

Helderberg Health



Monthly Newsletter

Issue # 14

November 2014

Welcome to the November edition of our monthly newsletter.

In this edition we concentrate on Bowen for Neck Pain. Recently a wonderful teacher from Australia came all the way to Cape Town to give us more insight on the possible causes of neck pain, and the variety of Bowen Procedure we have for neck issues. We were also shown different assessment methods to find the most suitable procedure, and a range of neck exercises for our clients.

If you should suffer from neck pain please contact your Bowen Practitioner for an appointment. She will find the cause of your neck pain and use the most appropriate procedures to address your problem brilliantly.



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



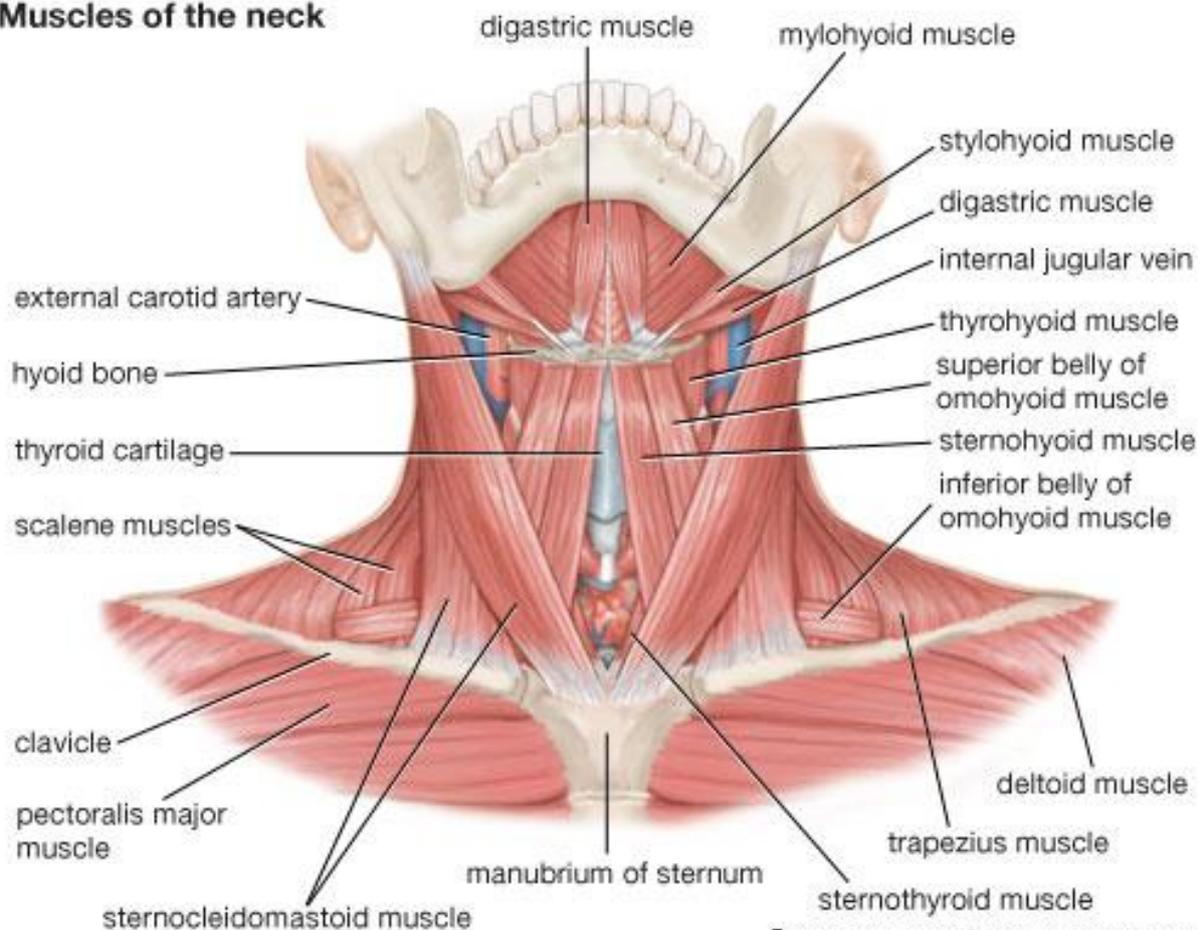
The Original Bowen Technique

Neck Pain and Bowen

Pain located in the neck is a common medical condition. Neck pain can come from a number of disorders and diseases and can involve any of the tissues in the neck.

Examples of common conditions causing neck pain are degenerative disc disease, neck strain, neck injury such as in whiplash, a herniated disc, or a pinched nerve. It can also be related to a misaligned jaw and can also come from conditions directly affecting the muscles of the neck, such as fibromyalgia and polymyalgia rheumatica. Neck pain is also referred to as cervical pain.

Muscles of the neck



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Risk factors for neck pain include injury from involvement in contact sports, motor-vehicle accidents, bull or bronco horse riding, etc. Prevention of neck pain in the context of these activities should include neck strengthening exercises and often neck bracing.

Neck pain can also be associated with headache, facial pain, shoulder pain, and arm numbness or tingling (upper extremity paresthesias). These associated symptoms are often a result of nerves becoming pinched in the neck. Depending on the condition, sometimes neck pain is accompanied by upper back and/or lower back pain, as is common in inflammation of the spine from ankylosing spondylitis.

Bowen Therapy and Neck Pain

Bowen is known to work wonders on Neck and related Shoulder pain. Bowen has specific procedures that gently treat many of those muscles shown in the picture.

The Trapezius muscle for example is repeatedly addressed at different points. The Rhomboid major as well as the Rhomboid minor get addressed. These moves aim to create more freedom of movement between the scapula and the spine, and the scapula and the neck.

By addressing the upper section of Trapezius at the back of the neck, and the underlying Splenius Capitis relaxed muscles, freer fascia and increased blood and lymph circulation will be achieved.

According to the origin of the neck pain we might additionally treat the Sternocleidomastoid, the Scalene muscle group and the Shoulder, just to name a few.

Please call one of our Therapists for more information and to book an appointment.

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.

Bowen Testimonials

Stiff Neck & Head Aches

Over recent years I have been a frequent sufferer of headaches and stiff necks. I visited a physiotherapist which gave me only temporary relief. Becoming concerned about the number of painkillers I was taking for my pain I attended Bowen Therapy sessions. After a few sessions my stiff necks and related headaches began disappearing and before long, all pain had gone. This form of therapy was so effective for me that I would recommend it to anyone to try. B.B.

Neck & Shoulder Pain

Two years ago I had a very sore neck and shoulder pain and was advised to visit a Bowen Therapist by a family member who had back pain in the past and had found Bowen therapy a great success. Bowen Therapy gave me excellent relief for my shoulders and neck, and after two visits I was pain free. Max

Shoulder & Neck Pain

When I first came across Bowen I was desperate with intense shoulder & Neck pain, I had tried Physio and a very good Osteopath, and was virtually taking anti-inflammatory all the time. After 5 Bowen treatments I was a different person and felt my tight tense pain areas were unraveling and felt that I had a new lease of life. My neck and shoulder pain has gone, and I feel 100% better. I would recommend you try Bowen as the results that I have had are amazing. L.W.

<http://bowenforhealth.co.nz/testimonials/>

Butter vs Margarine

The debate of whether butter or margarine is better for our health has been going on for many years. The determining factors are cholesterol, saturated fat and trans fat. Weighing the pros and cons, which one really is the healthier choice: butter or margarine?

Butter contains a lot of artery-clogging saturated fat, and margarine contains an unhealthy combination of saturated and trans fats, so the healthiest choice is to skip both of them and use liquid oils, such as olive, canola and safflower oil, instead.

Understanding the pros and cons of each option can help you make informed choices about what to use and how often (or seldom) to use it.

Butter

Pros: Butter is generally natural, made from just one or two ingredients: cream, and sometimes salt.

Cons: Cream – also known as milk fat – contains both saturated fat and cholesterol, the two dietary ingredients that raise blood cholesterol and increase the risk of heart and vascular diseases. A single tablespoon of butter contains 7 grams of saturated fat – that’s a third to a half of a day’s recommended amount! One tablespoon of butter also contains a whopping 100 calories.



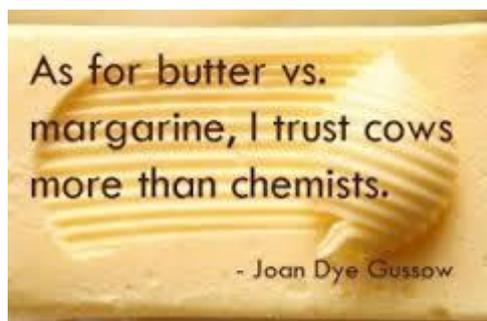
Bottom line: Save butter for special recipes and occasions, and even then, use it sparingly.

Stick margarine

Pros: Margarine is much lower in saturated fat than butter, and it is made from vegetable oils, so it contains no cholesterol.

Cons: Although it is lower in saturated fat, stick margarine still contains about the same amount of total fat and calories as butter and goes through hydrogenation that creates trans fat.

In addition, the vegetable oil in many margarines goes through a process called hydrogenation, which adds hydrogen to the oil to solidify it into a stick or spread. This process creates trans fat, which is even worse for you than saturated fat. Trans fat raises LDL (bad) cholesterol significantly – much more than saturated fat does. It also lowers HDL cholesterol, the good cholesterol that helps prevent LDL cholesterol from building up in your arteries. The harder the margarine, the more trans fat it contains. (Note: Although some butters also contain scant amounts of trans fats, these are naturally occurring and don’t have the same effect in the body.)



Bottom line: Steer clear of stick margarines. There are many alternatives that reduce or eliminate trans fats and are much healthier.

Tub and liquid margarine

Pros: Soft tub and liquid margarines contain less trans fat than harder stick margarines. They also are lower in saturated fat and calories than stick margarine or butter. And like other margarines, they are cholesterol free. Newer options are available that are trans-fat free, and some brands are now enriched with plant sterols, which block the absorption of cholesterol and can help lower LDL cholesterol.

Cons: Like stick margarines, tub and liquid margarines contain high levels of omega-6 fatty acids. They may still contain some trans fat, as well. Manufacturers are allowed to claim “0 trans fat” on their Nutrition Facts labels even if their products have up to half a gram of trans fat per serving.

Bottom line: Tub and liquid margarines are a healthier choice than butter or stick margarine. Read labels carefully to look for the healthiest choices. If you are trying to minimize trans fat in your diet, check the ingredients list as well as the Nutrition Facts label. If partially hydrogenated oil is listed, it contains trans fat.

Olive, canola and safflower oil

Pros: These natural oils are rich in heart-friendly monounsaturated and polyunsaturated fats, and they contain a healthy balance of omega-6 fatty acids and heart-healthy omega-3 fatty acids, as well.

Cons: Even though these are mostly healthy fats, they are still fats, which means they are extremely high in calories, packing a whopping 120 calories per tablespoon – even more than butter.

Bottom line: Olive, canola and safflower oils are healthier choices overall than butter and most margarines. Use them as replacements for butter and margarine in most of your cooking, but watch the amounts – those fat calories can add up fast.

A toast to better health

When you switched from butter to margarine the first time around, you probably tasted several brands before you found one you liked. Now that you are considering switching again, try another taste test.

Several healthier margarine choices have shown up on grocers’ shelves in recent years. Pick out a few to try, or ask for recommendations from people who have already made the switch. Then invite some friends, family members or neighbors over, toast up some healthy, whole-grain bread, and compare the flavors of your different spreads. There’s bound to be at least one that passes your “toast test.”

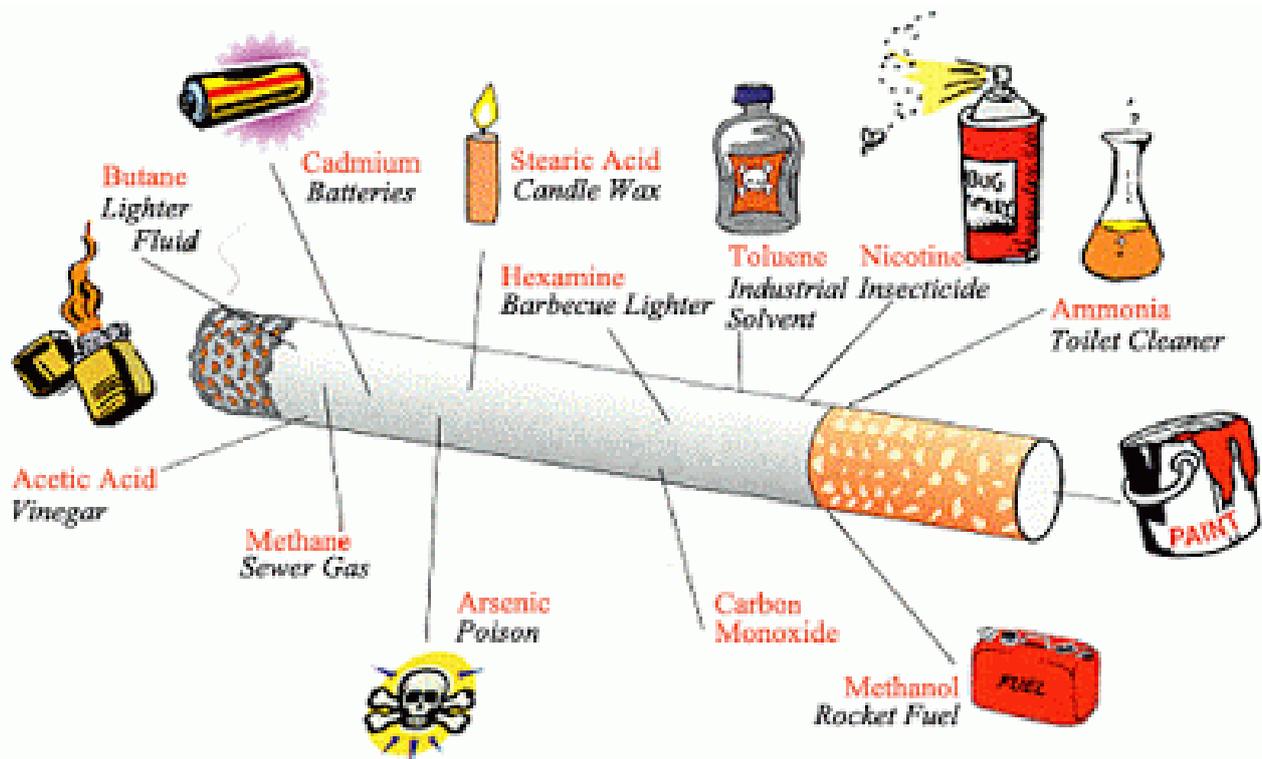
Continue to watch for new products and try new things periodically. Public concern about trans fat is prompting many manufacturers to explore new ways to remove trans fats from stick margarines, and even to reduce the saturated fat in butter. Oils are getting attention, too, such as the new diglyceride-rich oil “Enova,” which is metabolized differently, reducing the amount of oil that is stored as fat in the body.

There are a lot of options out there, and a lot more to come. If you choose the healthier options most of the time, you’ll still have room for the occasional dab of butter on your summer corn.

<http://oregon.providence.org/our-services/p/providence-nutrition-services/forms-and-information/ask-an-expert-butter-vs-margarine-which-is-better-for-you>

Do you know ...

What is in a Cigarette ?



Health Benefits of Garlic

protects from oxidative stress
 supports healthy blood pressure
 good source of vitamin C, vitamin B6, selenium & manganese
 daily intake lowers risk of most cancers
 antibacterial & antiviral
 effective against yeast infections & clotting disorders

may help improve iron metabolism
 rich in powerful sulfur-containing compounds including thiosulfates
 reliable source of selenium
 may help to regulate the number of fat cells that get formed in the body called "the stinking rose"
 cardioprotective properties
 lowers blood triglycerides & total cholesterol
 anti-inflammatory
 helps to lower blood sugar

DID YOU KNOW?
 You can increase the health benefits you receive from garlic by letting it sit after its been chopped or crushed. If you give your chopped/crushed garlic time to sit before changing its temperature (through cooking) or its pH (through the addition of acidic food like lemon juice), it will give the alliinase enzymes in garlic an opportunity to work on behalf of your health.

facebook.com/OasisAdvancedWellness

Optimal Intestinal Health

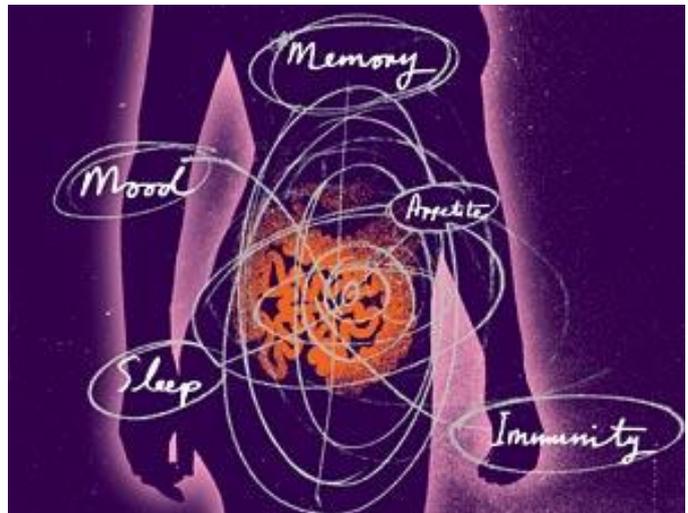
When most people think about the gut, they think of digestion. But that's just a small part of the picture. The truth is, the state of your gut determines the state of practically every other part of you, establishing you as either the picture of health or a portrait in suffering.

In fact, it wouldn't be off the mark to think of the gut as your control center. And that's a fabulous thing because it's a control center over which you have lots of control! So let's get clear about all it does and put you back in charge!

It takes guts.

For many people, it's a big surprise to learn that what goes on in their gastrointestinal system has a major impact on both the functioning of their brain and the state of their emotions. It turns out "having a gut feeling" is a real thing.

The gastrointestinal tract has its own nervous system: the enteric nervous system (ENS). It contains 100 million neurons and runs all the way from the esophagus to the anus. The ENS operates independently from the brain and spinal cord, transmitting information to your brain via the vagus nerve — a cranial nerve running from the brain stem to the abdomen. And believe it or not, the gut informs the brain more than the brain informs the gut (the ENS is sometimes referred to as the "second brain").



Because the gut is home to more than 90% of your body's serotonin and about 50% of its dopamine, many depressed and anxious people often experience profound relief when they improve their diets.

Your mood and brain function are deeply impacted by the health of your gut, so how you feel isn't all about what's happening in your head!

Immunity is a gutsy thing.

Your digestive tract is also where 80% of your immune system is located. Research has found links between gut health and a wide range of ailments, including obesity, allergies, asthma, and cancer—leading to a developing theory that many diseases stem from an interruption in proper communication between the gut and other parts of the body.

Now, if your gastrointestinal system is central control for your immune system, ground zero for disease prevention is a group of lymphatic tissues found there known as "Peyer's patches," thought to be responsible for roughly 70% of the immune system's general functioning. They work as a surveillance system, analyzing all the food that passes through and then sending one of the following messages to the rest of your intestinal tract:

- This is healthy food ... digest and uptake the nutrients
- This is a foreign invader ... attack and destroy

When the Peyer's patches falter, your body starts absorbing things it should reject and rejecting things it should absorb. Generally, people have about 30-40 Peyer's patches. Unfortunately, as we age they tend to atrophy and lessen. This is a big part of why with advancing years comes increased susceptibility to disease.

Fortunately, a few simple strategies will help optimize the health of your Peyer's patches and your gut overall, giving you the edge you need to maintain a sound mind, able body and happy disposition.

Your roadmap to optimal intestinal health.

1. Limit or stop consumption of:

- Processed foods
- Refined sugars
- Alcohol
- Caffeine
- Grains
- Seed oils (these are high in omega-6 oils, the overconsumption of which can lead to inflammatory disease)



2. Only take antibiotics when absolutely necessary (these play a major role in killing off healthy gut flora).

3. Avoid exposure to pollutants, pesticides, and other chemicals.

4. Eat fermented foods such as raw milk yogurt and kefir, sauerkraut, and kimchi.

5. Take a powerful probiotic to flood your system with good bacteria such as lactobacillus acidophilus and bifidobacterium lactis.

6. Manage your stress. (Things like yoga and meditation don't just calm your mind, they help heal your "second brain" as well.)

Those are the basics. Nothing too surprising, right? And if you go through a period of eating poorly or having to take antibiotics, you can help your gut heal by recommitting to these healthy practices — especially taking a strong probiotic to replenish your gut with good bacteria.

It's been over 2,000 years since Hippocrates said that all disease begins in the gut. We're lucky enough to be living in a time when we understand why that is and know it's never too late to give the second brain a second chance!

<http://www.mindbodygreen.com/0-15649/your-roadmap-to-optimal-intestinal-health.html>

What is Gluten ?

Gluten refers to the proteins found in wheat endosperm (a type of tissue produced in seeds that's ground to make flour). Gluten both nourishes plant embryos during germination and later affects the elasticity of dough, which in turn affects the chewiness of baked wheat products.

Gluten is actually composed of two different proteins: gliadin (a prolamin protein) and glutenin (a glutelin protein).

Though "true gluten" is sometimes defined as being specific to wheat, gluten is often said to be part of other cereal grains — including rye, barley and various crossbreeds — because these grains also contain protein composites made from prolamins and glutelins.



Is gluten bad?

Gluten isn't necessarily bad, but some people are gluten-intolerant, meaning their bodies produce an abnormal immune response when it breaks down gluten from wheat and related grains during digestion.

The most well-known form of gluten intolerance is celiac disease, which affects one in every 141 people in the United States, according to the National Institutes of Health. When someone with celiac disease consumes gluten, it triggers an immune response that damages their intestines, preventing them from absorbing vital nutrients.

Wheat allergy is a rare type of gluten intolerance — it's a classic food allergy marked by skin, respiratory or gastrointestinal reactions to wheat allergens.

Recently, scientists have become aware of another potential form of intolerance called nonceliac gluten sensitivity. After consuming gluten, patients with gluten sensitivity may experience many celiac disease symptoms, such as diarrhea, fatigue and joint pain, but don't appear to have damaged intestines.

In cases of gluten intolerance, doctors typically recommend a gluten-free diet. Patients must avoid eating any foods and ingredients that contains gluten, including bread, beer, french fries, pasta, salad dressing, soy sauce and even some soups (unless otherwise marked as "gluten-free").

In recent years, many people without gluten intolerance have taken up gluten-free diets. Experts worry, however, that going on these diets without explicitly needing to could be detrimental to a person's health, as gluten-free foods are often nutrient-deficient.

<http://www.livescience.com/39726-what-is-gluten.html>