

Helderberg Health



Monthly Newsletter

Issue # 24

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Welcome to the October edition of our in the meantime a bit irregular newsletter. In this edition we will explore the benefit of Bowen post Knee Replacement.



Please feel free to contact us if you have any questions and pass this Newsletter on to everyone interested in health related topics.

Good health, harmony and happiness
THE BOWEN HELDERBERG TEAM
Marion, Lauraine and Renate



The Original Bowen Technique

BOWEN post Knee Replacement

People with replacement knees are often somewhat reluctant to have treatments, but so often they report after Bowen Therapy that they can move just so much more easily now. The sooner after the knee replacement the client can start with regular Bowen treatments the better.

We want to share this article by Mary Falk, a physiotherapist who uses Bowen for post Knee Replacement treatments with very good results.



As a physical therapist, I often visit clients with recent total knee replacements. Often times, at the first visit post-op week 1, they are experiencing significant pain, oedema, and restriction of knee and ankle range of motion (ROM). Being able to incorporate Bowen Therapy into my plan of care has revealed some surprising results relating to pain and oedema management, improved ROM, and decreased gait abnormalities.

At my initial visit, staples are still in place, the wound is covered with a bandage, so just a few Bowen moves are performed.

Prior to becoming an accredited Bowen Therapist, my approach to pain management was meds, positioning, and cold therapy. Now, Bowen Therapy is an additional tool that I bring to my clients. As with the many Bowen Therapy testimonies, the results tell the story.

Ruth explains, "After a knee replacement surgery, I was in quite a bit of pain and had a high level of anxiety that accompanied the pain. I had never heard of Bowen Therapy before, but was more than willing to try anything to relieve my suffering that was driving me to the edge. After the first treatment I had an entire day of respite from pain and anxiety. To say that I was utterly astonished on the results is an understatement. Continued treatments have made amazing progress towards my full recovery. I even called friends in California and New York to suggest that they find Bowen therapists in their area, as I knew it would help with their issues. I am thoroughly convinced that this treatment can help each and every one of us in our healing processes."

The numbers also tell the story. Each visit I document the oedema measurements, pain ratings and ROM of the knee. In the majority of the cases at time of discharge, pain levels are down to 0-2/10, ROM of the involved knee is markedly improved, and oedema is reduced significantly. Ambulation is now performed with minimal discomfort if any, and the antalgic gait is markedly improved.

In the discharge summary to the doctor, it is always such a pleasure to report that goals of therapy were met and make mention that Bowen Therapy was utilized in my plan of care.

It is humbling and amazing to witness each client's response to this gentle, yet powerfully effective manual therapy and I feel blessed to be able to offer it to my clients.

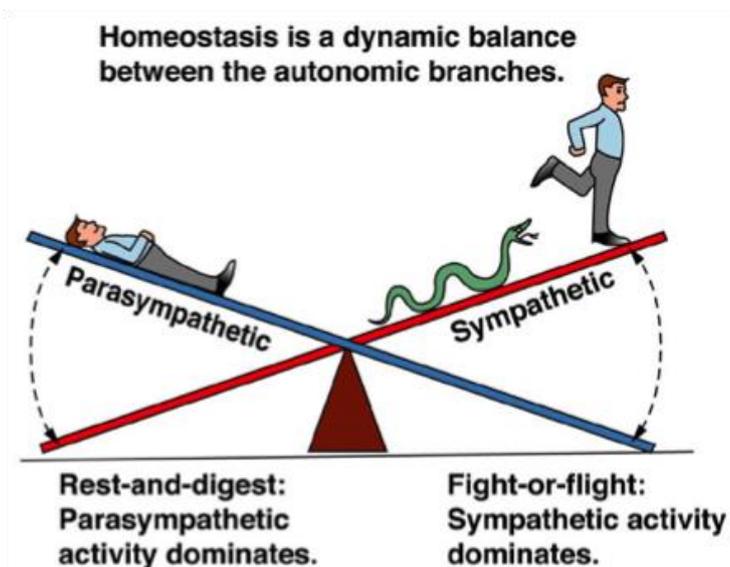
TRE – Stress and Trauma Release Exercises

An effective approach to the Healing of Stress and Trauma by Marion Coetzee

I was first introduced to TRE® (Tension and Trauma Releasing Exercises®) in 2014 and I have been a fan ever since. On my path to become a TRE facilitator and my first year of practicing I have seen most amazing changes in people. It certainly has changed my life and I aim to change many peoples life's by working through their traumas with them, using TRE®.

Trauma is defined as a threat to life. Most people immediately think of war, rape or other horrible sources of things we acknowledge as trauma, but Trauma may be any situation where one is faced with a threat to one's well-being, one's survival.

That can be like losing a job, getting a divorce, losing a loved one, having a car accident etc. Any situation that is combined with a state of helplessness where one has no control over that event. Lack of attachment and attunement between child and parents is one of the most critical traumas to address. All addiction is the result of trauma, trying to rebalance the neurochemistry of the brain.



Traumas, as well as stressful daily situations, have an effect on the nervous system. The balance between the Sympathetic and the Parasympathetic Nervous System will shift to the person being more and more in in the Fight-or-Flight mode, unable to relax and rest properly.

TRE® is based on the concept that, in stressful or traumatic situations, our body is genetically encoded to contract to protect itself. After the stressful situation is over, we are supposed to release such contraction and come back to an optimal state of balance and relaxation. However,

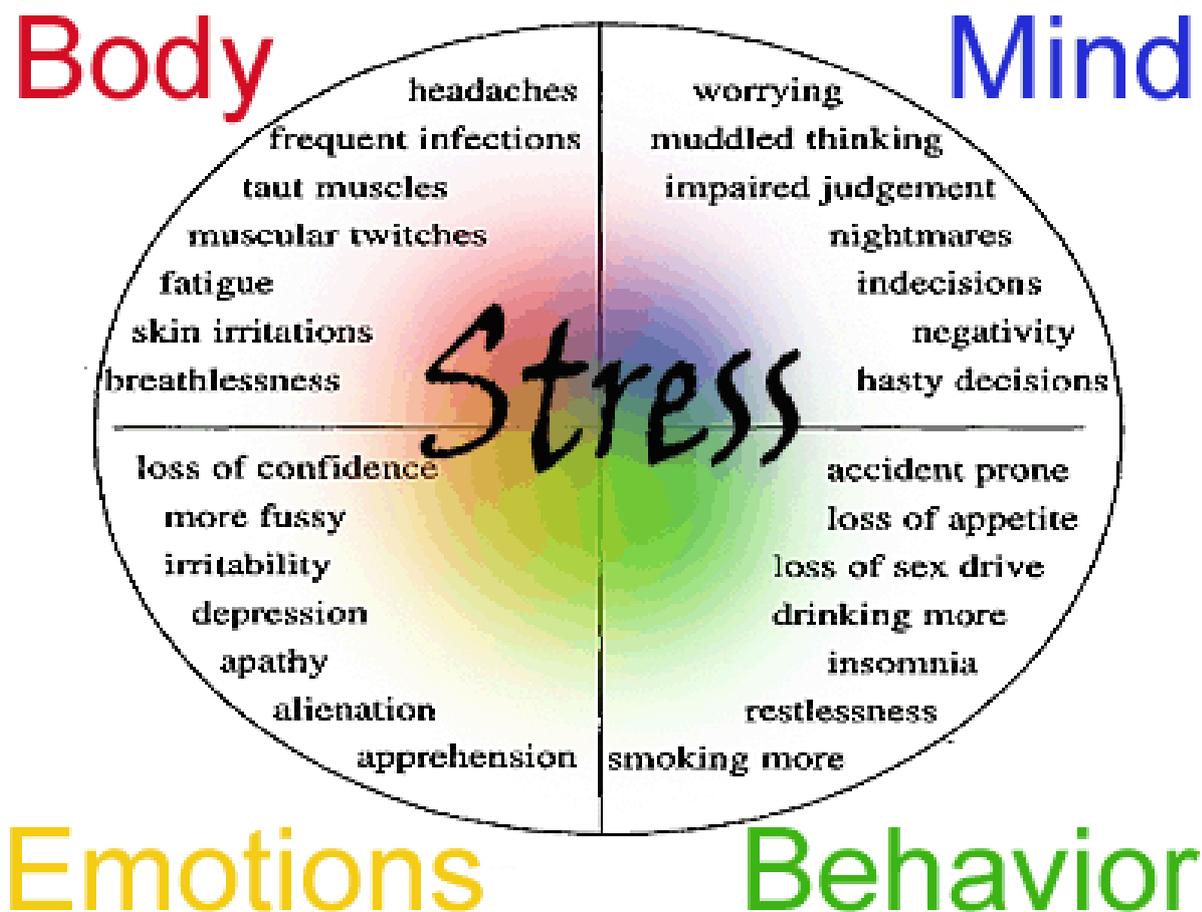
the way that the body releases is through tremoring and shaking (similarly to what we feel building up in our body when we are nervous, afraid or excited) and, since we are conditioned to believe that shaking is a sign of weakness or disease, we tend to unconsciously inhibit this healing response.

By doing TRE® we reactivate this natural releasing mechanism in our body with immediate and sometimes amazing results. People report sleeping better, getting rid of pain and aches, the healing of sciatica, a lessening of anxiety and depression, feeling calmer and less reactive, and a release of deep chronic tension.



The beauty of this work is that we don't need to know what it is that we are releasing, we don't need to go into the "story". It is a neurophysiological release that is, for the most part, mellow and even pleasant. Sometime stories, memories and emotions may come up but, if they do, we keep them at a comfortable and manageable level, very similarly to what we do when we are watching a movie.

Typical symptoms of a nervous system where sympathetic activity dominates:



If you are experience some of those symptoms TRE® will be a helpful tool for you to restore your nervous system.

TRE® can be done in one-one-one sessions as well as in group sessions.

Typically the client will have 6 sessions under supervision and will then be able to use this tool on his own.



For more information please call or mail
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How to Make your Metabolism Work for you, regardless of your Body Type

You've probably heard about the human metabolism being referred to as "fast" or "slow" and that the reason why we gain weight or have a particular body shape and size is due to our metabolism becoming slow, sluggish and even broken!

We've been taught to believe that we are born with a metabolism that functions on a certain speed and that doing a few key things will make it faster, which will help us lose weight.



But the truth is, your metabolism can't be broken. Metabolizing your food basically refers to how your body is using it as a source of energy. Of course, it can be influenced by many factors such as your age and hormone function but what if changing our relationship with food could also help create a healthy metabolism and get it humming along in the best way possible?

The field of mind and body nutrition brings together an awareness of WHAT you eat and HOW you eat it.

A great principle of mind-body nutrition explores how *loving* your food is the first and easiest place to start really shifting the way you metabolize it. Adding LOVE to your diet can really make a huge difference.

1. LEARNING about it

Learning about food and nutrition from a basic level is the first step to transforming your relationship with it.

Knowing what you're eating makes a HUGE difference to your body. You're less likely to feel confused when planning or cooking meals if you know what ingredients will perform certain functions in your body.

Less confusion about what you are eating puts your body into a state of calm and instantly restores power back to your digestive organs and your metabolic processes.

2. Taking OWNERSHIP of it

As in, planning it, shopping for it, and cooking it yourself.

Being responsible for your meals is the next step in feeling a shift in your food relationship and metabolic power. When you've learned about food and start to cook, bake, prepare, and serve it for yourself, you'll have a deeper understanding of what goes into it and you'll be proud of what you've created.

When you get in and create food, you'll realize that it's an enjoyable and rewarding experience. You get to have ownership over the things you eat and you'll get to understand what you like, don't like—what sits well for you, and what doesn't. You'll learn to trust your intuition when it comes to eating.

3. VARY the kinds of foods you eat

Variety—it's the spice of life! Switching up the foods you're eating will send a message to your body that change is on the way.

It makes sense that if your body is used to metabolizing all the same kinds of foods, changing things will change the way your body has to metabolize, right?

Try things you previously didn't like and see if it's still the case. Experiment with new recipes and enjoy a wide variety of food choices.

Add a little spice and chili to your food, too, to fire up your internal engine and powerhouse!

4. EXPERIENCE everything

Eat with intuition, pleasure, and mindfulness.

Use your intuition to guide you as to what you want to eat and feel your hunger cues. Eating mindfully without distraction and slowing down will help you to understand the signals your body gives you when it's hungry, full, satisfied, or craving something specific.

If you eat something that brings up certain emotions, like guilt or shame sit down and really taste it. If you want to eat it, you should enjoy it—don't make yourself feel wrong for eating these foods, just be aware that you are choosing to eat something that is more indulgent. Tune in to if the food is really making you feel good though and if it is, great!

Similarly, when you are eating something that you may have previously related to as boring, unexciting, or tasteless tell yourself that it's nourishing and actually concentrate on what it tastes and feels like.

You'll be surprised at how you might really start to develop a taste for things you didn't like before, because you always related to them as foods you *had* to eat to be healthy or lose weight.

Start to describe them as fresh, energizing, healthy, and nourishing and see how your appetite toward them changes.

Really concentrate on your food. Start to look at it, take in the colors, and put an effort in to how you put on your plate. You deserve to make it look nice!

Shut down and switch off at meal times, too. Avoid eating in front of the TV, set the table, and make it a nice moment—like a ritual.

Create an awesome experience around food and the food will reward your body in return! Slowing down and eating from a place of mindfulness, calm, and pleasure allows your body to digest easily and metabolize effectively.

www.bodymindgreen.com

Broccoli and Date Salad

Dried Fruits and Nuts are nature's gifts to us and every time we add a handful of dried fruits or nuts to our baking and cooking, we add nature's colour, flavour and healthy goodness. As they say: more fruit ... more nuts ... more taste!

Ingredients – serves 4

- 500 g small broccoli florets
- 100 g Pitted Dates, broken into large pieces
- 125 ml bought *vinaigrette* salad dressing
- 125 ml sweet chilli sauce
- 100 g Flaked or Whole Blanched Almonds, toasted
- 45 ml finely chopped onion
- 250 ml baby spinach leaves
- salt and freshly-milled black pepper

Method

Cook the broccoli until just done but still quite crisp, known as *el dente*. Immediately rinse under cold water and drain well. Pat dry thoroughly, place in a glass bowl and set aside.

Place the dates in a small saucepan and add the dressing and chilli sauce. Heat gently, remove from heat and pour over the broccoli. Add the almonds and onion. Toss lightly and set aside to cool completely before adding the spinach. Season to taste and toss well.

Serve as a starter or side dish.

