

July 2017

KZBM PROGRAMME

Bahmanyu with a viewing of André Rieu & The Johann Strauss Orchestra

André Rieu is a world famous Dutch violinist and conductor best known for creating the waltz-playing Johann Strauss Orchestra. Famously dubbed the “King of Waltz”, André Rieu, first picked up the violin when just five years old, went on to form his own orchestra and has sold more than 35 million records to-date.

Come join us for an evening of wonderful music of André Rieu and his famous Johann Strauss Orchestra, followed by a delicious Bahmanyu dinner.



Date: Saturday, 5 August 2017

Venue: KZBM Hall

Time: 7:30 pm

Ticket per person: Rs 650

Last Date: Tuesday, 1 August 2017 till 1 pm

No tickets will be issued at the event venue. Tickets not paid for and collected by the due date will mean cancellation of your name from the list.

“EK M” Ek Minute programme on 16 September 2017

Z-CLIPS

"AN EXQUISITE MUSICAL JOURNEY"



Above: Rashna's pupils who accompanied her during one of her visits to the Indus Hospital

RASHNA GAZDER is pleased to announce her next Musical Extravaganza with her select pupils and guest performers. The concert is in aid of the Children's Cancer Ward at Indus Hospital.

The Show is sponsored by HBL and will be on Sunday 20 August at the Khorshed Mahal in Avari Towers

Tickets will be available from Monday 24 July. Please reserve soon as there is only one performance and limited seating.

Ticket cost is Rs.2000. All proceeds go to the Children's Cancer Ward at Indus Hospital. Children under the age of 6 years are not allowed.

Tickets will be available with:

Natasha Mavalvala for Cyrus and Avari Colonies.

Katherina Irani for Parsi Colony, Jamshed Baug and Saddar areas.

Dilshad Irani for Mehrabad and Clifton areas.

Many thanks to all you kind people who have supported this worthy cause. Those who still wish to donate may contact: Rashna Gazder or Percy Gazder

Return to Roots – Fourth Trip 22 December 2017 to 3 January 2018



The Zoroastrian Return to Roots Program is pleased to announce the opening of applications for its fourth trip, after the first three successful tours in 2013-14, 2015 and 2016. Over the last three trips more than 45 Zoroastrian youth from all over the world have had an opportunity to participate in these tours.

The aim of Zoroastrian Return to Roots is to bring together young Zoroastrians from across the world between the ages of 22-35; to return to their roots, reconnect with their culture, and revive the community. Participants ('Fellows') will explore various significant Zoroastrian historical, religious, cultural, and archaeological sites in India over a trip of 13 days.

The itinerary will take participants to Mumbai and Gujarat, and since it will overlap with the Iranshah Utsav in Udvada in December 2017, participants will have the unique opportunity to attend the Ustav as well.

Young Zoroastrians are invited to apply at:

<http://zororoots.org/apply/>

before November 15, 2017. They may apply to local associations for funding and sponsorship. Please note that the applications will be accepted on a rolling-basis.

You may also visit:

Return To Roots website: www.zororoots.org

Facebook: <https://www.facebook.com/ZoroastrianReturnToRootsProgram/>

2017 Trip Program: <http://zororoots.org/2017-return-to-roots-tentative-itinerary/>

Image Gallery: <http://zororoots.org/gallery/>

*Excerpts from Parsi Khabar
June 16, 2017*

Eligible Zoroastrian youth living in Pakistan may apply for sponsorship to kzbm1912@gmail.com stating his/her full name, age, student or working and two paragraphs to tell why she/he wants to go for this tour and what she/he intends to do for the community on return.



Pink ribbons, bumper stickers, sports events, and donation jars saying “Support The Cure.” While I certainly hope we find a cure for breast cancer—and the male equivalent, prostate cancer, as well as every other type of cancer — **buying into fear tactics and supporting corporations who profit from them, also known as Pink Washing is not something I have ever felt compelled to do.**

You see, “Support The Cure” places emphasis on women contracting breast cancer and Western medicine curing them, rather than teaching women what we can all do to prevent it in the first place. Using words such as “detect” and “screen” and “special populations” implies that you will inevitably get cancer and you need to “plan” for it. **I prefer to plan how I will continue to live my life fully and focus on how I can create breast health on a daily basis, and that means I would rather think of October as Breast Health Creation Month!**

What’s interesting is that even though my approach has always been considered “alternative” or even controversial, statistics actually support it! For example, **did you know that the risk of a woman dying from breast cancer if she doesn’t have regular mammograms is less than one percent. It’s true!** A previous study reported in the *New England Journal of Medicine* showed that 995.6 out of 1,000 women age 50 will NOT die of breast cancer within the next ten years. This number rises to 996 out of 1,000 with regular mammography screening. **In fact, getting regular mammograms is actually more harmful because you are subjecting your healthy breasts to cancer-causing radiation.**

Of course, that doesn’t mean you should never get a mammogram. Sometimes they are useful, especially if you have a dream that you have breast cancer! Believe it or not, dreams can warn of many things that you can then do something about, including breast cancer

Why Women Buy Into The Fear Around Breast Cancer

As women, we have been conditioned to believe that our breasts are two malignant lesions sitting on our chests about to kill us at any moment. New screenings and treatments are continually added into protocol, such as 3D Tomosynthesis Mammography, what I call a better mousetrap. And, once screenings and treatment regimens become “standard” it is hard to remove them from practice, even when the evidence supports discontinuing them. In addition, even “enlightened” doctors simply don’t want to risk NOT prescribing regular breast cancer screenings out of fear of litigation.

Another major factor that contributes to women’s fears about breast cancer is family history. We have been led to believe that if someone in your family has had breast or ovarian cancer, you will too. Genetic testing for everything

under the sun has become commonplace and women are voluntarily removing their healthy breast and even ovaries in an attempt to “save themselves.” This is the reason why prophylactic removal of healthy breasts has increased by 200% over the past 5 years or so! While there are some gene mutations that, if triggered, could possibly result in those genes expressing toward cancer, the reality is that genetics cause less than 10 percent of all diseases. The science of Epigenetics shows that most health problems stem from misperceptions we have learned or acquired, and anyone can change their genetic “blueprint” with their consciousness.

How ALL Women Can Create Healthy Breasts

It's important to remember that your body's immune system is set up to recognize and destroy cancer cells in the right environment.

Here are some health and lifestyle tips that I recommend for creating healthy breasts:

Get Enough Sleep. Sleep restores the body and it's during sleep that our bodies metabolize stress hormones. Aim for 8 hours per night. Go to bed and wake up at the same time each day. Sleep in a dark room. Turn off your cell phone and household WiFi.

Exercise regularly. The benefits of regular moderate exercise are innumerable and studies show that physically active women have a decreased risk of cancer. You don't have to join an expensive gym. Keep it simple with activities that you will stick with such as walking with a friend or dancing to music in your home.

Eat a healthy diet. Aim for a diet that keeps your insulin, estrogen and eicosanoids balanced. Include lean protein at every meal. Reduce or eliminate sugar in all forms, including alcohol and packaged foods. Eat a variety of fruits and vegetables. Include a good source of iodine from food or as a supplement, as well as Omega 3 fatty acids. Note: It is also well-documented that alcohol consumption increases the risk of breast cancer, even in small amounts. But, this fact doesn't stop most women from enjoying a glass of wine regularly and for many this is not a problem. I believe the reason is that enjoying the pleasure and ritual of a nice glass of wine over dinner with friends is greater than the fear of breast cancer!

Optimize Your Vitamin D Levels. The best way to get your vitamin D is from safe exposure to sunlight. But many people need to take a supplement. I suggest taking 5,000 to 10,000 international units of Vitamin D per day. The idea is to maintain a therapeutic level between 50-70 ng/ml.

Get Social. Get off your cell phone, computer, tablet or whatever, and get out with friends. Volunteer in your community or at your church. Take up a new activity, such as dancing or yoga. **Having a fulfilling social life improves your immune system. When your immune system is healthy it naturally kills off pathogens and rogue cells that can lead to disease.**

Cultivate a Practice of Self-Care and Self-Love. This is the most important factor in creating health because carving out time to care for and love yourself unconditionally feeds your cells the positive thoughts and emotions they need to reproduce in a healthy way. There are many things you can do to cultivate this type of practice, such as meditate, say positive affirmations in front of the mirror, use Emotional Freedom Technique (EFT, or Tapping), keep a gratitude journal, walk in nature, or simply take time to breathe in and out through your nose fully (this stimulates the parasympathetic nervous system). Do whatever supports you. And, remember, every emotion you have is associated with a biochemical process in your body. **So, allow the emotions of pleasure, receiving, and generosity to flow through you regularly.**

Go Bra less when possible. This helps stimulate lymph flow, which releases toxins from breast tissue. It can also feel wonderful!

A Word About Prostate Cancer

Prostate cancer has become the male equivalent of breast cancer. According to the American Cancer Society, about 221,800 men are diagnosed with prostate cancer each year. Only about 27,500 men die each year from the disease. Like breast cancer, the standard protocol for diagnosing and treating prostate cancer involves annual tests, such as a PSA (prostate-specific antigen test) and DRE (digital rectal exam), and expensive and harmful biopsies, radical surgery, drugs, and radiation.

Yet, studies show that prostate cancer has about a 90 percent survival rate and that men who are diagnosed with prostate cancer and do absolutely nothing live just as long as they would have if they had undergone conventional treatment.

Here's what men can do to avoid becoming herded through the maze:

Skip the PSA test. PSA tests are not definitive. They are a measure of inflammation, which can be an indicator of any number of health issues, not just prostate health issues. **Get a DRE test instead.**

Avoid having a biopsy. Biopsies are invasive and not risk free. **Insist on a 3D Doppler imaging test or MRI instead.**

Make Lifestyle changes. Eating a healthy diet and making other lifestyle changes such as the ones I enumerate above, and addressing emotions can improve all aspects of your health and your life and can even reverse cancer.

Wait and See. If you, or a man you love, is diagnosed with prostate cancer, encourage a wait-and-see approach. **There is plenty of time to learn more about less invasive and non-toxic treatment options and to make the best choices.**

Do your Homework. Get the facts about prostate cancer and holistic options. There are plenty of resources out there such as *Invasion of the Prostate Snatchers* by Ralph Blum and March Schulz, M.D., and *The Definitive Guide To Prostate Cancer* by Aaron Katz, M.D.



CHRISTIANE NORTHRUP, M.D.

Christiane Northrup, M.D., is a visionary pioneer and a leading authority in the field of women's health and wellness. Recognizing the unity of body, mind, and spirit, she empowers women to trust their inner wisdom, their connection with Source, and their ability to truly flourish.

Complete article is at: <http://www.drnorthrup.com/breast-cancer-keep-breasts-healthy-cancer-free/#sthash.LskMczna.dpuf>

OUR SONG

The Community Anthem:

Chaiye Humay Zarthoshti

Lyrics : Translation : Meaning



*Above: children of the Zoroastrian Association of Michigan, USA rendering the English version of Our Song.
You may listen at:*

<https://www.youtube.com/watch?v=OjJik6NP67k>

Lyrics and Translation:

Chhaiye humay Zarthosti
Re Mazdayasni nek
Kul jehan sathe dosti-
Rakhiye nibhavye tek.
Mootthi bhar aa tolo
Saoo no sangar.
Re bol bala bolo
Oh, saoo nur ne nar.

CHORUS

**O tokham Kyani! O jug mashoor!
O saoo sud goon ma sacchi ne bhurpoor!
Kayem rahi jalavjo shoobh tooj no jom
Abadi sathe jivjo Parsi kom!**

Baholi sukhatvat hathe
Dechhe jugut jaher;
Bahu chunchulai saathe
Saoo vatma meher.
Goozari japhao bhari
To pun na chhodio dharam:
Tethi muli rubiari
Tej khuro chhe bharam!

CHORUS

**O tokham Kyani! O jug mashoor!
O saoo sud goon ma sacchi ne bhurpoor!
Kayem rahi jalavjo shoobh tooj no jom
Abadi sathe jivjo Parsi kom!**

We are all Zarthostis
Good Mazdayasnis we
The whole world our friend is-
Let's keep our dignity.
Our Group is a handful and no more
In learning still we score
Its glory and its great fame
Let all of us proclaim.

CHORUS

**O Kyani descendants! O world renowned!
O Truthful ones-where all virtues abound!
May ye live for ever and glorious fame befall
With perfection ever, O ye Parsis all!**

That you give in widespread charity
This whole wide world doth know;
With large hearted generosity
For all, your mercy doth flow.
Through great trials have you cleft
Yet your faith has never left:
Therefore the guidance for you is His
A Divine Blessing is this.

CHORUS

**O Kyani descendants! O world renowned!
O Truthful ones-where all virtues abound!
May ye live forever and glorious fame befall
With perfection ever, O ye Parsis all!**

Source: Parsi Khabar

