



HELPS Organic Breathe Tea

Brought to you by Pharmadusa, a pharmaceutical company specialising in medicinal plants, HELPS is a range of new generation herbal teas that are 100% natural. Combining tradition with the most advanced technology, HELPS uses known medicinal benefits of natural ingredients that are specially formulated for different effects. This month I tried out HELPS Breathe.

What's it for?

HELPS Breathe is a combination of natural herbs with eucalyptus leaves, linden, thyme and mint. A simple and delicious way to strengthen your immune system and normal respiratory function, as well as sinus and respiratory health. The smooth combination of plants helps breathing and soothes the respiratory tracts and helps to relieve coughs.

What's involved?

Drink several cups per day, including one before going to bed.

What are the results?

I've been pretty run down recently but since I've been drinking Breathe I haven't caught anyone else's coughs and colds. Plus my breathing doesn't feel as tight. I can honestly say HELPS really does help! Now, didn't someone say something about a HELPS Slimming Tea?

How much?

Prices range from Dhs 40 to Dhs 44 for a box of 20 sachets.

HELPS Teas are available in pharmacies and nutritional outlets throughout the UAE including all Bin Sina and Life Pharmacies as well as over 400 individual pharmacies. -L.C.

Drum for health

Community drumming is a great way to unify with others and also to de-stress and energise and get into rhythm. The origin of the word rhythm is Greek meaning "to flow". When our lives are experiencing dissonance and disharmony, we limit our capacity to resonate with the natural rhythms of life. Drumming gives us a way to feel the beat needed to feel connected and balanced, rather than isolated and out of sync. It also helps people express and address emotional issues. Unexpressed feelings and emotions can form energy blockages, and the physical stimulation of drumming helps to remove blockages and produces emotional release.

Drumming induces a relaxed alpha state, lowers blood pressure and reduces stress and promotes the production of endorphins and endogenous opiates, the body's own morphine-like pain killers, and can thereby help to control pain. Recent studies also suggest that drumming circles boost the immune system. In a specific study conducted by Barry Bittman, MD, group drumming actually increases cancer-killing cells, which help the body combat cancer as well as many other viruses.

Drum Circles also provide an opportunity for participants to feel connected with others and gain a sense of interpersonal support. A drum circle provides an opportunity to connect with your own spirit at a deeper level and share your rhythmic spirit with others. There are great benefits to feeling connected to others, so get out and drum.

Dubai Drums host community drum circles at Dubai Marina Mall every Thursday from 6.30pm to 9.30pm. It's a great family activity and complimentary courtesy of the mall. **For more information on drumming activities visit www.dubaidrums.com.**

