

Helderberg Health



Monthly Newsletter

Issue # 26

April 2017

Welcome to the April edition of newsletter. In this issue we will explore Spine Health.

Since April 2nd marks World Autism Awareness Day we want to make it better known what good results Bowen has shown in Children with Autism and Asperger's, as well as ADHD.

These children respond to Bowen with better concentration, improved sleep patterns, lessened rage episodes, more eye contact and in general are quieter, happier children.



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.

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

Bowen will Keep your Spine Healthy

This is more important, than most people realize.

We all know how wonderful Bowen is for re-aligning the spine. But why is it so important to have a Healthy Spine?

The function of the spine is:

1. movement
2. support
3. protection
4. coordination, and
5. control

Movement is one of the primary signs of life and any change in the structure or function of the spine may adversely affect human movement.

Support for the head is paramount because the neck is involved in quick coordinating movements for survival and protection and in general daily activities. The shoulder and pelvic girdles are also attached and supported. All these structures are related to the spine.

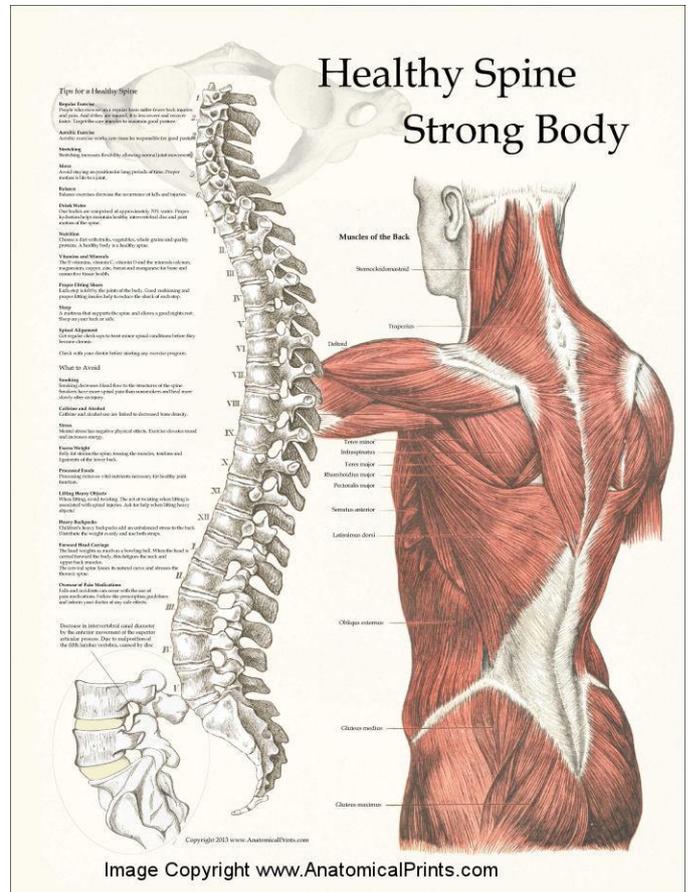
Protection of the central nervous system allows it to function optimally via the spinal cord, housed within the spine, which controls the function of every single cell, tissue and organ in the body.

Therefore a healthy spine, coupled with a healthy nervous system, is crucial in terms of maintaining whole body health. Any alteration of spinal structure or function may cause irritation of the central nervous system or the outer spinal nerves that are protected as they travel to organs or muscles.

This can be summed up as *fatigue*. Fatigue occurs when a system or structure undergoes loading or stress that alters its structure and function, and this injury overcomes the body's ability to heal itself. This causes illness because it affects the nervous system's ability to function normally.

Fatigue can occur via repeated physical stresses or instantly in a physical accident, but often it is brought on by too much psychological stress or lifestyle factors like inadequate nutrition or exercise.

Eventually effects may be varied - from tight or weak muscle groups, degeneration of spinal discs and general neck and back aches and pains - to common ailments such as headaches, jaw pain, rib (chest) pain, poor concentration, sleep disorders and even knee and foot problems.



Have you ever heard of a spine transplant?

Neither have we.

Take care of the one you have.

HAVE BOWEN



What to Eat for a Stronger Immune System

With the weather changing soon, one the questions is how can I keep my immune system strong?

It takes more than an apple a day to keep the doctor away. It turns out that eating some pretty surprising nutrients will help keep your immune system on guard.



You can ensure your body and immunity run smoothly by rounding out your plate with plenty of colorful servings of fruits and veggies, plus 8 to 10 glasses of water a day, at the very least. The following ingredients can add extra flu-fighting punch to your winter meal plan.

1. Yogurt

Probiotics, or the "live active cultures" found in yogurt, are healthy bacteria that keep the gut and intestinal tract free of disease-causing germs. Although they're available in supplement form, a daily 200ml dose of yogurt was just as effective in boosting immunity.

2. Oats and Barley

These grains contain beta-glucan, a type of fiber with antimicrobial and antioxidant capabilities more potent than echinacea, reports a Norwegian study. When animals eat this compound, they're less likely to contract influenza, herpes, even anthrax; in humans, it boosts immunity, speeds wound healing, and may help antibiotics work better.

3. Garlic

This potent onion relative contains the active ingredient allicin, which fights infection and bacteria. British researchers gave 146 people either a placebo or a garlic extract for 12 weeks; the garlic takers were two-thirds less likely to catch a cold.

4. Shellfish

Selenium, plentiful in shellfish such as oysters, lobsters, crabs, and clams, helps white blood cells produce cytokines—proteins that help clear flu viruses out of the body. Salmon, mackerel, and herring are rich in omega-3 fats, which reduce inflammation, increasing airflow and protecting lungs from colds and respiratory infections.

5. Chicken Soup

Researchers found that chicken soup blocked the migration of inflammatory white cells—an important finding, because cold symptoms are a response to the cells' accumulation in the bronchial tubes. The amino acid cysteine, released from chicken during cooking, chemically resembles the bronchitis drug acetylcysteine, which may explain the results. The soup's salty broth keeps mucus thin the same way cough medicines do. Added spices, such as garlic and onions, can increase soup's immune-boosting power.

6. Tea

People who drank 5 cups a day of black tea for 2 weeks had 10 times more virus-fighting interferon in their blood than others who drank a placebo hot drink, in a Harvard study. The amino acid that's responsible for this immune boost, L-theanine, is abundant in both black and green tea.



7. Beef

Zinc deficiency is one of the most common nutritional shortfalls, especially for vegetarians and those who've cut back on beef, a prime source of this immunity-bolstering mineral. And that's unfortunate, because even mild zinc deficiency can increase your risk of infection. Zinc in your diet is very important for the development of white blood cells, the intrepid immune system cells that recognize and destroy invading bacteria, viruses, and assorted other bad guys.



8. Sweet Potatoes

You may not think of skin as part of your immune system. But this crucial organ, covering an impressive 16 square feet, serves as a first-line fortress against bacteria, viruses, and other undesirables. To stay strong and healthy, your skin needs vitamin A. Vitamin A plays a major role in the production of connective tissue, a key component of skin. One of the best ways to get vitamin A into your diet is from foods containing beta-carotene, like sweet potatoes, which your body turns into vitamin A.

9. Mushrooms

For centuries, people around the world have turned to mushrooms for a healthy immune system. Contemporary researchers now know why. Mushrooms increase the production and activity of white blood cells, making them more aggressive, which is a good thing when you have an infection.

<http://www.prevention.com/food/healthy-eating-tips/power-foods-that-boost-immunity>

Health Effects of Cell Phones

Don't we all love our Cell Phones? We buy the newest models, the nicest colors, and most of us can't imagine life without it anymore.

Cell Phones make our lives easier in many ways, but they are also negatively impacting our health.

Text Neck

Text Neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. And it seems increasingly common. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.



Stress Levels

Studies shows use of cell phones can cause work worries to spill over into home time for both men and women. But only women seem to suffer from the opposite effect with cell phones carrying family concerns into the office.

Forever incoming messages, as well as ringing phones, put pressure on people, and feeling the need of replying instantly has been causing many traffic accidents in the past.

Radiation

There have been concerns, from both scientists and the media, that cell phone usage is linked to tumor development. The extensive use of cell phones is a relatively recent phenomenon, and since cancers usually take at least 10-20 years to develop, it will be years before research is likely to conclude whether cell phones cause cancer or not.

In addition, the long-term risks of cell phone use may be much higher for children than adults.

Since Cell Phones have a also negative impact on human relationships, put your phones away when you're chatting with friends and colleagues. You are bound to notice an improvement in the quality of your conversations and relationships.



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/>



Fun Facts about Smiling:

- Smiling boosts your immune system
- Smiles relieve stress by releasing endorphins
- It is easier to smile than frown
- It takes 5 to 53 muscles to smile
- Babies are born with the ability to smile
- There are 19 different types of smiles

