle on the front of the throat. The platysma, when contracted, pulls down on the corners of the mouth and wrinkles the skin of the neck. Simhasana helps keep the platysma firm as we age.
- According to several sources, Simhasana is a useful pose for people with bad breath or for those who stutter. Also good for the habit of teeth grinding and jaw clenching.
- According to traditional texts, Simhasana destroys disease and facilitates the three major bandhas (Mula, Jalandhara, Uddiyana).
- The facial stretching and pulling stimulates the nerves to give you a refreshed look.
- It adds confidence in your posture and your character. It helps one to overcome shyness and timidity.

Become aware:

The hands and shoulder blades are sympathetically connected. As you spread the right palm on the right knee, feel how the shoulder blade spreads across your back. Similarly, as you press each palm against the same-side knee, feel how the same-side shoulder blade presses more deeply into the back, helping to lift the heart.

Preparation

As with all other breathing exercises mentioned in previous issues, it is recommended to first warm up with a few body stretches.

Caution: If you have a knee injury or problem, always be cautious in flexed-knee sitting positions and, if necessary, sit on a chair to do the pose.

How to do the Lion breath

Kneel on the floor with your legs folded under you so that your toes are pointing straight behind and you are sitting on your heels. Place the palms firmly on the knees.

Take a deep inhalation through the nose. Then, press your palms firmly against your knees. Fan the palms and splay your fingers like the sharpened claws of a large feline, while simultaneously opening your mouth wide and stretch your tongue out, curling its tip down toward the chin, open your eyes wide, contract the muscles on the front of your throat, and exhale the breath sharply out through your mouth with big roar while exhaling.

The roar should be a powerful “Hah” sound and should not be a long drawn out one. Rather, it should be one sharp explosion of breath that empties your lungs in the shortest time possible.

The breath should pass over the back of the throat. Also, while producing this roar, set your gaze at the spot between the eyebrows.

Hold this pose for between 20 and 30 seconds.

Do not inhale immediately after this pose; wait about 20-30 seconds and repeat.

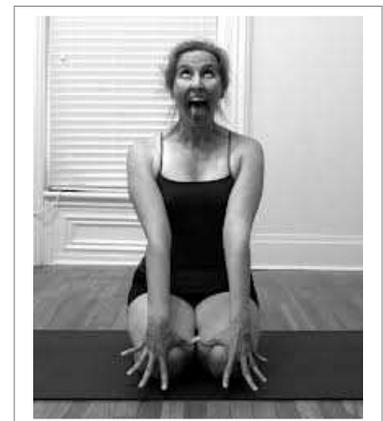
Repeat 6 times.

-yogajournal.com; yogawiz.com

The lion has spoken.

Happy roaring!

[Next issue: The Woodchopper]



The Gift of Bowen

Babies are better with Bowen Therapy



“What greater joy can you have than knowing you have helped a baby feel comfortable, free of pain, how rewarding to see that look of appreciation that words cannot express. We cannot emphasize enough the incredible value Bowen is for babies, probably the most important baby Bowen moves are Baby Colic, Respiratory, Temporo Mandibular Joint and Colon procedures”. – **Ossie Rentsch, director of Bowen Therapy Academy Australia.**

BIRTH AND BABIES - “For a Bowen therapist, treating babies is immensely rewarding. Just as a seedling can be nurtured with the smallest amount of physical guidance, babies, by the gentlest of moves, can be helped to release the stresses and trauma of the birth process”.

“The comprehensive forces experienced during birth can cause imbalances in a baby’s system, even in natural births. Many babies experience difficulties through the use of suction, forceps or caesarean deliveries and studies show this may develop into problems later in life such as depression, migraine, sinusitis, spinal problems and postural imbalances”. – **John Wilks, Bowen Instructor UK.** **Jane Murphy, Bowen Instructor and Midwife** in Sydney, says, “Using Bowen after delivery may provide a simple solution to the problem of not sucking. It seems to settle the head trauma and hopefully will allow the infant a great start in life free of locked-in-patterns of survival and reactive muscle patterns that may contribute to ongoing imbalance and ill health in future years.”

Here are some of her case studies from her Baby Bowen Log Book:

1. Mother in labour, but had not dilated from 3-4cms overnight for (7-8 hrs). I gave her BRM1 and Pelvic procedures and she went into good labour. A little later, gave her the sacral moves and she was fully dilated within a few hrs and the baby was born with a few pushes. I gave the baby the Bowen baby moves and BRM3 and the purple shignon on the back of its head disappeared very quickly and he proceeded to then suck well at the breast.
2. My patient was 2cm dilated, ruptured membranes, clear amniotic fluid, not yet contracting or in good labour. The plan was to induce labour if she didn’t get going by herself. I gave her the lower back and pelvic procedures, and sacral moves throughout the morning. She started to labour well using only nitrous oxide gas for pain relief. Three and a half hours later she was fully dilated! That is a very fast one for a first time mother!
3. I was doing my afternoon rounds checking my mothers and babies, when after entering this patient’s room, I noticed her baby was a very grey colour and making a weird whistling, kind of grunting sound. The mother said the paediatrician had seen her baby that morning and said she had a “floppy larynx”. The parents were understandably worried as she had delivered the previous evening and the baby was still noisy. So I explained that I was a Bowen Therapist and what Bowen therapy was, and gently gave Baby Bowen and BRM3. The baby pinked up immediately, and the noise seemed to quieten down. I also looked after her the next day, mother said that the noise had completely stopped overnight and that her baby had slept well, remained beautifully pink and was feeding well too.
4. Mother had a caesarean for failure to progress (not dilate), CPD (cephalopelvic disproportion) and foetal distress. Baby had good Apgars (score out of 10 determining the infant’s condition at birth) but had an extremely elongated (ET like) head and a jaw that was way out of alignment. After giving the Baby Bowen and BRM3, in recovery baby wanted to suck at the breast but was having difficulty and squealed with pain. With the TMJ procedure its head/jaw came nearly back into alignment and successfully breastfed. Baby also had a deep forcep indentation on the right temple from the lift out, so I did a Bowen move on it and although the redness stayed, the deep indentation filled out straight away.
5. The patient had a very long and exhausting labour of 24 hrs. At the time I was taking over her care, she had stopped contracting despite a Syntocinon IV infusion. She was fully dilated but not contracting and so the baby’s head was not descending. To get her back into labour, I did the Coccyx move on her, and the contractions started up again at 2 minutely. She delivered stunned 3.8kg baby boy in 1hr 15min later, by kiwi cup vacuum delivery. The doctor wanted him to have some Oxygen so I took him over to the baby resusitare and gave him Baby Bowen and BRM3. He immediately brought up a big plug of mucous which I gently suctioned and gave him some O2. He turned a beautiful pink and I placed him back on mum’s chest for a cuddle. By the time the doctor had stitched mum up, baby’s head had changed shape, the bruising had settled and he sucked well at the breast.
6. At the beginning of my shift, I’d only just received from handover report that this mother was 4cm dilated. She was standing up rocking against her husband in considerable pain. After introducing myself, I suggested/offered to give her the Sacral move to assist with pain relief. Within in 10mins she felt she wanted to push. I examined her and she was fully dilated to 10cms. I found that giving the Sacral move was a fantastic procedure for pain relief in labour and also if well-timed helped to dilate the cervix quickly.
7. Mother was having a LSCS (caesarean) as baby was a transverse lie (not in head down/breech). During the operation, the doctor tried to turn baby to get it out from head to breech with no success. Baby was born very shocked, white and flat. Apgars were

- 5 at one minute and 9 at five minutes. I immediately gave the Baby Bowen and it picked up, pinked up and became more lively. In recovery, baby sucked like a dream. Mother said her 2 previous babies had not successfully breastfed in hospital at all.
8. My patient had a very fast delivery and gave birth in only 4 pushes. Baby had a very bruised purple stunned little face, and was very gurgly and mucous as it hadn't had the normal vaginal squeeze when pushing up, as she had such a rapid delivery. Being very blue and rattly, I gave her Baby Bowen and BRM3 and TMJ cross. Her little face pinked up instantly! Later I still needed to suction her to remove the mucous and she then fed well.
 9. A baby born stunned Apgars 6 and 10, and required Oxygen and bagging. I quickly gave Baby Bowen and it picked up quickly. The mother had started to haemorrhage profusely. Doctor immediately wanted me to get 4 Cytotec tables from the drug cupboard and draw up 40 unit Syntocinon IV drip to commence immediately. I quickly gave mum the BRM1 stopper (the emergency moves), ran out of the room to get the medication, when I came back into the room the bleeding had settled down considerably.
 10. I was looking after 6 ladies in postnatal ward. Three were Day 1 caesareans for failure to progress in labour after failed induction and a new delivery using forceps that morning. In handover report it was said that 4 of the babies had feeding problems. That can take hours of your time and be the cause of much upset for the mothers. I gave each baby Baby Bowen and BRM3 taking about 30 seconds to do. All were feeding well immediately afterwards.
 11. I came on shift in delivery suite and a mother who had just delivered an hour or so previously was having extreme pain just under her sternum. Her doctor though maybe she had herniated her stomach through the diaphragm. On taking over her care, he asked me to give her 100mg of Pethidine as an intramuscular injection. After explaining to her and her husband that I was a Bowen therapist and what it was, she agreed to try some Bowen therapy, as I explained there was a procedure that helped with hernias in this area, and if it didn't help of course I would give her the injection her doctor ordered. I gave her the Upper Back stoppers and then the Respiratory procedure. Amazingly, the pain immediately subsided, and she said that she didn't require the Pethidine any longer. The doctor came back and enquired as to whether I had given her the injection, she told him that the midwife had given her Bowen and she was pain free!
 12. I was on an afternoon shift and the morning midwife looking after this mother of 31 weeks and 4 days gestation in premature labour, said she was starting to have tightening that were increasing in frequency. So straight after report I went to put the CTG cardiotocograph machine on her to monitor the contractions. Mother now said the premature contractions were getting stronger and more frequent now, 1-2 minutely. I rang her doctor and asked could she have regular medication to stop the contractions early. I gave it as ordered, but without any improvement. Mother was very uncomfortable now and in tears and said that the pain felt like a huge rubber bank across her tummy, like a "horrendous cramp". When I heard the word "cramp", I thought of the Cramp move! I did it to her after a brief explanation and you could see the premature contractions virtually were stopped in their tracks. The monitor was still on recording this, and you can see where and at what point the Bowen was given. It was really amazing! In a few minutes it had totally stopped. Within half an hour, I again checked on her and she was fast asleep!

--Bowen Hands, June 2013

Bowen Treatment for Baby Colic

By Georgi Ilchev

Bowen therapy can successfully be applied to complex treatment of baby colic. There are no side-effects or contra-indications. A complete recovery or a significant improvement is observed to almost all babies, even after the first few sessions. Let's remember that babies are still getting used to this world and with growth their colic will disappear. The Bowen technique simply shortens this period.

Baby colic are usually present during the first few weeks from birth to the third month. In rare cases they can persist up to the 6th month. Usually, they go with sharp, severe abdominal pain and severe spasms of the smooth stomach and intestine muscles. Most common symptoms are loud crying for a long period of time despite attempts for relief. Symptoms usually appear at the same time of the day, often after feeding, with signs of abdominal bloating and gas. Baby is having stiff stomach, knees are fully flexed towards the body, and palms are into fists. Baby is often suffering from insomnia, anxiety and irritability.

There are many theories, but no solid scientifically based one which experts unite. Reasons for colic differ with different babies. Major factors in combination may lead to discomfort or baby colic:

- Newborns have immature digestive system which has never before processed food. The smooth muscles of the digestive tract that has to assist digestion have not developed a proper functioning rhythm to be able to effectively advance food through the tract. Newborns also have a lack beneficial bacteria intestine flora (probiotics) to assist digestion.
- Some foods that breastfeeding mothers eat contain volatile chemicals and allergens which may lead to colic to a small percentage of newborns. Through breastfeeding, signs of fruits, vegetables and other gas forming foods may pass over to the baby and lead to gas and/or bloating.
- Babies often swallow air while they eat or during a prolonged cry. This increases gas and bloating and contributes to further discomfort.

--Bowen Hands, June 2013

There are growing concerns with induced labours.

It is said that 75% of children diagnosed with ADHD, have a history of induced labour.

How to Change the World by Sitting on Countertops, Slugging Hot Cocoa, and Reading Neruda Out Loud

Hannah Brencher

Wake up. Don't press snooze. Sling your legs over the side of the bed. Right. Left. Turn on music. Good, *good* music. Like first date, new shoes, or better yet, barefoot music.

You need a life soundtrack. Has anyone told you that yet?

Pick out something spectacular from your closet. Feel good in your skin. Put on an item that tells some kind of story. Always have a story to tell, just a wrist or coat sleeve away. And if that yellow sweater ain't got a story yet, vow that this will be the day it comes home with one.

Wear bright cardigans on the rainy days. Rain boots on any day. And, if the sun is shining and someone asks why you are clomping around in red wellies, you simply say that you are **Parading in Puddles of Passion Today**. Offer them a flute in the Parade. A trombone. Or a front row spot.

Take your bag. A few bobby pins. A hair elastic, as you will need one. You know you will. Remember breakfast. Greek yogurt, perhaps? Berries? Honey is good for the heart. Red Kettle. Drip Coffee. Yellow Mug. **Teaspoons of Sugar Cause You Just So Sweet**.

Coat. If you need it. Walk outside.

Open doors for others. Compliment the woman at the corner. Ask yourself what a real life, human, fleshy "retweet" would look like and try it with the girl on the subway beside you. It must be one part conversation, two parts listening, another part learning something and telling someone else when you reach 59th Street and walk the rest of the way because the air is just too good for underground travel today. Acknowledge people. Look them in the eyes. Better yet, memorize their eye colour like the roots to Spanish words you digested before the eighth-grade test on verbs.

Research ways to be a blessing.

Yes, research. Google. For starters: care packages, postcards, cookie recipes, trinkets. Call instead of texting today. Email instead of Facebooking. Use that status of yours to lift up your network. Keep the Drama for your Mama, and if you really listened to your Mama, then you know she ain't a Keeper of Drama. So let it go. Out the windows. Under the Doors. **Let all the mean thoughts slip away with the winter that never came.**

Clean. Your room. Your car. Your pocketbook. You'll feel lighter. You will find that you don't need all of it. Get rid of the things that hold you down. Back. Standing still in a spot that expired two years ago. If it is too hard to let go, then throw a Going Away Party. Pack all the memories in a box and whisper lies to them, "You are just going on a vacation. You'll come back soon." Love notes without the lovers. Old shirts without the arms to wrap them in. Make room for new love notes. New shirts. New arms. Buy new doormats. New can openers.

Take time on people, as if it were the only thing you had to do today. Ask hard questions. Listen when they don't answer. People rarely get caught in rainstorms like the movies show, so save the both of you a terrible cold and kiss him by the window instead.

Say stuff. Hard stuff. Mammoth stuff that won't fit the text messages. The Kinds of Things that Tap Danced Upon the Elephants in the Room. When he asks if it is him, tell him yes. Unless it is a no.

Avoid lies. Remember feelings and how simple they are.

Sad. Happy. Tired. Joyful. Like red in preschool. Like 2 x 2 in the second grade.

Drink hot chocolate. Abandon chairs to sit on counter tops. Screw the calorie count every once in a while. Find an author whose words are like truffles for you. Sit on the countertop, drinking hot cocoa, screwing calories, and reading Neruda out loud.

Learn a few Greek words. Make pancakes for dinner. **Write your dreams down, even when you insist that you don't have the time.** Place them where you can see them. Draw the tree that has been heavy on your heart all morning. Since childhood. For the past few weeks. *A big family. A movement of sorts. A bestseller. A college education.*

Decide on one person whom you will tell about the tree. Make a coffee date.

Ask yourself: How thick is my tree? How crisp are the leaves? How high are the branches? Can I climb them? Dare I climb them?

And, when you've drawn the tree completely, ask the most important question of all: **Will it give shade to someone else one day?**

-- <http://www.positivelypositive.com/category/living/>

About the Author: *Hannah Brencher is a writer, speaker, and creator pinning her passion to projects that bring the human touch back into the digital age. After spending a year writing and mailing over 400 love letters to strangers across the world, Hannah launched The World Needs More Love Letters in August 2011—a global organization fueled by volunteer "letter writers," now in fifty states and forty-seven countries. She's been featured in the Wall Street Journal, Washington Post, Oprah, Glamour, the White House Blog, and is currently a global finalist for the TED2013 Global Talent Search (watch the TED Talk).*

Stillness Speaks

Silence is helpful, but you don't need it in order to find stillness. Even when there is noise, you can be aware of the stillness underneath the noise, of the space in which the noise arises. That is the inner space of pure awareness, consciousness itself.

You can become aware of awareness as the background to all your sense perceptions, all your thinking. Becoming aware of awareness is the arising of inner stillness.

* * * * *

Pay attention to the gap -- the gap between two thoughts, the brief, silent space between words in a conversation, between the notes of a piano or flute, or the gap between the in-breath and the out-breath.

When you pay attention to those gaps, awareness of 'something' becomes -- just awareness. The formless dimension of pure consciousness arises from within you and replaces identification with form.

* * * * *

True intelligence operates silently. Stillness is where creativity and solutions to problems are found.

* * * * *

Is stillness just the absence of noise and content? No, it is intelligence itself - the underlying consciousness out of which every form is born. And how could that be separate from who you are?

The form that you think you are came out of that and is being sustained by it.

It is the essence of all galaxies and blades of grass; of all flowers, trees, birds, and all other forms.

* * * * *

Stillness is the only thing in this world that has no form. But then, it is not really a thing, and it is not of this world.

* * * * *

[...] What is wisdom and where is it to be found? Wisdom comes with the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions.

--Eckhart Tolle, from "Stillness Speaks" – www.ijourney.org



You yourself, as much as anybody in the entire universe, deserve your love and affection. - Gautama Buddha

The Keys To Self-Acceptance

Self-criticism is so common that it is often taken for granted. It is the voice that urges you to stay up late to get work done, and then scolds you for not getting enough sleep when you feel tired the next morning. This pattern of self-criticism leads to misery more often than motivation. Self-compassion, on the other hand, has been associated with happier, more optimistic, and more productive lifestyles.

There are ways to change patterns of self-criticism into more healthy and loving ways of self-motivation.

Read more: <http://www.dailygood.org/story/486/the-keys-to-self-acceptance-ocean-robbins/>

Be The Change

Pay attention to the messages you send yourself today. Think about how these messages would be different if you were speaking them to a loved one, and make that change!

How to Manage Hypertension



5 Tips That Can Lower Your Risk of Hypertension

According to the data released by the Centers for Disease Control and Prevention (CDC), about one in every three adult Americans has hypertension or high blood pressure. Unfortunately, about 20% of these people don't even know they have it and thus, are not doing anything to keep the condition under control.

Needless to say, this can be very alarming since hypertension is known to cause vision loss, dementia, aneurysms, kidney failure, heart attacks and strokes.

Hypertension can affect anyone regardless of age and background. However, it is notably more common among older people and those who are considerably overweight or obese. Interestingly enough, hypertension affects Blacks more seriously and is more common among African Americans as compared to other races.

Lowering Your Risk of Hypertension – How Can You Do It?

Hypertension is highly preventable. You can significantly reduce your risk by following the parameters for a healthy lifestyle. Specifically, you need to:

- **Eat large amounts of vegetables on a daily basis.** Following the guidelines set by the Dietary Approaches to Stop Hypertension, otherwise known as the DASH diet, can help lower your blood pressure in just about 14 days. In addition, **lowering your sodium intake** to about 1,500 mg per day can also help reverse the condition.
- **Be physically active.** Engage in leisurely physical activities at least three times per week. This can help keep your blood pressure under control and help you maintain a healthier weight.
- **Avoid smoking.** Studies reveal that about 30% of all deaths resulting from heart disease can be traced back to smoking since the toxic chemicals found in tobacco are considered to be one of the major causes of coronary artery disease. In addition, its nicotine content reduces the oxygen supply to the heart which, in turn, increases blood pressure, heart rate and the risk of blood clotting.
- **Reduce your alcohol intake.** Drinking too much alcohol can raise your blood pressure levels so if you're going to drink, please do so in moderation. To be on the safe side, women should limit their alcohol consumption to one drink per day while men below 65 should not have more than two drinks per day. Men over the age of 65 should likewise stick to one drink per day.
- **Maintain a normal body weight.** For best results, aim for a body mass index (BMI) lower than 25.

Keeping your blood pressure under control can help you live a healthier and fuller life so start eating a healthier diet, be more physically active, avoid smoking, reduce your alcohol intake and try to maintain a healthy body weight. The rewards will definitely prove worth your while!

-- <http://www.inlandvalleynews.com/?p=19453>

How not to lose it in the traffic

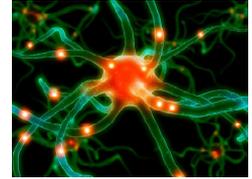
Are you a candidate for road rage? A South African study has shown that drivers get the most outraged at taxi drivers. And that peak hour and holiday seasons are also times when drivers are more aggressive. But these things are hard to avoid.

So what can you do calm your rush-hour nerves?

Allow for traffic problems on the way to appointments; have a solid breakfast or mid-afternoon snack before you face the rush-hour traffic - when blood sugar levels fall, it can lead to irritability; play soothing music; remember that getting to an appointment or to work is not a competition with other drivers; make sure you are alert, especially in slow-moving traffic; reduce the exhaust fumes you inhale by re-circulating the air in your car; remind yourself that being agitated makes you a lot more accident-prone. -*Health24.com*

Her Bizarre Behaviour Explained

*How out-of-whack hormones make women act wacky.
A quick guide for men to understand women better.*



She's suddenly furious

The cause - Low progesterone.

Next time she tears your head off over nothing, it may be because her progesterone level plummeted. This hormone controls brain synapses, the junctions where neurons exchange messages. In the days before a woman's period, her progesterone drops, making those synapses extra-excitabile. As a result, little things trigger big overreactions.

Your response - Wait it out. "Don't even ask her what she wants for dinner – just make something," says Dr Louann Brizendine, a neuro-psychiatrist at the University of California at San Francisco.

She cries uncontrollably

The cause - An overdose of cortisol.

The dial that determines how intensely people feel their emotions is located inside the amygdala, the part of the brain that processes memory and feelings. These emotions are usually balanced by the calm, rational part of the brain: the prefrontal cortex. However, a surge in the stress hormone, cortisol, can crowd out signals from the prefrontal cortex, letting the amygdala run amok. This turns her emotional response up to 10. So if she starts sobbing after a bad day at work, blame her brain, not her boss.

Your response - Trying to solve her problems will only make things worse, so hold her instead. Physical contact boosts levels of oxytocin, which should counterbalance the cortisol and calm her.

She's Martha Stewart – on acid

The cause - High oestrogen and oxytocin.

Whether you call it nurturing or nesting, women sometimes become obsessed with caretaking and homemaking because of an influx of oestrogen and oxytocin. These two hormones bring out her innate (and often annoying) mothering instincts. "This usually happens the week after her period ends," says Brizendine, adding that the upside of this physiological phenomenon is that it can make her more interested in intimacy.

Your response - Clean the house without being asked and she may want to show her appreciation later on.

-Men's Health Magazine; www.mh.co.za

Dyes linked to hyper-active kids!

by Edward Martin, Editor, House Calls

Kids don't need much help getting hyper - they're bundles of energy and they don't come with an "off" button. But some foods can put them into overdrive, turning an already amped-up child into a full-blown monster - and there's one ingredient in particular that parents need to watch out for: **Artificial colouring.**

Finally, an FDA panel has agreed that food dyes are responsible for rotten behaviour and even ADHD-like symptoms in some kids... But don't expect them to actually do anything about it. Instead of calling for warning labels or even an outright ban on artificial colours as some scientists and parents groups want, the panel called for more research. That's code for "we're getting uncomfortably close to upsetting our pals in the food industry, so let's stop right here".

But we don't need more studies, because researchers have been chasing the artificially coloured rainbow for years - and there's no pot o' gold on the other side... Just some of the rottenest little leprechauns you've ever seen. For example, two studies out of the UK found that kids given foods that contain artificial dyes and the preservative sodium benzoate start to climb the walls.

Those studies, and others like them, helped move Europe light years ahead of us - and foods with artificial colours sold there now carry labels that say they "may have an adverse effect on activity and attention in children". That's a frightening thought when you consider that some foods can have up to nine different artificial colourings - and they're not all in cereals and jelly!

You might know that cheese isn't normally day-glo yellow... But you may not realize that artificial colours are used regularly in everything from pickles to salmon. That's right - salmon: Farm-raised fish are fed dye pellets to give them the nice pink colour their wild brethren have naturally.

Of course, there's a much larger issue here and that's the fact that dyed foods are almost always processed foods - and you and your kids shouldn't be eating them anyway, no matter what kinds of colours are in them (or even if they contain no colours at all). As bad as dyes are, there are plenty of other ingredients that are far worse - including the sugars and starches that make up the bulk of the modern diet. Give this junk to a kid and he could end up so nutritionally deficient that you're bound to see problems ranging from mood disorders to ADHD-like symptoms - even if the foods they eat contain no dyes at all.

-- fleetstreetpublicationsmail.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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Pic: Nick Brandt; www.nickbrandt.com

Pablo Neruda was the pen name and, later, legal name of the Chilean poet, diplomat and politician Neftalí Ricardo Reyes Basoalto. He chose his pen name after Czech poet Jan Neruda. In 1971, Neruda won the Nobel Prize for Literature.

Wikipedia

"I love you without knowing how, or when, or from where. I love you simply, without problems or pride: I love you in this way because I do not know any other way of loving but this, in which there is no "I" or "you", so intimate that your hand upon my chest is my hand, so intimate that when I fall asleep your eyes close."

"Someday, somewhere - anywhere, unfailingly, you'll find yourself, and that, and only that, can be the happiest or bitterest hour of your life."

"We the mortals touch the metals, the wind, the ocean shores, the stones, knowing they will go on, inert or burning, and I was discovering, naming all the these things: it was my destiny to love and say goodbye."

- Pablo Neruda

Warrior of Light

The warrior of light pays close attention to a text that the Soul of the World transmitted to Chico Xavier:

'When you have managed to overcome grave problems in a relationship, do not spend time remembering the difficult times, concentrate on the joy of having passed yet another of life's tests. When you emerge from a long period of medical treatment, do not brood on the suffering you endured, think instead of God's blessing that allowed you to be cured.

'Carry in your memory, for the rest of your life, the good things that came out of those difficulties. They will serve as a proof of your abilities and will give you confidence when you are faced by other obstacles.'

- PAULO COELHO