



Bat-Zion Susskind-Sacks

The art of living well

Newsletter



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"Many of life's failures are men who did not realize how close they were to success when they gave up."

Thomas Edison

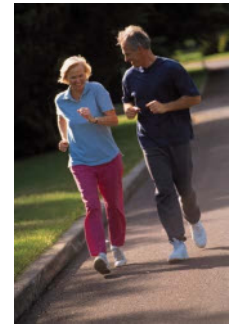
Walking into better health - by Craig Burton

"Walking is man's best medicine" - Hippocrates

Here are some benefits of walking:

Physical Health

- Increases metabolism. According to leading holistic health practitioner Paul Chek hundreds of calorie-burning muscles are utilized by walking through the integrated use of our arms, legs and torso. Eherenfried Pfeiffer, famous nutritionist and biochemist, suggests that walking as little as two miles may result in increased calorie consumption for up to 12 hours post movement.
- Improves body shape. Walking improves the body's ability to digest, assimilate, eliminate waste products and detoxify, especially if water consumption has increased.
- Improvement in overall sense of health and wellbeing. Regular walking reduces the risk of Cardiovascular Disease by up to 50%. Studies have found that walking regularly over a long period of time can reduce your risk of stroke, diabetes and osteoporosis and is useful in treating arthritis, high blood pressure and even depression.
- It's low impact. It is easy on the joints particularly knees, hips and lower back
- Decreases the risk of developing muscle waste, osteoporosis, and related fractures. Walking reduces the risk of hip fracture by up to 50% in women.



Mental Health

- Enhances mental clarity and mood.
- Allows a time for reflection and is one of the most effective methods of relaxation.

Financial

- Walking is free. It only requires a good pair of walking shoes, which in some places like on a clean beach is not even necessary.
- More walking could save £7 billion off the National Health Bill
- Save money on fuel and car maintenance costs by walking instead of driving for short trips

Environmental

- Walk for cleaner air. Transport emissions are already a major contributor to the greenhouse effect.

Walking is also:

- Achievable and realistic. Walking can be easily integrated into most people's lives - to the train, shops or up the stairs.
- Easy. Walking is what our body was built for. So no need to take classes - as Nike says, "Just do it".
- Fun. Try spending your weekends wandering cities or the countryside with family and friends.

Craig is a prominent European-based holistic health and fitness coach and founder of 3D Personal Training Systems. He is the author of "The 21 Day Roadmap to Health". <http://www.3dpts.com>

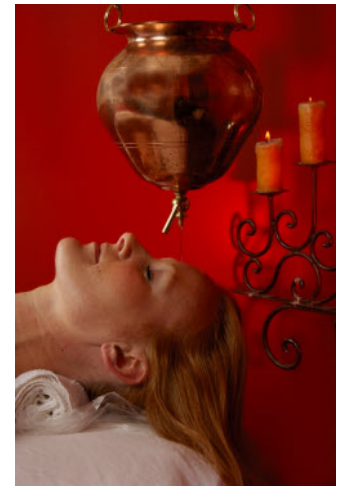


Sirodhara Treatment

One of the most popular Indian therapies for mental relaxation, relief of stress, depression, decreased mental agility and cure of insomnia. In this treatment, specific medicated lukewarm oils are used to bathe the head in an even stream on the centre of the forehead.

The treatment begins with a gentle head massage. The person is then made to lie down on his/her back with the head resting on the designed part of the bed in a slightly elevated position. To prevent oil from flowing into the eyes, the eyes are covered with The position of the head should be such that the steam from the vessel falls at the centre of the forehead reaching both the temporal areas across the third eye. When the oil that trickles down the wick starts to fall on the patient's forehead, the therapist moves the vessel to and fro gently, in a pendulum motion, to ensure that the oil covers the entire region between the temples which is gently massaged.

The vessel is refilled with drippings collected and warmed. The procedure generally lasts between 25 and 75 minutes. The session is ended with light head massage to spread the oil evenly.



Acupuncture - by Boaz Ming Yeshayahou



Acupuncture is a technique of inserting and manipulating filiform needles in order to activate energy paths in the body for relieving pain and therapeutic purposes. This method is based on an ancient Chinese model set for the purpose of understanding the cycle of life. The model features five elements: Earth, Metal, Water, Wood and Fire which are the basic materials that concern the evolution on earth. These elements correspond to the progress of life and each element feeds the following element: water helps trees grow, wood burns and becomes fire and fire creates ashes and dirt which form the earth inside of which lies metal. Metal helps keep water in the ground so that the tree can continue to grow and thus the cycle continues.

Legends attribute the development of this theory to supreme powers the "Avatars"- people born with super powers who passed on their knowledge to the Chinese emperor and his people in order to further investigate this theory in China. In ancient scripts found in the city of Ki Kan Pou, trigrams and Chinese characters are found along with ancient Hebrew writing. The

"Yellow Emperor "Huang Di ordered to abominate and destroy all foreign religions and faiths from China and drive all foreigners away from China except for the Jews who brought medicine and mathematics to the country (up until today people in China claim to be Jewish and have Levy family names).

The use of this energetic model enables achieving very high and accurate levels of medicine which fit the person treated and the symptoms of the person's illness thus preventing or treating illness. The use of the date of birth gives the innate energetic pattern of each individual. The state of interaction between the sky and the earth creates a pattern which builds a person both physiologically and energetically - a form of a basic primary pattern.

Through acupuncture it is possible to manoeuvre different energies in the body which tend to accumulate and make them work in favour of the entire body or move them out of the body and into the cosmos.

Sometimes such imbalances may only be expressed at an energetic level even before the appearance of symptoms of the illness and sometimes only in the form of restlessness, depression or sleeping disorders sometimes viewed as routinely while the person is actually ill or about to be ill. This is why illnesses can be treated even before their symptoms manifest themselves in the body.

Boaz Ming Yeshayahou is a world-renowned expert on ancient Chinese medicine. Boaz founded the Yellow Emperor Center in Israel, where he treats thousands of patients with a variety of health, mental and weight problems.

In our next issue: How to be sun smart - some tips on tanning; the importance of sleep; and a motivational column by Bob Garvey

Yours in Health, Happiness and Success

Batzi

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Happy Birthday Israel

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