

Helderberg Health



Monthly Newsletter

Issue # 12

September 2014

Welcome to the September edition of our monthly newsletter.

Most people associate Bowen Therapy with pain therapy. But Bowen can also help with conditions like Asthma, Reflux, Constipation, Stress, Kidney and Bladder Problems and many more.

In this edition we will cover the subjects Bowen for hormonal imbalances, and we will talk a bit about Bowen treatment for babies and mothers-to-be.



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 for Hormonal Imbalances

Hormonal imbalance is very common and often complicated, simply because we have so many hormones in our bodies. Because hormones are extremely agile and adaptive, they don't just stop working, they often find other ways of working and your body will try to compensate for these shifts – and you may start to experience symptoms which you've never had before – ones which you don't understand and ones which you definitely would rather not have!

For the following conditions Bowen Therapy can help you shift your hormones back into balance.

- Gynaecological complaints
 - pre-menstrual symptoms
 - menstrual complaints
 - ovarian problems
 - uterine problems
 - fibroids
 - cramps
- Menopause
 - hot flushes
 - mood swings
 - night sweats
- Libido in men and woman can be improved
- Assistance with fertility
Woman having trouble conceiving have been able to fall pregnant and have beautiful healthy babies.
- Prostate issues



“Having nine lives is cool, but if I have to go through menopause again, forget it!”

The Bowen therapy is very helpful in reducing the symptoms experienced during both the pre- and post-menopausal stages of life.

Menopausal symptoms usually occur in women between 45 and 55 years of age, when menstruation ceases permanently. Changing levels of the female hormone oestrogen can result in hot flushes, palpitations, depression, mood swings, memory problems and poor libido.

The treatment is good for helping the body to adjust to the changing hormonal levels and provides lymphatic drainage, assisting in the removal of the toxins.

Bowen is especially good for relieving constipation, bloating and breast tenderness: all symptoms of menopause.

For more info about Bowen Therapy in general 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.

Heart Disease in Women

Becoming aware of symptoms and risks unique to women, as well as eating a heart-healthy diet and exercising, can help protect you.

Although heart disease is often thought of as a problem for men, more women than men die of heart disease each year. One challenge is that some heart disease symptoms in women may be different from those in men. Fortunately, women can take steps to understand their unique symptoms of heart disease and to begin to reduce their risk of heart disease.

Heart attack symptoms for women

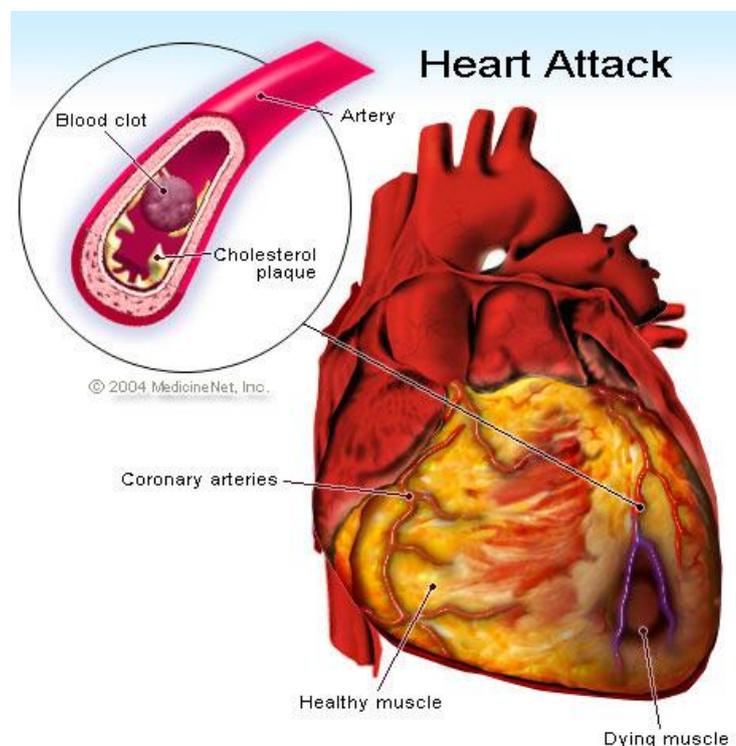
The most common heart attack symptom in women is some type of pain, pressure or discomfort in the chest. But it's not always severe or even the most prominent symptom, particularly in women. And, sometimes, women may have a heart attack without chest pains. Women are more likely than men to have heart attack symptoms unrelated to chest pain, such as:

- Neck, jaw, shoulder, upper back or abdominal discomfort
- Shortness of breath
- Right arm pain
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue

These symptoms can be more subtle than the obvious crushing chest pain often associated with heart attacks. Women may describe chest pain as pressure or a tightness. This may be because women tend to have blockages not only in their main arteries but also in the smaller arteries that supply blood to the heart — a condition called small vessel heart disease or microvascular disease.

Women's symptoms may occur more often when women are resting, or even when they're asleep. Mental stress also may trigger heart attack symptoms in women.

Women tend to show up in emergency rooms after heart damage has already occurred because their symptoms are not those typically associated with a heart attack, and because women may downplay their symptoms. If you experience these symptoms or think you're having a heart attack, call for emergency medical help immediately. Don't drive yourself to the emergency room unless you have no other options.



Heart disease risk factors for women

Although the traditional risk factors for coronary artery disease — such as high cholesterol, high blood pressure and obesity — affect women and men, other factors may play a bigger role in the development of heart disease in women. For example:

- Diabetes increases the risk of heart disease significantly more in women than in men.
- Metabolic syndrome — a combination of fat around your abdomen, high blood pressure, high blood sugar and high triglycerides — has a greater impact on women than on men.
- Mental stress and depression affect women's hearts more than men's. Depression makes it difficult to maintain a healthy lifestyle and follow recommended treatment, so talk to your doctor if you're having symptoms of depression.
- Smoking is a greater risk factor for heart disease in women than in men.
- A lack of physical activity is a major risk factor for heart disease, and as a group, women tend to be less active than men.
- Low levels of estrogen after menopause pose a significant risk factor for developing cardiovascular disease in the smaller blood vessels (microvascular disease).
- Pregnancy complications such as high blood pressure or diabetes during pregnancy can increase a woman's long-term risk of high blood pressure and diabetes and increase the risk of development of heart disease in both the mother and in her children.

Is heart disease something only older women should worry about?

No. Women under the age of 65, and especially those with a family history of heart disease, need to pay close attention to the heart disease risk factors. Women of all ages should take heart disease seriously.

What can women do to reduce their risk of heart disease?

There are several lifestyle changes you can make to reduce your risk of heart disease:

- Quit or don't start smoking.
- Exercise 30 to 60 minutes a day on most days of the week, or 60 to 90 minutes if you need to lose weight.
- Maintain a healthy weight.
- Eat a diet that's low in saturated fat, cholesterol and salt.



You'll also need to take prescribed medications appropriately, such as blood pressure medications, blood thinners and aspirin. And you'll need to better manage other conditions that are risk factors for heart disease, such as high blood pressure, high cholesterol and diabetes.

<http://www.mayoclinic.org/diseases-conditions/heart-disease>

Bowen for Babies

The birth is one of the most traumatic processes a child will go through. One of the wonderful things about Bowen Therapy is that it can be used to treat babies right from the time they are born. It is an extremely gentle and safe treatment for baby as the treatment only consists of a few very gentle moves, usually around the area of the baby's diaphragm.

The diaphragm is a muscle that helps us to breathe, but due to its central location working just over it can have an effect on our circulation, digestive system and bowel movements.

Baby Bowen is very effective at releasing spasms and tension in the diaphragm, arguably the major contributing factor in colic. Therefore Bowen Therapy can help prevent colic, acid reflux, hiccups as well as aiding in the digestive process.

Because it is such a gentle treatment, and the fact that mother can comfort the baby by holding it during treatment, babies respond very well to Bowen.

Bowen Therapy is extremely effective for:

- Infant colic
- Constipation
- Blue babies
- Misalignments in the spine due to labour
- Hiccups
- Chest infections
- Asthma
- Reflux
- Restlessness
- Premature babies



Bowen Therapy can help maintain health and relaxation for both mother and baby.



Please note that the babies will be treated fully dressed at all times.

Bowen for Mums and Mums-to-be

Bowen Therapy has a very important role to play in the health care of women both during and after pregnancy. The Bowen Technique is integral for Mothers-To-Be as it is one of the only therapies that can be performed in its entirety with the patient sitting down or lying on their side. Bowen Therapy can treat all common pregnancy pains.

As the centre of gravity changes during pregnancy, so do the stresses on the spine. Many problems suffered during pregnancy may be directly related to the health of the spine. Common pregnancy pains are easily and gently relieved, almost immediately with Bowen Therapy, and the treatment is very relaxing for the expectant mother.

Common pregnancy pains the mother may experience are:

- Backache
- Sciatica
- Hip Pain
- Breast Tenderness
- Aching Legs
- Headaches
- Fatigue
- Nausea / Dizziness
- Breathlessness
- Constipation
- Heartburn
- Swelling
- Decreased Energy Levels



The spine and pelvis of an expectant mother are particularly vulnerable because of the stress of carrying an unborn baby. Hormonal changes make the pelvis suppler during the latter part of pregnancy. This is when the terrible back aches seem to not only intensify, but also appear more frequently as the baby gets heavier. The instability of the pelvis can lead to other strains being felt in the spine and supporting muscles and ligaments.

Pregnancy can create new problems but can also exacerbate existing ones.

The process of childbirth puts tremendous stresses and strains on the musculoskeletal system. This includes the spine, pelvis, supporting muscles and ligaments. As these structures are suppler for some time after birth due to the hormonal changes, there may be an increased susceptibility to injury.

The birth itself can leave the mother in a lot of lower back and pelvic pain. There is also the added strain on the spine whilst nursing, feeding and caring for the baby.

Many expectant mothers have discovered Bowen Therapy during pregnancy and have continued it after the birth of their child; both mother and baby become Bowen clients.

For more information <http://bowen.hareymaryu.com/tcbabiesandinfants.html>

How our Kidneys work

The kidneys are two bean-shaped organs that extract waste from blood, balance body fluids, form urine, and aid in other important functions of the body.

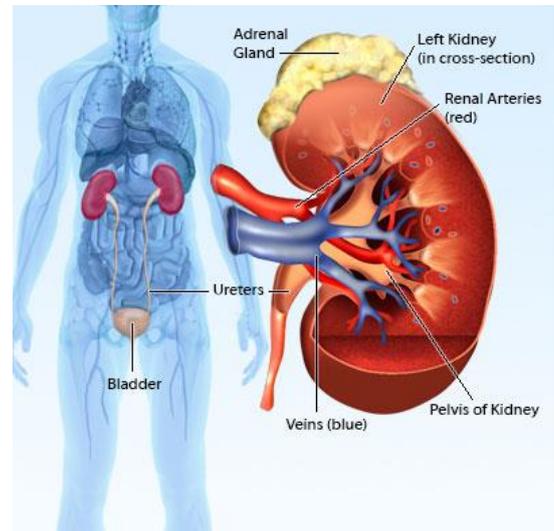
They reside against the back muscles in the upper abdominal cavity. They sit opposite each other on both sides of the spine. The right kidney sits a little bit lower than the left to accommodate the liver.

When it comes to components of the urinary system, the kidneys are multi-talented powerhouses of activity. Some of the core functions of the kidneys include:

- **Waste excretion:** There are many things your body doesn't want inside of it, and the kidneys help get rid of some of them. The kidneys filter out toxins, excess salts, and urea, a nitrogen-based waste created by cell metabolism. Urea is synthesized in the liver and transported through the blood to the kidneys for removal.
- **Water level balancing:** As the kidneys are key in the production of urine, they react to changes in the body's water level throughout the day. As water intake decreases, the kidneys adjust accordingly and leave water in the body instead of helping excrete it.
- **Blood pressure regulation:** The kidneys need constant pressure to filter the blood. When it drops too low, the kidneys increase the pressure. One way is by producing a blood vessel-constricting protein (angiotensin) that also signals the body to retain sodium and water. Both the constriction and retention help restore normal blood pressure.
- **Red blood cell regulation:** When the kidneys don't get enough oxygen, they send out a distress call in the form of erythropoietin, a hormone that stimulates the bone marrow to produce more oxygen-carrying red blood cells.
- **Acid regulation:** As cells metabolize, they produce acids. Foods we eat can either increase the acid in our body or neutralize it. If the body is to function properly, it needs to keep a healthy balance of these chemicals. The kidneys do that, too.

Most people are born with two kidneys, but many people can live on just one. Kidney transplant surgeries with live donors are common medical procedures today. Because of all of the vital functions the kidneys perform and the toxins they encounter, the kidneys are susceptible to various problems.

Acute kidney failure is a condition in which the kidneys suddenly lose their ability to function properly. This can occur for many reasons, including Infection, Blood-clotting disorders, Decreased blood flow caused by low blood pressure, Acute tubular necrosis, Autoimmune kidney disorders, Urinary tract infections, Complications from pregnancy.



Spicy Falafels

Cheap and easy to make – stuff them into pittas with salad, or serve with couscous and humus.

Prep: 10 mins **Cook:** 10 mins Ready in 20 minutes

Ingredients

- 2 tbsp sunflower or vegetable oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 400g can chickpeas, washed and drained
- 1 tsp ground cumin
- 1 tsp ground coriander (or use more cumin)
- handful parsley, chopped, or 1 tsp dried mixed herbs
- 1 egg, beaten

Method

Heat 1 tbsp oil in a large pan. Then fry the onion and garlic over a low heat for 5 mins until softened.

Tip into a large mixing bowl with the chickpeas and spices, then mash together with a fork or potato masher until the chickpeas are totally broken down.

Stir in the parsley or dried herbs, with seasoning to taste.

Add the egg, then squish the mixture together with your hands.

Mould the mix into 6 balls, then flatten into patties.

Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm.

Serve hot or cold with couscous, pitta bread or salad.

<http://www.bbcgoodfood.com/recipes/2589/spicy-falafels>

