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babies! Heidi Rasmussen, Editor

The arrival of a baby into your world brings with it a mix of joy, excitement, awe, changes and questions. At Danu, we offer a wide variety of holistic services for you and your baby such as:

- Pre/Post Natal Yoga classes
- Pre/Post Natal Nutrition consultations
- Baby Massage and Chiropractic Treatment
- Cranio-Sacral Therapy for Baby and Mom (incl. Colic, Reflux, Irritability, Eczema)
- Homeopathic fertility programs & remedies for Moms and Babies
- The Arasys body system to help reduce stretch marks and tone stomach muscles after child-birth
- Organic & earth-friendly baby lotions, ointments, shampoos, bubble-baths and wipes
- Organic supplements for Moms and Moms-to-be

news and upcoming events



Summer Hours: Starting June 1st, our clinic hours will be:

- Mon-Thurs 10am-8pm**
- Friday- 10am-6:30pm**
- Sat- 10am-4pm**
- Sun- 11am-3pm**

Therapists are available at other times by appointment only.

June 8-29: REGISTER NOW!!! Outdoor Fitness Circuit

Challenge yourself with Sasha motivating you on our Sunday morning fitness circuits to be held at the Bridgeland park. Meet at Danu Sunday mornings from 10-11am. 4 weeks for \$75. Drop ins \$20.

June 11: Breast Awareness Night: Danu is pairing up with SHE Apparel to host a Breast Awareness Information Night which will include talks on topics such as bra fittings, posture, breast massage and breast thermography screenings. Location: SHE Apparel, 602-17th Ave SW. Cost: \$10. When: 7:00-9:30pm.

July 13: Pendulum Workshop: from 1:30-3pm for \$45/person which will include a pendulum to take home.

August 18: Thermography Infrared Breast Scanning: Monday August 18th we will be hosting a Thermography Breast Screening day, which is a new approach to breast screening using digital infrared imaging. Please call to for inquiries and pre-registration.

Yoga News



Yoga in the Park: Let's salute that beautiful sun!!! Starting June (as weather permits) we will be taking many of our noon and weekend classes outside to the park. Be prepared with sun protection (hat, sunscreen, appropriate clothing and water). Talk to your instructor for more details.

June 22: Heart of Yoga: Join us in discovering the essence of yoga and experience the ancient science of self-exploration. This workshop will focus on the healing treasures of yoga including: Philosophy, Asana (restorative poses), Chanting, Pranayama and Guided Meditation. With Robin Campbell-Ziffer and Kata Huncik. Sunday, June 22nd 2008, 2-5pm, Danu Health Centre. Cost: \$50. Call to register now.

good sleep habits...starting from birth Hussein Unwala, M.D

Sleep is very important to your child's health and well-being. Children who do not get enough sleep may have trouble getting through the day and, later, settling at night. Good sleep habits start from birth.

How much sleep does my child need?

Every child is different; some sleep a lot and others much less. This chart is a general guide to the amount of sleep children need over a 24-hour period, including night-time sleep and naps.

Newborns (birth to 6 months)	16 hours a day (3 to 4 hours at a time)
Older babies (6 months to 1 year)	14 hours
Toddlers (1 to 3 years)	10-13 hours
Preschoolers (3 to 5 years)	10-12 hours

Newborns (birth to 6 months)

Newborns may sleep as much as 16 hours a day, for 3 to 4 hours at a time. It's normal and healthy for babies to wake up during the night to feed. As your baby gets older, she will stay awake longer during the day and sleep for longer stretches at night.

Babies, just like adults, need the right cues to learn when it is time to sleep. For example, if you always put your baby in her crib to sleep she will learn to understand that this is the place where she sleeps. Even if it doesn't work right away, over time your baby will come to understand.

Sometime after 3 months, your baby's sleep habits will become more predictable and you can start developing a regular nap schedule. Trust your baby's cues – she will let you know when she is tired. A sleep diary might help you to recognize a regular sleeping pattern.

Try to develop a naptime routine. It might include a regular, quiet cuddle time in a darkened room before it is time to nap. By 4 months, most babies need three naps a day, one in the morning, afternoon and early evening.

Healthy sleep for your newborn:

- An over-tired baby will have more trouble sleeping. Napping actually helps a baby to sleep better at night, so keeping your baby awake during the day will not make your baby sleep longer at night.
- Put your baby in bed when he is drowsy but awake. Remember to put him to sleep on his back in his crib using a firm flat surface, clear of soft items like pillows and stuffed animals.
- It is okay to cuddle and rock your baby. You cannot spoil a newborn baby by holding him.
- A pacifier might be comforting and help your baby to settle. However, never start using a pacifier until breastfeeding is going well.
- Your baby will stir during the night. Give him a few minutes to try and settle on his own before going to him.
- Avoid stimulation during nighttime feedings and diaper changes. Keep the lights dim.

Babies (6 months to 1 year)

At this age, babies will sleep an average of 14 hours in a day, but anything less or more can be normal for your baby. By this time you should have a fairly regular routine of naptimes, bedtime and wake times.

During this period your baby will probably change from 3 naps a day to 2, longer naps in the morning and afternoon. Every baby's napping needs are different. Some nap for as little as 20 minutes at a time while others for 3 or more hours.

Healthy sleep for your older babies:

- Maintain regular daytime and bedtime sleep schedules as much as possible.
- A consistent bedtime routine is important. Many parents like to use the "3 Bs": have a warm bath, read a book and settle into bed.
- Avoid putting your baby to bed with a bottle.
- If your baby wakes at night and cries, go to her to ensure there is nothing wrong such as being too cold or too warm, but don't take her out of the crib. Comfort her by stroking her forehead or talking softly to reassure her that you are there.

healthy spines for pregnant moms Josephine Juell, Chiropractor



Pregnancy and childbirth are natural processes with many exciting changes, both physical and emotional. Though natural, these changes may cause pain and strain during the pregnancy and in the postnatal period. Chiropractic care can help to reduce these physical and emotional stresses during your pregnancy, bring balance to your pelvis for an easier birth experience and aid in the postpartum recovery.

Once pregnant, the biomechanical changes and imbalances may lead to symptoms such as low back pain, carpal tunnel, rib pain, headaches and fatigue. Of biggest concern, physical stresses may cause a misaligned pelvis, which can torque the uterus reducing the amount of room for the growing baby and causing intrauterine constraint. We will focus on this topic here.

Intrauterine constraint can restrict the baby's position and may prevent the baby from moving into the head down position with its body slightly curled in "fetal position" to the left or the right in the final trimester. Any position other than this presentation places unnecessary stress on both mom and baby. Research concludes that any existing biomechanical stress to the baby may cause abnormal developmental effects to its musculoskeletal system, longer labour and increased use of intervention and operative measures. The mom-to-be may also have back or pelvic pain.

The Webster Technique was developed to balance the pelvis and assist in the prevention and removal of intrauterine constraint. A study by the Journal of Manipulative & Physiological Therapeutics reported a high rate of success (82%) in relieving intrauterine constraint using this technique, allowing breech and posterior positions to turn to the normal occiput anterior position. This is not an attempt to physically turn the baby as in an ECV (version), but helps to create less tension on the uterus to allow the baby to position on his or her own.

Along with easing the symptoms of pregnancy and balancing the pelvis for an easier delivery, chiropractic can help you to recover from the stresses of childbirth and infant care. Postnatal care restores proper mobility and assists your natural healing process. This is an important time to bring balance to the spine and minimize the strain involved with nursing and caring for your newborn.

Chiropractic is a natural choice for mom and baby, to help with easing symptoms and to assist in a wellness care plan. Moms can start care at any point in their pregnancy-although earlier is always easier. Babies are also encouraged to have their spines checked for any spinal strains or restrictions-a whole other topic! Please ask if you have further questions, or would like to hear testimonials of moms under care.

stretch marks: prevention & reduction

Between 75-90% of women develop stretch marks during pregnancy. The best way to deal with stretch marks is prevent them in the first place. There are techniques, however, such as the Arasys that can help you reduce them after pregnancy.

Prevention

- Eat a healthy diet to make sure you gain only between 25-35 pounds during your pregnancy.
- Drink plenty of water to keep your skin hydrated.
- Use a gentle body brush or wash cloth on the area where stretch marks are developing to help improve circulation.
- Moisturize regularly using Weleda Pregnancy Body Oil which contains only earth-friendly natural ingredients.
- Treat yourself to Pregnancy Massage to maintain healthy skin, circulation, lymph flow and muscle tone.

Reduction

- A dedicated exercise program such as walking, hiking, swimming or yoga will help to tone muscles and bring circulation to the skin.
- ***The Arasys Body Shaping System: The Arasys is a non-invasive body shaping system designed and manufactured by the co-inventor of the first pacemaker, Gerry Pollock. It was originally invented in 1990 to treat muscle atrophy and multiple sclerosis. After childbirth (2-3 months) the Arasys can be used to build muscle, burn fat, enhance circulation and increase lymphatic drainage. The Arasys helps to tighten and tone the skin that is stretched and also***



15% Off
Arasys
Body Shaping
Sessions

Offer expires
June 30th 2008



mind, body, breath & baby - prenatal & postnatal yoga Ja'net Barchard, RYT



Pregnancy involves many physical, mental and emotional changes and challenges. Depending on your stage of pregnancy the focus of your Yoga practice will vary. Here are some general guidelines of how Yoga can be used during the various stages of pregnancy and after birth.



Early Pregnancy (1 to 16 weeks)

In the early stage of your pregnancy is best to do gentle yoga, no matter what your Yoga experience or fitness level. This is when your baby is undergoing the most rapid and crucial formation of its nervous system and the fetus is delicate. At this stage, mothers often experience fatigue and are adapting to early hormonal changes. It is a great time to use deep-breathing, slow mindful movement and relaxation techniques in your yoga practice to support your body and growing baby, and to help calm your mind.

Mid-Pregnancy (16 to 34 weeks)

At this stage, hormone levels begin to level out and the fetus is well established. This is the stage where mothers typically begin taking Prenatal Yoga classes to build posture awareness, strength and stamina for birth and learn breathing practices that support posture, increase breath capacity and help calm the mind. Your yoga practice will also help you connect to your pelvic floor muscles in preparation for birth, relieve physical tension and discomfort, and recharge you as you release stress.

Late Pregnancy (34 to 40 weeks +)

In this last stage of pregnancy, mothers experience a greater sense of heaviness and need to focus on their upcoming birth. Your yoga practice can help you keep comfortable and prepare you physically, mentally and emotionally for birth. To prepare for birth, work with your breathing practices and contracting and relaxing your pelvic floor muscles (which are vital for natural birth and regaining abdominal health after birth) and support your self by taking time to relax and rest as needed.

Postnatal

After your baby is born, regaining good posture is important. A gentle and supported progression to activity is recommended and your abdominal muscles must heal and be strengthened in a gentle and supported way. Deep breathing in supported poses can help you tone and relaxation techniques can help you recharge during the day as you deal with less sleep and the life changes that come with a new baby. Once you have healed from your natural birth or caesarian, you can then explore a Postnatal Yoga class to further rebuild your posture and abdominal strength.



Danu offers both Prenatal and Postnatal Yoga. Please contact us to register for a class or with any questions.
Adapted from "Yoga for Pregnancy, Birth & Beyond" by Francoise Barbira Freedman.



june 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 Heidi	NEW! Discover Yoga 11:30-12:45 Maya	Yoga Flow Sasha
1:10-2:00pm Instructor					Discover Yoga Heidi		Workshops Stay Tuned!
4:00-5:00pm Instructor							
5:30-6:30pm Instructor	Pre-Natal Registered June 2-July 28 Ja'net	Yoga Flow Maya	Gentle Yoga Sasha	Yoga for Core Strength Heidi	Restorative Yoga Robin		
7:00—8:00pm Instructor	Yoga for Athletes Maya	Fusion Yoga Maya	Discover Yoga Sasha	Power Yoga Sasha	Registered Dance Classes		



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