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About reflexology

Reflexology is a form of alternative medicine that supports our body in self-healing, by tapping into its natural healing powers. Our feet are an intricate map of our bodies, and through massage and the application of gentle pressure in specific areas of the foot, we stimulate healing, bringing balance and rejuvenation to our body

Who benefits from a reflexology treatment?

Reflexology is suitable at all ages and stages. Whether baby, child or adult, reflexology supports the recovery of ailments, boosting the immune system, which in turn may prevent recurring infections. Amongst many other benefits, it also improves blood circulation, reduces fatigue and improves metabolism and digestive issues.

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What to expect in a reflexology treatment?

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Motzei Shabbat, 8th Feb – 8.30pm



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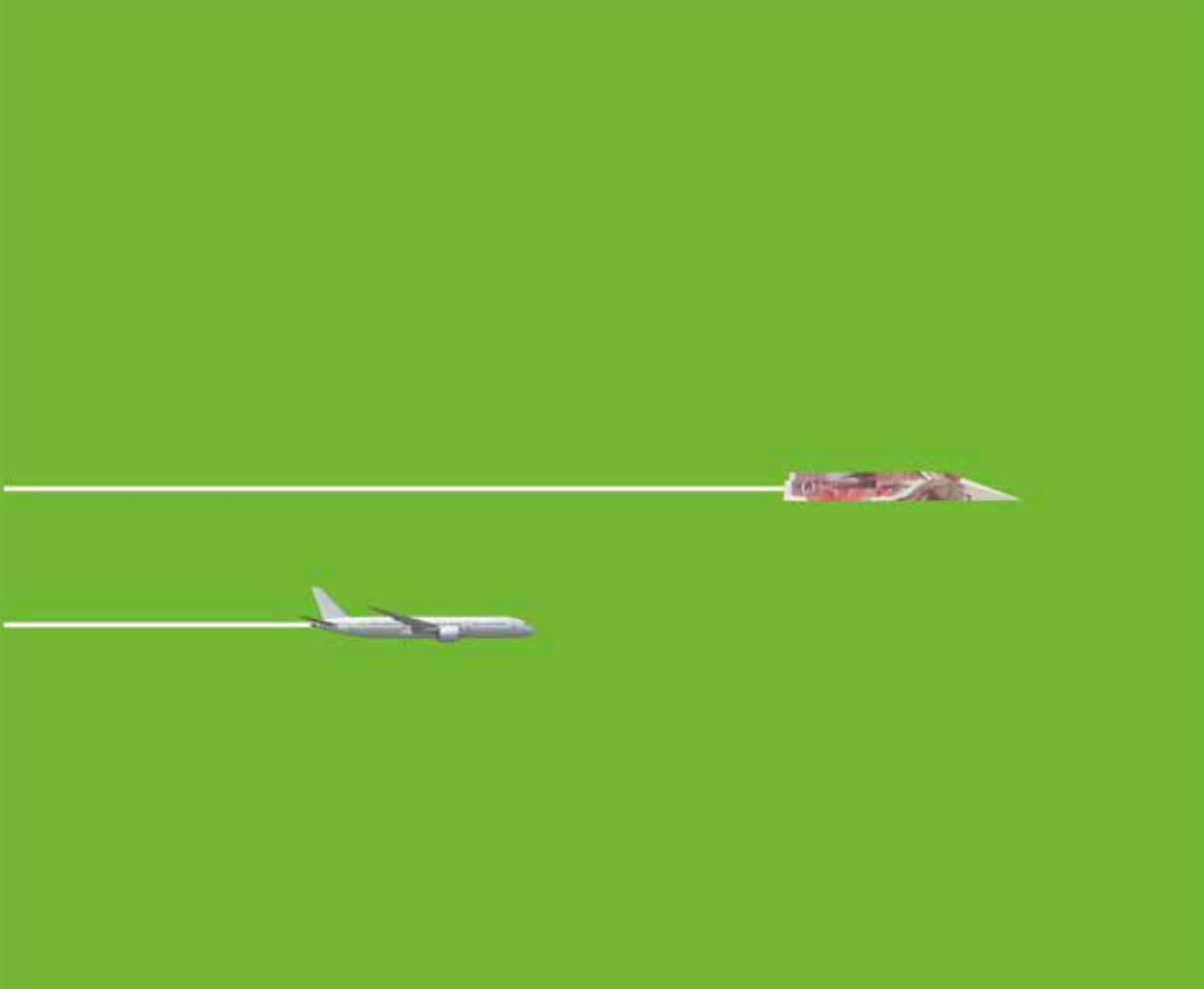
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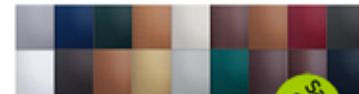
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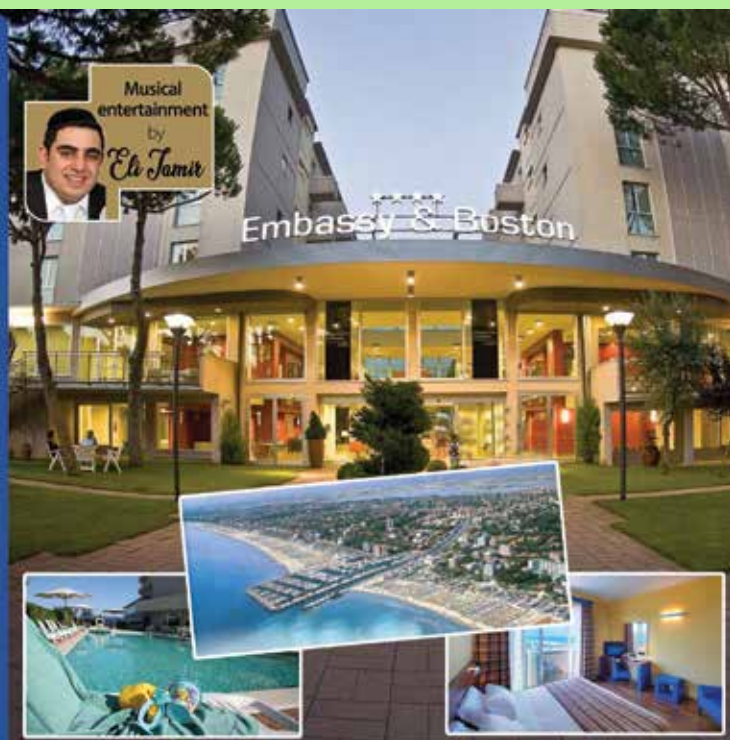
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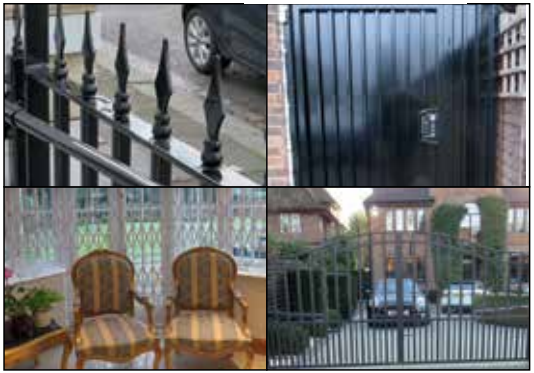
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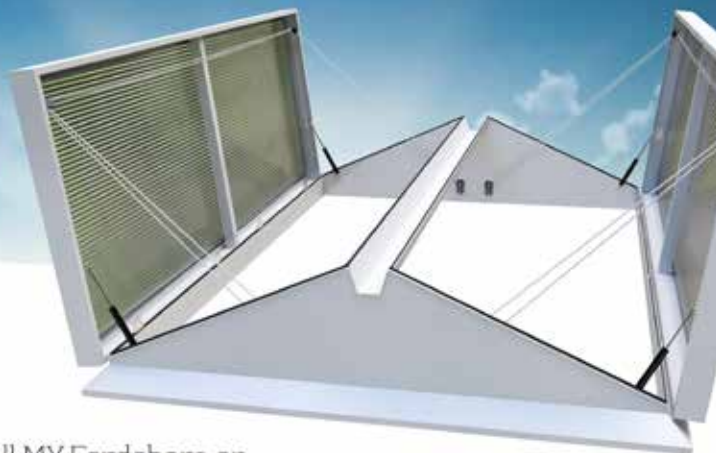
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I was already born in Israel, and am the eldest in my family and the first to learn in Shuvu. I also have two younger sisters learning in the Shuvu elementary school.

When I first came to Shuvu, I didn't know what praying is. I didn't know anything at all.

I saw people praying from a book, and eating kosher, but didn't even know what that meant! I was used to eating meat and cheese together.

Then I came to Shuvu, and the teachers taught us about having respect for our parents, and about having Jewish pride.

I had a Christian "friend" who once said to me, "You're Jewish – you're nothing."

To this I say today: 'No! I'm not nothing! I'm Jewish and I'm proud!' The first time I ever kept Shabbat was in 8th grade, thanks to this school.

I try to keep Shabbat, and not write, and I try to pray and wear modest clothing.

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Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.



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Your Questions Answered

Q: My mother who is over 70 seems to be very forgetful and I am concerned that she may have dementia. I want her to see a specialist in order to receive an accurate assessment, however I am unsure where to go. Should she see a psychiatrist or a neurologist?

A: Psychiatrists and neurologists follow a similar course of training, beginning with four years of medical school, followed by a residency in their respective specialties. Thereafter, they may elect to pursue a fellowship in a sub-specialty within their field. They can both conduct mental status exams, order imaging studies, diagnose dementia and prescribe medications as necessary. Both have been trained to manage multiple medical conditions, and to consult other departments.

Because both disciplines deal with the brain/mind, the reality is that there is a tremendous overlap between the fields of psychiatry and neurology. So what's the difference?

Voluntary and Involuntary Symptoms

The brain is ultimately responsible for both voluntary and involuntary functions.

Voluntary symptoms, meaning that the patient technically has physical control, although they choose not to engage in these behaviors when healthy.

Involuntary symptoms, meaning the patient could not physically stop these behaviors, because the body is in an "automatic" mode.

This analogy, although imperfect, may help in understanding the difference: Psychiatrists focus on and treat symptoms originating in the brain that lead to abnormal voluntary functions, i.e. human behaviours, whereas neurologists focus on and treat symptoms originating in the brain that produce abnormal involuntary functions.

In the case of depression for example, the patient will present with voluntary symptoms, like social isolation, increased or decreased sleep or weight and stopping activities they once found enjoyable. By contrast, a stroke patient will present with involuntary symptoms, such as blurred vision, paralysis, headache, inability to communicate verbally and involuntary movements.

Where to go?

Making an appointment with either a psychiatrist or neurologist would ultimately lead to a correct diagnosis, even if they end up referring you to the other specialty for a more specific evaluation.

If a dementia patient is hallucinating or becoming aggressive, for example, you may want to discuss the problem with a psychiatrist who specializes in geriatrics; they may be more comfortable prescribing antipsychotic medications, which are typically used to treat these symptoms. A neurologist will be a better option if other neurological symptoms beyond changes in memory, mood and behaviour emerge (like involuntary movements). But the bottom line is that both will be able to provide a preliminary diagnosis of dementia, and guide you in the best direction. B'Hatzlacha!

Please note that these answers are general guidelines. Each individual should consult with their Doctor/Moreh Derech.

Zeh Lozeh was set up in order to support emotional health within the community. Since its inception in 2016 Zeh Lozeh has impacted thousands of families, schools and children through raising awareness, insets and trainings, therapy and advice line. Zeh Lozeh has the Haskomos of local and international Rabbonim as well as the endorsement of leading professionals.

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Newsheet invites readers to submit any question to zehlozehresolve@gmail.com which will be answered by Rabbonim, Mechanchim and Professionals.

DARK TAPESTRY

by Ruthie Pearlman

CHAPTER TWENTY-THREE *cont.*

Lucy sat at her desk in the offices of the North West London Echo, studying the e-mails Colin had copied for her. There was no doubt in her mind that they were the work of one man, however different they seemed in places. The question was, which man?

Was the Fox a poet or a literary writer?

She looked at one again. It was the first one received.

The devil can cite Scripture for his purpose,
An evil soul producing holy witness.

There was something about it, something familiar and yet just out of reach, like a dream one tries to remember upon waking.

"Hey, James," she called to a passing colleague of hers, "come and look at this a sec."

"No time," James said, making a big show of being in a rush.

"James," Lucy said with deathly intent, "I need you to look at this. I'm sure you wouldn't want that little matter of the plagiarized biography mentioned to the editor, now would you?"

James stopped fluttering and stood at her desk, eyeing her through narrowed lids. "You wouldn't."

Lucy grinned up at him. "Just watch me."

James shook his head, muttering, "Blackmailer," under his breath and then, "So what is it you want me to see?"

"These couplets. Do they mean anything to you?"

James flicked through the pages of couplets like a card shark doing a fast deal. "Sure. Quotations from Shakespeare. Where did you get them?"

Lucy stared at James, openmouthed.

"Shakespeare as in William Shakespeare?"

"Sure, didn't you recognize them? I'm a bit of a Shakespeare expert, actually." He pronounced

it "acksherlly." "That first quote — 'The devil can cite Scripture for his purpose, an evil soul producing holy witness' — that's from *The Merchant of Venice*. Act one."

Lucy blushed. "I only know the better known Shakespeare quotations, and even then I'm not sure where they come from. I found Shakespeare boring at school."

"Shakespeare has such a wealth of beautiful imagery in his plays and sonnets. It's timeless, as you can see; you had some vague idea the writer was highbrow and literary, but you weren't sure if he was current or not. You should make more of a study of it. Like me." He preened.

"You're sure? All of these quotes are from Shakespeare?"

James scanned them again. "Yes, I recognize all of these."

Lucy was on the phone to Colin in an instant.

"I have something. Something big. I don't think we should talk on the phone. Meet me at the coffee shop downstairs ASAP."

Colin had been tapping pens against his desk, feeling as useless as a screen door on a submarine. He heard the lift in Lucy's voice and felt hope. It was rare for her to be this excited. He jumped up, told Peter he was going out, and left the office with no further word.

Peter, who was used to accompanying Colin everywhere, was miffed at this sudden departure. Revenge crossed his mind for an instant. The revenge of the pesky Baruch Weiss. He grinned, but caution slowed him down. I'll just wait until Colin lets me know what this is all about, he told himself, and went back to his laborious paperwork.

Lucy was waiting in the coffee shop, although waiting hardly described her behavior at that moment. It was more leaping up and down like a child on a pogo stick, running to the door to see if Colin was approaching. When she saw him, she waved like mad until he entered the shop.

"Lucy, calm down. What on earth is the matter with you?" Colin was still feeling disgruntled with failure.

"Sit! Sit! I might have cracked your case for you." When he had heard what she had to say, his brain spun like a ball on a roulette wheel.

"Shakespeare. Lucy, why didn't we see it?"

"See what?"

"Bill Venice. He used the name Bill Venice to access the Net from SmallNet. Criminals like the Fox love to drop clues; they love to play games. He was using Shakespeare quotations and his name was Bill Venice and we just didn't see it. How stupid could we possibly have been?"

Lucy looked at him. "Okay, call me stupid. I still don't see it."

"Bill equals Will equals William. Venice equals The Merchant of Venice, where the first quote was from. He was pointing to Shakespeare from the first."

"Yes, but are we any closer to knowing who he actually is?" Lucy asked, suddenly deflating like a punctured balloon.

Something was niggling at the back of Colin's mind. Something from long ago, in his past, when he was still Chaim Sommers, not Colin. When he wore payos and a yarmulke and was still battling with his inner conflicts about religion. Something...

Lucy was talking, but he tuned her out as effectively as if he had been wearing headphones. He waved a hand at her to indicate that she should be quiet. And he journeyed into his head, into his past.

As Colin made the journey through his memory, Lucy saw him frown, his brow creasing like folded paper, his eyes misting with concentration. From Colin's perspective he was battling against the fog that had built up over ten years, trying to pierce its gray woolly depths, to see beyond.

"There was a party," he said slowly. "I was sixteen and rebellious. I wanted to taste a different lifestyle from the one I had been brought up to. My friend Ben brought me to the party..." He was in a kind of self-induced hypnotic trance now, exploring the dark chasms of his youth, allowing the full rush of his thoughts to flow freely, without resisting. So deep was he that he was unaware that he was telling Lucy things about himself he had never told her before. He struggled with elusive memories.

Someone slid down the wall next to him. A long-haired young man, older than himself by at least four years, with a straggly beard, looking rather like a young William Shakespeare. Piercing blue eyes observed him curiously for a moment.

"I even called him Shakespeare," Colin said, "and he didn't correct me."

"You can call me Shake," he told Chaim seriously, then, after a pause he added, "Maybe I'm a reincarnation of William Shakespeare. I really dig his plays, man. They speak to me, y'know? At school, all my friends thought them megaboring, but I found them deep, you know?"

"This guy was instrumental in turning me off being religious," he said. "Ben wasn't the real cause, Shake was. Well, I suppose I only have myself to blame. I was ready to be turned off, but Shake was the one who did it. He had the smoothest, most sneaky arguments, and they seemed to make sense."

"Colin, what are you talking about?"

The sentence was like the snapping of fingers at the end of a session of hypnosis. Colin snapped to awareness and stared at Lucy. Her concerned face was that of a stranger.

"I never told you this before, Lucy. I've been terribly unfair to you. I've lied about who I really am."

To be continued....

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MY NAME IS EMES

By R' Fischel Schachter & Yonasan Schwartz adapted/illustrated by Tzai R. Pensky



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12.45 23 Green Walk
1.00 חיות מנחם
1.15 בית יעקב דוב
1.30 61 Cranbourne Gdns
2 Highfield Gardens
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2.00 בית אברהם
2.30 בית ד"ר
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2.55 מנחת שבת
3.35 אברהם: עץ חיים
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ערב שבת

מנחה גדולה

עץ חיים 12.45

4.31 חסידות הגרנות

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SAGE

4.31 אברהם, אור חדש, אברהם

בית אברהם, בית ישראל

בית המילה, נד, סיני, עץ חיים

קהילת אהל משה, שער המילה

jls

4.33 כבודו ליון

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מנחם

תסארת ישראל

23 Green Walk 4.20

עמית צבי 4.47

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Guest Speaker
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Wednesday 5th February 8:30 pm
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