

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center
Chakrapani Global Center for Training & Research in Ayurveda

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About the AyurvedaNews:

AyurvedaNews is an optional fortnightly newsletter available to those who have visited our web sites and contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our sites. Our sites: <http://chakrapaniayurveda.com>, <http://AyurvedaHelpline.com>, <http://LearnAyurveda.com> and <http://garrysun.com> contain only the best and most pertinent material on Ayurveda and Holistic systems of medicine. This newsletter focuses on improving and popularizing Ayurveda and all the holistic systems of medicine.

This Issue's Quote:

".the moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed.

- J. Krisnamurti

Testimonial on AyurvedaNews:

"Dear Dr. Rajesh, A course of 2 months in Ayurveda. This is what I wanted when I was in Holland. To learn Ayurveda from first class teachers. After my good experiences with you, your staff and your clinic last year, I decided to come back. You were immediately very open for the idea of doing a course for 2 months and we planned a date. Now, since the beginning of December, I'm here. The last 6 weeks gone by so quickly and I'm learning so many things. As well theoretical and practical. I can't wait to put them to practice in Holland. Wish I could stay longer. But certainly I will come back.

Dennis van den Bergen (info@ayurveda-yoga.com)

(Thanks Dennis for your great words)

Editor's Note:

The today's feature article entitled "Herbal Discrimination" is a contribution of Trilby Sedlacek. She is a qualified herbalist practicing at Cedar Rapids, Iowa. The article is based on her own experience and worth to have a look at it. We are thankful to Trilby for her contribution to AyurvedaNews.

We have hundreds of subscribers on our database who are Ayurveda practitioners, health professionals or who work in the area of holistic health. We, at AyurvedaNews, invite all you practitioners to send us your articles. Your experience, insight and knowledge will benefit people world wide to learn about and understand their bodies, minds and spirits, thereby helping themselves into the state of well-being.

We are thankful to Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do enjoy reading AyurvedaNews. Each issue contains new information and new articles.

We invite your views and ideas on the subject matter and content of our feature articles. Our wish is to help you and for this we need your input to help us to serve you. So please keep us posted with your views, ideas and preferences.

Herbal Discrimination : Written by Trilby Sedlacek, AHG Registered Herbalist

I am an herbalist... Herbal medicine is the form of medicine I chose to use; just like the form of religion I might chose. Don't I have the right to decide what substances to put in the bodies of my children? Of myself? I thought we were Americans; where the Constitution protected our right to chose? Who is in charge of my health?

My answer is ME! I get to decide! My decision is based on wisdom; I should have freedom to access those who have that knowledge. I don't want to be prejudice either. I just want what's best for my family, clients and me. We have a wonderful joke among herbalists, "Don't take me to an herbalist if I get hit by a truck, take me to the emergency room". Maybe I won't fill the prescriptions, and I've been known to saw a cast off so to put an herbal poultice on a bone, but I'm not so blinded by my love of herbs that I don't have the common sense to seek appropriate medical attention when needed. Modern medicine is *one* option. I personally think it wise to use it as the last resort in most cases, because of the numerous negative side effects frequently involved with this choice in medicine style. Either way, it's still me who decides. Or is it?

This issue of who is in charge of my health goes back to a self-responsibility, a belief that the body heals itself. Real whole plants are much more able to work with the genetic/evolutionary coding of our bodies, we were made to work with the energetic patterns given off by the plants when we ingest them. They help our cells; tissues and the energetic blueprint of our bodies remember how to be in balance once again. I

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don't believe one can get all that from a pill made in a chemical laboratory.

We got lazy; it isn't the doctor's fault. We all want the magic pill. We don't want to have to eat better, develop healthier life styles; we want the quick fix. We give away our power!

At my son's school I took some power back. They suggested that maybe medication would help him learn faster. Since the chemical drug they were suggesting is an addictive stimulant, I stated that I would put him on an herbal program instead. He did better but not good enough. They suggested drugs again. I stated, "If he could be dosed herbs at school, they would be much more effective." I was told that a Medical Doctor would have to sign a form. We went to the doctor, who did sign the school form for the herbal formula I designed, with over 12 different herbs, while asking me about "that new herb echhineceeeeee", when it hit me, this whole situation was totally absurd! Why does this person who knows nothing about herbal medicine have the authority to sign this paper? So, in my subtle way I asked, "Isn't this like having the electrical inspector sign off on the plumbing inspection"?

I took the signed forms back to my child's school; he got his herbs right along side the kids getting their potentially harmful stimulants. He got straight A's last semester without the drugs.

I did tell the school nurse that this situation wasn't right, and that I was just the tip of an iceberg; that people will want to be able to go to the "expert" in the form of medicine they chose, have them sign the form, not a person that can't even pronounce Echinacea. I thought to myself, I pay this nurses salary, just like all the other taxpayers, why is my form of medicine discriminated against? Lack of education! I offered to do a free presentation on herbal medicine for the school district nurses; she never took me up on it.

I try to walk softly in this world; the plants are under my feet. I value my freedom to seek health and healing. The laws as they are currently written make what I do everyday illegal. I thought if I was careful, honest and appropriate for my education level, that it would be okay. I was wrong, our current laws make it illegal for individuals to access the knowledge I offer. Anyone can be taken to court, accused of practicing medicine without a license for suggesting anything that is healing, this would include peppermint tea for a stomachache or Peter Rabbit's mother for giving him chamomile tea to get him to sleep.

I'm still an Herbalist. Now, in this world where antibiotics and chemical medicine's effectiveness is beginning to fade and it's safety publicly questioned, we need to stand up for our birthrights; to be able to use the plants of this earth, the wisdom of the weeds that grow in your own back yard, we need their medicine and spirit energy to survive. Think about it, we can't even breathe without them; they are spirit's gift to you for being a member of planet earth.

About the author: Trilby Sedlacek, AHG Registered Herbalist, is a practicing Herbalist, a writer and owner of Green Angels Herbs and Healing Arts. Green Angels Herbs and Healing arts is a Local Herb Company in Eastern Iowa. They are here to help facilitate Herbal Education in community. One can contact Trilby at GANGEL999@aol.com

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Interesting Health News: Hair dye may raise cancer risk: Study

WASHINGTON: Women who have been colouring their hair for 24 years or more have a higher risk of developing a cancer called non-Hodgkin lymphoma, US researchers reported on Friday.

They said that their study of 1,300 women could help explain a mysterious rise in the number of cases of the cancer that affected the lymphatic system. Writing in the American Journal of Epidemiology, they said that women who dyed their hair starting before 1980 were one-third more likely to develop non-Hodgkin lymphoma, or NHL, and those who used the darkest dyes for more than 25 years were twice as likely to develop the cancer. "Women who used darker permanent hair colouring products for more than 25 years showed the highest increased risk," Tongzhang Zheng, associate professor of epidemiology and environmental health at Yale School of Medicine, said in a statement. Cancer experts noted that a person's absolute risk of developing lymphoma was very low, so doubling that risk still meant a woman who dyed her hair was very unlikely to develop lymphoma. Non-Hodgkin lymphoma will affect an estimated 54,000 Americans this year and will kill 19,000, according to the American Cancer Society. It affects slightly more men than women. The incidence of NHL has doubled since the mid-1970s and no one knows why. Experts suspect exposure to chemicals can be a factor. The lymphatic system is part of the immune system, so people with immune weaknesses are at special risk — notably AIDS and organ transplant patients.

Source: Times of India, Jan 25, 04

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Sincerely,
The AyurvedaNews Team

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