

## Legal Eagle

### Lawyers get to see many sides of human life

# Nizam feels ignorance of law leads many behind bars

By Valiya S. Sajjad  
Arab Times Staff

The most bizarre case that he has ever come across pertains to a man who accused his wife of cheating him. Lawyer Nizamuddin Rauf has been practicing in Kuwait for 9 years and has attended a variety of cases. He handles a lot of family cases by virtue of his experience in India.

The client who mistrusted his wife had a rather strange demand. He wanted a divorce and wanted to know if there was any scope for him to get alimony from his wife. Reason: he is economically dependent on his wife, who is a well-paid nurse. As she is

cheating on him, he felt she is morally obliged to bear a penalty, which could be alimony. He wanted this money for his up keep until he is able to fend for himself.

#### Claim

Nizam, as he is shortly called, feels this was a very strange case, and that it reflected the changing trends in the dynamics of male-female relations. 'Such intriguing cases come up because we are pushed in new contexts of life that we never used to so far.'

Nizam advised his client about the inanity of his claim. However, the man also seemed to be a little maladjusted,

probably it was stress of living away from his parents and brothers.

Apart from family cases, Nizam also handles cases related to release and sponsorship issues to dud cheques and corporate cheating.

Nizam enjoys working in Kuwait. "It is not like working in a foreign country," he feels, because all his clients are compatriots from different walks of life. Through his profession, Nizam gets to see many sides of life, and has been able to fully appreciate the realities of expatriate life.

#### Ignorance

'I am able to help many people who end up on the wrong side of the law

because of ignorance or because they get defrauded by someone. Nizam is confident that with due legal assistance a lot of people in the jails can be set free.

Nizam's law firm also serves many corporate clients, and from his colleagues he has come to understand much about the legal aspects of doing business in Kuwait.

Nizam hails from Andhra Pradesh, and was actively involved in politics during his college days. He has never been in any political party. He supports a party based on its stance on a particular issue.

Law and politics are closely interconnected, Nizam notes. 'Both are

there to serve the people and put life in order. The judiciary and the executive powers of a state must act as checks and balances to maintain harmony.'

At college level politics, Nizam had been a very vociferous campaigner for human rights and environment.

#### Undermine

Talking about Kuwait, Altaf said it's a wonderful country, blessed in all respects. The leadership here really cares for the people, and they do so much not just for the citizens but also expatriates.

'It's sad that a few lapses are pointed out to undermine the entire country by some people. That is not fair. We

should learn to count our blessings, and be grateful for that.'

Nizam feels there is much ignorant among the expatriates about law. 'This is because a large percentage of the Indian expatriates are labors, and only have very basic education.'

'It is this ignorance that some unscrupulous employers exploit, making their employees sign blank documents. By signing a blank document, one is in fact pledging one's life at the mercy of the employer. Nizam has on many occasions gone to court to save clients facing false charges by their employers who don't want to give release to their employees.'



Photo courtesy of 'Failaka Island: The Ikaros of the Arabian Gulf' book by Jehan Sayid Rajab

All along the sandy shores of al-Zor boats were found ready to be launched and oars ready to be used. Much of the local fishing is done around the island and near its shores. Oars were used to move from one part to another especially in the stretch of water that separates Failaka from the island of Meschan that can be seen on the distant horizon.

## Alternative Medicine

### Treats skin ailments, allergies

# Soap nuts natural detergent, softener

By Mia Ponzo

Special to the Arab Times

Since we have been talking about natural shampoos for the past three weeks, this week I am going to talk about something similar, but for your clothes. Even though I'm not a betting person... I bet you didn't know that you could wash your clothes without laundry soap, did you? I bet you didn't know that you could wash your clothes without laundry soap and get them even cleaner than before. And, I bet you didn't know that you could do all this and pay way less than you would if you were using regular laundry soap with all of those allergy causing chemicals, did you?

Well... I bet you have never heard of soap nuts, have you? Neither did I, until very recently. Or rather, I had heard of them, but didn't believe that something that came directly from nature could work better than one of the totally groovy chemical concoctions that smell like fresh rainwater (huh?)! So, now you can have wonderful smelling, super clean clothing without all those nasty fake chemicals that make your clothes smell like nature anyway.

#### Cleansing

I'm sure you're wondering what these "soap nuts" or "soap berries" (as they are also called) are. They are a naturally growing "nut" that is really a fruit from a tree called the "soapberry tree", which is scientifically known as the "Sapindus mukorossi" tree. There are several different types of "Sapindus", but this specific sub-species is the one most commonly used as soap. While this tree is native to the Asian sub-continent, it has been used for centuries in Asia and Europe for its cleansing capabilities. It isn't the actual berry (or seed) that is used as soap, but the shell, which is normally dried and sold like that.

People from all over the globe have been making their own soap from soap nuts for ages. They would take the mashed pulp of the "nut" (which is really the fruit) and soak it in water, or steep it to make a fantastic, effective detergent for washing clothes (and people).

The amazing thing about soap nuts is that they are actually a natural herbal remedy as well, and have been used for centuries in this way, too. Soap nuts are widely used in Ayurvedic medicine in India (the soap nut tree is native to India), and have been for centuries. But, they are used widely in the native medicine from many different areas, even areas where soap nuts are not natively grown.

#### Herbal

Soap nuts are used in natural medicine for their anti-inflammatory, anti-microbial actions, in addition to their uses for skin ailments, such as skin allergy, urticaria, eczema, psoriasis, and even for skin whitening purposes (which is quite popular in the Asian subcontinent and Asia, in general). They are also renowned for their headache reducing properties, contraceptive uses (but don't eat them for this purpose), and even for epilepsy. Since using soap nuts kills insects, over

the centuries people have used this natural herb to get rid of lice and other bugs.

The most popular new use for soap nuts is to wash clothes. It seems like companies and web sites are popping up like mushrooms all over the net! Well, that is probably because it's a great idea! I know I love it, and I am going to order soap nuts from one of these companies right away and try them out. People are raving about how great they work and how effectively they clean.

Soap nuts have naturally occurring chemicals called "saponins" which help the soap nuts to have their cleansing, dirt releasing action. The saponins also make the soap nut suds up. This is how the soap gets all foamy and nice (the way we have been trained to feel is really cleaning us). Soap nuts also have another very interesting quality in that they help to make the clothes smell nice and rid them of any dirty, musty smell that might be lingering in the clothes. It is also great for even tough smells like urine and sweat. This is an important benefit, since the whole point of using detergents is to clean the clothes and make them smell nice.

#### Chemical

Soap nuts also help the clothes to reduce the static electricity of washing and drying them in machines. They soften the clothing, so that you don't even need laundry softener, either. As you can see, using soap nuts makes doing the laundry a very economical thing to do.

In fact, the people who are promoting the use of soap nuts as a super "green" and eco-friendly thing to use instead of chemical, artificially manufactured laundry detergents and laundry softeners, claim that only one kilo of soap nuts is enough to keep your laundry fresh for a whole year! (This is basically 300-400 loads of laundry, so if your household does more laundry than that, they will run out faster, but the idea is that a one kilo bag of soap nuts will last for what is the equivalent of approximately 9 giant bottles of laundry soap).

All you have to do is take several halves of the soap nuts and put them into a piece of gauze or a small fabric bag and you can use them directly in your washing machine, or you can soak them in water to make your own laundry soap.

The liquid can also be used for washing anything else you have around that needs washing. And, the best thing is that the soap nuts don't leave a residue like other soap does, so you don't have to keep on rinsing your laundry over and over again. You can also use soap nuts to use for hand or very gentle washing needs (like lingerie, scarves, etc.).

So, try out soap nuts and go natural!

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Don't forget to visit us at: [www.kuwaitliving.com](http://www.kuwaitliving.com)

Check out all of my health lenses on: [www.squidoo.com/lensmasters/miaponzo](http://www.squidoo.com/lensmasters/miaponzo)

### Counseling, medication may help with worries

# Are you anxious about anxiety?

By Dr Nicholas Scull

Special to the Arab Times

Anxiety is your mind and body's natural response to events that are perceived to be threatening. The right amount of anxiety can actually be helpful in some ways, but too much anxiety can cause problems. Some worry and anxiety is normal for everyone but when anxiety is severe and lasts for several weeks and includes symptoms that keep you from doing things you usually would, it may be something to discuss with a health care professional.

Common Symptoms of Anxiety: ■ Uncontrollable worry, ■ Fears, ■ Thoughts that don't go away, ■ Avoidance of people places or things, ■ Compulsions, ■ Restlessness, ■ Aches, pains, ■ Rapid heartbeat, ■ Shortness of breath, ■ Nausea, ■ Faintness, ■ Dry mouth, ■ Sweating, ■ Shaking, ■ Difficulty concentrating.

#### Fight or flight

As long as humans have been on earth, when they have been confronted with threatening situations, their bodies have had automatic responses to prepare them to fight the threat or run away from it.

#### For example:

- Increased alertness.
- Increased heart rate.
- More blood flowing in the muscles of the arms and legs, possibly causing shaking or jitters.
- Less blood flowing in the digestive system so more blood is available to the arms and legs, possibly causing dry mouth or abdominal discomfort.
- Dilated pupils (for better vision).
- Constricted blood vessels in the skin and open sweat glands, leading to paleness or clamminess.

In our brains, the hypothalamus, when stimulated, directs nerve cells to fire and starts a chemical release increasing adrenaline, noradrenaline and cortisol in the blood and causing the reactions listed above.

In people with anxiety disorders, the fight or flight response may be overly-sensitive and becomes stimulated even in

non-threatening situations (e.g., in social situations; public speaking). When the fight or flight response is activated, it causes people to feel on edge and tense, resulting in avoidance of benign people and situations. Over time, the avoidance of day-to-day activities and responsibilities can interfere with peoples' lives so much that they aren't able to do things they would otherwise like to do resulting in problems at work and with relationships.

#### What is causing the anxiety?

Sometimes people feel anxious as a result of problems with mood (e.g., depression), health problems (e.g., hyperthyroidism), and/or environmental issues such as experiencing a traumatic event such as a car accident, heart attack, or an assault. When a person spends time in stressful situations, anxiety is likely to be high. High-tension home or work relationships, or any situation in which a person's fight or flight response is triggered, can make anxiety symptoms worse. Sometimes situations can be changed, other times a person can be helped by therapy and other treatments to respond to situations with less anxiety.

#### Treating and living with anxiety

Anxiety is highly treatable. People are helped by a treatment plan that may include counseling, relaxation techniques, and sometimes medication.

#### Counseling/Psychotherapy:

- Therapy can help in many ways including the following:
  - Identifying and understanding triggers for your anxiety.
  - Defining and reaching goals.
  - Overcoming fears or insecurities.
  - Coping with stress.
  - Making sense of traumatic experiences from the past.
  - Developing a plan for coping with

crises.

■ Understanding why things bother you and what you can do about them.

Thoughts and feelings are strongly connected. For instance, if people have anxious thoughts, they will have anxious feelings. Therapy can teach people new ways of thinking about things in order to reduce anxious feelings. Overcoming anxious thoughts is not as easy as simply "thinking positive". However, it is important to learn how to identify self-defeating thoughts and try to develop more balanced and adaptive thoughts.

#### Examples of self-defeating beliefs include:

- **Fortune telling:** Automatically assuming that the worst is going to happen.
- **Magnifying or minimizing:** Focusing on mistakes while minimizing successes.
- **Personalization:** Taking responsibility for events around you that you had little to no responsibility for.
- **All or nothing thinking:** Thinking of things as "black-or-white" or rigid categories. If something is not perfect then it is seen as a total failure.

This is an example of creating more balanced thinking which would likely make people feel less anxious.

**Self-defeating thought:** I will never improve; **Balanced response:** Never is a long time I don't know how I'll feel tomorrow; **New thought:** Even though I feel terrible right now, I won't always feel this way.

#### Relaxation exercises

Relaxation exercises include activities such as deep breathing, progressive muscle relaxation and meditation. Many people living with anxiety find these exercises to be very helpful in slowing down their thoughts and feeling more at ease.

**Meditation:** Find a quiet location and make sure you won't be interrupted for 10-15 minutes. Get into a comfortable sitting or lying position and locate a spot on the ceiling or on a blank wall to focus on. Take in a long, deep breath, and hold it for a few seconds; then let it out very slowly. Repeat this two more times and then close your eyes and continue your breathing pattern. The nice thing about

meditation and deep breathing activities is that you can do it anywhere and when it is done on a regular basis it can significantly reduce anxiety and worry.

**Medications:** There are many medications that can help with anxiety though some may take some time before they start working. It may also take more than one try to find a combination that works for you. Benzodiazepines (i.e., Xanax and Valium) are commonly prescribed for some anxiety disorders and sleep problems. Some people develop a tolerance and need to take more to get the same effect. A friend and psychiatric colleague who I worked with at UCLA once suggested to me that if patients feel like they need to take more of their benzodiazepine, then they should probably take less. People should learn everything they can about any medications prescribed and sometimes it can help to get a second-opinion.

**Talking to your health care provider:** It is best if you are as open and honest about all of your symptoms as possible so they have all the necessary information to create an effective treatment plan. Because anxiety also includes many uncomfortable physical symptoms be sure to mention symptoms like pains in your neck, head, back, or stomach; shaking or trembling, rapid heartbeat or shortness of breath for no apparent reason. Ultimately, it is important to see your health care provider as an ally and someone who wants to help.

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Nicholas Scull, PhD is the Clinical Director of the Psychological Services Department at Fawzia Sultan Rehabilitation Institute and he is the President of the Middle East Psychological Association. As a licensed psychologist (US), he is available for individual, family, couples, and group counseling and works with both adults and children. Please contact him with any questions or concerns at 2572-0338 or [scull@rehabinstitutekuwait.com](mailto:scull@rehabinstitutekuwait.com). \*All communication with Dr Scull is private and confidential.

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## Latest

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from children, who can exhibit their special talents.

We also plan to have many other cultural events on this occasion.

For more information and clarification, do not hesitate to contact 66457286 or send an email to [kalanjalq8@gmail.com](mailto:kalanjalq8@gmail.com).

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**Annual Eid Fair:** Time: Thursday, Nov 10, 10:00 am – 8 pm.

Enlightenment into Islam Center. Location: The Revival of Islamic Heritage Society – Women's Committee, Qortuba, Block 5, Opposite to the Qortuba co-operative society, beside the Qortuba Garden, Kuwait.

More Info – A great season of Worship ends in Celebration! Enlightenment into Islam center invites you to our annual Eid Fair.

Free entry\* to a spectacular day of celebration.

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