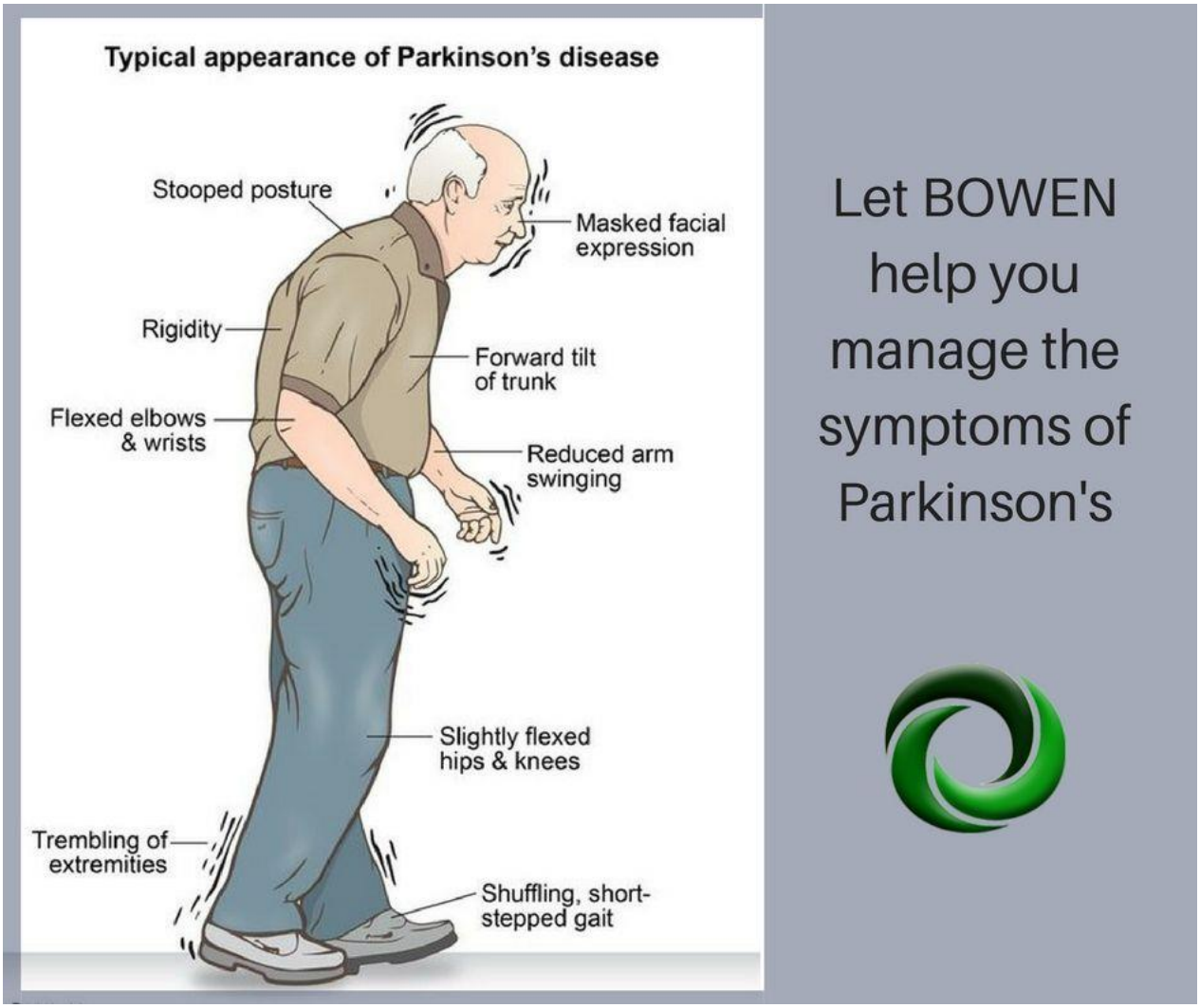
Helderberg Health

Monthly Newsletter Issue # 28 September 2017

Welcome to the September edition of our newsletter. In this issue we will explore how many nerves are affected and how during and after a Bowen move.

Please note that Bowen is also very helpful for people with Parkinson's disease.



Feel free to contact us if you have any questions, and to pass this Newsletter on.

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

Bowtech®

The Original Bowen Technique

What does a Bowen move actually do?

Many people wonder what do such a gentle moves actually do, to have such amazing results. In this edition I want to share a very interesting blog by one of our Bowen Practitioners in Australia. I shortened it a bit, please click on the link below to read the full blog.

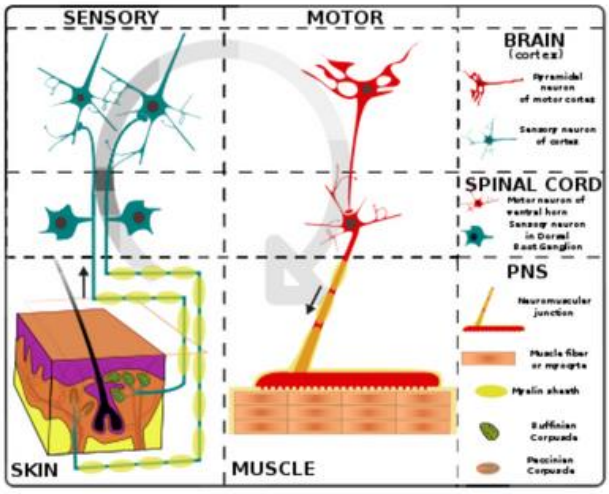
Clients often comment that Bowen moves are so gentle, that they wonder whether I am really doing anything. I assure them I am, and that there's actually lots going on under the skin during a treatment, thanks to fascia and nerve receptors.

Some clients feel lots of sensations going on in their body during treatment, and often not where the moves were done. Others don't notice the sensations, or think that the odd twitch or warmth they feel is not related to the Bowen move.

While Bowen moves appear to be made directly on muscles, the fascia surrounding the muscles is also impacted. Fascia is the fine connective tissue that surrounds muscles and organs to create a network throughout the body.

Fascia is not the inert stuff it was once thought to be. It contains many types of sensory nerves. These nerves communicate with the brain, letting it know what the body is feeling, and prompting the brain to tell the body to take action. That action may be to tell muscles to move a hand away from something hot. Or the action may not involve fast movement, but to allow muscles to relax in response.

nerve receptors in the skin send messages through the spinal cord to the brain



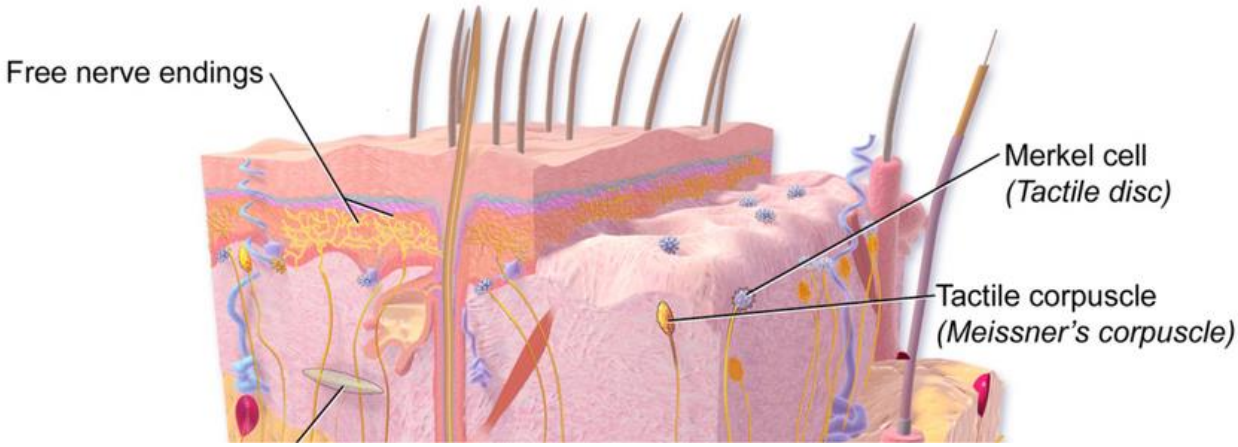
the brain sends messages via the spinal cord to muscles to take appropriate action

Touching the Skin

Bowen moves involve first placing hands on the body to move the skin lightly. Even this simple action starts to activate nerve receptors in the upper layers of the skin.

- Meissner's corpuscles are very sensitive to light touch. These are the nerves that detect things lightly brushing against the skin, including clothes.
- Merkel's discs respond to sustained light touch, and relay information to the brain about pressure and texture.
- Free nerve endings in the skin sense many things, including temperature, mechanical stimulus (touch, pressure, stretch) and pain.

Before a Bowen move is even done, nerve receptors and the brain are already communicating.



Most Bowen moves are slow, gentle rolling moves. Skin is gently moved to take up slack, to allow enough available skin to make a move. A challenge is applied, or a gentle push into the edge of the muscle. Then a slow steady rolling move is done.

During these actions, a number of other nerve receptors start firing.

Ruffini nerve endings

Ruffini nerve endings are located in the dermis layer of the skin, and in many deeper tissues such as ligaments and joint capsules. These nerve receptors only respond to steady gentle pressure – they don't respond to fast movement. They respond especially well to a sideways stretch across the direction of muscle fibres. So moves that involve slow melting pressure and roll across muscles, such as the Bowen moves along the spine, stimulates Ruffini receptors.

Stimulation of Ruffini nerve receptors is believed to result in reduced sympathetic (fight/flight) nervous system activity, helping move toward parasympathetic. Many of us see how these slow gentle moves help not only the local muscles/tissues where moves were done, but the whole body move into a deeply relaxing state. I see many clients doze off during treatment.

Interstitial receptors

Interstitial receptors are types of free nerve endings found nearly everywhere in the body. Stimulation of the interstitial nerve receptors helps provides Bowen's deep relaxing effect through decrease in the sympathetic nervous system.

Heart rate and respiration are also impacted by these nerve receptors, contributing to clients often feeling sleepy. Interstitial nerve receptors can also impact blood pressure, helping regulate blood supply according to local demands. Clients may feel clammy or cold, or much warmer, with some noting a change in blood supply to extremities.

Golgi receptors

Golgi receptors sense changes in muscle tension. These receptors are found in all dense connective tissue – where muscles attach to bone via tendons, ligaments and joint capsules.

Being located inside muscle attachments, stimulation of golgi receptors and working them can therefore have a profound effect on posture. The location in tough tendons means that they take longer to respond in comparison to those nearer the skin's surface.

Pacini receptors

Pacini receptors are found deeper in the skin and close to bony attachment sites, so require deeper pressure. Pacini receptors provide an important role in proprioceptive feedback. This helps coordinate movement and helps with stability. Some moves in Bowen do have an impact on Pacini receptors. Bowen moves around the knees in particular impact Pacini receptors, helping regain stability and balance.

You're feeling relaxed but your nerve receptors are active

Those moves we start with on your back, pushing very gently against and over the muscles of the spine, get those Ruffini nerve endings firing. The interstitial nerve endings also enjoy the very gentle moves.

With these nerve receptors prompting the parasympathetic nervous system, this is when you may start to doze off. Let the waves of relaxation wash over, rather than fight it off and try to stay awake. Let the nerve receptors have their conversation with the brain, rather than cut them off by fighting the doziness to make to-do lists for when you leave.

You may notice your blood pressure may start to change as you feel the calmness. Some feeling cold and clammy, while others may feel much warmer.

As the interstitial nociceptors are being influenced, sensations of pain start to feel much more reduced.

Please don't ask for work to be "harder" so you "feel it" – those Ruffini nerve endings just won't do a thing under firm pressure, and the interstitial receptors won't normalize either. If the moves are too firm or the muscles are "plucked", then other nerve receptors will be impacted instead. Muscles are also likely to contract rather than relax, as they push back against the unwanted force.

If your issue is postural, then firmer moves may be done over tendons close to bones. Enjoy the longer break after the move, knowing those Golgi receptors tend to have long, slow communications with the brain.

At the end of treatment, we'll have you get off the table with both feet landing together. Those Golgi receptors will keep firing and continue to help your posture after you leave.

Different moves, different nerve receptors, different pressures, different impacts. Even if you're not feeling anything happening the nerve receptors are doing their thing, and your body is feeling it, even when your head doesn't sense it.

http://simplybowentherapy.com.au/nerve-receptors/

September is Honey Month

In the US “Honey Month” is celebrated every September, to promote beekeeping as well as honey as natural and beneficial sweetener.

The journey of honey begins with honey bees. They perform the vital function of pollination, transferring of pollen from plant to plant, thus enabling them to bear fruit. It is estimated that one-third of the human food supply depends on insect pollination. Major crops that depend on honey bees are responsible for pollination consist of almonds, apples, avocados, blueberries and many more.

Honeybees are social insects that live in colonies. The hive population consists of a single queen, a few hundred drones, and thousands of worker bees.

The honeybees forage for nectar and pollen from flowering plants. They use the nectar collected to create our favorite sweet treat - honey! When carrying the nectar back to the hive, their bodies break down the complex sucrose of the nectar into two simple sugars, fructose and glucose. Tucking it neatly into a honeycomb cell, the bees will then beat their wings furiously over top of this syrupy sweet liquid to fan out the moisture and thicken the substance. When it is complete, the bees will cap that cell with beeswax, sealing the perfected honey for consumption later on.

The Nutritional Value of Honey

Average Composition of Honey

Honey is primarily fructose (38%), glucose (31%), water (17%), maltose (7%), and small amounts of trisaccharides, other higher carbohydrates, sucrose, minerals, vitamins, and enzymes.

Vitamins - trace amounts

Thiamin, Riboflavin, Niacin, Pantothenic acid, Vitamin B-6, Vitamin B-12, Folate, Vitamin C, Vitamin A, Vitamin D, Vitamin E, Vitamin K

Minerals - trace amounts

Calcium, Copper, Iron, Magnesium. Manganese, Phosphorous, Potassium, Sodium, Zinc

Antioxidants - enzymatic and non-enzymatic

Catalase, ascorbic acid, flavonoid

Health Benefits of Raw Honey

Healthy Weight Management

Research studies have linked honey consumption with weight loss. Replacing sugar with honey can actually help prevent packing on extra pounds and also lower blood sugar. Raw honey can also activate hormones that suppress the appetite.

Counters Pollen Allergies

Raw honey contains bee pollen, which is known to ward off infections, provide natural allergy relief and boost overall immunity. The bees in your neighborhood will collect the pollen that causes you to suffer. When you consume local raw honey, you also consume that same offending local pollen. After some time, an allergy sufferer may become less sensitive to this pollen.

Natural Energy Source

Raw honey contains natural sugars (80%), water (18%), and minerals, vitamins, pollen and protein (2%). It provides an easily absorbed supply of energy in the form of liver glycogen, making it ideal for energetic morning starts and as a pre- and post-exercise energy source.

Antioxidant Powerhouse

A daily dose of raw honey raises levels of health-promoting antioxidants in the body. Antioxidants help block free radicals in the body that cause disease and have been shown to reduce the risk of heart disease and cancer. . It also boosts the immune system.

Wound Healer

Honey is a natural antibacterial with wound-healing effects. Honey also reacts with the body's fluids to make hydrogen peroxide, creating an inhospitable environment for bacteria. For the treatment of burns and wounds, honey is typically applied directly to the problem area or in a dressing that's changed every 24 to 48 hours.

Diabetes Aid

Consumption of raw honey can reduce the risk of developing diabetes and help aid medication used to treat diabetes. The combination of raw honey and cinnamon can be especially beneficial to healthy blood sugar management**,** as well as many other health concerns like gingivitis and acne.

Natural Cough Syrup

Raw honey has been shown to be as effective in treating coughs as over-the-counter commercial cough syrups. A single dose of honey can reduce mucus secretion and coughs. For a cough, a half teaspoon to two teaspoons of honey at bedtime is a studied and recommended dosage for anyone over the age of one.

Chicken Satay Salad

SERVES 2

Marinate chicken breasts, then drizzle with a punchy peanut satay sauce for a no-fuss, midweek meal that's high in protein and big on flavour.

Method

Pour the tamari into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.

Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.

While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.

Recipe from Good Food magazine, August 2015

Learn How to Cope with Stress or Trauma

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/