

# Helderberg Health



*Monthly Newsletter*

*Issue # 15*

*December 2014*

Welcome to the December edition of our monthly newsletter.

How time flies! We are reaching the end of another year.

Before moving into the new year, it is important to reflect on who you are now and how your experience in the last 365 days has shaped you.

This reflection will help you take an emotional, professional, personal, and financial account, step more confidently into the new year, and move forward without emotional baggage.

Enjoy the upcoming festive season and holidays!

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



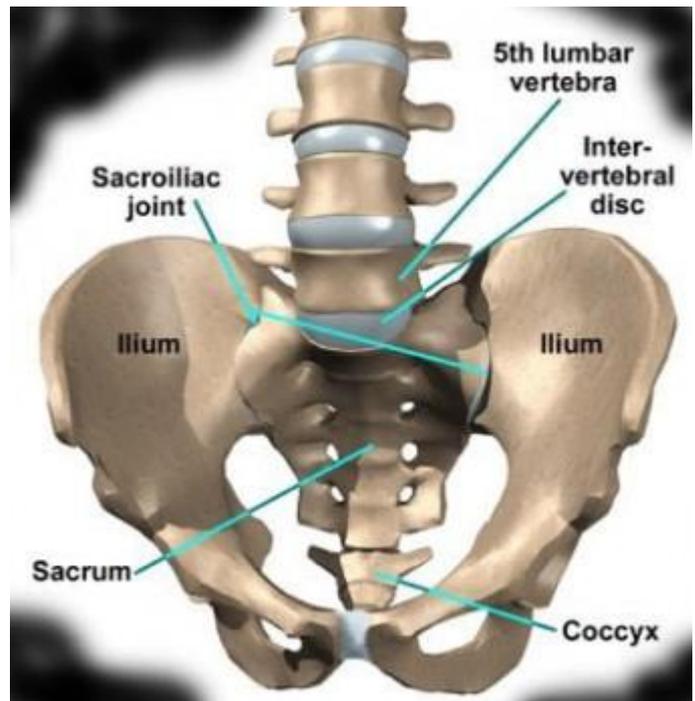
The Original Bowen Technique

# The Coccyx and Bowen's Coccyx Procedure

The coccyx, commonly referred to as the tailbone, is the triangular bony structure located at the bottom of the vertebral column. It is composed of three to five bony segments held in place by joints and ligaments.

Despite the coccyx is a remnant of the vestigial tail the coccyx is not completely without function. It serves as an attachment site for tendons, ligaments, and muscles. It also functions as an insertion point of some of the muscles of the pelvic floor.

That's why the Coccyx Procedure is one of the most powerful procedures in the Bowen repertoire even though it only involves two light moves. Besides addressing those tendons, ligaments and muscles the coccyx is a crucial area for balancing the autonomic nervous system. Both the sympathetic and the parasympathetic nervous system have important ganglia and nerve pathways that go close to the coccyx.



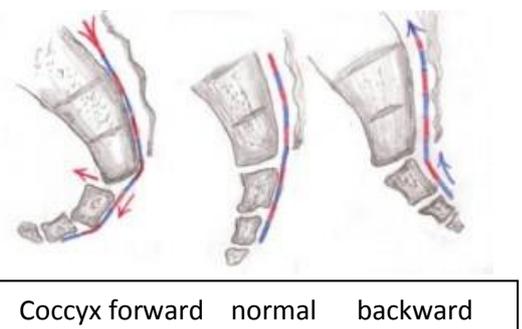
The parasympathetic system also has nerve pathways which originate close to the coccyx and control the bladder, lower bowel and reproductive system. All these parts rely on a perfect balance to work properly and there is no doubt that the coccyx procedure helps in this.

The coccyx is the only place in the body where the three layers of membrane that surround the brain and spinal cord (the dura, arachnoid and pia) come together. The move of the coccyx procedure goes right over this and sends an impulse all the way up the spinal cord to the attachment of the dura at the third eye. That makes it a valuable tool for the treatment of migraines and headaches.

John Wilks – The Bowen Technique

## Bowen Therapy and Coccyx related issues

A Coccyx injury is often caused by falling backwards or by childbirth, but can have many other causes. An injury can misalign the tailbone so that it is in the wrong place, either to the side or positioned too far to the front or back. Any form of misalignment can cause problems because of the many nerves and muscles that are attached to the coccyx – nerves that run throughout the entire spine, the muscles of the pelvic floor, intestinal regions, and the thigh and upper leg.



In the immediate aftermath of a coccyx injury, while bruises are healing, doctors usually warn patients to expect discomfort during bowel movements and some constipation. These problems are expected to clear up as bruising heals – but they often don't, and other problems can appear with time.

Because the nerves and muscles connected to the tailbone run throughout the lower body and up the spine, the effects of coccyx injuries can be far reaching:

- headaches
- low back pain
- sciatica pain
- pain in the coccyx area that does not abate over time (coccygodynia or coccydynia)
- chronic digestive problems, especially constipation
- menstrual cramps

Some of these problems may appear right after a coccyx injury, while others show up in the following months or years. Even if an injury appears to be healing on its own, it's usually a good idea to realign the lower spine.

Bowen's Coxyx Procedure is known to have a profound effect on the body and typically all of the above mentioned conditions can be helped within 3 to 4 sessions.

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](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.

<https://suite.io/victoria-anisman-reiner/20ww280>

## **Bowen Testimonials**

### **Coxyx**

I fell out of a loft onto the stair-rail on the stairs, right onto my coccyx bone. The pain was unbearable. After one treatment the pain subsided dramatically and two more treatments has helped the pain to completely disappear and my coccyx to heal. – Judy

### **Migraines**

I have suffered from migraines all my adult life. I have seen many specialists over the years and take preventative medication to improve my quality of life. I have found the use of Bowen Therapy a very useful tool in the prevention of migraine attacks. Bowen therapy also helps me to manage one of my main triggers – STRESS! I would recommend Bowen therapy to anyone, as you have got nothing to lose and everything to gain – an improved quality of life. – Alison Stevens

<http://www.bowenenergywork.com.au/testimonials/>

# Colloidal Silver's healing abilities

Colloidal silver consists of silver atoms suspended in distilled ion-less water. The particles of silver are small enough to penetrate on a cellular level and destroy pathogens of all types, including bacteria, fungal spores, parasites, and viruses.

Not only does silver get rid of pathogens, it helps promote rapid healing of the tissues infected or destroyed. Most burn centers use various forms of silver and silver soaked bandaging for burn victims.

You can buy colloidal silver online or in good health food stores or make your own cheaply and easily. Colloidal silver has many applications and is easy to apply. It has no adverse side effects. It leaves beneficial bacteria intact. Reports of argyria (skin turning blue) are greatly exaggerated.

The Medical Mafia has a tendency to blow up rare incidents of minor adverse effects from natural remedies and blow them up as scare tactics while ignoring the hundreds of thousands of annual adverse side effects from correctly prescribed pharmaceuticals.

## Ten ways to use colloidal silver

1) You can spray it onto burns to prevent infections and promote faster healing without scarring.

2) You can also spray or dab it onto ringworm, boils, herpes sores, and warts for faster healing.

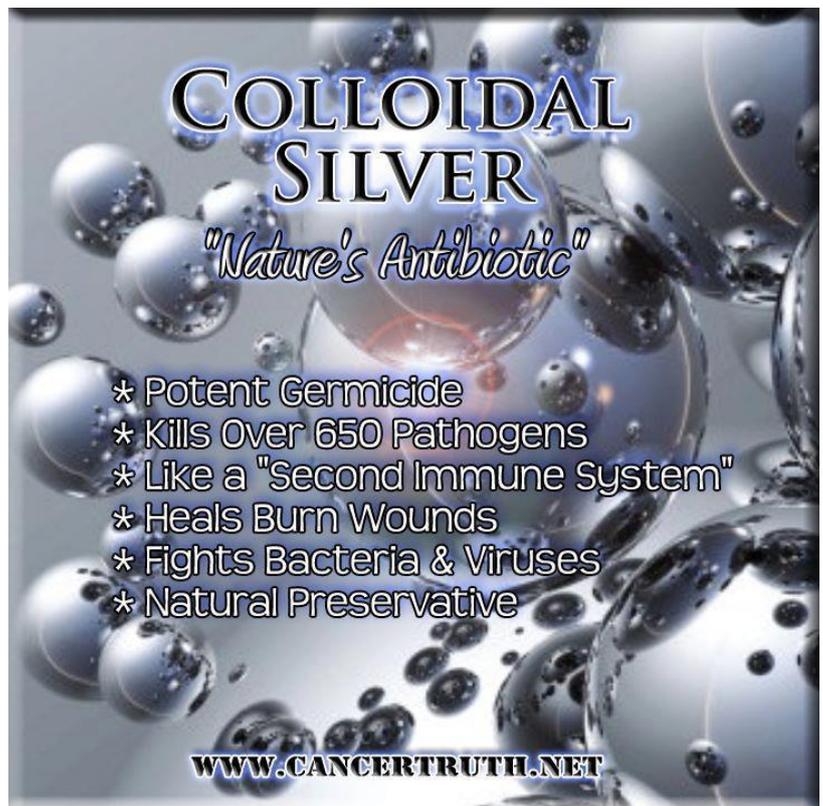
3) If you're having bronchial problems or walking pneumonia, you can put some colloidal silver in a nebulizer and breathe it into your bronchial area and lungs directly.

4) Small amounts taken daily as a tonic will give what some call a second immune system to guard against flues and colds. Easy and inexpensive if you make if you make your own.

5) Colloidal silver drops can be used for ear infections without any harmful side effects. Some use it for eye and nasal infections as well. Perhaps it can be injected anally with an enema bulb to help cleanse the colon.

6) It can be applied topically for vaginal yeast infections or oral thrush (yeast infection). Could be useful for chronic jock itch as well.

7) Colloidal silver can be used by pregnant women to assist fetal development and easier delivery of the newborn child.



8) It can be taken early with the onset of a cold, flu, or bronchitis to get over it quickly without harming beneficial bacteria. Antibiotics kill good and bad bacteria.

9) Colloidal silver can be used successfully to combat MRSA infections. MRSA (methicillin-resistant Staphylococcus aureus) is a staph infection that can be fatal and is now resistant to antibiotics. It usually occurs during hospital stays, but has become rampant enough to originate outside hospitals ([http://www.naturalnews.com/023712\\_MRSA\\_Texas\\_infections.html](http://www.naturalnews.com/023712_MRSA_Texas_infections.html)).

10) There has been some success using colloidal silver with AIDS patients. It adds a layer of needed additional immunity while destroying existing pathogens.

### **More about colloidal silver**

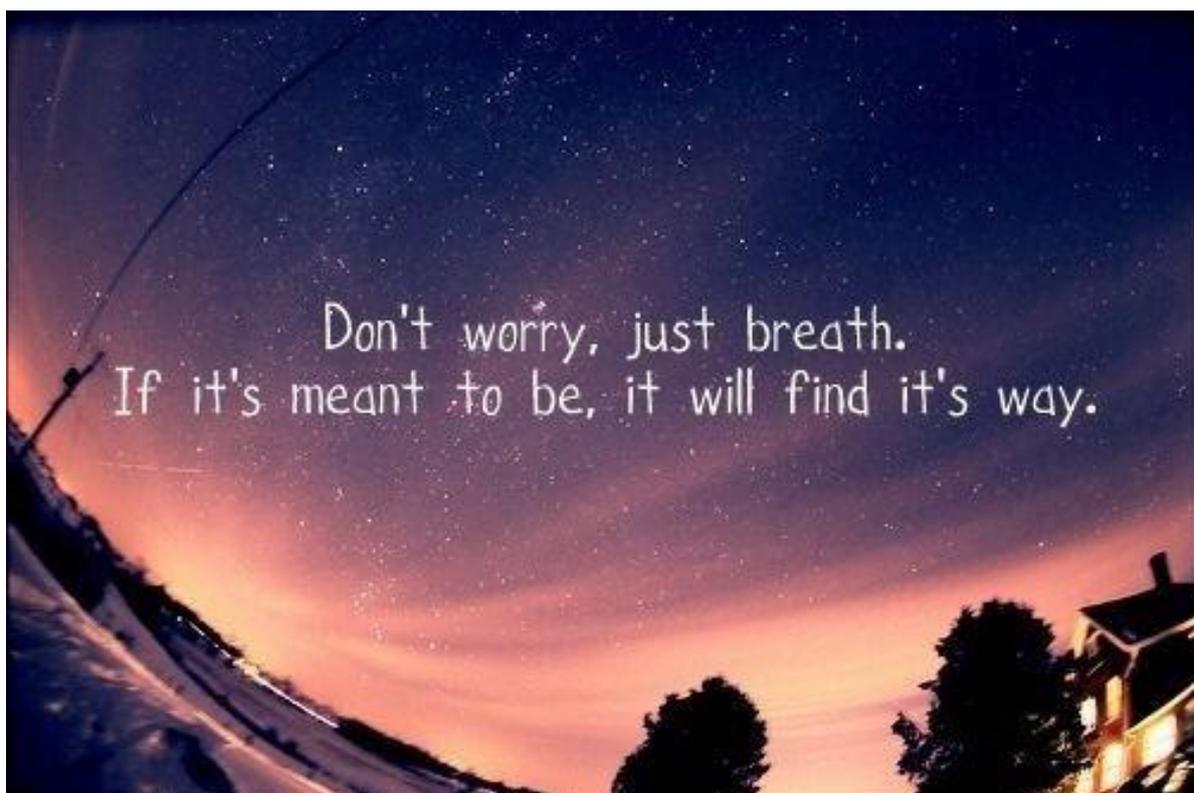
Early 20th Century western medicine used silver as a prime antibiotic and anti-fungal until the 1930s. Then antibiotics became a major source of Big Pharma revenue.

As more and more antibiotics were created, the pathogenic microbes began evolving into resistant strains to them. The health dangers imposed by antibiotics by destroying friendly gut flora needed for digestion and immunity were disregarded. Antibiotic use lowers immunity by destroying the good bacteria along with the bad.

Since silver seems to act by stifling the enzymes pathogens use for survival, pathogens are unable to develop resistance to them. Fortunately, alternative medicine has re-discovered colloidal silver for healing all sorts of ailments.

<http://www.naturalnews.com>

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# Kalahari Biltong Salad

Enjoy a truly South African dish, with a papaya twist.

Preparation time: 20 min

Servings: 6

## Ingredients

### Vinaigrette

- 30 ml chopped spring onion
- 30 ml fresh oregano
- 2.50 ml sugar
- 200 ml olive oil
- Salt and black pepper to taste
- 30 ml fresh parsley
- 5 ml mustard powder
- 100 ml vinegar (white balsamic preferably)
- 2 cloves garlic

### Salad ingredients

- 250 g very moist, very thinly sliced biltong
- 125 g feta cheese, cubed
- 2 firm, ripe avocados, sliced
- 1 frilly lettuce
- 1 papaya, sliced
- 100 g bean sprouts
- 1 bunch of rocket

1. Place the ingredients for the vinaigrette in a liquidizer and mix well.
2. Adjust seasoning and cover the thinly sliced biltong with half of the vinaigrette.
3. Refrigerate until required.
4. Compose a decorative salad platter or individual plates layering the ingredients given above and sprinkle lightly with dressing. Pile the marinated mixture on top and serve the remaining dressing separately in a small jug.



# Moon Phases and their Influence



The intensity of the Moon's phase influence on us varies. The Moon's phase determines the strength of its involvement in our lives, while the twelve signs of the Zodiac determine its breadth.

For our purposes, the three Moon phases are the waxing Moon, the waning Moon, and the dark Moon.

## **Waxing Moon Phase**

The new Moon is a time to acknowledge the beginnings in life. Starting an activity at the new Moon and sticking with it through the full Moon can create a lifelong practice of using the Moon's growing energy.

A friend of mine successfully created the habit of exercise by using the Moon's waxing energy to assist her. Rather than diet, she chose to start new eating habits by buying healthy foods. As a result, she was able to lose and maintain her weight.

The positive, growing energies of the waxing Moon are particularly conducive to improvements, repairs, and growth. The Moon's transformation from a silvery sliver to a full, shining orb reminds us of our own growth and desire to improve.

Hundreds of activities coincide with the waxing Moon's energies. Use the following examples to identify appropriate activities: initiate or continue an exercise program; paint the house; repair the car; balance the checkbook; shop for a major purchase such as a car; plan a vacation; leave on an active, fun-filled vacation; host a party; work on a major relationship; experiment with new things, ideas, or recipes; read a favorite book; participate in hobbies; be creative and artistic; ask someone on a date for the first time; write a book; select a pet; or try to become pregnant.

As you can see, the general theme of the waxing Moon is birth and growth -- the beginning of new exciting experiences and the continuation of things previously begun.

## **Waning Moon Phase**

Just as the new Moon is a time for beginnings, the full Moon is a time for endings. As the Moon changes from full to dark, its effect on nature shifts, changing from a growing, progressive force to a

dying, retreating force. To have help in giving up a bad habit or bringing a project to a close, start the process on the full Moon and progress towards completion as the Moon wanes.

While adding exercise and a proper diet to her life, my friend also gave up smoking. She stopped smoking on the full Moon and allowed her urges to die as the Moon waned.

It is best to align tasks which require a decreasing or letting go with the waning Moon. The waning Moon, which begins as the full Moon, decreases to a sliver just before it disappears completely. It is a shining portrayal of the decline seen in the death process.

Again, hundreds of activities naturally align themselves with the declining energies of the waning Moon, including the following activities: start or continue a diet; clean the house; hold a garage sale; cut the grass; harvest garden crops; turn under old garden growth for the winter; write a last will and testament; sell a car, or a house, or anything else of value; quit a job; visit a stylist for a haircut; clean out closets; give up smoking or drinking; reduce stress; or pay bills.

Any activity which requires a decline or death of any nature is well suited to the waning Moon. When we break an old habit, we kill it. Once it is dead and gone, there is space for something new. It is common to develop a new habit when giving up an old one. A void is left by the things we give up. It's equally beneficial, and very efficient, to replace an old bad habit with a new good one, thereby filling the void. Push out an old bad habit in the waning Moon by starting something wonderful in the waxing Moon.

### **Dark Moon Phase**

The few days between the last sliver of the waning Moon and the first sliver of the waxing Moon is known as the dark Moon. It signals a time for regeneration and renewal. The darkness is a reminder that all life must die.

Death is common to all things. Every activity, job, or thing dies at the end of its cycle. The process of reading a book dies when the book is finished; a job dies when you leave it; and objects die when they are used or broken. I have mourned finishing a good book, as I have mourned quitting a job.

After two weeks of concentrated effort directed at ending something, take the opportunity to mourn that which has died and recover from its loss. The dark Moon is a time to look inward. Assess what happened and how the situation was handled.

A fellow firewalker offered sound advice. When an important aspect of life ends, give it a funeral service. Experience its death. After receiving an impersonal wedding announcement from a past lover, my friend took a memento of her relationship with him to the beach. She meditated with it, said good-bye to her old relationship and tossed the memento into the ocean.

A death ritual provides the opportunity to release that which has ended and begin the mourning process. This is useful following the death of anything, but especially when ending relationships. The willingness to allow the relationship to die begets mourning and healing.