

Helderberg Health



Monthly Newsletter

Issue # 2

November 2013

Welcome to the second edition of our monthly newsletter.

The response to our first newsletter was overwhelming and we want to thank everybody for sending the newsletter on. We got a lot of mails and calls from people wanting to know more about Bowen Technique. Please feel free to call or mail any therapist with any questions you might have.

Finally Spring has arrived! Aren't those warmer sunnier days lovely? Not to forget the beautiful spring flowers we admire along the road. But Spring is also the time of year that we normally think of when it comes to seasonal allergies. As the trees start to bloom and the pollen gets airborne, allergy sufferers begin their annual ritual of sniffing and sneezing.

The biggest spring allergy trigger is pollen -- tiny grains released into the air by trees, grasses, and weeds for the purpose of fertilizing other plants. When pollen grains get into the nose of someone who's allergic, they send the immune system into overdrive. The symptoms include Runny nose, Watery eyes, Sneezing, Coughing and Itchy eyes and nose. Airborne allergens also can trigger asthma, a condition in which the airways narrow, making breathing difficult and leading to coughing, wheezing, and shortness of breath.

Therefore this month we will be featuring an article about Asthma and to honour World Diabetes Day, that is held this month, we will give some insight on Diabetes.

If you know someone who could benefit from Bowen, please suggest they try Bowen Therapy in conjunction with the medical assistance they may already be undertaking. Please feel free to pass this Newsletter on to all your friends that are interested in topics related to Natural Healing and Medicine.

Enjoy our second newsletter and feel free to give feedback, ask questions or suggest a topic you feel should be covered to marion@coetzee.de.

Good health, harmony and happiness to all of you.

THE BOWEN HELDERBERG TEAM
Marion, Lauraine and Renate



The Original Bowen Technique

Bowen as Treatment for Asthma

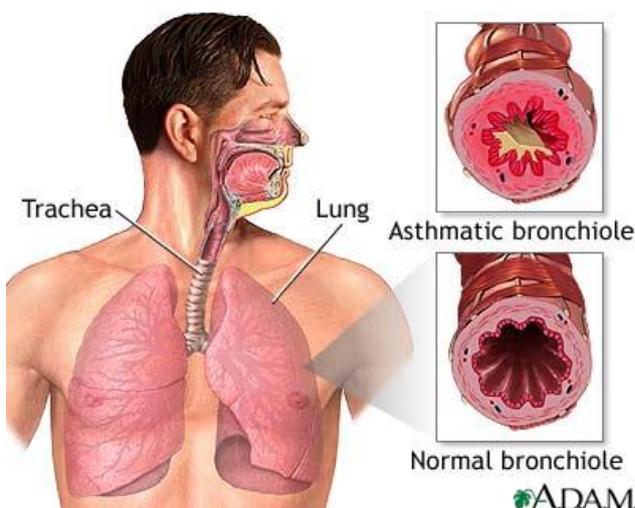
Whatever the level of asthma, or similar respiratory problems, Bowen often seems to reduce the level of attack very quickly, and effectively. A number of Case Studies forming part of a study over several years will illustrate how very successful the technique is proving to be.

As Bowen is both very gentle and non-invasive, there is no danger in using it with asthma and other respiratory conditions. The many cases treated have shown often to produce results very quickly which last. Treatment usually does not need to be continuous, and often just a very few sessions will change the situation for the sufferer. As with any allergy, the avoidance of contact with the allergen is an essential part of the treatment. However, what Bowen does achieve very often is the release of tightness in the chest which aids both asthmatics and other respiratory sufferers.

ASTHMA SYMPTOMS

Many people do not know they have asthma, especially if their symptoms aren't severe. The most common asthma symptoms are:

- Coughing, especially at night, with exercise, or when laughing
- Trouble breathing
- A tight feeling in the chest
- Wheezing – a squeaky or whistling sound



Sometimes a cough that won't go away is the only symptom of asthma. Asthma symptoms often happen at night and in the morning, but they can happen any time. They get worse when you are around your asthma triggers.

HOW DOES BOWEN WORK FOR ASTHMA?

Key to an asthma attack is the diaphragm. This contracts normally when breathing in and then relaxes to allow expiration. With an asthma-like condition, the diaphragm may be constantly partly in contraction, hence the familiar wheeze of an asthmatic. If a trigger, such as a cold or illness, or an allergy is detected, the diaphragm seems to contract more and more thus allowing the asthmatic to breath in, but increasingly not to breath out.

The Bowen respiratory procedure persuades the muscles, especially the diaphragm, to relax more and more. Hence the reduction in attacks and their severity, especially amongst young children.

For more information about Bowen for Asthma: <http://www.bowen-for-asthma.com/> and <http://www.aaaai.org/allergist/asthma/Pages/default.aspx>

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 video <http://www.youtube.com/watch?v=PrxUrGPBMg0>. Please not that we do treat fully dressed.

Immune Boosting Health Smoothie

This Strawberry-Banana-Apple-Smoothie is dairy and gluten free and has no added sugar.

This wonderful but simple recipe contains only strawberries, a banana, an apple and some water.

Don't let the simplicity of the recipe fool you; it is bursting with flavour and smoothness. It is hard to believe that something that tastes this good also be healthy for you

SERVES 2

- 2 cups fresh ripe strawberries, stem removed
- 1 apple, do NOT peel, cut into medium chunks
- 1 cup cold water
- 1 ripe banana, peel and quarter

In your blender, blend the strawberries and apple chunks with the water until smooth. Now add the banana and blend on high until smooth and creamy. Pour into your serving glass and garnish with an extra strawberry. ENJOY!



<https://jarohoney.com/strawberry-banana-apple-smoothie-raw-vegan/>

All about eggs

Eggs are a good choice as part of a healthy, balanced diet. As well as being a source of protein, they also contain vitamins and minerals. They can be part of a healthy meal that's quick and easy to make. There is no recommended limit on how many eggs people should eat.



Eggs contain cholesterol, and having high cholesterol levels in our blood increases our risk of heart disease. However, the amount of saturated fat we eat has more effect on the amount of cholesterol in our blood than eating eggs does.

If your GP or health professional has told you to watch your cholesterol levels, your priority should be to cut down on saturated fat. You can get advice in [Eat less saturated fat](#).

If you are eating a balanced diet, you only need to cut down on eggs if you have been told to do so by your GP or dietician.

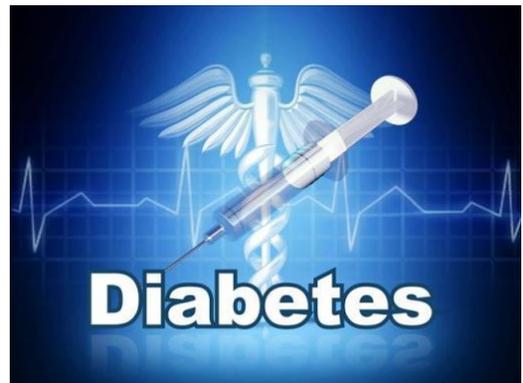
For more info: <http://www.nhs.uk/Livewell/Goodfood/Pages/eggs-nutrition.aspx>

World Diabetes Day

World Diabetes Day is the primary global awareness campaign of the diabetes mellitus world and is held on November 14 of each year. It was introduced in 1991 by the International Diabetes Federation and the World Health Organization in response to the alarming rise of diabetes around the world. World Diabetes Day is a campaign that features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community. For 2013, the theme is Diabetes Education and Prevention. While the campaigns last the whole year, the day itself marks the birthday of Frederick Banting who, along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922.

WHAT IS DIABETES ?

Diabetes, often referred to by doctors as diabetes mellitus, describes a group of metabolic diseases in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both. Patients with high blood sugar will typically experience frequent urination and will become increasingly thirsty and hungry.



1) Type 1 Diabetes

The body does not produce insulin. People usually develop type 1 diabetes before their 40th year, often in early adulthood or teenage years. Type 1 diabetes is nowhere near as common as type 2 diabetes. Approximately 10% of all diabetes cases are type 1.

Patients with type 1 diabetes will need to take insulin injections for the rest of their life. They must also ensure proper blood-glucose levels by carrying out regular blood tests and following a special diet.

2) Type 2 Diabetes

The body does not produce enough insulin for proper function, or the cells in the body do not react to insulin (insulin resistance). Approximately 90% of all cases of diabetes worldwide are of this type.

Some people may be able to control their type 2 diabetes symptoms by losing weight, following a healthy diet, doing plenty of exercise, and monitoring their blood glucose levels. However, type 2 diabetes is typically a progressive disease - it gradually gets worse - and the patient will probably end up have to take insulin, usually in tablet form.

Overweight and obese people have a much higher risk of developing type 2 diabetes compared to those with a healthy body weight. People with a lot of visceral fat, also known as central obesity, belly fat, or abdominal obesity, are especially at risk. Being overweight/obese causes the body to release chemicals that can destabilize the body's cardiovascular and metabolic systems.

The risk of developing type 2 diabetes is also greater as we get older. Experts are not completely sure why, but say that as we age we tend to put on weight and become less physically active. Those with a close relative who had/had type 2 diabetes, people of Middle Eastern, African, or South Asian descent also have a higher risk of developing the disease.

SYMPTOMS OF DIABETES

People can often have diabetes and be completely unaware. The main reason for this is that the symptoms, when seen on their own, seem harmless. However, the earlier diabetes is diagnosed the greater the chances are that serious complications, which can result from having diabetes, can be avoided. Here is a list of the most common diabetes symptoms:

- **Frequent urination**
When there is too much glucose (sugar) in your blood you will urinate more often. If your insulin is ineffective, or not there at all, your kidneys cannot filter the glucose back into the blood. The kidneys will take water from your blood in order to dilute the glucose.
- **Disproportionate thirst**
If you are urinating more than usual, you will need to replace that lost liquid.
- **Intense hunger**
As the insulin in your blood is not working properly, or is not there at all, and your cells are not getting their energy, your body may react by trying to find more energy - food.
- **Weight gain**
This might be the result of the above symptom (intense hunger).
- **Unusual weight loss**
This is more common among people with Diabetes Type 1. As your body is not making insulin it will seek out another energy source (the cells aren't getting glucose). Muscle tissue and fat will be broken down for energy.
- **Increased fatigue**
If your insulin is not working properly, or is not there at all, glucose will not be entering your cells and providing them with energy. This will make you feel tired and listless.
- **Irritability**
Irritability can be due to your lack of energy.
- **Blurred vision**
This can be caused by tissue being pulled from your eye lenses. This affects your eyes' ability to focus. With proper treatment this can be treated.
- **Cuts and bruises don't heal properly or quickly**
When there is more sugar (glucose) in your body, its ability to heal can be undermined.
- **More skin and/or yeast infections**
When there is more sugar in your body, its ability to recover from infections is affected.
- **Itchy skin**
A feeling of itchiness on your skin is sometimes a symptom of diabetes.
- **Gums are red and/or swollen - Gums pull away from teeth**
If your gums are tender, red and/or swollen this could be a sign of diabetes.
- **Frequent gum disease/infection**
As well as the previous gum symptoms, you may experience more frequent gum disease and/or gum infections.
- **Sexual dysfunction among men**
If you are over 50 and experience frequent or constant sexual dysfunction (erectile dysfunction), it could be a symptom of diabetes.
- **Numbness or tingling, especially in your feet and hands**
If there is too much sugar in your body your nerves could become damaged, as could the tiny blood vessels that feed those nerves. You may experience tingling and/or numbness in your hands and feet.

WHAT CAN BOWEN DO TO HELP WITH DIABETES ?

If you have a chronic condition such as diabetes, Bowen Technique can be an important part of your overall health plan.

Bowen Technique affects the circulatory, digestive, lymphatic, endocrine, immune and nervous systems. A Bowen treatment puts your body into parasympathetic relaxation. This helps to re-set the body and address imbalances before they become symptomatic.

In diabetes well known secondary effects include tingling or numbness in hands and feet (diabetic neuropathy), eye symptoms (ruptured blood vessels), damage to internal organs and poor healing of cuts or wounds (due to a decrease in circulation). Regular Bowen treatments can help to keep your tissues healthy and improve circulation.

In addition to incorporating a healthy diet and regular exercise into your diabetes management plan, consider adding Bowen to your health plan. Most diabetic patients come for Bowen weekly for 3 to 4 weeks and then every 4 to 6 weeks to help keep their circulation and tissues at an optimum level.



SALT

COMMON TABLE

- "Purified," a process that involves a re-crystallization at over 1,200°F
- 97.5% sodium chloride, 2.5% additives
- Depleted of its natural minerals
- Includes anti-caking compounds
- Likely contains iodine and/or is fluoridated (particularly in non-US countries)

HIMALAYAN PINK

- Contains 84 essential minerals required by the human body
- 85% sodium chloride, 15% trace minerals
- A good source of magnesium, in which 80% of all individuals are deficient
- Promotes a healthy pH balance of the cells
- Helps regulate blood sugar levels
- Helps regulate the body's natural sleep cycle

www.bodyunburdened.com

Himalayan Salt

is a marketing term for Halite (commonly known as rock salt) from Pakistan, which began being sold by various companies in Europe, North America, and Australia in the early 21st century.

It is mined in the Khewra Salt Mines, the second largest salt mine in the world, located in Punjab, Pakistan, about 300 km from the Himalayas, in the foothills of the Salt Range. The salt comes out in a reddish or pink colour, with some crystals having an off-white colour.

(Wikipedia)

2013 Nobel Prize in Medicine

On October 7th Americans James Rothman and Randy Schekman and German-born researcher Thomas Südhof won the 2013 Nobel Prize in medicine for discoveries on how hormones, enzymes and other key substances are transported within cells.

This traffic control system keeps activities inside cells from descending into chaos and has helped researchers gain a better understanding of a range of diseases including diabetes and disorders affecting the immune system, the committee said.

The discoveries have helped doctors diagnose a severe form of epilepsy and immune deficiency diseases in children, Nobel committee secretary Goran Hansson said. In the future, scientists hope the research could lead to medicines against more common types of epilepsy, diabetes and other metabolism deficiencies, he said.

Rothman, 62, is a professor at Yale University while Schekman, 64, is at the University of California, Berkeley. Südhof, 57, joined Stanford University in 2008. Schekman said he was awakened at 1 a.m. at his home in California by the chairman of the prize committee and was still suffering from jetlag after returning from a trip to Germany the night before.

"I wasn't thinking too straight. I didn't have anything elegant to say," he told The Associated Press. "All I could say was 'Oh my God,' and that was that."

He called the prize a wonderful acknowledgment of the work he and his students had done and said he knew it would change his life.

The Nobel committee said the three researchers work on "vesicle traffic" — the transport system of our cells — helped scientists understand how "cargo is delivered to the right place at the right time" inside cells. Vesicles are tiny bubbles that act as cargo carriers.

"Imagine hundreds of thousands of people who are traveling around hundreds of miles of streets; how are they going to find the right way? Where will the bus stop and open its doors so that people can get out?" said Hansson, the committee's secretary. "There are similar problems in the cell, to find the right way between the different organelles and out to the surface of the cell."

In the 1970s, Schekman discovered a set of genes that were required for vesicle transport, while Rothman revealed in the 1980s and 1990s how proteins dock with their target membranes like two sides of a zipper. Also in the '90s, Südhof found out how vesicles release their cargo with precision.

"This is not an overnight thing. Most of it has been accomplished and developed over many years, if not decades," Rothman told the AP.

"These discoveries have had a major impact on our understanding of how cargo is delivered with timing and precision within and outside the cell," the committee said.

Established by Swedish industrialist Alfred Nobel, the Nobel Prizes have been handed out by award committees in Stockholm and Oslo since 1901. The winners always receive their awards on Dec. 10, the anniversary of Nobel's death in 1896.