

Helderberg Health



Monthly Newsletter

Issue # 16

January 2015

Welcome to the first edition of our monthly newsletter in the new year.

We hope you had a wonderful Christmas, as well as New Year's Eve and wish you the best for 2015.



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 – A real help with Fibromyalgia

by Janie Godfey

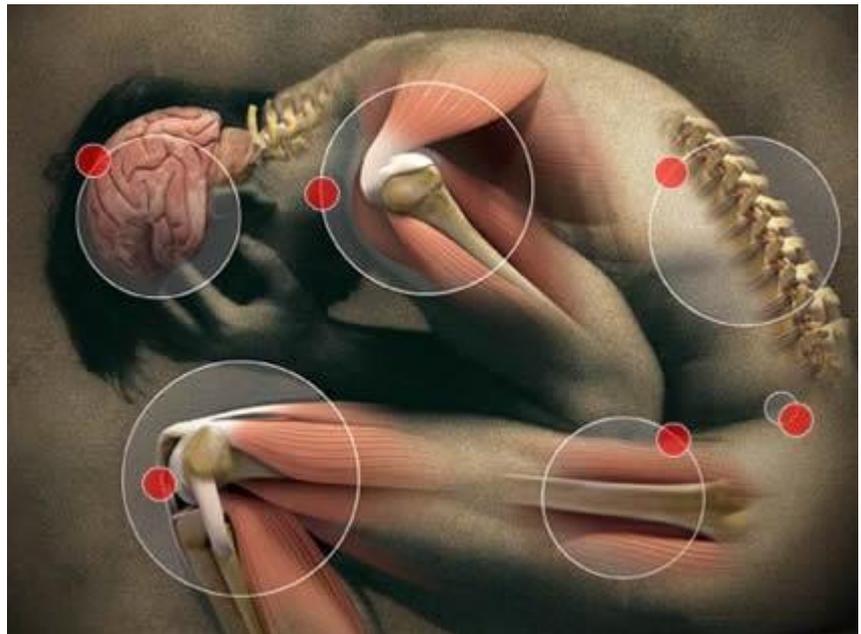
Conditions such as fibromyalgia, irritable bowel syndrome and chronic fatigue syndrome affect a considerable number of people with a very considerable number of painful, uncomfortable and debilitating symptoms.

The response of orthodox medicine has varied from, at worst, telling sufferers “it’s all in your head”, to trying its best to alleviate symptoms with a variety of pills, treatments and genuine concern and sympathy. But there is no clear medical evidence to pin down exactly what is causing these conditions, so no targeted treatment is available.

Doctors know that they can’t do much for patients and many would welcome anything that helps as, of course, would all who suffer with these baffling and incapacitating conditions.

The Bowen Technique, however, has had some wonderful successes in controlling the symptoms of these illnesses as well as sometimes restoring the person to a full, healthy lifestyle.

Bowen works by stimulating the body’s own resources accurately and deeply and the resulting effects reflect this multi-system reaction. In short, Bowen prompts the body to remember how to heal itself.



Sam, an active and fit man in his early 30’s found himself with a diagnosis of chronic fatigue syndrome/ME after a stay in hospital for repair work on an injured knee.

He had been laid low with CFS about 8 months before he came for Bowen treatment. He had recovered from the very debilitating stage of the illness but was still far from well. He was only able to go in to work for two hours a day, and sometimes not even that much. He had to have a nap in the afternoons and go to bed early. Socialising was a rare event.

The nature of his job meant that he would have to face a career change if he was not going to get better.

Sam began responding almost immediately to Bowen treatment with improvement in a stiff and aching neck, headaches, a feeling of stuffiness in the ears, “woozey” head, and energy levels.

Each weekly treatment added to the improvement and within a month he was able to do without the naps and begin to accept social invitations again.

After several months, he undertook two trips abroad and suffered no real ill effects from the plane journeys, climate changes and activities.

Nine Bowen treatments moved Sam into a continually improving state which held steady as he got back to his regular duties.

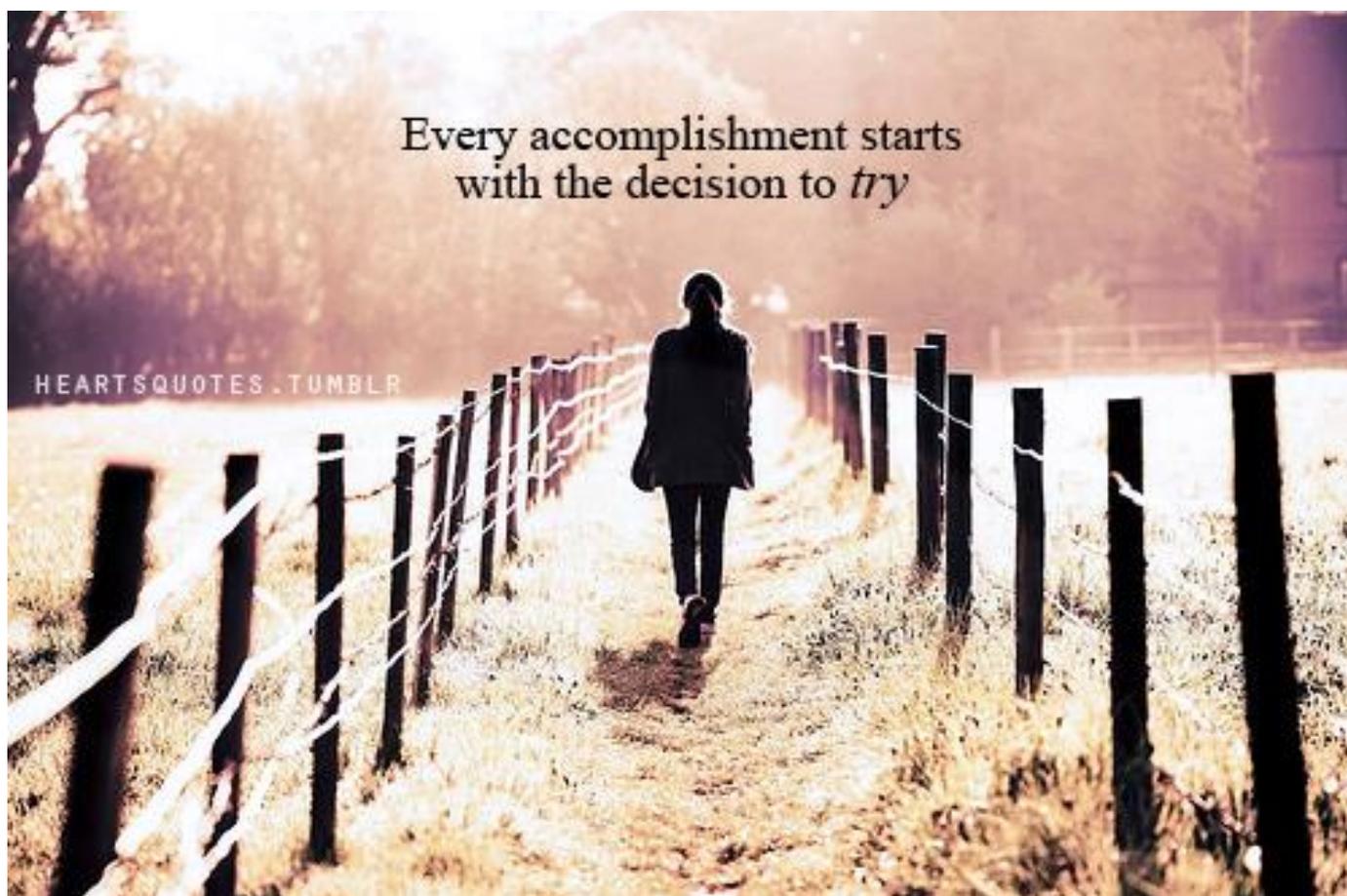
Bowen can have the effect of re-integrating, or re-connecting not only the body's systems, but also the body-mind-spirit connections that are so crucial to a sense of wholeness as a person. This is a subtle effect and often difficult to quantify or put into adequate words but nonetheless, this effect seems to be of great importance to someone with fibromyalgia/CFS/ME.

Jeannette, a woman in her 50's, had been coping with FM for over a decade. She had been faithfully following a very exacting exercise regimen - but sadly with little result - to try to regain a sense that her legs were connected to her brain and the rest of her body, as she felt they were weightless and didn't connect her to the ground properly. This sensation, of course, constantly made her feel unsure of her balance and steps.

After her second Bowen treatment, she stood up and started laughing loudly with delight and amazement, saying over and over that her legs felt heavy and solid, connected to her upper body, and she could feel the ground under her feet!

She has Bowen treatment every two to four months and it has maintained this "re-connection" now for well over a year. Additionally, her energy levels are tremendously improved and she is living a nearly normal life, very infrequently hampered by the low energy, pain and exhaustion she had for so many years

Published by the Fibromyalgia Association UK - December 2005



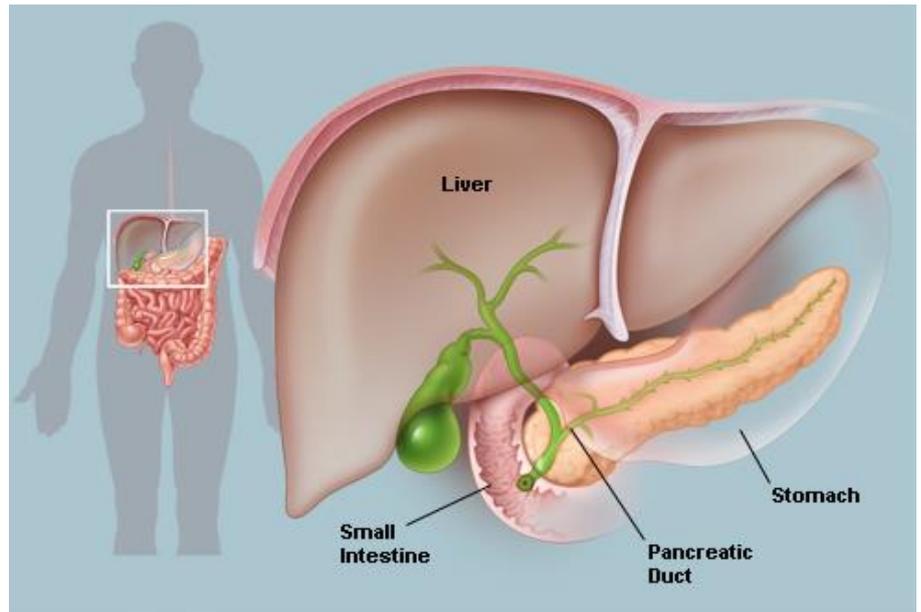
What does the Pancreas do?

The pancreas is an organ in the upper abdomen. Enzymes (chemicals) made by cells in the pancreas pass into the gut to help digest food. The hormones insulin and glucagon are also made in the pancreas and help to regulate the blood sugar level.

What does the pancreas do?

The pancreas has two main functions:

- To make digestive enzymes which help us to digest food. Enzymes are special chemicals which help to speed up your body's processes.
- To make hormones which regulate our metabolism. Hormones are chemicals which can be released into the bloodstream. They act as messengers, affecting cells and tissues in distant parts of your body.



About 90% of the pancreas is dedicated to making digestive enzymes. Cells called acinar cells within the pancreas produce these enzymes. The enzymes help to make proteins, fats and carbohydrates smaller. This helps the intestines to absorb these nutrients. The acinar cells also make a liquid which creates the right conditions for pancreatic enzymes to work. This is also known as pancreatic juice. The enzymes made by the pancreas include:

- Pancreatic proteases (such as trypsin and chymotrypsin) - which help to digest proteins.
- Pancreatic amylase - which helps to digest carbohydrates (sugars).
- Pancreatic lipase - which helps to digest fat.

Approximately 5% of the pancreas makes hormones which help to regulate your body's metabolism. These hormones are made by several different cells which clump together like little islands (islets) within the pancreas. The islets are called islets of Langerhans and there are about one million islets dotted about in an adult pancreas. The hormones made by the cells in the islets of Langerhans within the pancreas include:

- Insulin - which helps to regulate sugar levels in the blood.
- Glucagon – which works with insulin to keep blood sugar levels balanced.
- Somatostatin – which helps to control the release of other hormones.
- Gastrin – which aids digestion in the stomach.

How does the pancreas work?

The digestive enzymes made by the pancreas are controlled by the body's nervous system and its hormones. When the body senses food in the stomach, electrical signals are sent to the pancreas via nerves. These signals stimulate the pancreas to put more enzymes into the pancreatic juice. Acinar cells respond by increasing the amount of enzymes they produce. The enzymes leave the cells and pass into tiny ducts (tubes). Once they enter the intestines the enzymes are activated and can begin breaking food down.

The main hormones released by the pancreas are insulin and glucagon. These hormones help to regulate the amount of sugar found in the blood and the body's cells. The body's cells need energy to function. The most readily available form of energy is glucose, a type of sugar. Insulin helps to take glucose from the blood into the cells themselves. This allows the cells to function properly. Glucagon stimulates cells in the liver to release glucose into the blood when levels are low.

The pancreas carefully monitors the level of glucose in the blood. When levels of glucose are high in the blood, cells within the pancreas make insulin. Insulin gets released into the bloodstream where it causes glucose to move into cells. This decreases the amount of glucose in the bloodstream, lowering blood sugar levels. Low blood sugar levels stimulate the pancreas to make glucagon. Glucagon works on cells in the liver, causing the release of glucose. If sugar levels in the blood rise above normal, the pancreas stops releasing glucagon. Insulin may then be released to balance the system again.

This system helps to keep the level of glucose in your blood at a steady level. When you eat, levels of sugar in your blood rise and insulin helps to bring them down. Between meals, when your sugar levels fall, glucagon helps to keep them up.

Pancreas disorders are cancer of the pancreas, Diabetes and Pancreatitis

Maintaining a sensible, balanced diet and avoiding smoking and excessive drinking will help keep the pancreas healthy and functioning.

Symptoms of Pancreatic Cancer

If you persistently experience one or more of these symptoms which are not normal for you, **DO NOT IGNORE THEM!**
Contact your GP straight away.
Or call the NHS 111 Service.

The infographic features a white human silhouette on a dark purple background. Various symptoms are indicated by green icons and text boxes connected to the figure by lines. The symptoms include: Low mood or depression (head), Upper abdominal pain (upper abdomen), Pain on eating (stomach), Jaundice (yellowing of the skin and eyes) (torso), Pale and smelly stools that don't flush easily (lower abdomen), Unexplained weight loss (lower body), Fatigue (lower body), New onset diabetes not associated with weight gain (torso), Indigestion not responding to prescribed medication (stomach), and Upper back pain (upper back).

Common Misdiagnoses

- Gallstones
- Irritable Bowel Syndrome
- Indigestion
- Gastritis
- Gastroenteritis
- Liver disease

Pancreatic Cancer Action
Copyright 2013 © Pancreatic Cancer Action
Chiltee Manor, Haslemere Road, Liphook, Hampshire GU30 7AZ
Registered Charity: 1137689 | www.pancreaticcanceraction.org | 0303 040 1770

Spice up your braai with vegetables

The weather forecast looks good, you've invited some friends over and the plan is satiate them with a good old braai and some beer. You start a shopping list –boerie, bread rolls, chops, garlic bread and then remember that there will a vegetarian in attendance too and no matter how much the thought of catering for a meat free visitor baffles you, you know you can't leave the guy to eat nothing but bread. Luckily you don't have to. Here is a list of easy vegetarian braai ideas to pop onto the coals.

Vegetable Skewers

Set yourself up with some skewer sticks.

Chop up a variety of vegetables such as

red, green and yellow peppers
baby marrows
mushrooms
cherry tomatoes
onions

and stab them onto the skewer stick.

A nice touch is to marinate the veggie skewers in a barbecue sauce or rubbing them in an oil and herb rub before putting them on the braai.



Millies on the grid



Braaied millies are not only tasty, but never fail to impress your guests.

Fresh millies can be cooked on your braai either wrapped in aluminum foil or in its own husks. In the husk makes for a more dramatic presentation, but it's slightly more trouble than using aluminum foil.

Either way, the millies will be delicious!

They are especially delicious when you add herbs, spices and butter to liven up the flavors and add an interesting spin on basic roasted millies.

Make it a Happy New Year

by Catherine Pulsifer

Happiness depends upon your outlook on life. - Find the good in all situations
Attitude is just as important as ability. - Keep your attitude positive
Passion find yours this year! - Do what you love and you will never work
Positive thoughts make everything easier. - Stay focused and stay positive
You are unique, with special gifts, use them. - Never forget you have talent

New beginnings with a new year.
Enthusiasm a true secret of success.
Wishes may they turn into goals.

Years go by to quickly, enjoy them. - Wisdom from your elders, listen
Energy may you have lots of it. - Take care of yourself
Appreciation of life, don't take it for granted. - Live each day
Relax take the time to relax in this coming year. - Keep a balance in your life



Make Your Decisions Count

A new year is a time to get your options clear and to make a significant decision to do what it is that makes you really happy. The real issue here is that you must take each day as a new opportunity to keep moving towards what you want. Do not look at what will happen in a year but more what will you do each day you awake to change, to move forward, to put into action knowing that each day wasted can never be found again. Each day is a new beginning, the chance to do with it what should be done and not to be seen as simply another day to put in time.

Make It More Than A Dream

Turn those dreams into a realistic plan where you are able to take steps even if it is only one action to keep your dream traveling forward and not stuck on the tracks with no power to the wheels. Wheels of a train only can move with energy and that energy must be directed to the wheels. And, just like a train, life moving forward needs your energy directed to life's wheels. Each revolution of the wheels, each revolution of your steps keeps the train and your life moving - do not waste energy.

My Hope For You

In the coming year may you find, happiness, use your abilities to solve problems and challenges; hope, may you always have it, never lose this; goals, to keep you focus on your dreams; and, success, by solving your problems, focusing on your goals, and always having hope, good fortune will find you.