

Helderberg Health



Monthly Newsletter

Issue # 25

December 2016

Welcome to the December edition of newsletter. In this edition we will explore the benefit of Bowen for Lower Back Pain in more depth.

Since December 3rd marks International Day for people with Disabilities, we want to remind you that Bowen treatments can be done sitting on chairs and in wheelchairs.

Don't hesitate to refer friends and family members with special needs to us. We are used to accommodate everyone according to individual conditions and needs.

Bowen has been very successful for Stroke sufferers as well as people with MS and Parkinson.



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 and Renate



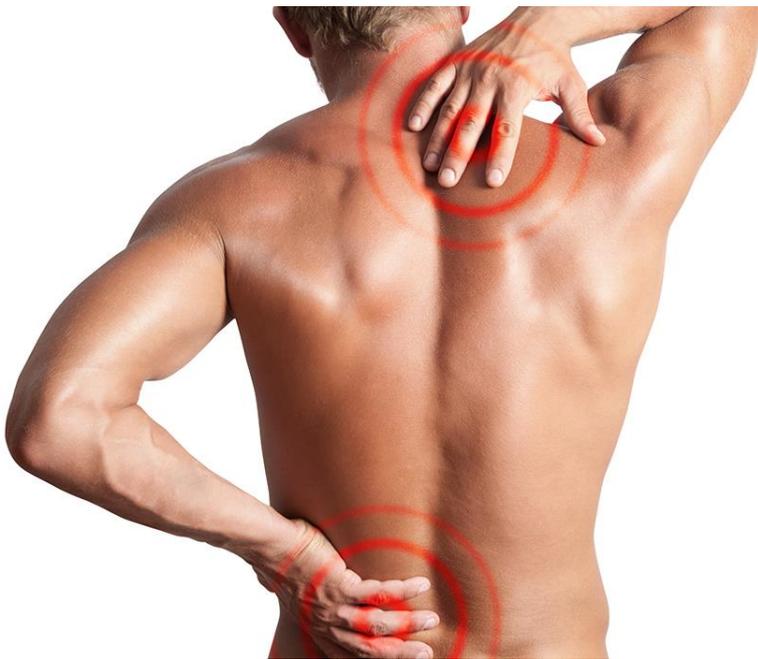
The Original Bowen Technique

Niggles are your Body's Signals

Asking for a Bowen Treatment

Minor aches and pains or niggles can be your body's way of warning you that something is not quite right. It may be an activity you are doing that is straining your body or an injury that you have been ignoring. But we just carry on and ignore those small signals to change or allow full recovery.

If we ignore our body's signals, that can then develop into something much greater, more persistent and painful and have an impact on our daily life – whether it's a couple weeks off work or something more serious.



How often do you get a niggle in the shoulder or the back and ignore it? You carry on; you take some pain killers and keep going. Then gradually what started as an occasional twinge after carrying shopping is there most of the time. When it finally starts disturbing your sleep you think: *"I really should do something about this"*. Don't ignore the small signals, seek help before it develops into something that really makes you take notice and has a huge impact on your life.

Very often if you go to the GP for back pain you will be prescribed painkillers and anti-

inflammatory pills which will stop the inflammation, but not address the origin of the problem. And your pain will usually come back sooner or later.

Ask yourself, why did the pain start in the first place? Was it something you were, and still maybe doing that has put you out of balance that caused this problem? It could be the way you sit in your office chair or the way you lounge on the sofa. It maybe the high use of a tablet or mobile phone. If your problem has stemmed from a habit it will help prevent future problems if you change the habit but it may not address the imbalance already caused. Maybe your pain is due to an old injury that your body has been compensating for, for example if you badly sprained a knee or ankle and limped for a few weeks.

In time, whether it's a "bad" habit or compensation for an injury, your body learns to work slightly differently but this may cause stress somewhere else that starts as a niggle but builds to another problem. That's where Bowen Therapy can help. The gentle rolling movements can help reset your body; getting you back into balance and out of pain.

So, if you have been ignoring a niggle for while, give your Bowen Therapist a call.

<http://www.bowenforall.com/niggles-can-be-your-bodys-signals/>

Don't Wait to get Thirsty

Summer days in South Africa can be very hot. One of the most important things is, to stay well hydrated at all times.

There is a lot of mystery surrounding water, especially when it comes to how much you should drink. Water is absolutely vital for your body's good health, since around 60% of your body weight is water. Dehydration is dangerous, but people can also, on rare occasions, drink too much water. So, how much water do you actually need? Do you need to drink water even when you are not thirsty?

Daily Recommendations

According to MayoClinic.com, you should drink around 8 or 9 cups of water a day. The replacement approach says since you lose around 2 cups of water a day through various processes, you need to drink 2 liter, just a bit more than your 8 cups, of water or other beverages daily.



When to Drink

The best way to tell if you are getting enough water is the color of your urine. If your urine is colorless or only slightly yellow each day, you are probably getting enough liquid. Some experts say you should drink only when you feel thirsty or you will consume too much water. However, MayoClinic.com cautions this may not be enough, since by the time you become thirsty, you might already be slightly dehydrated.

Dehydration and Over-Drinking

One of the reasons you should not wait to feel thirsty is that as your body ages, it is not as able to send thirst signals to your brain when you are dehydrated. However, it is also possible to drink too much water. ScientificAmerican.com reports several cases of hyponatremia, in which athletes or others drank so much water their bodies were unable to handle it. This led to brain swelling and death. However, the people in these cases consumed water in extreme amounts, which is unlikely to occur normally.

Conclusion

A good guideline to follow is the MayoClinic.com suggestion: drink a glass of water with every meal and drink water to recover from exercise. You should not wait until you feel thirsty to begin drinking water; however, some people are afraid of drinking too much. In most cases, only endurance athletes are at risk for hyponatremia, so most people do not need to worry about drinking too much. Drink water in moderation even if you do not feel thirsty.

<http://www.livestrong.com/article/458988-should-i-drink-a-lot-of-water-even-if-im-not-thirsty/>

10 Tips for a Healthy Summer

Summer has finally arrived! It's time to Braai even more often, dig out those bikinis and jet off on holiday for some well-deserved relaxation on the beach.

However, for many of us, summer also brings the temptations of ice cream, overdoing the tan and forgetting the summer diet and exercise.

Read these top 10 tips for a healthy summer... then nothing can go wrong.

Always apply sunscreen

It is important to use a sunscreen lotion of at least SPF 30 in order to protect your skin from harmful UV rays. Don't sit in the sun in peak hours between 10am and 4pm in order to minimize UV radiation. If you are planning to be out in the sun for a long period of time, reapply sunscreen every 2-3 hours.



Drink plenty of water

During the hot summer months, heat and sweat can leave your body dehydrated. A lack of water is harmful to your body and can also make you crave food when you're not actually hungry.

Beware of 'healthy' smoothies

Fruit smoothies are a great way to get your five-a-day and keep refreshed throughout the summer, but watch out for smoothies made with frozen yoghurts or ice cream as they can be extremely calorific. A healthy smoothie should be made with fruit, juice, low fat-yoghurt and ice.

Exfoliate

Summer means an increase of dead skin cells so it is important to exfoliate your skin to keep it smooth and silky. You don't need to buy any expensive products to achieve that summer glow; simply use a loafer for a light scrub or make your own exfoliation lotion using a handful of oatmeal, milk and yoghurt.

Keep up the exercise regime

Before you hide those running shoes in the wardrobe, remember summer exercise doesn't have to stop because of the rising temperatures. Instead of working out outside, change your exercise plan and take it indoors. Join a gym, take up a step class, or get a group of friends around for an afternoon of exercise DVDs.



Get wet

Summer is the perfect time of year to get wet! Boring runs in the cold wintery weather can be swapped for a summer swim at your local pool or gym. Start by swimming for 10 minutes and increase the time over the following weeks by doing front crawl, breaststroke or backstroke to mix up your cardio workout. A 30 minute session of this full body workout will burn almost 400 calories! If swimming laps isn't your thing, join a water aerobics class or create your own aerobic workout with jumping jacks, marching and jogging in water.

Olive oil

Olive oil is a healthy fat which contains essential fatty acids that help skin resist UV damage. These fatty acids are also part of the cell membranes that keep in all that moisture your body loses through heat and sweat during the summer. In order to protect your skin and keep it supple, consume about 1 tablespoon of olive oil daily or add it to a healthy salad or fish dish in order to get all those essential fatty acids.



Protect your glossy locks

Our hair suffers a lot during the summer. Constant heat, sun damage and chlorine takes a toll on our hair and can leave it feeling limp and dull after the holidays. If you're planning on swimming a lot during the summer, it is advisable to use anti-chlorine shampoo and conditioner to help neutralize the chlorine from your hair.

Eat healthy by the pool

When the sun is beating down, the idea of seeking out the nearest ice cream stand is seriously tempting. Stay strong by being prepared, and pack a cooler full of healthy snacks and juices. Fill your ice-box with ice, bottled water, sandwiches, vegetable sticks with hummus, yoghurts and endless amounts of fruit.



Take up a new hobby

Summer is the perfect time to take up a new activity. Gardening is a great way to enjoy the outdoors and will actually help you burn some calories! Planting a herb garden is a fantastic way of getting your hands dirty, having quick access to some healthy flavours for your summer meals and, if you have kids, get them involved in playing outside.

If gardening isn't your thing, get some inspiration from Wimbledon and try your hand at some tennis or golf. Pilates is the perfect alternative for some alone time in the garden. Roll out a towel and have some fun trying out planks and some breathing techniques in the sun.



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.

Does the Stress you are under Burden you?

TRE® (Tension, Stress & Trauma Release Exercise) is an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. TRE® safely activates a natural reflex mechanism of shaking that releases muscular tension, calming down the nervous system encouraging the body to return back to a state of balance.

This technique is easily learned in 6 sessions and can be used without a facilitator from then on.

Please call Marion on 072 906 1010 for more information or a free introduction session.

For more info on the net go to <https://traumaprevention.com/what-is-tre/>

