

# Helderberg Health



*Monthly Newsletter*

*Issue # 13*

*October 2014*

---

Welcome to the October edition of our monthly newsletter.

Since October is breast cancer awareness month we want to remind all our female reader about the importance of early detection through regular check-ups.

Please read our article for more information on this subject.

Bowen can unfortunately not help with breast cancer, but can aid recovery from chemotherapy and mastectomy.



In this edition we will tell you also more about Carpal Tunnel Syndrome and how Bowen can be helpful, since this problem seems to occur in quite a lot of people.

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

# Carpal Tunnel Syndrome and Bowen

## What is carpal tunnel syndrome?

Carpal tunnel syndrome is a problem that affects the wrist and hand. If you have carpal tunnel syndrome, tingling and numbness can make even simple tasks hard to perform. But carpal tunnel syndrome can be treated, and your symptoms can be controlled.

## Learning about the carpal tunnel

The carpal tunnel is a narrow space inside the wrist that is surrounded by bone and ligament. This space lets certain tendons and a major nerve pass from the forearm into the hand. With carpal tunnel syndrome, the tendon sheaths may thicken and enlarge. This reduces the amount of space inside the carpal tunnel. As a result, the median nerve may be compressed.

## The symptoms of carpal tunnel syndrome

Tingling and numbness are the most common symptoms of carpal tunnel syndrome. Some people also have hand pain or even a weakened grip. At first, symptoms may wake you up at night. Later, they may also occur during your daily routines. For instance, you may notice symptoms while you are driving or holding a newspaper. Your symptoms may become more severe over time.

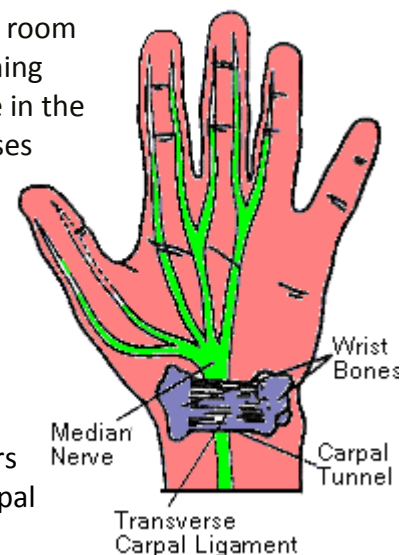
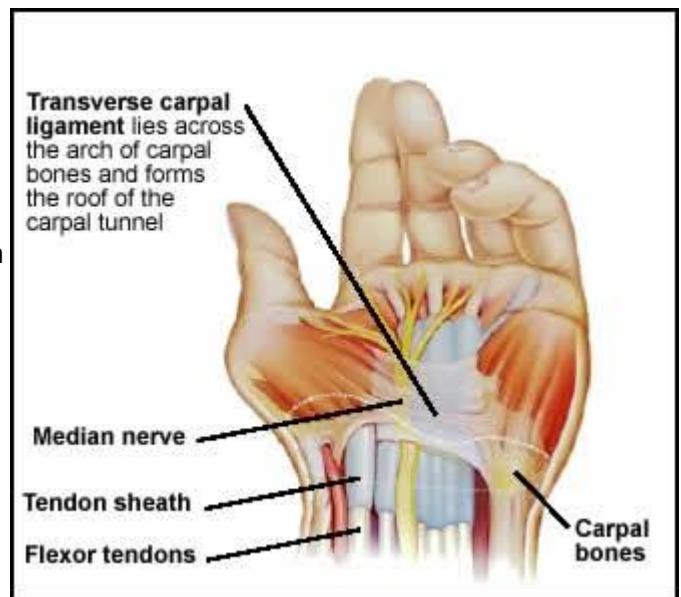
## Where is the carpal tunnel?

At the base of the palm is a tight canal or tunnel through which tendons and a nerve going from the forearm to the hand have to pass to get into the hand. The nerve that passes through this narrow tunnel to reach the hand is called the Median nerve. This narrow passage between the forearm and hand is what we call the carpal tunnel.

The carpal tunnel is normally quite snug and there is just barely enough room in it for the tendons and one nerve that have to pass through it. If anything takes up extra room in the canal, things become too tight and the nerve in the canal becomes constricted or "pinched". This pinching of the nerve causes numbness and tingling in the area of the hand that the nerve goes to. The symptoms caused by the median nerve being pinched in the carpal tunnel are called the "carpal tunnel syndrome".

## What are the causes of carpal tunnel syndrome?

Carpal tunnel syndrome is often the result of a combination of factors that increase pressure on the median nerve and tendons in the carpal



tunnel, rather than a problem with the nerve itself. Most likely the disorder is due to a congenital predisposition - the carpal tunnel is simply smaller in some people than in others. Other contributing factors include trauma or injury to the wrist that cause swelling, such as sprain or fracture; over-activity of the pituitary gland; hypothyroidism; rheumatoid arthritis; mechanical problems in the wrist joint; work stress; repeated use of vibrating hand tools; fluid retention during pregnancy or menopause; or the development of a cyst or tumor in the canal. In some cases no cause can be identified.

There is little clinical data to prove whether repetitive and forceful movements of the hand and wrist during work or leisure activities can cause carpal tunnel syndrome. Repeated motions performed in the course of normal work or other daily activities can result in repetitive motion disorders such as bursitis and tendonitis. Writer's cramp - a condition in which a lack of fine motor skill coordination and ache and pressure in the fingers, wrist, or forearm is brought on by repetitive activity - is not a symptom of carpal tunnel syndrome.

### **Bowen Treatment for Carpal Tunnel Syndrome**

Bowen has shown to be very effective in reducing or eliminating the symptoms associated with carpal tunnel syndrome. About three sessions are required initially for carpal tunnel, with follow-ups as needed afterwards.

### **Testimonial**

*"I had never heard of Bowen Therapy. I didn't think it would be any help at all for my carpal tunnel. The carpal tunnel was so bad that I was prepared to have surgery and miss six months of work. I had spoken to a few people who had already had the surgery – some were better, but some said their carpal tunnel was worse. I am someone that likes to try things so I went ahead and tried Bowen after hearing about it. I didn't feel much different after the first and second sessions (except that I became very thirsty), but after the third session my elbow got really sore and a couple of days later my carpal tunnel symptoms were completely gone – I couldn't believe it. It was like someone had switched the light on. I was absolutely surprised and other people I have spoken to just can't believe it. Two or three months later some of the symptoms came back but after one more treatment they went away again. The best thing is that I haven't had to miss work. I am a mechanic and if I can't work, I can't earn a living. The carpal tunnel surgery is also very, very expensive and high risk. Bowen is a hell of a lot cheaper and is gentle and non-invasive. Bowen has so many benefits, why wouldn't you give it a try? You have nothing to lose."*

*Steve Giles, Hornsby*

<http://www.wholebeing.com.au/treatments/carpal-tunnel-syndrome-treatment.html>

For more info about Bowen Therapy in general please go to our website: [www.coetzee.de](http://www.coetzee.de) or [www.a-touchofhealth.com](http://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.

# Health Risks of Amalgam Fillings

One of the most vexing issues in dentistry today revolves around the use of silver fillings (amalgams) in our mouths. Do we need to take out the old mercury-laden silver fillings for fear of health issues and replace them, or are there better restorative dentistry options that do not pose any potential risk to our health? Dental professionals in the United States and around the world are currently debating this issue.

Mercury is a powerful neurotoxin and, at certain levels, can cause neurological issues, autoimmune disease, chronic illnesses and mental disorders. The burning question is whether an unknown quantity of mercury vapor in our silver fillings at a constant exposure poses a significant health risk.

Amalgams consist of 50% mercury along with a combination of silver, tin, and copper. Studies have found that the amount of mercury vapor from amalgams varies from 3 micrograms/day up to 27 micrograms/day. This translates to 3% to 68% of workplace air quality standards that are allowable by the *Occupational Safety and Health Administration*. What this means is that at the high level – and with continuous exposure – we could be at levels that OSHA says are unhealthy. The World Health Organization has stated that the exposure to mercury vapor can greatly increase beyond this number due to personal habits such as grinding of the teeth, chewing gum, and drinking carbonated drinks. This could lead to a fivefold increase in mercury levels after these activities.

In 2008, Scandinavian countries took action and banned the use of amalgam fillings for environmental and health reasons.

In Sweden, they have conducted a number of studies where people, with pre-existing neurological and health issues (Chronic Fatigue-type symptoms), had amalgams removed; 78% reported improvement in their health status.



We do know that mercury vapor is released from silver fillings. But whether amalgam poses a real health risk is still not known for sure. We know there are certain factors that play into more mercury leaching into the body: the number of fillings in the mouth, the age of the fillings, diet, the acid we put in the mouth through carbonated drinks and grinding of the teeth.

Dental amalgams were always considered inert, that little mercury release would occur. With new detection techniques, the measurement of mercury release from amalgam fillings has become possible, down to micrograms per cubic meter. These new detection methods are allowing experts to question previous studies, and new concerns are surfacing from experts.



The highest amount of mercury exposure from silver fillings occurs when they are placed and when they are removed from our mouths. Don't run to the dentist to have your fillings taken out. But *do* have your dental team examine your fillings to determine whether or not they are intact, and have a conversation about the potential health risks of keeping or removing amalgams.

If they are 20 years and older, causing gum inflammation and preventing you from flossing, and/or have decay underneath, replace them with a non-amalgam restoration.

If you are having a silver filling removed, make sure the dentist is using a dental rubber dam that isolates the tooth and minimizes the amount of mercury vapor released.

<http://www.doctoroz.com/article/toxic-teeth-are-our-amalgam-fillings-safe>

---

## The Power of Vitamin D

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It is also produced when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis. Vitamin D promotes calcium absorption and is needed for bone growth and bone remodelling. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Vitamin D has other roles in the body, including modulation of cell growth, neuromuscular and immune function, and reduction of inflammation. Here is a list of benefits of having adequate levels of Vitamin D:

**1. Boosts the Immune System** - vitamin D may be an important way to arm the immune system against disorders like the common cold. It is one of your BEST defenses against the flu and the common cold. Vitamin D regulates the expression of genes that influence your immune system to attack and destroy bacteria and viruses. People with optimal levels of Vitamin D rarely get sick.

**2. Reduces the risk of MS** - it may reduce the risk of developing MS. Multiple sclerosis is much less common the nearer you get to the tropics, where there is much more sunlight, according to Dennis Bourdette.

**3. Helps maintain cognitive functioning**- vitamin D may play a key role in helping the brain keep working well in later life, according to a study of 3000 European men between the ages of 40 - 79.

**4. Healthy Weight** - vitamin D probably plays an important role in maintaining a healthy body weight, according to research carried out at the Medical College of Georgia, USA.

**5. Reduces cancer risk** - various studies have shown that people with adequate levels of vitamin D have a significantly lower risk of developing certain types of cancer, compared to those whose levels are low. Vitamin D deficiency was found to be prevalent in cancer patients regardless of nutritional status in a study carried out by the Cancer Treatment Centers of America.

**6. Reduces the risk of heart attacks** - an study published in September 2012 suggested that low levels of vitamin D may increase the risk of heart attacks and early death.



# Beans – Protein Rich Superfoods

**High in fiber and antioxidants, beans aren't just good for the waistline, they may aid in disease prevention, too.**

More than just a meat substitute, beans are so nutritious that the latest dietary guidelines recommend we triple our current intake from 1 to 3 cups per week. What makes beans so good for us? Here's what the experts have to say:

Chronic conditions such as cancer, diabetes, and heart disease all have something in common. Being overweight increases your chances of developing them and makes your prognosis worse if you do, which means that trimming your waistline does more for you than make your pants look better.

Beans are comparable to meat when it comes to calories but they really shine in terms of fiber and water content, two ingredients that make you feel fuller, faster. Adding beans to your diet helps cut calories without feeling deprived.

Our diets tend to be seriously skimpy when it comes to fiber, to the detriment of both our hearts and our waistlines. One cup of cooked beans (or two-thirds of a can) provides about 12 grams of fiber -- nearly half the recommended daily dose of 21 to 25 grams per day for adult women (30 to 38 grams for adult men). Meat, on the other hand, contains no fiber at all.

This difference in fiber content means that meat is digested fairly quickly, whereas beans are digested slowly, keeping you satisfied longer. Plus, beans are low in sugar, which prevents insulin in the bloodstream from spiking and causing hunger. When you substitute beans for meat in your diet, you get the added bonus of a decrease in saturated fat.

In a recent study, bean eaters weighed, on average, 7 pounds less and had slimmer waists than their bean-avoiding counterparts -- yet they consumed 199 calories more per day if they were adults and an incredible 335 calories more if they were teenagers.

Beans have something else that meat lacks: phytochemicals, compounds found only in plants (*phyto* is Greek for "plant"). Beans are high in antioxidants, a class of phytochemicals that incapacitate cell-damaging free radicals in the body, says Brick. (Free radicals have been implicated in everything from cancer and aging to neurodegenerative diseases like Parkinson's and Alzheimer's.)

In a U.S. Department of Agriculture study, researchers measured the antioxidant capacities of more than 100 common foods. Three types of beans made the top four: small red beans, red kidney beans, and pinto beans. And three others -- black beans, navy beans, and black-eyed peas -- achieved top-40 status. The bottom line? Beans are pretty much the perfect food.



<http://www.webmd.com/diet/features/beans-protein-rich-superfoods>

# The Ultimate Detox Bath



Everyone wants to glow. Glow is our personal electricity turned up to high. Amazing skin care and makeup can amplify a glow ... but real glowing energy is something you feel bouncing off someone, not just something you see.

To glow more, you need more flowing, bright energy around you, and less heaviness.

Eliminating stress is the first step to creating more glow. Stress is energy that is either overstimulated or stagnant.

Clearing negativity and clutter from your life will also help you to glow. There's nothing like dark, dreary pessimism, a lack of gratitude or a pile of trash to dim your days.

I love the ritual of a bath to help promote a major glow! Today I want to share a detox bath that I have so many people hooked on now, largely because it is amazing. It can help you to soak away stress, infuse your body with the rejuvenating feng shui element of water and calming minerals like magnesium, and some say it can even clear your aura (the actual radiant halos of energy that some see around us, and most of us feel) in the process!

The bonus: When you turn your bathroom into a spa, even in the small ways, you make your home and life more prosperous.

## **The Ultimate Detox Bath**

- 1 tsp. of vitamin C crystals. Pure ascorbic acid helps to soften the water and neutralizes some of the chlorine in an unfiltered water supply.
- 1 cup Epsom salt. Or sea salt. (With sea salt, you will miss out on the hefty dose of magnesium in the Epsom salt, but you'll get other minerals from the sea.)
- 1 cup of baking soda.

You can add any of the following to make it extra-special.



### Quartz crystals.

I always add clear quartz and rose quartz crystals. Note: some gemstones are water-soluble and some are toxic, so be aware of what crystals you add to baths. Clear quartz is very energizing and I find it to be great after a long day.

### Essential oils.

Lots of people add lavender essential oil for an added dose of calm. Sandalwood essential oil is also extremely grounding if you find you're often spaced out or thinking too much.

Add all of the above to a big tub of hot water and soak for 15 to 20 minutes if you can. Bring some water with you to drink, and have a glass beforehand, especially if you like your bath very hot.

If you want to keep it simple, just try a 20-minute soak in a cup of baking soda. It always turns on a strong glow in my life, and I think you will love it.

Also, for bonus stress-relief and glow factor: stay in the tub as you're draining it and envision all the negativity in your life, and tension in your body or anything confusing in your world being pulled from you and swirling down the drain!

Weekly — or even daily — these baths are energy magic!

<http://www.mindbodygreen.com>





# October is Breast Cancer Awareness Month

October is a time to show support for those affected by breast cancer. October is a time to reflect. October is a time to celebrate advances in the diagnosis, treatment and management of breast cancer. October is a time to remember those lost. October is Breast Cancer Awareness Month.

The incidence of breast cancer among South African women is increasing and it is one of the most common cancers among women in South Africa. It is the most prevalent cancer amongst white and Asian women and the second most common cancer among black and coloured women.



Facts about breast cancer:

- Early detection of the condition can lead to effective treatment and a positive prognosis. About 90% of patients survive for many years after diagnosis when breast cancer is detected at the early stages.
- Regular self-breast examination and regular mammograms are key to early detection.
- Presenting yourself early for treatment may result in more effective treatment, leading to a reduction in pain and suffering and a significant decrease in the loss of life.

The best protection  
is early **detection**

The designation of October as "Breast Cancer Awareness Month" in South Africa reflects a nationwide drive by public and private healthcare structures to raise awareness of this debilitating disease across all races and class structures.