



Inside this issue:

Editor's Note	1
News & Upcoming Events	1
11 Tips for a Juice Cleanse	2
Organic Produce	2
Special: Skin Rejuvenation Series Facial Rejuvenation Acupuncture Perfector Non-Surgical Facelift	3
Yoga Tidbits:	4
April Yoga Schedule	4

Spring Into Balance Heidi Rasmussen, Editor

It's official!! Spring is here!! Now, I am from the west coast, where spring comes in March and actually stays...so I understand that in Calgary...we still might get some visits from winter. This observation, however, does not curb my enthusiasm about the buds beginning to show their heads, the grass beginning to green, and that undeniable energy in the air when spring arrives. The **SPRING EQUINOX**: The first day of the Season of Spring - and the beginning of a long period of sunlight. *On a day which has an equinox, the centre of the Sun will spend a nearly equal amount of time above and below the horizon at every location on Earth and night and day will be of nearly the same length. The word equinox derives from the Latin words aequus (equal) and nox (night).* (Wikipedia). In other words, the spring equinox can also be seen as the renewal of balance, growth and aliveness. Looking around, we can see that this is precisely what is happening in nature, which perhaps is what fuels many of us to want to clean out our cupboards, get rid of old clothes, and add more live, green foods into our daily menus. We too crave a seasonal renewal. With this craving, many people often turn to dietary cleanses and exercise programs to bring them back to life after a cold and heavy winter. This issue is dedicated to giving you practical and safe tools to renew your mind and body this spring.

news and upcoming events



April 26/27th: The Calgary Women's Show: Offering the latest trends in fashion, food, fitness and fun. Come check out Danu's booth at the Roundup Center in Stampede Park. Saturday from 10am-6pm and Sunday from 11am-5:30pm. General admission is 13\$.

Yoga News

Yoga Workshops: Coming soon is monthly yoga workshops covering a variety of yoga themes and styles. Keep your eyes peeled for details.

April Yoga Schedule: Check out the back page for any changes to the April yoga schedule. Starting April, we will continue to offer 2 lunch classes on Friday: a one hour class from 12:00-1:00pm, and a 50 minute class from 1:10-2:00pm. Monday we will be offering a one hour class from 12:00-1:00pm.

Simple Cleansing Soup

- 1 box organic chicken/veggie broth
- 5 cloves garlic
- 1 small yellow onion
- 1 diced carrot
- 2 diced celery stalks
- salt & pepper
- 2 tbsp dried or fresh oregano
- 2 diced potatoes
- extra virgin cold pressed olive oil

In large pot sauté oil, garlic, onion and celery for 4-5 minutes until soft. Add potatoes, carrots, oregano and sauté for 2-3 minutes. Add broth, let boil, reduce to simmer and enjoy when potatoes are soft.

11 Tips for a Juice Cleanse

Heidi Rasmussen, Nutritionist, BScN

Spring is on the way and many of us feel the urge to de-clutter, spring clean and re-align our surrounding and our bodies. Cleanses are a great way to re-energize our minds and bodies and also clear the clutter from our heads. If you are planning a juice-cleanse, here are some tips to help you get started. For more information or to have a custom cleanse-menu and shopping list designed for your needs, contact our Danu Health Center.

Therapeutic Green Drink

(Ref: H.E.Kirshner, MD)



Step 1: Soak overnight:

- ◆ 15 almonds
- ◆ 4 pitted dates
- ◆ 5 tsp sunflower seeds

Step 2: Liquefy:

- ◆ 1-2 cups unsweetened pineapple juice
- ◆ Nuts, seeds, dates
- ◆ 4 handfuls of green leaves (ie. Kale, spinach, mint, beet greens, chard, malva, lambs quarter, dandelion)

1. Plan your juice cleanse for a week you know you will be home. Plan it so the “Juice Day” is on a rest-day of some sort. If fact, **avoid strenuous exercise** for the entire week so that you do not deplete your glycogen levels.
2. Psyche yourself up, believe in yourself, and make a clear list of why you want to do this...so you can refer to it if a craving hits you.
3. Take a week to prepare (ie. Getting rid of junk food from your house and purchasing the foods that you need for your cleanse)
4. Find a few great recipes for your cleanse days, so you know what you will be consuming, rather than groping blindly and in the end falling off the band-wagon into a bag of cookies.
5. Start gently. Take 3 full day where you eliminate certain foods from your body one by one. (ie. Day 1: eliminate alcohol, Day 2: eliminate refined sugar and meat, Day 3: eliminated foods with additives).
6. Water, Water, Water! (On ALL days)
7. On Day 4, allow yourself any fruits, vegetables, whole grains, 1 handful of nuts or seeds, and healthy oil such as extra-virgin cold pressed olive oil. (*see the list of Clean Produce to choose the best ones*)
8. On Day 5: The Juice Day. Have all your vegetables and fruit at home and ready. Prepare 3-4 different types of juice through-out the day to keep some variety, including the “Therapeutic Green Drink”. Be sure to add 1tbsp of olive oil and some cayenne pepper to one of your juices. The oil acts as a carrier for any fat-soluble toxins being released and also helps you absorb your fat-soluble vitamins. When hunger hits: focus on just noticing it, rather than being attached to the emotion it brings along with it. If you **must** eat something, go for the cleansing soup of page 1 of this issue.
9. On Day 6: Continue sipping juices, the cleansing vegetable soup, and as much vegetables, fruits and brown rice as you like.
10. On Day 7: Feel free to add in more protein such as nuts, tofu, yogurt, seeds, legumes and wild fish or poultry.
11. Be aware of how you come out of the cleanse. Try to avoid processed food, refined sugars, alcohol and grease for a few more days at least, which will make your body (which now feels like a temple) feel pretty rotten.



No-one wants to eat pesticides. Even though there is no concrete data showing the long term effects of these chemicals, the connotation that goes along with the word “pesticide” is never a good one. Yes, it is more expensive at times, however it is my belief that we need to start putting our money where our mouths are and when there is a high enough demand for organic, the prices will drop to reasonable levels. If at this point, you can only purchase certain foods organic, here is a list of THE MOST IMPORTANT ones and also the ones that have the LEAST amount of pesticides and might be just fine to purchase non-organic.



Organic Produce

Definitely Buy Organic

- ◆ FRUIT: Peaches, Apples, Nectarines, Cherries, Grapes, Strawberries, Pears
- ◆ VEGGIES: Bell Peppers, Lettuce, Spinach, Potatoes

Relatively LOW Amount of Pesticides Used

- ◆ FRUIT: Pineapple, Mango, Kiwi, Bananas
- ◆ VEGGIES: Onions, Avocado, Asparagus, Cabbage, Broccoli, Eggplant

Special: Holistic Skin Rejuvenation

Facial Rejuvenation Acupuncture

Tina Farwell, TCMD, R. Ac, RMT

Facial Rejuvenation Acupuncture also known as cosmetic acupuncture is becoming a popular choice for those who are wanting to maintain their healthy, beautiful radiant skin. Facial Rejuvenation Acupuncture is the use of **acupuncture** and **herbal therapy** to improve the condition of facial skin while simultaneously improving the overall health of the individual. Your skin reflects and reacts to your whole self, physical, emotional and spiritual. In order to have beautiful healthy youthful skin, you must take care of the inside as well as the outside. This is what the Rejuvenation program will do.



Cosmetic Acupuncture techniques increase circulation to the skin and body, improves neck and facial tone as well, it helps the dermal contractions. Facial Acupuncture has been shown to increase collagen production which aids in firming the skin. It also helps with those fine lines of the face and has a diminishing effect on larger deeper wrinkles. Other benefits of these treatments are reduced bags and dark circles under the eyes, sagging jowls, reduces or eliminates double chins, tightens the pores, eliminates puffiness and excess fluid by improving metabolism. It also reduces stress in the face and slows the aging from within, brightens the eyes and increases facial colour, all for a more refreshed and rejuvenated appearance.

Facial Rejuvenation Acupuncture is less expensive than surgery or injections, it is safer with no side effects and there is no recovery time. In addition to looking more radiant some patients notice that there is a decrease in sinus problems, headaches, TMJ pain, more energy, better moods, improved sleep and less digestion issues.

Not only will you look younger and refreshed but you will also feel younger inside and out!

Perfector: Non-Surgical Facelift

Featured on Oprah, the Perfector non-surgical facelift provides you with a new option in reducing the signs of aging, acne, scarring, while improving overall skin health.

How it works: Tiny electrical pulses (or microcurrents), using the nano-wave are used on the skin over a series of treatments. These high-frequency currents stimulate protein (collagen & elastin) production which keeps the skin firm, increases oxygenation, strengthens muscles and improves waste drainage.

Pros: It is a totally painless, non-invasive, non-toxic treatment that stimulates the body's own natural capacity to regenerate. Excellent results are seen with crow's feet, scarring, discoloration, wrinkles and muscle tone. It is a very relaxing one hour treatment, leaving you feeling fresh and rejuvenated when it is over.

Cons: It requires around 6-12 treatments, at around 1-3 per week. Also, since it is not damaging the skin it may require periodic maintenance treatments.

Recovery Time: None

How Long Results Last: Up to 12 months with maintenance every 2 to 3 months after initial treatment.



If you are interested in advertising with danu news, please send an email to heidi@danuhealth.com

Kapalabhati : Cleaning Breath



Kapalabhati is an invigorating and energizing breathing technique often seen in a yoga class used specifically for cleansing. The cleansing happens both in the nasal passages which are prone to feeling clogged, and also of the mind to release that foggy feeling that can happen throughout the day. For a full dose of this technique, try our Oxygen Yoga class.

Caution: It is important to be careful with this technique because there is a danger of creating tension in the breath. We may also become dizzy and because of this it is important to end with some slow breaths. It is important not to breathe rapidly too many times, but after a few rapid breaths take several slow ones emphasizing a long exhalation.

Instructions:

1. Sit comfortably with a tall spine
2. Take a few regular and then deeper breaths and relax
3. Inhale: allowing your belly to expand like a balloon
4. Exhale forcefully through the nostrils by contracting the abdominal muscles and then passively (spontaneous free natural) allow the inhalation to happen. Repeat this several times slowly (up to 5 times; when this is comfortable can increase to 20).
5. Gradually pick up the pace and find a rhythm that suits you
6. After each round, exhale completely and take several slower breaths

april yoga schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00—8:30am Instructor:	Morning Yoga 7:00-8:00am Sasha				Morning Yoga Robin		
10:00-11:30am Instructor						Yoga Flow Maya	Power Yoga 10.45- 11.45am Sasha
12:00—1:00pm Instructor	Yoga Flow Maya	Yoga for Core Strength Heidi	Power Yoga Sasha	Yoga for Core Strength Heidi	Yoga Flow (12:00-1:00) Heidi	O2 Yoga 11:30-12:45 Maya	Yoga Flow Sasha
1:10-2:00pm Instructor					Discover Yoga (1:10-2:00) Heidi	1:30-2:30 Pre-natal Yoga Registered Ja'net	Workshops Stay Tuned!
4:00-5:00pm Instructor		Post-Natal Registered Maya					
5:30-6:30pm Instructor	Pre-Natal Registered Ja'net	Yoga Flow Maya	Gentle Yoga Sasha	Yoga for Core Strength Heidi	Restorative Yoga Robin		
7:00—8:00pm Instructor	Yoga for Athletes 7:00-8:15pm Maya	Fusion Yoga Maya	Discover Yoga Sasha	Power Yoga 7:00-8:15pm Sasha	Dance Classes Stay Tuned!		



Danu Health Centre
 849 1st Ave NE, Calgary, AB (in Bridgeland)
 Phone : (403) 258-DANU (3268)
 Fax: (403) 258- 3486
 Email: info@danuhealth.com