



# Healing at Hand

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Pic: Nick Brandt; www.nickbrandt.com

*Please Note: This newsletter is to be discontinued after December 2013 issue.*

"The highest and most beautiful things in life are not to be heard about, nor read about, nor seen, but if one will, are to be lived." — Søren Kierkegaard



- To cheat oneself out of love is the most terrible deception; it is an eternal loss for which there is no reparation, either in time or in eternity. — Søren Kierkegaard
- Faith is the bird that feels the light and sings when the dawn is still dark. — R Tagore
- Even a mistake may turn out to be the one thing necessary to a worthwhile achievement. — Henry Ford
- Problems are not stop signs, they are guide-lines. — Robert Schuller
- One thing you can give and still keep ... is your word.
- Reflect upon your blessings, of which every man has many, not on your past misfortunes, of which all men have some. — Charles Dickens
- Don't get discouraged; it is often the last key in the bunch that opens the lock.
- Only put off until tomorrow what you are willing to die having left undone. -Pablo Picasso

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Two men are sitting next to each other in an Irish-style pub in New York City. They both order pints of Guinness. One of them turns to the other and says, "So where are you from, then?" "I'm from Ireland." "Me too! I'll drink to that." They both finish their pints and order two more.

"Where in Ireland are you from?" "Dublin." "Me too! I'll drink to that." They both finish their pints and order two more. "Where in Dublin are you from?" "The East Side." "The East Side? Me too! What a coincidence! I'll drink to that!" They both finish their pints and order two more.

"Where on the East Side are you from?" "McDonagh Street." "Me too! This is incredible! I'll drink to that."

As the bartender pours them another two pints, another customer at the bar says to him, "That's amazing! I can't believe they're from the same street in Dublin. What's going on?"

Oh, it's nothing amazing," says the bar tender, "it's just the Ferguson twins getting sloshed again."

## Random Acts of Kindness - Story #21: Scrapping those Memories

One of my neighbours has MS (Multiple Sclerosis) and while I was visiting him today he complained that he was bored. So, I went back home and collected four scrapbooks, one for his wife and each of his children. Since he was placed on disability he has the days to himself. I suggested he could make scrapbooks for his family with pictures and little notes from him.

We were both surprised by just how much he remembered about each of his children since they were born. As we talked there were tears of happiness brought about by memories he hadn't thought about in years. Now that he has the time he's going to find all the little trinkets and pictures and place them inside each book. And if he needs some help, he knows I'm only a short walk away.

He was so excited about starting that he went into his bedroom and pulled out all their old pictures and started going through them. He even has the little bracelets from the hospital when they were born.

When I left this afternoon there was a sparkle in his eyes and hope in his heart.

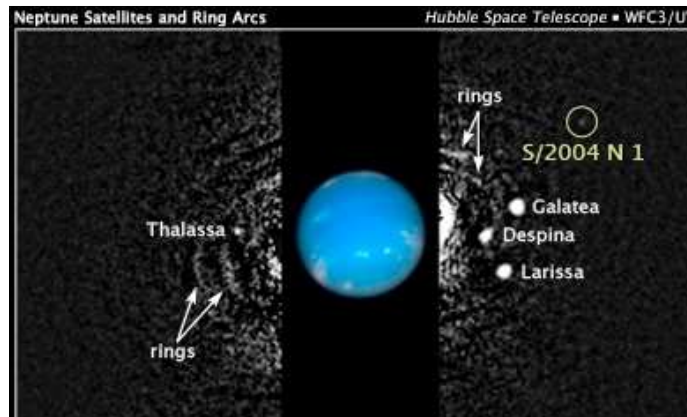
----posted by tiggerzzz on Feb 1, 2013

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

## Cosmos Focus

### Hubble Finds

### New Neptune Moon



July 15, 2013: In the summer of 1989, a robotic emissary from Earth visited the farthest major planet from the Sun, Neptune. Like any good tourist, NASA's Voyager 2 spacecraft snapped a lot of pictures during the brief flyby. The prolific probe discovered several moons orbiting close to the blue-green planet. But one moon, no bigger than a metropolitan city and nearly coal-black, escaped detection because it was too faint to be seen. Until now.

While analyzing Neptune photos taken by the Hubble Space Telescope, astronomer Mark Showalter of the SETI Institute noticed an extra white dot about 65,400 miles from Neptune, located between the orbits of the moons Larissa and Proteus. Hubble's extraordinary sensitivity and sharpness caught an object that is roughly one hundred million times fainter than the faintest star that can be seen with the naked eye. Thankfully, Showalter also had 150 archival Neptune photographs taken by Hubble from 2004 to 2009. The same white dot appeared over and over again. This allowed him to plot a circular orbit for the moon, designated S/2004 N 1, which completes one revolution around Neptune every 23 hours. His discovery raises the number of known moons orbiting Neptune to 14.

<http://hubblesite.org/newscenter/archive/releases/2013/30/>

## NLSI's David Kring confirms mass extinction impact hypothesis

Scientists have debated for two decades whether a giant space rock wiped out the dinosaurs or if some other catastrophe did the deed.

Now, a blue-ribbon panel of scientists has banded together to support the link between the Chicxulub asteroid impact crater in Mexico's Yucatán Peninsula with the mass extinction of dinosaurs and the majority of life on our planet 65 million years ago.

"It is an international consensus. They are saying that there's a rock solid link between the Chicxulub impact event and the K-T boundary mass extinction," said David Kring, a Senior Staff Scientist and geologist at the Lunar and Planetary Institute in nearby Houston.

The K-T boundary refers to a layer of iridium-rich clay that marks the end of the Cretaceous period 65 million years ago. Iridium is a chemical element commonly found in asteroids and comets and the K-T boundary has been held up as the tail-ending tale of an asteroid impact that snuffed out the dinosaurs.

It was Kring, nearly 20 years ago, that announced the discovery of shocked quartz and other evidence of a huge, out of the sky wallop from a mile-deep (1.6 km) drill hole into a buried crater on the Yucatán Peninsula of Mexico.

Kring and his team named the crater Chicxulub for a Mayan village above the center of the crater. That Mayan word means "tale of the devil," which Kring thought an ideal name for a dinosaur-killing asteroid impact.

-- <http://lunarscience.nasa.gov>

# Multiple Sclerosis

## What is MS?

Multiple sclerosis (MS) is a neurological condition. Most people are diagnosed between the ages of 20-40, but it can affect younger and older people too. Almost three times as many women have MS as men.

## Causes of MS

No one knows the exact cause of MS, but it is likely that a mixture of genetic and environmental factors play a role.

MS is not directly inherited - unlike some conditions, like cystic fibrosis, for example, there is no single gene that causes it. It's likely that a combination of genes make some people more susceptible to developing MS, but not everyone with this gene combination will develop MS. Genes are only part of the story. While MS can occur more than once in a family, it is more likely this will **not** happen. There's only around a two per cent chance of a child developing MS when a parent is affected.

## Environmental Factors

MS is more common in areas further away from the equator. It is virtually unheard of in places like Malaysia or Ecuador, but relatively common in Britain, North America, Canada, Scandinavia, southern Australia and New Zealand.

## Viruses

It is not clear why people further away from the equator are more likely to get MS, but it is possible that something in the environment, perhaps bacteria or a virus, plays a role. No single virus has been identified as definitely contributing to MS, but there is growing evidence that a common childhood virus, such as **Epstein Barr** virus (which can cause glandular fever), may act as a trigger. This theory is still unproven and many people who do not have MS would have also been exposed to these viruses, so just like genes, they are unlikely to be the whole story.

## Vitamin D

There is also a growing amount of research that suggests that a lack of vitamin D could be a factor in causing MS. We get most of our vitamin D from exposure to sunlight. Low levels of vitamin D have been linked to higher numbers of people developing many different conditions, including MS.

## Signs and symptoms

MS is complex and can cause many different symptoms, so it's not easy to diagnose. It's hard to pinpoint exactly when MS begins, and the early signs and symptoms are different for everyone. It is not uncommon for a diagnosis to take several months, and frustratingly it can take even longer. A range of other possible causes need to be explored and many different tests need to be carried out. There are also other conditions with similar symptoms to MS, such as:

- Vision problems might include temporary loss or blurring of vision, double vision, or a lack of coordination between the two eyes. Vision may vary depending on the time of day or the circumstances - for example, it might get worse when you are stressed, tired or in unfamiliar surroundings.
- Problems with balance, walking and feeling dizzy are common in MS. Symptoms might mean you are wobbly on your feet from time to time, or you might need to move with more care than before to avoid losing balance.
- Muscle stiffness and spasms are common MS symptoms, and are often described as 'spasticity'. Certain things can trigger them, and they can make daily activities difficult. Physiotherapy, drug treatments and other therapies can help. Muscle spasms or stiffness affect at least 20 per cent of people with MS at some time. Like all MS symptoms, spasms and stiffness affect people differently and can vary over time.

If your symptoms are not too severe, your GP may not do anything immediately. However, if you have another period of symptoms, your GP should refer you to a neurologist. If the neurologist thinks that you might have MS, they will normally give you a number of tests.

Symptoms might include fatigue, vision problems and difficulties with walking, but MS is different for everyone. A problem with vision - known as *optic neuritis* - is one of the more obvious early symptoms, but this is often because this is a more 'concrete' symptom as opposed to 'vague' neurological symptoms like numbness or tingling. You shouldn't assume that these symptoms are a sign of MS - not everyone who experiences them will go on to get an MS diagnosis.

## Treatments

There are lots of options for treating and managing MS. They include drug treatments, exercise and physiotherapy, diet and alternative therapies.

--<http://www.msociety.org.uk>

Bowen Therapy, in particular, is known to bring about pain relief, decrease muscle spasms, increase energy levels, boost the immune system, improve balance, and assist in healing, etc. For a few case histories, please see:

<http://www.boweninfo.com/ms2.htm>

<http://www.bowen-therapy.co/Bowen/testimonials/multiple-sclerosis-testimonials.asp>

<http://www.b-balanced.co.uk/articles.htm>

<http://www.universitypainclinic.ca/MULTIPLE-SCLEROSIS-AND-BOWEN.html>

<http://www.thebowentechnique.com/Professional-Journal-Titles/multiple-sclerosis.html>

For emotional and educational support to newly diagnosed people, their families, friends, employers | Latest research information | Self-help empowerment | Practical support & workshops – contact the Multiple Sclerosis South Africa:

MSSA WESTERN CAPE - <http://www.multiplesclerosis.co.za/>

# Dealing with Cancer

**A cancer diet, and cancer nutrition, that would help the average person on Chemotherapy.**

**By Chris Woollams**

<http://www.canceractive.com/index.aspx>

## **Building an effective cancer diet that will HELP your oncologist treat your cancer.**

I'm sorry to bore you but I want to start with some elementary biochemistry. I promise to keep it simple!

### **1. Understand cancer cells are different**

Cancer cells aren't like normal, healthy cells. Much of their uniqueness stems from their power stations, or mitochondria, which have unique enzymes and energy producing systems not found in normal, healthy cells.

Three factors are important to understand:

- A healthy cell produces energy by burning carbohydrate in the presence of oxygen. Whereas a cancer cell's power station cannot use oxygen - in fact oxygen will kill it, a fact we have known since Otto Warburg won his Nobel Prize in 1931. Cancer cells produce their energy in the absence of oxygen by burning glucose - common sugar.
- The waste product from this cancer process is a form of lactic acid and this can only be detoxified and neutralised by the liver.
- The liver detoxifies this lactic acid and produces a harmless substance called ..... glucose, which passes back round the body to feed the cancer. Alien has taken over the controls - it is now 'making' its own food; using the body systems to grow! But this energy production system is very inefficient, yet the cancer wants to grow quickly. This commands glucose in great volumes. Feed it at your peril.

### **2. Cancers need blood supplies and growth hormone**

Scientists have also been looking at giving breast cancer patients bisphosphonates, which are bone strengthening drugs. They know, for example, that cancer attacks bones causing the bone to try to defend and strengthen itself by producing growth hormone. The cancer says 'Thank you' and uses the growth hormone to boost its growth and division. It is really taking control of the body systems now.

Scientists also know that tumours need to grow and that demands an increased blood supply. They have been looking at drugs like thalidomide to stop blood vessels forming in cancer tumours. Growth hormones and other factors in your body can be stimulated by the foods you eat but research shows other foods (like garlic and curcumin) can stop this process.

### **3. Many cancers are 'driven' by the female sex hormone, oestrogen**

Oncologists can tell breast cancer patients whether they are oestrogen-positive or not. In 70 per cent of cases where the woman is positive they can prescribe drugs to cut oestrogen production.

However it is now clear many cancers are oestrogen driven – for example, some brain tumours, colon cancers, prostate cancers, lung cancers, not just female cancers like womb and breast.

There are many oestrogens all of which can bind to the receptor sites on the walls of healthy cells. The most dangerous, oestradiol, then creates havoc inside the cell setting up and driving cancer. Other forms like oestrone are less dangerous. Plant oestrogens are far weaker and can merely block the receptor sites from attack by oestradiol.

Again, your diet can help or hinder – animal and saturated fats can increase aggressive oestrogen production and so drive your cancer. Whereas a diet high in phytoestrogens (plants, greens, pulses) can help block the receptor sites. Research shows indole 3 carbinol (from broccoli) can denature and convert oestradiol into its safer sister oestrone, while certain mushrooms, flaxseed and other foods can cut actually oestrogen production. Which would you rather do?

### **4. Common salt can cause the same oestrogen effects in the cell**

A diet high in sodium salt, but low in magnesium and potassium can poison your cells and their power stations and generate the same effects as oestrogen. You need a low salt, high potassium and magnesium diet to counter this effect.

### **5. Your immune system can kick out a cancer**

Scientists are looking at a whole range of immune boosting drugs and treatments – like Interleukin or Interferon and dendritic cell vaccines to help boost your immune system to fight off the cancer. But we know that a high glucose diet depresses the immune system, while one high in animal fats can block liver and lymph systems depressing your immune response.

### **6. Chemotherapy is changing**

The new breed of drugs (Biologics, mono-clonal antibodies, hormone treatments) are problem specific, tackling missing proteins or reducing oestrogen, or growth hormones. They can clearly be helped in this action by certain natural compounds, antioxidants, herbs and a tailored diet.

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## 7. Our knowledge is increasing

We also know that there are other unique factors to a cancer cell. For example it has more receptor sites than a normal cell for vitamin D. And recently major research studies have shown that vitamin D seems capable of 'normalising' and even killing a cancer cell. (*We have an extensive review on vitamin D on the CANCERactive web site.*) Recent Clinical Trials on a concentrate of Vitamin D are being heralded as 'amazing'. You can wait for the drug, or join the sun worshipers for 30 minutes a day, or supplement. Oily fish will give you a little.

## 8. Different folks, different strokes

When we covered research on common sugar in Cancer Watch we received several letters from irate nurses saying, basically, that we were talking rubbish because sugar is good for you.

Let's get a few facts straight. Firstly, it's not our research. We just tell you what Harvard, UCLA, MD Anderson, whoever have found in their research and clinical trials. And there have been at least three serious studies in the last couple of years that say people with the highest levels of blood glucose (common sugar) survive least!

There are lots of different types of sugar. Fructose, sucrose, plant sugars, and polysaccharides that aid your immune defences, and intra- and inter-cellular messaging. But common or garden glucose is tantamount to a chemical toxin. It causes diabetes when in excess in our diets, and high blood glucose in people results in higher levels of cancer and less survival if you already have cancer. Fact!

You need to keep blood glucose levels to a minimum if you want to beat cancer. A Dr Gold in America highlighted the probable benefit of Hydrazine Sulphate - a compound that has the potential to break the cycle of glucose production by the liver from lactic acid production of the cancer cell. The Russians have clinical trials on this. The West ignores this potentially cheap complementary therapy.

### **Cheeseburgers; milky/sugary tea; sticky buns; milk shakes??!**

I have explained why you definitely would not want to feed your cancer more glucose. But consider these other points too: Your liver, immune and lymph systems will be blocked by animal and saturated fats. Your liver is your centre of detoxification. It plays a major role in your energy supplies to the cells, and in your immune system. Its health is crucial to the survival of a cancer patient.

But the liver of a cancer patient is 'full'. Clogged up (sorry – technical term) with dead cancer cells, maybe dead yeasts and bacteria, cholesterol, cancer drug chemicals, and lactic acid, it is grossly overworked. Often the cholesterol sticks around the outside of dead cells and forms gallstones (rather as pearls from oysters). These block the bile ducts and prevent the liver cleansing itself easily. If your liver is blocked, you stagnate your whole immune system.

Eating more fats, especially those in cheeseburgers, and you will clog up your liver even more which messes up your glucose levels and weakens your whole immune system and detoxification system. Furthermore, your lymph system, the home to your white immune cells, and the liquid that takes toxins away from cells and nourishment into them, also gets clogged up with fat and simply doesn't work as well as it should.

Growth hormones? The NCI in the USA has shown clearly that dairy, through insulin-like growth factor (IGF-1), is implicated in cellular proliferation, metabolic change and even cancer itself. Many cancer nutrition experts recommend consuming no cows' dairy or saturated fats at all for this reason. You simply do not need to add a cows' growth hormones into your body.

The World Health Organisation is quite clear that 70 per cent of all cancers can be attributed to poor diet. Consuming milk shakes, cheeseburgers, milky/sugary tea, ice cream, healthy drinks like Ribena and Lucosade, sticky buns, chocolate and cake? You are pouring petrol on the fire!!! This is not a 'diet for chemotherapy' – it is positively dangerous for the 93 per cent of cancer patients without cachexia.

## **A real Diet for Chemotherapy**

So let us try to build up a plan, based on real science, to give patients a strong route forward.

### **1. Clean Your Liver**

One starting point can be the use of a Liver Flush involving Epsom Salts and olive oil consumed with a fruit juice to take the taste away. The details are on our web site. Coffee enemas can also help the liver pass more toxins into the intestine by dilating/expanding the bile ducts.

Milk thistle has recently been shown in clinical trials to reduce side-effects in chemotherapy patients. As has Mistletoe (which has to be prescribed). Milk thistle, boldo tea and dandelion amongst others will strengthen your liver and bile production. Magnesium will strengthen the liver too, and choline and inositol will help reduce fat levels. You could also add turmeric to some meals and drink at least two litres of clean water a day.

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## 2. Prepare Yourself

a) **Boost your immune system:** Herbs like astragalus, cat's claw, and echinacea seem particularly effective, as do curcumin/turmeric, natural vitamin E and the natural food chlorella (for complete beta-carotene, B-12 etc).

b) **Cut sodium from your diet – boost potassium and magnesium:** Increase potassium and magnesium. Sodium poisons your cells and displaces potassium in the power stations of your cells, making them more toxic and more acidic. Cancer thrives in acid bodies. Cut sodium foods like salt, soy sauce, gravy granules, hams, cooked meats, salami, turkey roast slices, sliced bread, breakfast cereals, sausages, bacon, processed food, prepared meals and Chinese meals. Consume high potassium and magnesium foods like fresh nuts, jacket potatoes, whole grains, green leafy vegetables, carrots, fresh apples, bananas, whole brown rice, broad beans, peas and pulses. A little rice milk or soya milk is acceptable.

You may wish to read our article on the web site entitled 'Acid Bodies and cancer'. Your aim is to have a slightly alkaline one! So cut out smoking, alcohol, coffee, fats, sugar, salt, cows' dairy (like milk and cheese. Yes, and the 'healthy' yoghurt and probiotic drink), chocolate, refined carbohydrates (white bread, pasta, rice) – i.e. pretty well everything in the NHS 'A Diet for chemotherapy' (or was that cachexia?) booklet.

c) **Increase your omega 3 levels:** We have known since 1982, and a Nobel Prize by Sir John Vane, about the positive benefits of omega 3 in the cancer process. Fish oils provide the long-chain version, which helps to reduce cellular inflammation. Short-chain omega 3 can be found in flaxseed. In Dr Joanna Budwig's anti-cancer diet, she used it with quark to improve cellular oxygen levels; and flaxseed helps reduce oestrogen levels.

d) **Determine whether your cancer is hormonally-driven** - it is not just breast cancer that can be driven by oestrogen. There is clear research evidence that some womb, ovarian, colon, melanoma, brain tumours and prostate cancers are driven by this female sex hormone.

If your cancer is linked to higher oestrogen levels women should avoid the pill and HRT, men and women should avoid recycled water, fatty foods and eating one or two big meals a day. Graze - eat five or six smaller meals a day. Big starchy or carbohydrate-rich meals stimulate insulin production and this has a knock-on effect to increase oestrogen production.

Oestrogen mimics (xeno-oestrogens) should be minimised too. These invade our bodies in perfumed products, nail polishes (toluene), cosmetics and toiletries; and via volatile organic carbon gases from glues, dyes, dry cleaning, bleaches and disinfectants; plus they are formed from chemicals in certain pesticides, white can linings (BPA) and plastic packaging (BPA and phthalates).

So consider going toxin-free at home in the products you use; eat less pesticides; eat more greens, particularly cabbage and broccoli, and pulses.

Sleep in a fully darkened room – this will increase your melatonin production (it balances both IGF-1 and oestrogen excesses). Or you can supplement. (We have a book – 'Oestrogen, the killer in our midst' that tells you more.)

e) **Consider the latest research.** Read Cancer Watch regularly! For example, there is clear research now on vitamin D and its role in fighting cancer. It appears from research to work synergistically with vitamin K. The prime source for the former is sunshine, and the latter is greens (but only if you have the beneficial bacteria to release it). You may wish to supplement.

f) **Cut animal fats, saturated fats and fried foods:** People who eat fried foods regularly have three times the cancer risk. Overweight people have higher cancer risk – but research from Northwestern University shows that if you have cancer and reduce your weight to normal you increase survival times. You could consider replacing all animal and saturated fats with a little virgin, first pressed olive oil, or walnut oil.

## 3. Eat to beat cancer

In my book 'The Rainbow Diet – and how it can help you beat cancer', I tell you what foods have been shown in research to be 'Protective' and 'Corrective'. So base your diet around foods like -

**Fresh garlic, leeks, onions, spring onions, radishes** - for example, garlic is known to contain a number of anti-cancer agents and is believed to help stop cancer spreading and blood supplies forming to new tumours.

**Pulses** - for thousands of years we have eaten broad beans, peas and pulses providing phytoestrogens (plant oestrogens that are far, far weaker than human oestrogens) to protect us especially against the spread of hormonally driven cancers.

**Glycoproteins and polysaccharides** - Four Nobel Prizes for medicine in the last six years have been won for discoveries on these natural compounds. Foods include aloe vera, echinacea, turmeric, pectins (e.g. apples and pears), arabinogalactins (e.g. in oats, psyllium, coconut, tomatoes, carrots, brown rice). Even red wine and mother's milk contain these important protective factors that encourage better messaging between cells. In the US they are now called "Super carbs" or monosaccharides but are actually neither. Probably the best studied are Medicinal Mushrooms like Reishi, Maitake, Cordyceps which are beta-glucan polysaccharides. (See next page).

**Dark Red foods** - like beetroot, dark plums, aubergines, red grapes, all of which provide anthocyanins, known to kill cancer cells.

**Bright colours** - Red and yellow peppers, peaches, apricots, watermelon, for carotenoids, known to restrict cancers like breast cancer.

**Greens** – Kale, spinach, broccoli, cabbage for vitamin K, phytoestrogens and indole 3 carbinol.

**Sprouting seeds** – for sulphoraphanes, which have strong anti-cancer activity.

**Nuts and seeds** – try a breakfast of a little organic muesli, boosted by organic pumpkin and sunflower seeds, and linseeds. Great for B vitamins like folic acid and biotin to help protect DNA, cellular oxygenation and detoxifying lignans.

**Bitter foods** - like watercress, gooseberries, cranberries, blackberries, wild strawberries. Or almonds, cashew nuts, millet, buckwheat and apricot kernels all of which contain a variety of natural compounds like B-17 which Dr Contreras of the Oasis of Hope refers to as "nature's chemotherapy".

**Notable additions** - Green tea, olive oil, fennel, oregano to boost your immune system and kill yeasts.

**Switch out of cows' dairy** - to a little goat's cheese, soya and rice milk. Swap red meat for game and oily fish.

Eat more mushrooms, apples, organic brown rice, Manuka Honey (grade 12) and onions. I could go on. There is research on everything from the benefits of quercetin against cancer to the ability of medicinal mushrooms to cut oestrogen and boost the immune system.

### **Diet alone won't suffice.... Exercise!**

65 per cent of adults in the UK are overweight and 22 per cent are actually defined as obese. We have women 4 stone overweight write to us and describe themselves as 'a little chubby'.

Being overweight increases your risk of cancer by 40 to 60 per cent depending upon the research study. With smoking the increased "risk" is 'only' 25 per cent.

Although outside the remit of this article, if you have the energy, try some exercise, even the least strenuous forms of yoga. It will move your lymph, taking toxins from your cells; it will add oxygen into your blood by getting you to breathe better and it will reduce levels of toxins in the body and rebalance hormones. We do, however, understand that for some people on chemotherapy this is just impossible.

The simple fact is that research shows that light daily exercise of about 30 minutes duration helps improve survival rates by up to 50 per cent.

*[Next Issue: Dealing With Cancer: **Radiotherapy**]*

## **Healing and Well-being**

**Yoga** is an ancient Indian philosophy and practice. The word Yoga means union or integration and yoga uses stretching, postures and breathing to help harmonise the body, mind and spirit. These classes consist of specifically and appropriately chosen exercises to help promote movement and lymphatic drainage following breast cancer treatment. Yoga relaxes and energises whilst bringing flexibility, strength, concentration, self-confidence and peacefulness. It has been shown to reduce sleep disturbance and increase emotional well-being and spiritual integration. *There are a number of studies on Yoga from the USA notably one from Seattle where, even in beginners classes, there was a 50 per cent reduction in cortisol (the stress hormone linked to cancer) levels after one week, compared to just a 5 per cent reduction if the patient went home to rest and calm down!*

**Meditation** is about paying attention. It is about being present and fully aware in our lives and the self-healing that this brings. To start meditation, concentration is enhanced using the focus of awareness on the breath, a sound, an image or sensations in the body to help keep the ever wandering mind present. With practice, meditation practised mindfully can bring deeper levels of peace, aid well-being, reduce anxiety, pain and stress and improving mood state and energy levels. This can also help dealing with the numerous stressful situations in everyday life. *US Clinical Trials in icon on meditation for example, meditation prior to surgery has been proven to reduce bleeding.)*

# Stay a Lover of Little Things

Hannah Brencher

No matter what big cities you go off to and big opportunities you are graced with, always take time to acknowledge the little things.

Never give up on the things that make you smile, because smiling is one of the most important things we can do in this world.

**Find time to just wander. With No Direction. No Plan. No Time Restrictions.**

Look for beauty everywhere you go. The ladybugs on the windowsill. The sunflowers in the backyard. The skyscrapers in a new city. The faces of strangers and family alike.

Form family in every place. Form family by reaching out a hand to people who need to hold one, calling someone to brighten their day, giving up your time for others with no exasperation of ever needing to have those minutes repaid.

**Leap. Leap High. Leap Far. Leap when you see the landing point. Leap when you see nothing but darkness.**

Find God in the nooks of this world. Find God everywhere around you. Help others find him too. Because others are looking, and some don't even know it.

**It's worth repetition: Stay a lover of little things. Spider Webs. Children Laughing. Band Aids. Light Weight Sneakers. Coins. Cheetos.**

Refuse to keep your feelings bottled up: cry, scream, yell, stomp your feet, spit. Do whatever it takes to feel outside of your own mind.

Go to concerts. Dance on stage. Be the best damn tambourine player you can be. Have a crush on the lead singer.

*Be unafraid of your heart: Whatever and whoever makes it beat. You could keep it sheltered forever if you please, but hearts become more versatile the more we use them. Better that we risk them breaking through good use rather than breaking them from never using them at all.*

Wake up every day with the intention of painting something beautiful. Some days, you won't feel like you have all the right colours. These days, borrow colours from others.

Carry a kazoo wherever you go. You will continually stumble across people who are having a birthday and are in need of a good song.

**Aspire to be something wonderful. Something Remarkable. Every Single Day.**

Don't pay too much attention to all of the hubbub about ultraviolet rays. The sun is far too glorious to not let it kiss your face and plant freckles on your shoulders sometimes.

*Drop everything. Absolutely everything. For a good friend in need.*

Nothing in this world stops you from being an artist, a dancer, the best writer this world has ever seen. If anyone stops you, it is only yourself.

Counting Blessings. Don't count calories too crazily. Count kisses (especially the forehead ones). Never ever worry about counting friends. Don't count money before you have it.

**Ask outlandish questions.**

You can tell a lot about a person by asking the question, "If you had one night to be any performer on stage, who would it be?"

Be good to people but don't give them everything or every part of you. Especially if there is evidence that they may tamper with your heart.

Take long walks on the beach.

Walk sometimes instead of drive.

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One last thing on walking, take time every day to walk outside of yourself. You will quickly find that the world does not revolve around you, and sorry to say, it never did.

**And remember: Stay a lover of little things no matter how big your dreams may be. Stamps. Sonnets. Hot Chocolate. Dessert. Songs that read your soul. Tears of Joy. Tears, in general.**

Home is not so much a noun as it is a cross between an adjective and a verb. Be home to someone. Hold close to those who feel like home.

Add something sequined, silver, or red to any outfit you wear out for a night. A silver bangle never fails, and patent red pumps are unstoppable at any age.

*Write poems. Without rhyming or worry about iambic pentameter. Without judging them. Just write poems because they are groovy and we are all poets.*

Make pet names with every letter of the alphabet. Leave no B, G, or E unused.

Start the morning quietly. When you step outside or get stuck in your dose of morning traffic, you will have wished you had that solitude.

Make your efforts big but remain little. No one likes a big head.

When you feel a pulling in your heart or a weight on your chest, don't push off the feeling. Let it flood you, push you around, challenge you. Under pressure, diamonds are made. Welcome darkness and welcome change.

**Never stop asking yourself, "What do I want to be when I grow up?"**

Not everyone in life is going to care about you, your favourite breakfast foods, or your pet peeves. Don't even try to make them. Just appreciate those who come into your life and do care.

Have coffee or tea in the morning. Or just something warm. Feel the warmth on your hands. Let it spread to your soul.

Don't expect the world to understand all that you attempt to do. Your dreams will only fly if you first give them wings. And another thing, let the world think you are crazy. Crazy is good.

**And never forget: Stay a lover of little things, above all else. Prayers. Pearls. Compliments. Movie Nights. Letters from Home...Home.**

**And those who believed in you first.**

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



## **September is National Heart Awareness Month**

Of all dietary factors causing cardiovascular disease, by far the best evidence is for the relationship between salt and blood pressure, writes Professor Graham MacGregor in a World Health Organisation report. Research has shown that by halving salt intake, there'd be (on average) a 24% reduction in strokes and an 18% reduction in coronary heart disease.

The Heart And Stroke Foundation: 021-447 4222,

[heart@heartfoundation.co.za](mailto:heart@heartfoundation.co.za)

[www.heartfoundation.co.za](http://www.heartfoundation.co.za)



## Don't let winter bug you!!

Help your body fight infection this winter with powerful immune boosting, natural remedies

### WHERE THE BODY, MIND & SPIRIT MEET



### Feeling flush? Come visit our store!

It's that time of the year again when the change of season brings about colds or flu, so make sure you prepare yourself this winter,

Natural Remedies has synergistic benefits which helps prevention & combating a wide range of illness.

#### Nourish (v):

To sustain with food and nutrients; to supply what is necessary for life, health & growth; strengthen, build up and promote.

#### Store Hours:

Mon-Thu 9:00-18:00  
Fri 9:00-12:45  
14:00-18:00  
Sat 9:00-14:00

Open on some Public Holidays

#### Stockists of top quality local and international brands

Absolute Organics	Green Vibrance	Phytoforce
Ami Pro	Hantam Honey	Silver Genesis
Bach Remedies	Health Connection	Soaring Free
Bliss Balls	Heel	Soil
By Nature	Just Pure	Solal
Dr Hauschka	Komati Food	Solgar
Earth	Metagenics	The Real Thing
Earth Sap	Natura	Unani Tibb
Giovanni	Patrick Holford	Viridian
Good Health	Pegasus	Vogel

#### Did you know?

Colds & Flu infections are spread mainly through contact, children are especially at risk of picking up cold and flu.

#### Dean Street Arcade

Cnr Dean & Main Street  
Newlands  
Tel: 021 686 7871

info@nourish.co.za  
www.nourish.co.za  
Latitude: -33.97167  
Longitude: 18.46478

## New-generation fast-acting Joint Formula now available at Nourish Health!

We are excited to announce the arrival of Solgar No. 7, a new-generation joint formula that provides a unique combination of ingredients that has shown improvement in joint comfort within 7 days!!!!

Solgar No. 7 is the first joint formula to contain UC-II® Standardized Cartilage, providing undenatured type II collagen. Research demonstrates that UC-II outperforms glucosamine and chondroitin in supporting joint comfort, flexibility and mobility. Just 40 mg of UC-II® is twice as effective as 1 500 mg of glucosamine and 1 200 mg of chondroitin.

Other ingredients include vitamin C (as Ester-C and calcium ascorbate), a potent dose of Boswellia extract (as 5-Loxin® Advanced), turmeric root extract, white willow bark, ginger root extract and a black pepper/cayenne pepper complex to increase bioavailability of the active ingredients. These compounds work synergistically and via different pathways to reduce pain and inflammation, to improve joint comfort and to inhibit breakdown of cartilage, collagen and connective tissue. As an added advantage, the product is easy to use, since you only need one capsule daily.

#### A note of caution!!!

Solgar No. 7 is not suitable for vegetarians.

Those on blood thinning medication should consult with their health care practitioner before taking this product.

# The Benefits of Solitude

By POLLY CAMPBELL

The television was running in the background while I grated the cheese and reminded my daughter to pack her homework folder and get her snack. In between, my husband was also telling me of his schedule the next day. Then, I heard the chirp of my phone announcing an incoming text.

Enough. Too much. Too much noise. Too many fragmented thoughts. I needed a time-out, a moment of quiet before I totally lost it and started snapping at those around me.

The quiet moments are restorative. It's a chance to become present to your thoughts and feelings, ease the stress and reenergize your body. Studies show that quiet time even lowers inflammation in the body and promotes well-being.

But in the noisy busyness of life quiet can be hard to come by – unless you fit it in to the nooks and crannies of your day. These tips can help.

## Making the Moment Quiet

**1. Make it a priority.** Like brushing your teeth or taking a shower, 10 minutes of quiet time a day packs health benefits that will contribute to your peace and well-being. This is not a luxury. It is part of taking care of your body and cultivating your spirit and it's just as important as eating vegetables and working out.

**2. Teach the people you live with about quiet time.** We've coached our daughter that each day includes quiet time. This is special time you get to yourself. No television or computer or music. This is the time to read or play or create art -- alone. It is possible to be with people in the same space and still have quality quiet time. One of my favourite things is when my husband, daughter and I are scattered around the house reading our own books – alone but together. By telling those you live with that this is important to you, and leading by example, they'll begin to support it and enjoy it as well.

**3. Use the spaces in between.** I rarely have the radio on in the car when I'm driving alone. When I'm waiting for an appointment, I'm seldom texting or talking. And chore time can be mindful and quiet. I often work without music or television or noise. I don't always get alone time, but the spaces in between the rest of my responsibilities allow time without noise.

**4. Create at least one daily ritual that promotes quiet.** Say a prayer. Meditate a few minutes each day. Go for a run without headphones. Take a long bath, or sneak in a shower before bed. I schedule quiet time. When I know I've got a particularly cluttered day ahead, I'll get up 15 minutes early just to drink coffee in the quiet, still-sleeping house and centre myself.

Creating pockets of solitude is a powerful way to refuel and energize our lives. Make it a priority. Build it in. You'll feel better and more equipped to manage the challenges of your day.

<http://www.fullcupthirstyspirit.com/blogpost.php?id=12>

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### About the Author:

**Polly Campbell** is a sought after motivational speaker and the author of two books, *Imperfect Spirituality: Extraordinary Enlightenment for Ordinary People*, and *How to Reach Enlightenment*.

She is a blogger with the Huffington Post, Psychology Today and at [www.imperfectspirituality.com](http://www.imperfectspirituality.com). Her magazine articles on personal development topics and spiritual practices appear regularly in national publications. She is also a teacher with The Daily Om, and the Growing Edge Institute.

Campbell has integrated the things she writes and talks about into her own life through practical experience. She lives with her husband, in Beaverton, Oregon, USA.

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Life gives you plenty of time to do whatever you want to do if you stay in the present moment.

-Deepak Chopra

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# 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



**Fatima Ismail**  
Occupational Therapist  
For Holistic Assessment and Management  
of Children Aged 0-13 Yrs

Tel: (021) 696-5928  
Cell: 082 656 1890

Theracare Health Centre  
118 First Avenue • Rondebosch East • (Opp. Crawford Station)

**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:  
**Rashidah Hargey**

- BOWEN THERAPIST
- YOGA INSTRUCTOR

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TELEPHONE:  
**083 29 444 29**  
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*The Original Bowen Technique*

#### 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.**

### Warrior of Light

One day, for no apparent reason, the warrior realises that he does not feel the same enthusiasm for the fight that he used to.

He continues to do what he has always done, but every gesture seems meaningless. At such a time, he has only one choice: to continue fighting the Good Fight. He says his prayers out of duty or fear or whatever, but he does not abandon the path.

He knows that the angel of the One who inspires him has simply wandered off somewhere. The warrior keeps his attention focused on the battle and he perseveres, even when everything seems utterly pointless. The angel will soon return and the merest flutter of his wings will restore the warrior's joy for him.

- PAULO COELHO

## Psalm 25

### Of David.

- <sup>1</sup> To you, O Lord, I lift up my soul.
- <sup>2</sup> O my God, in you I trust;  
do not let me be put to shame;  
do not let my enemies exult over me.
- <sup>3</sup> Do not let those who wait for you be put to shame;  
let them be ashamed who are wantonly treacherous.
- <sup>4</sup> Make me to know your ways, O Lord;  
teach me your paths.
- <sup>5</sup> Lead me in your truth, and teach me,  
for you are the God of my salvation;  
for you I wait all day long.
- <sup>6</sup> Be mindful of your mercy, O Lord, and of your steadfast love,  
for they have been from of old.
- <sup>7</sup> Do not remember the sins of my youth or my transgressions;  
according to your steadfast love remember me,  
for your goodness' sake, O Lord!
- <sup>8</sup> Good and upright is the Lord;  
therefore he instructs sinners in the way.
- <sup>9</sup> He leads the humble in what is right,  
and teaches the humble his way.
- <sup>10</sup> All the paths of the Lord are steadfast love and faithfulness,  
for those who keep his covenant and his decrees.
- <sup>11</sup> For your name's sake, O Lord,  
pardon my guilt, for it is great.
- <sup>12</sup> Who are they that fear the Lord?  
He will teach them the way that they should choose.
- <sup>13</sup> They will abide in prosperity,  
and their children shall possess the land.
- <sup>14</sup> The friendship of the Lord is for those who fear him,  
and he makes his covenant known to them.
- <sup>15</sup> My eyes are ever towards the Lord,  
for he will pluck my feet out of the net.
- <sup>16</sup> Turn to me and be gracious to me,  
for I am lonely and afflicted.
- <sup>17</sup> Relieve the troubles of my heart,  
and bring me out of my distress.
- <sup>18</sup> Consider my affliction and my trouble,  
and forgive all my sins.
- <sup>19</sup> Consider how many are my foes,  
and with what violent hatred they hate me.
- <sup>20</sup> O guard my life, and deliver me;  
do not let me be put to shame, for I take refuge in you.
- <sup>21</sup> May integrity and uprightness preserve me,  
for I wait for you.
- <sup>22</sup> Redeem Israel, O God,  
out of all its troubles.