

Helderberg Health



Monthly Newsletter

Issue # 19

July 2015

Welcome to the July edition of our two-monthly newsletter.

It's that time of year when we try to avoid everyone with a snuffle or a sneeze in hopes of staying well.

With everyone getting sick with the cold and flu, it is important to keep your immune system healthy and functioning properly.

If you do get the bug, however, a Bowen treatment at the first sign of illness can very often stop it in its tracks.



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 Colds and Flu

We are heading into that time of year. We all know the usual Vitamin C, Echinacea, Med Lemon and so on.

Have you thought about getting a Bowen Treatment at the first sign of a cold or flu?

We have moves that generally relax all of the muscles, help halt the coughing, loosen phlegm and generally aid immunity.

Did you know that Bowen can also assist lymphatic drainage? There are moves around the neck where we make a series of moves along the length of the Sternocleidomastoid muscle where there are lots of lymph nodes.



Bowen Therapy can relieve the pressure in the chest and sinuses where there is increased mucous production. This can be achieved by making specific Bowen moves over the chest cavity.

So when you have a cold where you are left with that persistent cough that won't go away, we have ways to help settle that cough down. A couple of simple moves around the diaphragm will reset it to a calmer and more relaxed state.

In general you will feel more relaxed and your body will begin to heal itself with the assistance of Bowen.

Testimonials

Early in my career as a Bowen therapist a patient was undergoing a session. When I came back into the room following the basic relaxation procedure 3 (neck), she told me that when she got to the office she was experiencing a severe sore throat. Following the neck muscle releases, the sore throat disappeared. When she returned for another session 2 weeks later she said, "Do you remember that sore throat that I had last time which you cleared?" I replied, "yes, what happened?" She told me that when she got home from work that evening her son and husband both had the exact same sore throat and they'd been sick for the past 2 weeks. She didn't get whatever the virus was. I figured that this was some sort of coincidence and went about my business. But, other patients told me about similar occurrences. Then, one day I felt the familiar scratchy throat and punky feeling one gets when the cold first comes on. So, I performed the neck moves on myself, and within minutes the symptoms cleared. I've been doing this ever since on myself whenever I feel a cold coming on. I also take a dropper full of Echinacea in a glass of water. It works almost every time. I would only guess that the moves to the neck muscles open up the lymphatic drainage system and this reduces the accumulation of viral bodies in the oral pharynx.

<http://www.bowen4life.com/colds-flu.html>

Colds, runny nose, chest infections, asthma

A really big thank-you, my daughter Ava is 9 months old had been suffering with colds, runny nose, chest infections, and was using an inhaler for asthma.after 3 sessions with Rosemary I am delighted to say it is like having a different baby!she has not had coughs or colds since and her breathing is brilliant, I have not used the inhaler once.

Client: LS

Therapist: Rosemary Cunningham

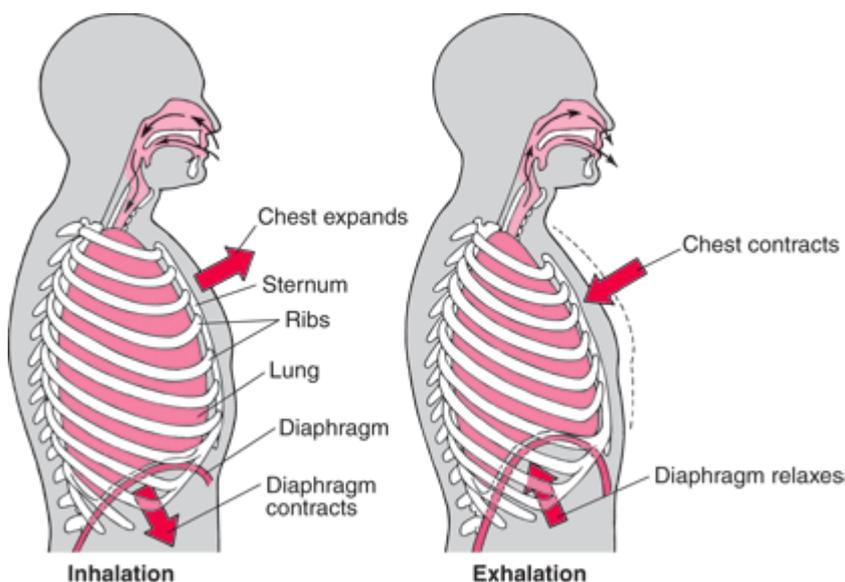
The Diaphragm

The **diaphragm** is the primary muscle used in the process of inspiration, or inhalation.

The lungs have no skeletal muscles of their own. The work of breathing is done by the diaphragm, the muscles between the ribs (intercostal muscles), the muscles in the neck, and the abdominal muscles.

The diaphragm, a dome-shaped sheet of muscle that separates the chest cavity from the abdomen, is the most important muscle used for breathing in (called inhalation or inspiration). The diaphragm is attached to the base of the sternum, the lower parts of the rib cage, and the spine. As the diaphragm contracts, it increases the length and diameter of the chest cavity and thus expands the lungs. The intercostal muscles help move the rib cage and thus assist in breathing.

Diaphragm's Role in Breathing



When the diaphragm contracts and moves lower, the chest cavity enlarges, reducing the pressure inside the lungs. To equalize the pressure, air enters the lungs. When the diaphragm relaxes and moves back up, the elasticity of the lungs and chest wall pushes air out of the lungs.

Foods for Fending off Colds and Flu

They say you are what you eat, so it makes sense that eating healthy foods helps your immune system to stay healthy. At this time of year, it is especially important to ensure you eat well to fend off colds and flu during the winter months.

Fish

Oily fish such as salmon and tuna, are rich in omega-3 fatty acids. These assist in reducing harmful inflammation in the body. Inflammation can prevent your immune system from working properly and can increase your risk of getting colds and flu, as well as more serious diseases.

Garlic

Garlic does a lot more than just flavour your food. It also contains allicin, a sulfuric compound that produces potent antioxidants when it decomposes. Studies have shown that people who take garlic supplements get fewer colds, and in the instances where colds and flu do occur, they get better faster.



Citrus Fruits

Recent studies have suggested that vitamin C may not be as useful in preventing colds as once thought, however research has proven that taking the vitamin at the first sign of sickness may reduce a cold's duration. Eating a lot of citrus fruits - oranges, grapefruits or using lemons and limes in cooking - will provide you with plenty of vitamin C.

Fennel

Fennel can help to clear a chest infection and soothe a persistent cough. Fennel can be eaten raw or roasted, but the best cold-fighting benefit comes from drinking a tea made from fennel seeds. Make your own using 1.5 teaspoons of fennel seeds and one cup of boiling water. Steep for 15 minutes, strain and sweeten with honey.



Yogurt

Bacteria is often thought of as a bad thing, but some microorganisms are essential for maintaining a healthy immune system. Eating probiotic foods such as yogurt, is a great way to replenish beneficial bacteria which assist in a healthy digestive system. Research has shown that consuming probiotics lowers the risk of upper respiratory tract infections.

Tea

Many people enjoy a cup of tea to help break up chest congestion and soothe a sore throat but research has shown that the benefits may be even greater. All tea contains a group of antioxidants known as catechins which have flu-fighting properties. It's also been suggested that catechins help boost overall immunity and rev metabolism.



Red Capsicum (Red Pepper)

Red capsicum's are high in vitamin C, just like citrus fruits. One red capsicum has 150 milligrams of vitamin C (a large orange has around 100 milligrams). Studies suggest that if you have a cold or the flu, you should be eating 400-500 milligrams of vitamin C per day.



Mushrooms

Almost all mushrooms contain immune-boosting antioxidants as well as potassium, vitamin B and fibre. Certain varieties such as Portobello are also believed to increase vitamin D production.

Leafy Greens

Green, leafy vegetables are a must-have at this time of year - and the darker the better! Darker leafy greens, such as kale and spinach, have a higher nutrient content.



Blueberries

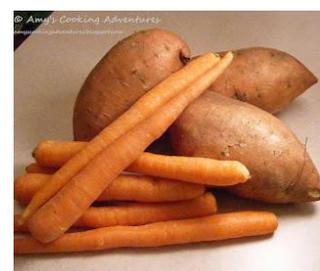
Blueberries are well-known for their immunity-boosting properties. Research has shown that blueberries contain the most active antioxidants of any fresh fruit.

Dark Chocolate

Pure cocoa contains more antioxidants than most berries, however the nutritional benefits of cocoa are often overshadowed by the sugar and saturated fat content of chocolate bars. To ensure you're getting the most out of all of cocoa's immunity-boosting benefits, it's best to stick with bite-sized portions of dark chocolate - with a cocoa content of 70% or higher.

Carrots and Sweet Potatoes

Fruits and vegetables that are orange in colour, such as carrots and sweet potatoes, are rich in beta-carotene. When we eat these foods, our bodies convert this into vitamin A, which is essential for maintaining a strong and healthy immune system.



Sunflower Seeds

Sunflower seeds are one of the best natural sources of vitamin E, an antioxidant that protects cell walls from damage. One serving of sunflower seeds contains up to 30% of your recommended daily intake.

Vitamin E is especially important for the health of our lungs. Studies have shown that people with diets high in vitamins C and E have greater lung capacity.

Oats

Oats contain a fibre called 'beta-glucan' which assists in lowering cholesterol and boosting our immune system.

Nutrition for Healthy Skin

by Chris Kresser

One of the biggest motivations to adopt a more nutritious diet is the desire to improve skin health. Many people of all ages struggle with skin conditions such as acne, rosacea, dry skin, wrinkles, and sun damage, among others. There is strong evidence to support the influence of our food choices on the health and vibrancy of our skin.

The consumption of certain vitamins, minerals, and other beneficial compounds in the diet is one of the most effective ways to treat skin conditions and improve the look and feel of one's skin.

Vitamin A

Vitamin A, or retinol, is one of the most widely acknowledged nutrients for healthy skin. Synthetic retinoids have been used as effective treatments for severe acne and psoriasis since the 1980s, demonstrating how useful vitamin A can be in treating problem skin.

Vitamin A influences the physiology of the skin by promoting epidermal differentiation, modulating dermal growth factors, inhibiting sebaceous gland activity, and suppressing androgen formation. As it promotes cell turnover in the skin, vitamin A is effective in preventing the formation of comedones that cause the most common forms of acne.

Lack of vitamin A causes the skin to become keratinized and scaly, and mucus secretion is suppressed. Rough, dry skin is a common sign of vitamin A deficiency, which often first appears as rough, raised bumps on the back of the arms. This condition is called hyperkeratosis pilaris, and is found in approximately 40% of adults. Though dermatologists believe this is an inherited condition with no cure, I have successfully treated this condition in several patients by significantly increasing their consumption of vitamin A rich foods. While physicians prescribe synthetic retinoids to treat skin conditions including acne, eczema, psoriasis, cold sores, wounds, burns, sunburn, and ichthyosis, it is possible to obtain similar effects from consuming natural sources of pre-formed vitamin A.

Preformed vitamin A, which is well absorbed by the body, can be found in a variety of traditional foods. The most vitamin A-rich foods are liver and cod liver oil, but other sources include kidney, cream and butter from pastured cows, and egg yolks from pastured chickens. I recommend using cod liver oil if you wish to supplement, as this provides a balance of vitamin A and vitamin D that will reduce the risk of overdosing on vitamin A. Eating liver once or twice per week is a great dietary strategy for those looking to reduce and even eliminate stubborn acne.



Zinc

Zinc is an essential mineral that is an imperative part of many physiological functions, including structure in certain proteins and enzymes, and regulation of gene expression. It plays a role in immune function, protein synthesis, wound healing, DNA synthesis, and cell division. In skin, zinc assists in the proper structure of proteins and cell membranes, improves wound healing, has anti-inflammatory effects, and protects against UV radiation.

Several studies indicate that dietary zinc may reduce acne, even as effectively as antibiotics such as tetracyclines. This may be because it interacts with vitamin A as a component of retinol-binding protein, which is necessary for transporting vitamin A in the blood. Zinc supplementation has been shown to significantly increase the level of vitamin A in the blood, indicating an interaction between the two nutrients that may explain its positive effect on acne. In fact, men and women with serious acne are found to have lower levels of serum zinc than healthy controls.

Dietary sources of zinc are best absorbed from animal sources, where it is not bound to phytates as in plant sources. Organs such as kidney and liver, red meat such as beef and lamb, and seafood such as oysters, scallops, and other shellfish are the highest animal sources of zinc. Plant foods such as pumpkin seeds and other nuts can also be high in zinc as well, but are less bioavailable, as the zinc is bound to phytates if not properly prepared by soaking. To get the most zinc from your diet, include shellfish, organ meats, and red meat on a regular basis.



Vitamin C

Vitamin C has been known for decades to play a crucial role in the regulation of the structural protein collagen, which is necessary for the extracellular stability of the skin. A vitamin C deficiency causes scurvy, which is first manifested as rough dry skin and corkscrew hair growth. Inadequate vitamin C is also known to contribute to the development of the common problem of hyperkeratosis pilaris, as the follicles become damaged when collagen formation is impaired.

Increasing the amount of vitamin C in the diet can contribute to improved skin health and faster healing. Observational studies have shown that diets high in vitamin C are associated with better skin appearance and less skin wrinkling. Vitamin C may also help prevent and treat ultraviolet (UV)-induced photodamage by acting as an antioxidant. Higher intakes of dietary vitamin C have been correlated with a decreased level of dry skin, and ascorbic acid may have effects on trans-epidermal water loss. Vitamin C has an important role in wound healing and can improve the proper formation of strong scar tissue.

The highest sources of vitamin C include bell peppers, guava, dark leafy greens, broccoli, brussels sprouts, kiwi, citrus fruits, and strawberries. Certain fresh herbs such as cilantro, chives, thyme, basil and parsley are also high in vitamin C. Consuming a wide variety of colorful plant foods on a regular basis is the best way to get adequate vitamin C in your diet. It's important to remember that vitamin C is sensitive to heat, so lightly cooking these plant foods or eating them raw (if possible) is ideal to maximize your intake of this vitamin.



Moroccan Lentil & Vegetable Stew

This stew has a lot of flavor and texture, plus it's filled with fiber and anti-inflammatory spices, and it is vegetarian.

Serves: 8 (1.5 cups each)

Ingredients

- 2 Tbsp olive oil
- 1 medium onion
- 4 cloves garlic, minced
- 4 stalks celery
- ½ Tbsp ground cumin
- 1 tsp turmeric
- 1 tsp cinnamon
- ¼ tsp cayenne pepper
- 1 can chickpeas
- 1 can diced tomatoes
- 250g cauliflower florets
- 6 cups vegetable broth
- 1 cup brown lentils
- 1 bay leaf

Instructions

1. Dice the onion and mince the garlic. Sauté both in a large pot with olive oil over medium heat until softened. Dice the celery while the onions and garlic are sautéing, then add to the pot and continue to sauté for 2-3 minutes more.
2. Add the cumin, turmeric, cinnamon, and cayenne pepper to the pot. Stir and cook the spices with the vegetables for 1-2 minutes.
3. Add the diced tomatoes (with juices), chickpeas (rinsed and drained), and cauliflower florets. Stir the pot until everything is well mixed.
4. Add the vegetable broth and bay leaf, turn the heat up to high, place a lid on the pot, and allow it to come to a boil. Once it reaches a boil, add the lentils. Stir and let it come back up to a boil, then turn the heat down to low. Let the stew simmer on low, with the lid, for 30 minutes.
5. After simmering for 30 minutes, the lentils should be tender. Remove the bay leaf and give the stew a taste. Add salt if needed, then serve.

