



Bat-Zion Susskind-Sacks

The art of living well

Newsletter

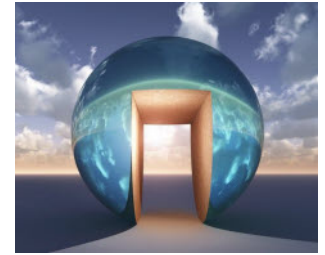


Issue 10: July 2008



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"When you follow your bliss, doors will open where you would not have thought there would BE doors; and where there wouldn't be a door for anyone else..."

Joseph Campbell

Make friends with Fibre

Some of us know it as bulk or roughage. Whatever we call it, most of us know that it is one of those good-for-you foods. Fibre refers to carbohydrates that cannot be digested. It is found in the plants we eat for food - fruits, vegetables, grains, and legumes.

There are two categories of Fibre:



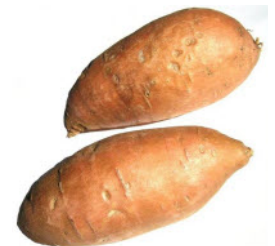
- Soluble fibre dissolves in water to and is known to lower cholesterol, prevent diabetes and heart disease. A recent German study also shows that a diet rich in fibre can help prevent long term complications from diabetes. Sources of soluble fibre are oats, legumes (beans, peas, and soybeans), apples, bananas, berries, barley, some vegetables.
- Insoluble fibre increases the movement of material through the digestive system and helps prevent constipation and may help protect against colon cancer. Sources of insoluble fibre are whole wheat foods, bran, almonds and the skin of some fruits and vegetables.

Here are some ways to increase our fibre intake:

- Have oatmeal or whole grains cereals. Oats digest slowly which in addition to keeping blood sugar steady, also fend off hunger
- Opt to have whole-wheat bagels or bread instead of white toast



- Try wild rice instead of white
- Add beans (kidney, black, navy, and pinto) to your salads or to your rice dishes
- Choose high fibre fruits such as apples, pears, bananas and oranges as a snack
- Treats such as whole wheat muffins or cookies with raisins, berries or bananas are packed with fibre.



Body image and self-esteem

Many of us, mostly women and increasingly men as well, spend much time worrying about our physical appearance.

Body image, especially for teenagers is closely linked to self esteem and affects the way we see the world and act. Moreover, ongoing body dissatisfaction can be daunting and demoralizing and can escalate into eating disorders and depression.

There are a variety of factors that affect self esteem.

Puberty and the changes it brings about coupled with the strong desire to be accepted leads the teenagers among us to compare ourselves to others.

Exposure to strong media images of skinny girls and bulked up men also affect our body image.



Body image and self-esteem (continued)

Constant criticism and lack of praise by parents, hurtful teasing by friends can likewise affect our body image and self-esteem.

It is obvious that we have no control over these factors. Our lifestyle and the way we choose to respond to them is the only thing under our control.

Here are some tips for improving body image:

- Recognize that your body is your own and that ultimately you have to be happy with yourself
- Identify those aspects in your body that you can realistically change and set up a plan to achieve them. Accomplishing your goals will boost your self-esteem
- Reject negative thoughts fight and re-train your inner critic.
- Look at the glass half full. Concentrate on the positive aspects of your life.
- Compliment yourself and others frequently.
- Accomplishing something of value such as a rewarding hobby will help increase your self esteem.



Homeopathy by Craig Burton



Homeopathy is one of the most widely used forms of medicine in the world today. (1) It was developed over 200 years ago by Samuel Hahnemann, a German doctor and chemist

How does homeopathy work?

Homeo - same, pathos - suffering

Homeopathy takes the principal known as the law of similars or "like cures like" the strategy also behind immunizations. This means that a substance that can cause the disease can also cure it. If coffee leaves one wide awake then a homeopath may use potentised (diluted) coffee or coffea 200C as it's known to relieve insomnia. (2)

How scientific is Homeopathy?

According to the majority of modern mainstream medical professionals, homeopathy is long way from being scientific and its effectiveness needs a long stretch of the imagination. However in 1991 the British Medical Journal published an extensive review article by a group of Dutch researchers on the effectiveness of Homeopathy. They reviewed 107 Homeopathy clinical trials that had been published in reputable medical journals. 77 trials showed that Homeopathy worked, so they evaluated the methodology to see how carefully the trials were conducted - expecting to see poorly performed trials. To their surprise they found instead, that the clear majority of those more rigorous trials homeopathy proved to be effective. "Based on the evidence we would be ready to accept that homeopathy can be efficacious, if only the mechanism of action were more plausible..." (2)



How are Homeopathic remedies prepared?

Remedies are derived from plant, mineral, or animal substances. The remedy begins as a liquid solution taken through a series of dilution steps involving shaking or succession to potentise it. It then turns into a tiny sugar tasting ball that you dissolve in the mouth, which is a good reason for scepticism as it tastes too good to be medicine.

Where can I find out more?

In the UK I recommend contacting the Alliance of Registered Homeopaths at www.a-r-h.org for a registered practitioner. If you are on a budget and curious there are also discounted clinics offered by final year students under the eyes of supervisors. Alternatively most countries have a registered body that can be found through a google search.

References

- (1) Alliance of Registered Homeopaths website, <http://www.a-r-h.org>
- (2) Radical Healing, Rudolph Ballentine M.D., Randon House Publishing, 1999

Yours in Health, Happiness and Success

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