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fishtales

Our two clownfish, Dolce & Gabbana, are small, curious members of the Danu tank. They have a very close relationship to sea anemones and are able to live safely among the stinging tentacles due to a protective slimy coating on their skin. Remember where Nemo lived? This helps the clownfish and the sea anemone to enjoy a mutually beneficial friendship: the clownfish gives scraps of food to the sea anemone, and the sea anemone protects the clownfish from predators with its mass of stinging tentacles. Of curiosity, all young clownfish are males and only later in life do some become female. When there is a pair of clownfish, it is the one who grows the biggest that ends of wearing the skirt in the family.



feeding the forces Heidi Rasmussen, Editor

Advances in science have helped us to gain important insight and understanding about how our immune system functions. Many years ago, disease and illness was thought to have been brought on by supernatural forces such as evil thoughts and bad deeds. Our views have changed since the early days, but a common idea from earlier times that remains true today is the metaphor that our immune system is like own personal army. Our own inner warriors fighting the good fight to keep us alive and kicking. We now know which foods fuel the chief officers and we know how to strengthen our armies through rest, exercise, and many other health practices. Read on for a wide variety of suggestions from our Danu Health Team on how to strengthen our helpful inner warriors.

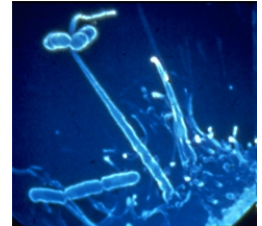


Figure 1: A microscopic view of a healthy white blood cell trapping a foreign bacterial invader

note from the director Shann Ross, Director

"Immunity, eh?", My grandmother said, "what do you want to know about immunity?"
 "Well, Grandma, the newsletter this month is about immunity, so I am going to write about it." I responded.
 "What's this for?"
 "For Danu Health Centre, that's the business I started last year, remember?"
 "Oh, yes, out there in Vancouver."
 "Well, it's in Calgary, but that's pretty close."
 "Are you a nurse?"
 "Umm, not really, I am a homeopath."
 "eh?"
 "Yes, I am a nurse. And I need to write about a natural way to protect ones immune system."
 "I will tell you what to write" she says. " Wear a toque, and take a nap"

upcoming events



December: The 12 Days of Wellness: Starting in December, Danu will be offering an inspiring and motivating health package that will give you the tools to optimize your energy and vitality as well as prepare you for the oncoming holidays and post-holiday resolutions. Keep your eyes peeled for more information coming soon.

community news

A HUGE Congratulations

to our Health Care Coordinator Lesley , who became a proud Auntie to Jackson Leonard Patrick Santha on July 28th and again to Rylan Joseph Quillichini on Aug. 16th



Research Recruitment:

Participate in an INTENTION EXPERIMENT (from your own home). Test the Power Of Your Thought to affect the physical world! Sat.Nov. 10th. Get details and SIGN UP at www.theonelightproject.org or Call Donna 403-675-9133

new members of the danu health team

Raven Chilton

Licensed Aesthetician, Reflexologist, Reiki Practitioner

Raven has been part of the wellness industry for over a decade as a practicing reflexologist and reiki practitioner. She is also a licensed aesthetician. She brings to her clients the invitation to be pampered, not as a luxury, but as an important part of relaxation that allows the body to repair, rebuild and reconnect.



After spending many busy years traveling and working in a high-stress environment, Raven's life was up-rooted after a serious car accident. This event gave her an opportunity to re-assess her life and her values and to reconnect with her First Nation background and the wisdom of her Elders. Raven has since spent time in Guatemala as an ambassador for the First Nation University helping to promote Indigenous education and volunteering her time to non-governmental organizations helping to build Indigenous involvement in the democratic process.

Raven has also faced the challenge of weight loss and maintenance, having been overweight for several years. A holistic approach has enabled Raven to maintain a consistent healthy weight for over 8 years. Since stress is one of the biggest factors in weight gain, Raven imparts on her clients the importance of de-stressing through facials, body-wraps, reflexology, reiki, and relaxation massage.

Maya Posavec

Certified Yoga Instructor

Maya Posavec is a certified Trinity Yoga Instructor and a member of the Yoga Alliance. Maya has been teaching for three years at various studios through out Calgary and Costa Rica. Maya offers private yoga therapy sessions at Danu as well as public classes. Whether you choose a one on one or a class setting, Maya offers an inspiring approach to yoga suitable for the beginner and advanced student alike. Yoga therapy sessions tailor a personal practice unique to your constitution and particular health concerns. Simple physical postures, breathing techniques, creative visualization and relaxation techniques are the main activities used. Once you have learned the techniques appropriate for your condition, you will be able to use them to maintain good health. Maya will carefully follow your progress and help you develop a personal practice with optimal results.



Maya focuses on breathing techniques and weaves her classes with fundamental Anusara based alignment cues. These fundamental principles help develop a cognizant foundation upon which a strong practice can grow. Maya uses creative visualization as a method to pull on the healing powers of the mind. Maya's unique teaching style encompasses a broad spectrum of knowledge, she pulls on her extensive experience in dance to fuse mindful movement to yoga. Maya's Fusion Yoga and O2 Yoga classes are an original combination of various ancient body arts including taiji, qigong, Pilates and some yoga too! You can expect to be moved in fun and exciting ways all in the name of optimizing good mental and physical health.

the power of touch

Raven Chilton, Licensed Aesthetician, Reflexologist, Reiki Practitioner



Can you recall when you were ill how comforting it was to have your mother touch your cheek or take your temperature by kissing your forehead? We can easily recall these moments in our minds, and there is no denying the importance of touch in healing the body as well as the spirit. So as we head into the cold and flu season it is time to assess your need to take positive steps toward building and maintaining healthy immunity through strengthening the mind, body, spirit connection. Why not take positive measures that are not only beneficial to you today, but also carry forward and benefit you tomorrow.

We are a society in need of positive touch that carries an intention to create balance and harmony. Meet Raven, Danu Health team's newest member. Raven's focus this month is Reiki sessions and Facials as a means to reconnect you to your innate ability to have strong immunity and robust health.

Consider the soothing benefit of having a relaxing Naturopathica facial that includes a soothing detoxifying facial massage to renew the face you put forward to the world, and the spirit you share with it too. If there is a part of you that is in need of a deeper sense of relaxation and inner connection, consider the benefit of Reiki (Universal Life) energy to carry you there. Give yourself a reiki session that will calm you and reconnect your mind body spirit senses.



professional profile: nutrition counseling

Nutrition counseling is a client-centered approach that recognizes that each person has unique food tastes, lifestyles and needs. Nutritionists can provide advice, practical tools and the motivation for clients with concerns and interests such as: *weight loss, increased energy, disease prevention, sports nutrition, healthy shopping and meal preparation, recovery from illness, child's health and nutrition, eating for a healthier heart, blood pressure, digestion, immune function, menopause and many other issues.*

Our nutrition services include:

Lifestyle Change Package: includes initial consultation, dietary analysis, dietary goal setting, 2 follow-up appointments, and a custom 7-day menu plan

Custom Menu Plans: includes initial assessment & custom 7-day menu plan

Children's Lifestyle Change Package: includes initial consultation and 2 follow-up appointments

Grocery Tour: a personal tour to the grocery store where you will learn how to write a grocery list, read labels, and choose foods to support a healthy lifestyle

For more information on our nutrition counseling, contact our nutritionist Heidi Rasmussen at heidi@danuhealth.com

boosting immunity with Traditional Chinese Medicine Tina Farwell, TCMD, R. Ac, RMT

Here in Calgary the cold and flu season is inevitable, so why not get ahead of the game this year and be proactive? Acupuncture and Chinese Medicine is great a way to optimize your immune function and prevent illness and disease. There are a tremendous number of Acupuncture treatments as well as herbal formulas that effectively enhance immunity. In Chinese Medicine, one of the main reasons for a weak immune system is a lack or impairment of Qi. In particular defensive Qi or as we call it Wei Qi. Wei Qi deals with the prevention, resistance and protects the body against pathogens. It circulates out side of the Acupuncture meridians in the skin, muscles and fascia. Wei Qi is controlled by the Lung therefore, any weakness in the Lung can cause a deficiency in our defence system, leading to a weakened immune system. Here are a few key symptoms that might get you thinking, would I benefit from Traditional Chinese Medicine?



- a recurring cold or flu
- running nose, dry coughing
- allergies
- recurring infections (eyes, ears, sinus, throat)
- insomnia
- fatigue

If you have any of these symptoms, now would be great time to schedule a consultation to discuss if TCM is right for you.

RESEARCH ON HOW ACUPUNCTURE BENEFITS IMMUNITY:

According to a paper presented at 5th world Congress of Acupuncture; Acupuncture affects immunity in the following way:

1. Acupuncture elevates levels of white blood cell, specific hormones, prostaglandins, gamma-globulins, antibodies and opsonins
2. Acupuncture constricts and dilates blood vessels, promoting the body's release of vasodilators (known as histamines)
3. Acupuncture activates the secretions of endorphins, specifically enkaphalins
4. Acupuncture elevates the levels of neurotransmitter, specifically serotonin and noradrenalin



the naturopathic way

Immune Boosting Dr. Jana Exner, ND

Cold and flu season is just around the corner and there are many things that you can do to fight off or decrease the length and severity of infections. The easiest thing to do is something that we hear often and bears repeating and that is to frequently wash your hands. It can make a big difference in decreasing your exposure to the germs that are around us. The second area where you have control is diet and lifestyle. The more you eat sugar, white flour products and other junk food the lower your immune system works for you. A study showed that even a few teaspoons of sugar can lower your immune function by 50% and this effect lasts for hours. A diet high in fruits, vegetables, enough protein, good oils, green tea, and garlic and onions will help to keep infections at bay. This time of year can be very stressful with work, Christmas activities, the time change, dry air, central heating and lack of sunlight. Stress directly lowers your immune system to a point where I see patients that never seem to fully recover from illnesses and are symptomatic almost all winter. My advice to patients is to watch their diet, manage stress with exercise, proper sleep, yoga etc. and to take preventative supplements. The most basic approach is to take daily Vit.C (1000 mg per day) and a product like Cold FX. If you frequently get a certain kind of infection every winter, you may want to see a Naturopathic Doctor to set up a home dispensary for you as there are very specific herbal and nutritional remedies that work wonderfully and they work the best if they are taken at the first sign of symptoms. The doctor can also check you for any nutritional deficiencies or adrenal insufficiency that can also predispose you to infections.

Product Profile: New Chapter Organic LifeShield® Throat Defense™ Sprays



Medicinal mushrooms have a long and rich history of use. A large body of research suggests the possibility that various types of medicinal mushrooms are effective against bacteria, viruses and other infectious agents. In fact, the US Army Medical Research Institute of Infectious Disease combined with the National Institute of Health is the leading research lab investigating the use of medicinal mushroom extracts against viruses such as yellow fever, dengue, SARS, respiratory, and pox viruses. Part of the reason why mushrooms are powerful immune activators for humans is because mushrooms and humans share many of the same enemies such as *Escherichia coli* and *Staphylococcus aureus*, to name a few. Humans can benefit from the natural defensive strategies of fungi that produce antibiotics to fight infection from microorganisms. It should not be surprising that our most significant antibiotics such as Penicillin have been derived from fungi.

LifeShield® Throat Defense™ Spray is an immune enhancer for the upper respiratory system that demonstrates strong antiviral activity. New Chapter products are certified organic and are grown in conditions that guarantee pureness, potency and healing potential. At the first sign of a tickle or a scratchy throat spray 3-4 squirts back toward your throat. An excellent preventative means at the home, office or traveling.

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Increasing Immunity with Forward Bends?

Just when you thought that yoga couldn't get any better, you discover the idea that yoga can actually help to strengthen your immune system. Not only does yoga help to balance out the mind and draw out stress, both factors affecting immune function, it also directly affects the immune system on a physiological level. There are two ways that yoga can help: 1) by improving the function of the organs and glands of the immune system such as the thymus gland, Peyer's Patches, lymphatic system and spleen and 2) by balancing the functioning of the adrenals, which can become hyper-stimulated by chronic stress. Practice the following postures for increased resistance and immune function:



1. Pashimottasana (Seated forward bend): balances the adrenals and stimulates the Peyer's Patches



2. Seated Floor Press: Sit comfortably on floor with legs wide apart. Bring palms of hands to floor and press into the floor as if you were trying to lift your buttocks. This pressing action puts pressure on the thymus gland (located in upper chest) to boost immune function.

"Om Vardhanam Namah"

I am the nourishment of the universe and the universe nourishes me.

november yoga schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30—8:00am Instructor:	Morning Yoga & Meditation Maya		Morning Yoga & Meditation Robin		Morning Yoga & Meditation Robin		
12:00—1:00pm Instructor	Yoga Flow I-II Maya	Yoga for Core Strength Heidi	Yoga Flow I Simmi	Yoga Flow Heidi	Yoga Flow I Heidi	O2 Yoga 11:30-12:45 Maya	Yoga Flow Michelle
4:00-5:00pm Instructor		Post-Natal Registered Maya					
5:30-6:30pm Instructor	Pre-Natal Registered Ja'net	Yoga Flow I-II Maya	Gentle Yoga Simmi	Hatha Yoga I-II Heidi	Yoga Flow I-II Maya		
7:00—8:00pm Instructor	Yoga for Athletes 7:00-8:15pm Heather	Fusion Yoga Maya	Beginner Hatha Yoga Simmi	Fusion Yoga Michelle	Hip-Hop Registered Class Oct.19-Nov.19 Caroline		



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