

Helderberg Health



Monthly Newsletter

Issue # 11

August 2014

Welcome to the August edition of our monthly newsletter.

Last month my computer let me down again and again, and while I was stressing about deadlines and how not to be able to make them will affect me and others, I learned one valuable thing: The value of patience !



Since I ran out of time, this newsletter is a bit shorter, but not short of interesting information about Bowen and a Technique called Quantum Touch.

For more info about Bowen Therapy please go to our website: www.coetzee.de or www.a-touchofhealth.com or call one of our practitioners.

To see what a treatment is like watch this short YouTube video done by a therapist in Australia: <http://www.youtube.com/watch?v=PrxUrGPBMg0>. Please note that we do treat fully dressed. This video only shows the moves on skin to give more insight.

If you know of anyone who could benefit from Bowen, please suggest they try Bowen Therapy in conjunction with any medical assistance they may already be undertaking.

Please feel free to pass this Newsletter on to all your friends that are interested in health related topics.

Good health, harmony and happiness

THE BOWEN HELDERBERG TEAM
Marion, Lauraine and Renate



The Original Bowen Technique

Bowen Therapy for Restless Leg Syndrome

Sufferers of Restless Leg Syndrome know how distressing it is to not have a good night's sleep or not being able to enjoy theatre or cinema because of the restlessness. But there is good news - many Bowen practitioners report Bowen Therapy's effectiveness as a restless leg syndrome treatment.

Restless Leg Syndrome (RLS) or Wiltmaack-Ekbom's syndrome is described as the compulsion to move one's legs due to severe discomfort. There are four specific criteria for RLS:

- the strong urge to move restless legs and arms, with or without discomfort or painful sensations (other words used to describe these sensations – crawling, tingling, pulling, cramping, burning, itchy, tugging and gnawing, among others)
- relief from the above mentioned sensations comes only through the movement of the restless legs or arms
- commencement and/or aggravation of sensations during rest periods and during the night

Restless Leg Syndrome has the following characteristics:

- Because it manifests both during the day and at night (with much higher occurrences at night), restless legs often cause sleep deprivation and impact many aspects of daily life, with the US NIH including “long car trips, sitting in a movie theatre, long-distance flights, immobilization in a cast, or relaxation exercises” to the list.
- Both sexes can have restless leg syndrome and acquire it at any age, but women account for a higher percentage of worldwide cases.
- The trait of having a “restless leg” seems to be hereditary, with studies showing that 50% of all restless leg syndrome cases are passed on by parents to children.

Bowen Therapy: A Natural, Side-Effect Free Restless Leg Syndrome Treatment

There are a wide variety of medications for restless legs but they all come with various side-effects. As a restless leg syndrome treatment, Bowen Therapy is a safe and effective alternative for those seeking out a drug free therapy. It can take only a few sessions to ease your discomfort and make your days and nights much more bearable!

One client reported a massive decrease in pain, significantly less manifestations of restless legs throughout the night, and increased ability to sleep soundly after 3 sessions, and after 2 more Bowen Therapy sessions the patients reported positive results during the daytime, too.

If you have restless legs and want to experience the effectiveness of Bowen Therapy as an all-natural restless leg syndrome treatment, book your appointment now.



Bowen Testimonial

I came to Marion Coetzee for a Bowen Treatment as I was suffering from back, shoulder and neck pain caused by my job which involves me having to work at the computer for long periods of time.

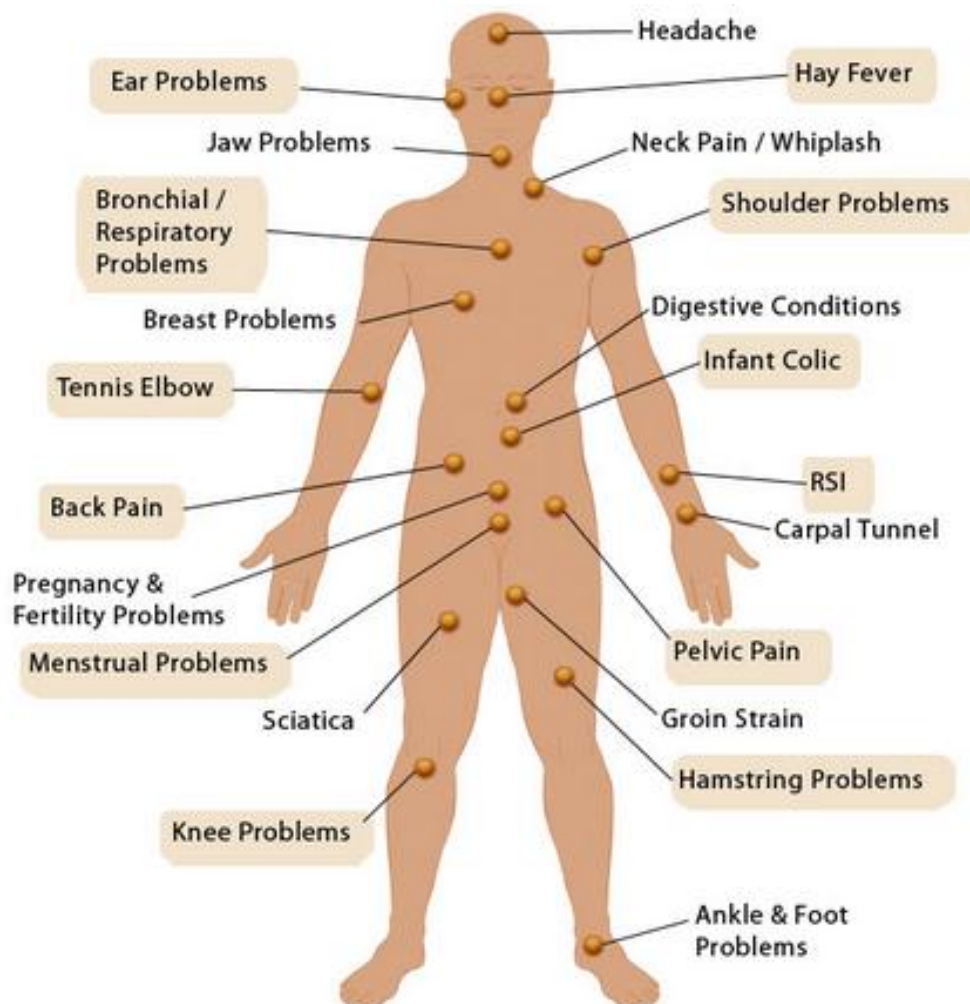
In her initial assessment of my body, Marion immediately noticed that my hips were out of alignment but, just by holding her hands on my hips, this soon rectified itself, with no pressure or pain!

Then I lay down for a period of about an hour during which time, Marion came in and out of the room, performing one or two slight manipulations of different parts of my back each time until the treatment was done.

Well, all I can say is that, when I sat up again, all pain and stiffness was gone as if by magic! Not only that but I was standing straighter and walking taller as I no longer had such sore and strained upper back and neck muscles! I can highly recommend Marion's Bowen therapy for everyone, no matter how 'small' you think your problem may be.

Carol-Ann Savosnick, Gordons Bay

What we can treat with Bowen



What is Quantum Touch ?

Quantum-Touch is a method of natural healing that uses life-force energy to promote self-healing and optimal wellness. Life Force Energy is the flow of energy that sustains all living beings. The Quantum-Touch practitioner is able to focus, amplify, and direct this energy, for a wide range of benefits with surprising and often extraordinary results.

Quantum-Touch is an effective method for reducing pain, realigning structure, balancing organs, glands and systems, healing injuries and burns, and much more.



Bones glide back into alignment with only a light touch

It is of utmost importance to realize that all healing is self-healing. The body has an extraordinary intelligence and ability to heal itself. Given the right energetic, emotional, nutritional, and spiritual environments, the natural state of the body is perfect health. Although all healing is self-healing, a therapist can assist other people in the healing process.

Life-force energy is an effective tool for healing because of the principles of resonance and entrainment. In physics, entrainment theory is the process where two vibrating objects, vibrating at different speeds, start to vibrate at the same speed when energy is transferred between the two objects.

Using the Quantum-Touch techniques, we can create a high frequency of life-force energy. If we place this field of high energy around an area of pain, stress, inflammation, or disease, the body can entrain to the higher frequency, thus amplifying the body's ability to heal itself. Life-force energy affects matter on the quantum, subatomic level and works its way up through atoms, molecules, cells, tissues, and structure.

Quantum-Touch helps to maximize the body's own capacity to heal. Quantum-Touch addresses the root cause of disease and creates the space for true healing to occur. Rather than just working on symptoms, Quantum-Touch will address the underlying cause of disease. It works on the concept of "body intelligence": the body knows how to bring itself back to 100% wholeness given the proper conditions.

Some commonly observed phenomena with Quantum-Touch

- Acceleration of the Healing Process.
- Transformation of Structure – Scoliosis and Kyphosis
- Movement of Bones into Correct Alignment.
- Excellent results with babies, animals
- Inflammation due to injury is rapidly reduced.
- Emotional and psychological conditions respond well to Quantum-Touch.

Quantum-Touch is a complementary pain management technique that targets the cause of pain. Every body is unique in it's capacity to heal. How quickly a person heals is due in part to variables such as

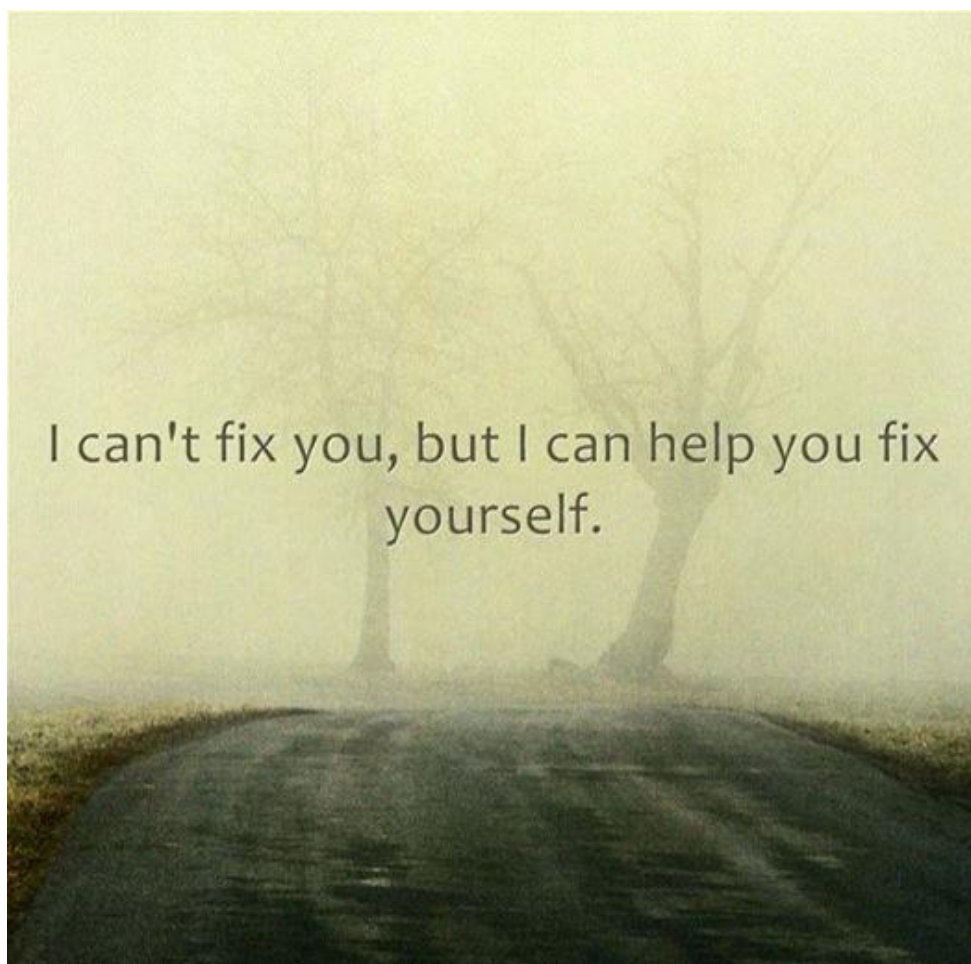
- Nutritional needs (does their body have the resources?)
- Willingness to heal (on the surface it's always "yes," but underneath?)
- Time (some things take time, such as tissue growth)
- Toxicity or Congestion in the body (definitely hampers healing)
- Severity (intense or severe conditions won't always heal quickly)
- Emotions and Mental frame sets that resist healing

Sometimes chronic pain goes away in one hour during a Quantum-Touch healing session. Sometimes pain relief may be gradual over a long series of sessions. We have noted that Quantum-Touch appears to be more effective when someone else is working on you, rather than doing energy healing on yourself.

<http://www.transperception.com/quantum-touch-healing.htm>

For more information watch this video of Richard Gordon, the founder of Quantum Touch, talking about Quantum Touch: <http://www.youtube.com/watch?v=54drpTNIZ38>

Marion Coetzee and **Renate Berger** are also a certified Quantum Touch practitioners. Please call Marion on 072-906 1010 or Renate on 083-7576015 to book a session.



Habits that rob you of happiness

Humans are largely habitual creatures, and, unfortunately, this hard-wired ability can be used for good or ill. While we may earnestly avow that we're desperate for a peaceful and happy life, our habits often simultaneously sabotage us.

We want a healthier lifestyle, but we binge watch TV and eat cookies on the weekends. We want a soul mate, but we reject every dude we meet. We want a positive outlook on life but we constantly complain. We want something different out of life, but we keep doing the same things.

Breaking habits isn't easy — just ask anyone ever. But ditching the negative patterns we've been carrying around for eons is often the missing puzzle piece in our pursuit of happiness.



Here are eight habits that may be getting in your way:

1. Comparing yourself to others.

This is a losing battle that humans have been fighting for all eternity. Your dog doesn't agonize over the fact that the pup next door has a rhinestone collar and a memory foam bed. He's stoked to be alive no matter what the circumstances. Comparing yourself negates all sense of appreciation for the amazing aspects of your life. You're not here to be like someone else; you're here to be like you.

2. Obsessing about how you look.

Your body is just a shell for the real you — a temporary vessel carrying precious cargo. It deserves your love, care and respect — not your constant criticism. It's impossible to be happy while hating your physical appearance, because hate and happiness can't coexist. Plus, putting all your attention on the outside is a distraction from all the things that actually matter.

3. Being judgey.

The judgments we inflict on others are often an outward extension of how we feel about ourselves. The best bet is trying to meet every circumstance and situation with a fresh mind and an open heart. Judging yourself or anyone else is self-defeating and entirely pointless. Taking things for what they are, along with offering acceptance, compassion and a neutral attitude, totally changes the way we see the world.

4. Doing stuff because other people are doing it.

Followers live frustrating, unempowered lives. This applies to anything and everything — opting into trends because a magazine said you should, working out a specific way because a celebrity does, choosing a certain job because your college roommates have similar gigs. Go your own way and embrace a deep and abiding sense of fulfillment that can't be found by following the crowd.

5. Not listening to your intuition.

That little voice in your head ALWAYS has the answer. Most of the time we fail to listen because it's not telling us what we want to hear. Frequently, it asks us to do things that are hard or uncomfortable, but necessary. Do the hard thing now instead of the exponentially harder thing much later, and skip all the pain that comes from waiting way too long to make the right decision.

6. Consuming too much media.

Mass media (for the most part) sells itself on negativity. Avoiding it is the best way to stay true to your own instincts and beliefs, instead of being brainwashed by the often-distorted norms and values of pop culture. Limit computer time, TV viewing and other consumption as much as you can. When you do opt into media, try to stick with positive, life-affirming stuff.

7. Buying crap you don't need.

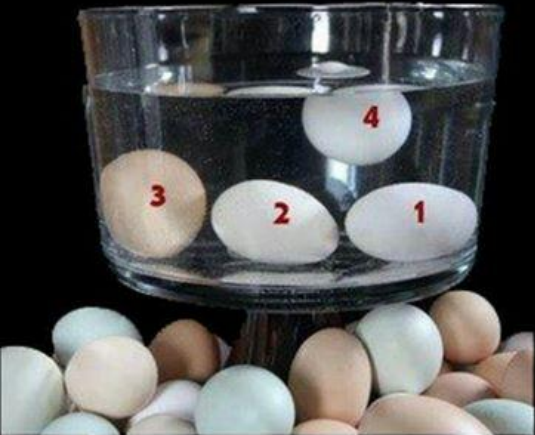
Consumerism is the ultimate smoke screen, distracting us from everything worthwhile about our existence. We've been taught that buying stuff will fill the void and make us feel whole and beautiful and happy. It's retail therapy to the extreme. Unfortunately, the opposite is often true. Filling our lives with MORE material crap clutters us up and steals our attention away from what's truly valuable. Living more minimally is freeing for body, mind and spirit.

8. Being afraid of joy.

Often, this one's lurking just beneath the surface, waiting to sabotage the next awesome opportunity that comes your way. For many, it's entirely subconscious. In a culture of cynicism and worry, joy is outside the norm, so people tend to be afraid of it. When something wonderful happens, we convince ourselves that disaster is afoot — and self-fulfilling prophecies occur. Milking joy every chance we get is the best way to beat this self-defeating pattern.

<http://www.mindbodygreen.com/0-14422/8-habits-that-rob-you-of-happiness.html>

How To Determine If An Egg Is Fresh



- 1 VERY FRESH**
A very fresh egg will sink to the bottom and lay on its side.
- 2 WEEK OLD**
Week old eggs will rest on the bottom but the fat end of the egg will rise up slightly.
- 3 3-WEEK OLD**
Three week old eggs will be balanced on pointy end with the fat end sticking up.
- 4 BAD EGGS**
Old eggs will be floating, bobbing along the surface of the water. These floaters should be tossed as they aren't any good to eat.