

ONTARIO YOGA

ONTARIO'S YOGA MAGAZINE

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Move to



Leading an active lifestyle has long been championed as a route to better blood sugar (glucose) control. But the payback from adding physical activity to your daily routine doesn't stop there. Here are four more big benefits you can reap by keeping your body in motion.

By Barb Gormley

1. Sleep better

Sleep complaints are common among people with diabetes, according to Daryl Dooks, a cardiac rehab supervisor with the Diabetes Exercise & Healthy Lifestyle Program at the University Health Network in Toronto. The reasons for poor sleep can include sleep apnea, neuropathy (most commonly experienced as pain and discomfort in the toes and feet due to nerve damage), leg pain and nighttime blood sugar lows.

"Medications are used in some cases, but for people with inactive lifestyles, moderate physical activity seems to enhance the ability to fall into deep sleep,"

improve

4 MORE GOOD REASONS TO GET PHYSICAL



“Being physically active has a positive effect on mood, stress levels and self-image, all of which influence diabetes control.”

— Daryl Dooks,
exercise specialist

says Mr. Dooks, who oversees a six-month education and exercise program for people with diabetes who may also be recovering from a cardiovascular event, such as a heart attack. “As little as 10 minutes of daily walking is required to improve sleep, although the benefits are greater as people exercise more.”

2. Relax and manage stress better

Managing diabetes can sometimes feel like a roller-coaster ride as you work to stabilize your blood sugar levels, monitor your diet, take medications and organize medical appointments. The resulting stress can quickly and substantially raise blood sugar levels. “Physical

activity lowers your blood glucose by increasing the amount of glucose needed to fuel the muscles,” says Mr. Dooks. “At the same time, it promotes relaxation by releasing tension and anxiety.”

Brent Hawley, an on-air radio announcer in Thunder Bay, Ont., could not agree more. “Running gives me time to clear my mind, refocus and put things in a new perspective,” says Mr. Hawley, who juggles two jobs, manages several rental properties and also fundraises for the Canadian Diabetes Association’s Team Diabetes. “I couldn’t survive without it.” (For more information, see “Get Active with Team Diabetes” on page 44.)



3. Bolster your self-esteem

For some people, diabetes can affect their sense of self-confidence and self-worth. They may blame themselves for having the disease or for being unable to stabilize their blood sugar. Take a lesson from top athletes who have diabetes yet manage to compete successfully at high levels, suggests Mr. Dooks: Tap into your competitive spirit to take control of your diabetes. “Set a goal to live a more active lifestyle, and then enjoy the positive feelings that result from your accomplishments.”

4. Boost your energy

A yoga class, a tennis game or a walk with your dog is often more effective at fighting fatigue than a nap. “Exercise enhances the flow of blood carrying oxygen and nutrients to the brain and muscles, and this increases your energy levels and alertness,” says Mr. Dooks.

Establishing a regular pattern of physical activity is an important key to combating fatigue, says Joanne Lewis, diabetes education manager for the CDA. “The Canadian Diabetes Association recommends that the goal for people with diabetes is a minimum of 150 minutes of moderate-intensity aerobic exercise per week, and three resistance training workouts per week.”

“Journalling is an ideal tool for helping to achieve and track accomplishments. And it makes your achievements visible, motivating you to keep moving toward your goal.”

— Joanne Lewis, diabetes education manager, CDA

Did you know?

- If you have not been active for some time, talk to your health-care team about what is right for you.
- **Some complications of diabetes, such as high blood pressure, foot ulcers or eye damage, may change the type of exercise you can do.** Remember, each person’s body has its own size and shape. It is a good idea to make changes one step at a time. To read more from “Exercising Safely with Diabetes,” visit diabetes.ca/safeexercise.



Do you have a story about the difference physical activity has made for you and your health? Please let us know at dialogue@diabetes.ca.

Photo by: YanLev/Thinkstock



GET ACTIVE WITH TEAM DIABETES

FIVE YEARS AGO, as Brent Hawley was recovering from a motorcycle accident, his doctor advised him to get more exercise. After hearing a radio ad for Team Diabetes, the national activity fundraising program of the Canadian Diabetes Association (CDA), he signed up to run a marathon in Hawaii—even though he had never run a day in his life.

“My father has type 2 diabetes, and my uncle died of diabetes-related complications,” says Mr. Hawley, an on-air radio announcer in Thunder Bay, Ont., who has participated in six Team Diabetes events, raised more than \$43,000, and in the process improved his fitness level considerably. “It’s important to get involved with a cause, and I’ve chosen diabetes. It’s the best thing I’ve ever done.”

“You don’t have to be a top athlete to take part,” says Fred DeFina, community giving director for the CDA, explaining that Team Diabetes members participate in walking, running and hiking events at exciting international and Canadian destinations. “Team Diabetes staff provide all the support required to help participants achieve their fundraising and physical training goals.”



For more information or to get involved in Team Diabetes events, visit teamdiabetes.ca.

Keeping it Simple: Yoga Detox

By: Lisa Greenbaum

The holidays are over and it's time to start with a renewed vigor in our workouts and a conscious effort to eat better or perhaps do a cleanse. Looking for the best detox regime can bring up all sorts of strange things on the internet and can be quite overwhelming. In the spirit of keeping things simple, here are two steps you can start with today, and with any luck your January detox plan will follow you right through the rest of the year.

1. Clear the Junk! Physically from your kitchen of course, but also mentally by getting rid of negative thoughts and behavior patterns. We are responsible for our thoughts. In fact, our thoughts are really the only thing we can control. If we are constantly fighting against ourselves we will never win. Being angry at ourselves for gaining weight or being lazy, will only make us feel worse and perhaps continue the cycle of making our issues bigger than they should be. Start right now by noticing how we talk to ourselves and every time we catch ourselves in a negative thought – stop. Take a breath, think of one thing we are grateful for and then move on.

To practice: Start your day with a clear and focused mind by taking 5-10 minutes of quiet meditation. Setting an alarm is helpful so you aren't constantly checking the time. Find a comfortable seated position, and start to follow your breath in and out. If your mind wanders that's okay, but bring it back to your breath. Practice this every morning for one week and notice how calm and clear you feel for the rest of the day.

2. Do the Work! Do Yoga - if you are not regularly practicing yoga start with 1-2 times a week. If you are already doing yoga fairly consistently in a class setting try your own home practice. Ideally, looking to incorporate a bit of yoga everyday. This might be part of your stretching routine post workout, or a few meditative and relaxing postures at the end of the



day. Whether we chose classes, videos or learning from books, we should experience the poses as

steady and comfortable. The physical practice of yoga offers flexibility and strength training of course. It also offers us a chance to sweat out toxins (in a hot yoga class) assists our digestion through twists and cleanses our circulatory and lymphatic system through inversions (any posture where legs are above our hearts, or we are upside down)

To practice: Twists are ideal to incorporate often as the movements are quite different from typical fitness regimes. Twists can be done supine, standing, seated or in a lunge. Ensure the twist is always performed safely by moving first from our waists, then our chests and finally turning our heads. We should feel equal stretch and strength inside every twist. Twists offer a gentle massage to our internal organs through compression and release, sending new blood flow into the area.

So, while the rest of our friends drink strange green juice all day, know that in two easy steps we can give ourselves so much ☺ Benefits of regular yoga and meditation include: better sleep, less stress, better digestion, more energy and focus. No matter how you incorporate it, a little yoga goes a long way.

Lisa Greenbaum C-IAYT, E-RYT 500 is a YogaFit Senior Master Trainer, International Presenter and avid writer. She is the Director of YogaFit Canada www.yogafitcanada.com She currently teaches Yoga in Toronto.



COSTA RICA BOUND

A story of self discovery, pushing limits and changing course all the way to Central America.

Daydreaming was always a big thing for me. I could think of so many ways to live my life yet I didn't know how to change course from what I had already started. One cold and rainy day in Ottawa, I asked myself why was I still living here? Why was I working at a job that didn't fulfill me and why was I paying for things I didn't even want? I had grown up in this very neighbourhood, followed the path I had designed for myself which included acquiring a high level education, living in a comfortable home and travelling as much as I could, when my very limited vacation days would allow it. Nothing seemed to quiet my deep desire to escape and explore the world around me.

A few years later, I found myself working in Toronto in an extremely stressful environment and would come home at night tired, defeated and at times even crying. Something wasn't right and I had to change things up, but how? Intention, that's how. I started to envision a life

without borders, no alarm clock waking me up, no commuting to work and spending twelve glorious hours of my day doing something that didn't bring joy to my life. That's when things dramatically changed. Costa Rica had always been on my travel radar but soon it would become the place I would call home. I was now waking up to the sound of howler monkeys in the distance, colourful scarlet macaws flying overhead and even pumas in my backyard. My 9 to 5 had morphed into a life of happiness and adventure.

I thought to myself, if I am feeling confused and trapped by my life choices, certainly others do to? That's when a great idea came to mind and six months later I was flying to Costa Rica with a group of adventurous souls to the lush rainforest of Costa Rica. With the help of an inspiring friend, I decided to film a documentary pilot about overworked urbanites needing to step out of their everyday lives to reconnect with

themselves and the world around them. Together we climbed waterfalls, hiked verdant trails teeming with exotic wildlife and disconnected from everything except for the empowering nature around us. It became the type of trip that completely replenished and energized your mind, body and soul. Once finished, I knew there would be much more to this experience. It was the start of a new way of travelling and the birth of what today is known as Rainforest Reef Escape.

I now lead small-group adventure retreats in Costa Rica, bringing curious and adventurous souls to the the most majestic and prolific rainforest in all of Central America. The Osa Peninsula, located in the southwest corner of the country, almost Panama, is described by National Geographic Magazine as "the most biologically intense place on Earth". It is here that we encounter all four species of monkeys, tropical birds like toucans and macaws, and even





wildcats like pumas and jaguars call this place home. It is by far the most impressive spot to discover bountiful wildlife and breathtaking sceneries in all of the country.

Yoga was and remains to this day one of the best ways I can unwind from all of the craziness in my daily life. Breathing, moving every part of my tired body and meditating continues to be my most cherished way to escape. Now I provide a platform for others to do this in Mother Nature's playground. Every practice is surrounded by the lush tropical rainforest and warm Pacific Ocean. Everyday we hike around looking for swinging monkeys in the canopy, colourful macaws feeding from almond trees, pregnant sea turtles wandering onto the beach to lay their eggs, and even dolphins and humpback whales jumping in the open ocean. It feels like a dream and yet I never seem to awake from it. Time truly does stand still here. That's how I came to know the power of intention.



If you are a yoga teacher that would like to lead a fun and exciting retreat with us or perhaps you'd love to join one of our fun yoga groups, contact us at info@rrescape.com. Teachers with eight or more in their groups come for free! Now that's a pretty great travel-teach opportunity if we do say so ourselves! Be one of the few to discover this most unique place on Earth. Book your retreat today and be part of this ongoing journey with us here at Rainforest Reef Escape!

For more information about Martine and Rainforest Reef Escape, please visit www.rrescape.com.

TEACHERS, try this unique yoga retreat with your students! One free spot for YOU with 8 or more in your group!



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YOGA (Union with Divinity) & AYURVEDA (Science of Life)

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Photo Credit: Cher Bloom

The ancient Indian scripture of the Bhagavad Gita, states that our body is a temple or field ('kshetra') of consciousness, while the faculty of knowledge within it ('kshetraajna') from the sixth chakra brings awareness or realization of our place within the creation.

Yoga and Ayurveda are founded in Sankhya philosophy as expressed by Kapila, Patanjali and Charaka, to describe the ultimate reality of existence and support fulfillment of life's universal purpose: Self-realization. Together, Yoga and Ayurveda aim to maintain a balanced state of healthy body, mind and consciousness, in order to fulfill the holistic life purpose of Self-realization or God-realization.

Sankhya philosophy enumerates the universal evolutionary descent from pure spirit into matter, through the law of cause and effect. The pre-existing energy, named as 'Sat Purusha', is sometimes translated as 'ultimate truth' or 'pure awareness' or perhaps even 'God'. Purusha is said to have willed itself into multiplicity, as expressed by nature, or 'Prakruti', also understood as the means of describing one's natural constitutional nature. Ayurveda and Yoga both rely on this "Prakruti" paradigm, along with the concept of 'Vikruti', the current state of health.

Purusha is said to be infinite and immeasurable, while Prakruti, the creation, is considered to be finite and measurable. Purusha is undefinable, unchangeable and expanding, whereas all creation is quantifiable, qualifiable and subject to change. Together, Purusha and Prakruti express the universal intelligence of Mahat, whose purpose is to maintain cosmic order, thereby to identify disorder and engage the intelligence to restore order and equilibrium between evolution and involution.

Commentary by the fifteenth century saint, Kabir, well-known to Indians of every religion, in his treatise on creation, the Anurag Sagar, described the first being as 'Adi', the mother, whose first offspring was also female, born of her womb. Therefore, mother nature is known as the primordial vibration, the first expression of divinity, the sound or 'Word' from which all matter precipitated. Still today, we use the term 'mother nature'.

Mahat as often described or translated as the universal or cosmic intelligence of order, which is said to have dispersed itself into an individualized expression of self-identity called 'Ahankar', or self-awareness of the three modes of expression: Satva (clarity, truth, light), Rajas (movement, relationship, communication) and Tamas (involution, dullness, darkness), well-understood in both sciences of Ayurveda and Yoga.

From Tamas guna, precipitated the five great constructing elements or 'panchamahabhutas' of

creation, expressed as Akasha (space, ether), Vayu (air, sky), Tejas (fire, transformation), Apa (water, liquidity) and Prtvi (earth, solidity). These constituent elements express through their qualifiable dominance as the tri-dosha: Vata (dry, light, dispersing, subtle, cold, mobile), Pitta (hot, sharp, penetrating, liquid, oily, soft) and Kapha (heavy, cool, sticky, dense, spreading, thick). The tri-dosha are the mechanisms of homeostasis or balance in nature. They are interactive agents for absorbing change and preserving equilibrium. All Ayurveda therapies and Yoga therapies are based in this concept of the Tri-Dosha.

Vata dosha governs movements, joints, spaces such as ear canals, stereognosis of the skin and sensory structures/functions. Its principle site is the colon, but also governs the bones, nervous systems and respiration.

Pitta dosha governs transformations such as digestion, assimilation, vision, hormonal processes and comprehension. Its principle site is the small intestine, but also governs the liver, grey matter and colour, etc.

Kapha dosha governs lubrications such as joint secretions, gastric mucosal secretion and white matter. Its principle sites are the lungs and upper stomach, but also governs memory, sinuses and groundedness, etc.

Gunās or Qualitative Attributes

All matter expresses through karma (action, behaviour) and guna (characteristic, quality), according to Sankhya. Please consider the following table of the 12 pairs of opposite qualities in the microcosm of each individual and the macrocosm or creation as a whole. These principles are also identified in each cell in various ratios, combinations and permutations, and are said to be analogous to the 24 proteins of the DNA chain of modern genetics:

Hot	Cold
Light	Heavy
Static	Mobile
Dry	Oily, slimy
Rough	Smooth
Hard	Soft
Subtle, dispersing	Gross, consolidating
Slow	Fast
Sharp	Dull
Cloudy	Clear
Dense	Subtle
Liquid	Dense

From today, please take as your homework to identify these qualities in your everyday experience of life, both internal and external.

Sapta-Dhatu (Seven Tissues) Theory

Yoga and Ayurveda share the same understanding of the human body's design and function through the seven-tissue theory. The food we eat and thoughts we think circulate through the plasma ('rasa'), or lighter portion of the blood. Then after about 5 days of digestion and assimilation, the foods (20% influence) and thoughts (80% influence) precipitate into the subsequent tissue of the blood ('rakta'), which circulates the soul ('atman') and heavier blood particles such as fibrin, immune cells, red blood cells, etc.

After about another 5 days, the digestion or metabolism transforms these cells into the expression of 'mamsa' or muscle, which is inclusive of all muscles and viscerae. After a further 5 days of metabolic influence, these cells mature from muscle into adipose or 'meda', which is inclusive of white, brown and yellow types of fat. The next 5 days of assimilation of nutritive qualities renders bone tissue or 'asthi', which includes cartilage, large and small bones.

The sixth important tissue level deserves its own paragraph and is termed 'majja' in Sanskrit, the language of Yoga and Ayurveda, and provides great insight into cell physiology, nutrition and healing, much beyond 'modern' medicine. Majja dhatu is inclusive of all nervous systems, eyeballs which are considered to be a specialized nerve to function as the mechanism of our main sense of sight, bone marrow, connective tissue or fascia, which records all experience of 'chitta' or mental oscillation, 'smrti' or memory and genetics, and the endocrine system. Majja dhatu is responsible for intelligent cellular function of immunity, hormonal balance, reasoning, psychological health and choice-fullness.

The seventh and deepest, most protected tissue of the body is the reproductive system called 'artava' for the female system or 'shukra' for the male system. The cumulative and combined metabolic function of all seven tissues produces health of the body and its aura or electro-magnetic field, mind and soul in Yoga and Ayurveda.

'Prana' or life-force bridges these levels of being. Therefore 'pranayama' or yogic breathing exercises are an important means of maintaining the balance of life from birth to death. 'Prana Spandana' or cosmic vibration is the vehicle for alignment of the individual human with the whole of creation, and is experienced through the eight stages of apprenticeship to enlightenment. The concept of prana is well known to both sister sciences of balanced living.

All yoginis, yogis and Ayurvedists undergo a deep, detailed and lengthy study of the sapta- dhatu model of anatomy and physiology, to learn alignment with themselves and Sankhya philosophy. The yoga sutras (verses) of Patanjali are specialized scriptures on the nature and function of understanding, awareness, behaviour and choice, within the context of the law of cause and effect, and the Charaka Samhita (and other writings) bring the understanding of disease and wellness.

The Eight Limbs of Patanjali

The 'sutras' or verses of Patanjali present a detailed, specialized analysis of how to attain union with divinity and liberation from all suffering and delusion, by understanding and living up to these eight stages or steps of the Yoga journey:

Yamas and Niyamas (avoidances and pro-active choices towards health and liberation)

Asana (stretching postures performed early morning to support body stillness, meditation and attunement with nature's bio-rhythms)

Pranayama (breathing exercises for purification of the pranic channels to bridge and purify body and consciousness)

Dharana (steady focus of visual attention at the third eye, behind and between the eyebrows)

Pratyahara (by magnetic ascension of the attention inwardly and upwardly from the individual sensory consciousness to divine cosmic consciousness)

Dhyana (brings sustained, steady mind and clarity of pure awareness)

Samadhi (literally 'balanced intellect' or transcended mind bringing non-disturbance of the consciousness)

Moksha (liberation from all suffering and delusion)

These eight steps of Yoga study are best accomplished under the guidance of a capable, living master teacher.

The Dina Charya of Ayurveda

Along with integrating these universal eight limbs comes the Ayurvedic guidance of how to use each moment of each day for accomplishing individual alignment with one's personal daily life. Sunrise and sunlight delineate active and passive cycles. Early morning between 3-6am is 'amrit vela' or the time of sweet nectar, when the seeker of truth is enjoined to perform meditation and its preparatory karmas (actions) of washing, stretching, breathing practices and meditation. This routine establishes satva guna as the dominant influence on the daily activities. Any householder can attain good health through the suggestions of the daily practices as taught in Ayurveda.

After completing one's morning spiritual exercises, oil can be applied to the body (self-abhyanga) for about 30 minutes or more to help strengthen the seven tissues, emotional stability and immunity. Bathing with no soap, perhaps just shampoo, and preparation to don fresh clothing comes next. Food is prepared and eaten in moderation at the time of hunger. Beverages are suggested to be warm or hot, rather than below body temperature.

Next is going to the job, which is informed by one's God-given talents, abilities, preferences and pre-existing obligations. The job is to be performed lovingly and ethically to result in peacefulness and satisfaction.

The main meal of six tastes is to be taken at the time of greatest hunger, about noon or so. Vata individuals may need to eat about 4 times daily, Pitta individuals about 3 times daily and Kapha people about twice daily. A yogi can eat once daily or perform fasting, but others are to follow these mealtime suggestions from Ayurveda to protect their most important metabolic function, their 'agni' or gastric fire.

Fruits are best taken as an afternoon or evening snack, depending on personal circumstances. Evening meditation has the purpose of sedation, to prepare the mind to empty for sound sleep.

Conclusion

Yoga and Ayurveda come from the same philosophical root; they are integrated and inter-related. Both touch all aspects of human life and share the same goal of liberation (moksha) from all suffering and delusion, in fulfillment of life's universal purpose of Self-realization and God-realization.

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Suggested Reading

Dina Charya and Rutu Charya,
articles by Jaisri M. Lambert online

'Ayurveda, the Science of Self-Healing',
by Vaidya Vasant D. Lad

'Commentaries on the Yoga Sutras of Patanjali',
by G. Fuernstein

Note

This introduction to the vast sciences of Yoga & Ayurveda is to help inspire seekers to devote their lives to inner study of the pure integration of all Vedic sciences.



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EVERYDAY CLEANSING: 365 days a year

by Cindy Meiklejohn

It's impossible to avoid toxins and we don't want to get fanatical about our diet or lifestyle because it's limiting and we might alienate (ie: piss off) our friends and family. That's why it's important to consider what you're doing everyday. I advocate everything in moderation, (even moderation?) and not make such a big deal out of this perfect health thing! This is especially important when you see what I've listed as #1!

- **1.) Manage your stress:** - Digestion is a key component to long-term health. Extended periods of stress create a lack of nutrient absorption that in turn causes a long list of physical problems. When you're starting a cleansing diet, your stress levels are something that will need to be addressed before you commence.
- **2.) Plant Based Diet** – a mixture of raw and cooked (or all raw if you want!) Grains and beans sprouted or “germinated” whenever possible. Animal products don't contain any fiber and that is the key element to keep the body cleansed. There is plenty of protein in vegetables so don't be overly concerned about getting enough protein if you're eating an unrefined plant based diet. Eat the bulk of your calories in greens and veggies and you'll never feel hungry! Try to eat five colors of food each day.

- **3.) Breathing!** – Your expiration is one of your biggest toxin removal streams! Long extended breathing is proven to lower blood pressure. This is scientifically proven and can be an effective tool to prepare the body for digestion. Take 5 long slow breaths before eating a meal. Closing your eyes while you're doing it can bring on a peaceful feeling. (that busts up stress, see above)
- **4.) Get enough exercise!** A good walk or other form of cardiovascular exercise can of course help with your mood AND turn up the digestive fire! A great stress buster in itself, many health experts believe that exercise is actually more important for good health than a good diet. Getting the heart rate up for even a short time is very important! Get up and move your body!! The old saying, if you don't move it, you loose it, is as true as ever...
- **5.) 80% of the time,** eat the foods that are right for your body. This is something that is different for each person. And of course it can change drastically when your health is at its peak. Maybe you can't handle dairy or gluten or red meat or too many beans etc. etc., most of us know what our weaknesses are, but we are often in denial as we aren't ready to change. Old patterns, habits and imprinting DIE HARD! Don't freak out, just keep persevering everyday, making small, manageable alterations that will eventually not seem like such a big deal. Too often we try and change everything at once and without getting any support it's almost impossible to not slip back to the old way of doing things...Be kind to yourself and find a better strategy to help you make the changes you need to be healthy. I love a saying I once heard, “there is no “Junk Food”, there's “Junk”, and there's “Food”!



At the Heart of all good food, is **INGREDIENTS**



- **6.) Drink enough water!** Especially when it's warm out. We're all different and there are so many variables but see if your body can guide you. If you're eating lots of water rich foods, fruits and veggies, especially things like cucumbers and melons, you won't need to drink as much water. These foods, (from organic agriculture of course!) are actually the best way to stay hydrated, providing the body with "living" water that is much more readily taken up by the cells. Always getting back to the "food is the best medicine"!

- A large glass of warm water with the juice of ½ a lemon first thing in the morning is a beautiful way to end your night "fast", alkalizing, detoxing and hydrating at the same time.

- **7.) Get "Digestive Helpers"** until your system is running optimally.
- Probiotics – building a healthy gut ecosystem is the cornerstone to good health! We can build the "friendly" cultures in our body by consuming probiotic foods as well like fermented vegetables, yogurt, kefir, miso etc. We have several types of live sauerkraut plus kombucha and will soon have water kefir. If it's shelf stable it likely won't have any of the live probiotics.

- We cannot get rid of all of the bacterial in our bodies – we're teaming with it! But we can keep the friendly population large to outweigh the nasty bacteria. When our bodies have that healthy ecology, we don't have to worry so much about supplementation, but if we're drinking chlorinated water, we're also killing it off regularly.

- Regularly consume "prebiotic" fiber. Ground flax seeds, ground chia and chicory are good sources. This type of fiber not only creates a healthy intestinal environment where your good "probiotics" can flourish, but it grabs on to excess cholesterol soaked bile, allowing it to be eliminated from the body. If you don't have enough of the good fiber in your diet, cholesterol just keeps recirculating through the body, wreaking havoc! It also helps to keep the colon clean which again makes a healthy body...

- **KEEP** the colon clean and moving – two or at least one bowel movement a day! Temporarily use a laxative supplement if you aren't. Triphala is one of my favorites and can be used regularly for many months if needed. (Great for traveling!)

- Consume enzymes with the foods that may not be optimally digested by you. The acids in our stomach kill off the majority of enzymes that are in our foods so, especially as we age, and the enzymes our bodies naturally produce diminish, enzyme supplementation can help.

- Eat herbs/teas that aid in digestion with or after meals. Ginger is my favorite! Not only is it digestive, it's immune boosting, anti-inflammatory and warming. Chai tea, rooibos and Chinese pur-eh tea are some good examples. Rooibos tea in New Zealand was often given to babies with colic and is said to help with food sensitivities.

Yours in Health, Cindy

Cindy Meiklejohn Ingredients co-founder has been in the health field for over 20 years. She was a certified organic farmer, a yoga teacher for over decade and is a Nutritional Consultant.

www.ingredientshealthfood.com

YOUR GUIDE TO INDOOR EXERCISE

Choose from a variety of physical activities to help manage your diabetes, stay healthy, and live a full life

By Barb Gormley



TIPS FOR SUCCESS

When it comes to preventing type 2 diabetes, and managing both type 1 and type 2 diabetes, walking is powerful medicine. But is it the only or the best option?

“Walking is always a good choice for people with diabetes, but it’s just one of many choices in the exercise toolbox,” says Jonathan Little, an assistant professor in the School of Health and Exercise Science at the University of British Columbia, who appeared in “Why We Should Exercise,” one of many webinars from the Canadian Diabetes Association (CDA). “The best exercise will always be the one that you enjoy the most, have easy access to, and that fits into your schedule.”

“If you have a sedentary sitting job, breaking up your sitting with short rounds of activity can have a positive impact on your blood glucose levels.”

– Jonathan Little, assistant professor, School of Health and Exercise Science, University of British Columbia

Challenge yourself to try different physical activities, and then decide which ones you will stick with. Aerobic and resistance training are important for people with diabetes, so you may need a combination of activities.



Do you have a story about the difference physical activity has made for you and your health? Please let us know at dialogue@diabetes.ca.

> **GO PUBLIC** Inform your class instructor that you have diabetes, or exercise with a friend who knows what to do if your blood sugar goes low (hypoglycemia). Wearing a medical identification tag is always a good idea.

> **CHECK YOUR BLOOD SUGAR**
If you take insulin or other diabetes medications that may cause low blood sugar, check your blood sugar levels before and after your workout so you know if you need to snack or adjust your medication (this should be done in consultation with your health-care provider).

> **CARRY FAST-ACTING CARBS**
Keep a carbohydrate snack, such as juice, nearby in case your blood sugar goes low. Drink water before, during and after exercise.

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A wide-angle photograph of the interior of the PranaShanti Yoga Center. The room has a polished wooden floor and white walls. In the background, there is a raised platform with a black cloth, holding several framed artworks and a small table with a laptop. Track lighting is mounted on the ceiling. The overall atmosphere is clean and modern.

PranaShanti Yoga Center Launches their 300 Hour Hatha Yoga Teacher Training in January 2018



Yoga is one of the most in demand health and wellness activities globally. As the demand continues to grow, so too does the need for highly qualified, certified teachers. PranaShanti Yoga Centre is the cutting-edge center for training yoga students to be teachers. Students and teachers from around the world have been coming to PranaShanti to learn about yoga, expand their skills and deepen their personal practice. It is the only yoga center in eastern Ottawa that teaches advanced training programs and is known internationally for its high quality training programs and study courses

The superior instruction that the students receive not only helps them in their professional life, but also in their personal life. Classes and workshops are organized every month to help the students expand their knowledge and further develop their skills. The courses and programs are not just for those who teach yoga classes; they are open to anyone who enjoys yoga and wants to learn more.

There are 2 main teacher training program lineages available at PranaShanti Yoga Centre; Hatha tradition and Kundalini. The length of the teacher training programs are 200 hours and 300 hours. The 200 hour programs are held three times per year with many shorter seminars and training events held throughout the year. The 300 hour programs are offered annually and span 2-5 years to complete as they include self-study components. Students who complete these programs are eligible to receive certification that is recognized nationally and internationally.



PranaShanti Yoga Centre's newest offering is a 300-Hour Hatha Yoga teacher Training that is launching in January 2018. This program is a comprehensive course of study that delves deeply into all aspects of Yoga, thus, building on the knowledge and skills developed at the 200-Hour Level. This self-paced modular approach to advanced Yogic education allows you to customize a pathway based on your own unique needs.

Believing in studying with a variety of highly trained teachers increases everyone's knowledge and depth of experience, our dedicated and skilled faculty deliver a well-rounded curriculum that enables you to refine your expertise in particular areas of interest due to their areas of specialization.

The 300-Hour Hatha Yoga Teacher Training Program consists of 9 Core Modules (amounting to 220 hours) and a variety of Elective Options (amounting to 80 hours). This framework is based on the 5 Educational Categories outlined by Yoga Alliance with a minimum number of designated hours. Approximately one Core Module or Elective Option will be offered each month. The Core Module will be offered on a yearly basis and the Elective Options every second year. The Core Modules and Elective Options can be taken in any order. Each Core Module is accompanied by homework assignments, which you need to complete and submit at the end of your training.

The program is self-initiated. Students are responsible for updating the supplied Tracking Sheets to ensure all requirements are met before submitting their entire Training Package for final review. The Core Modules and Elective Options are listed below. A schedule with full descriptions of these courses will be released by the end of 2017. Most courses will follow a Friday evening, all day Saturday and Sunday format.



Educational Category 1: Techniques, Training and Practice

- Pranayam, Sanskrit Language and Mantra – Core Module (20 Hours)
- Meditation – Core Module (20 Hours)
- Advanced Asana – Core Module (20 Hours)
- Body Reading and Hands-on Assists – Elective Option (10 Hours)
- Yoga Nidra – Elective Option (5 Hours)
- Restorative Yoga – Elective Option (30 Hours)
- Yin Yoga – Elective Option (30 Hours)
- Gentle Yoga – Elective Option (15 Hours)
- Chair Yoga – Elective Option (15 Hours)

Educational Category 2: Teaching Methodology

- Teaching Methodology – Core Module (20 Hours)
- Business of Yoga – Elective Option (5 Hours)

Educational Category 3: Anatomy and Physiology

- Advanced Anatomy, Physiology and Bio-Mechanics – Core Module (20 Hours)
- Yoga of the Subtle Body – Core Module (20 Hours)

Educational Category 4: Yoga Philosophy, Lifestyle and Ethics

- Yogic Philosophy, Lifestyle and Ethics – Core Module (20 Hours)
- Principles of Ayurveda – Core Module (20 Hours)

Educational Category 5: Practicum

- Self-Study and Supported Learning – Core Module (60 Hours)
- Mentorship (10 Hours)
- Supervised Teaching (5 Hours)
- Personal Practice (20 Hours)
- Written Assignments (5 Hours)
- Thesis (15 Hours)
- Community Service (5 Hours)



PranaShanti Yoga Centre is registered with the Employment and Social Development Canada (ESDC) and the Canada Revenue Agency (CRA). Through the ESDC and CRA, the teacher courses are recognized as part time education programs. Students taking the courses are eligible for a T2202A tax form and can claim the tuitions on their income tax.

PranaShanti Yoga Centre is well equipped for advanced yoga education. There are four yoga studio rooms in the spacious and well equipped 8,000 square foot centre. The teacher training classes are held in the largest studio room, the Spirit Room, to give the students the best experience possible. The 200 and 300 training programs are capped at a maximum 30 students so that each student can receive the best training experience possible. The owner and Director, Devinder Kaur, believes in quality over quantity. She strives to ensure that all her students get the most from their programs. Many poses and techniques take time to learn and master. Devinder wants each student to have the opportunity to learn and study in a caring, warm and welcoming environment.

There are many benefits to taking yoga training at PranaShanti Yoga Center. The centre is in the trendiest neighbourhood in Ottawa. The Hintonburg neighbourhood is minutes away from downtown Ottawa. This revitalized community is a dynamic hub that boasts several healthy restaurants and coffee shops within walking distance of PranaShanti. Once an older and declining neighbourhood, PranaShanti was instrumental in helping develop this eclectic part of Ottawa; now considered one of hottest neighbourhoods in Ontario.





PranaShanti Yoga Center is a beautiful, warm and inviting place that welcomes students from all walks of life. Diversity is a prominent and highly valued part of the centre that encompasses the full learning experience. With over 85+ classes per week in a variety of styles as well as regular seminars and developmental workshops, Devinder knows how vital learning and growing is as a human being. Her centre continues to provide the most advanced and up-to-date learning experiences.

PranaShanti Yoga Centre has filled a need in the local, national, and international yoga communities by offering exceptional training and advanced training programs to teachers and students. Since opening her center in October, 2008, Devinder has strived to provide the best environment and opportunities possible for her students. Her classes are recognized and registered with the Yoga Alliance, Kundalini Research Institute, and ESDC. All curriculums, training materials and equipment are the most up-to-date products on the market today. At PranaShanti, students do not just learn yoga. They grow and develop to a much higher level of awareness and skill set. As the only Yoga Centre in the Ottawa area to offer advanced training programs, and one of the few globally, PranaShanti Yoga Center has gained a solid reputation internationally for its exceptional, high quality training programs.



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11 ways to stay active in winter

Don't huddle by fireplace! These active ideas will help get you moving and feeling your best.

The excuses you make to yourself over the next few months may range from, "It's too cold to work out!" to "I'm too busy for activity!" Yes, it can be tough to get motivated when the wind is howling or the snow is blowing, but don't give up all thoughts of staying active – indoors or out. A little planning will help you get through the winter months ahead. Here are some ideas:

Find a fun activity. As the seasons change, explore new outdoor activities such as cross-country skiing and snow-shoeing.

Insulate your body. The best approach to dressing for outdoor activity is with layers. Layering provides the most effective way to stay warm and dry. Plus you can remove the top layer if you get too hot. The layer closest to your skin should allow moisture to be wicked away; avoid cotton because once it gets wet, it tends to stay wet. The top layer should be both wind- and water-resistant.

Keep your clothes on. While you may be tempted to immediately remove layers when you go back inside, give your body time to adjust. If you are not wet, wait 10 to 15 minutes before changing into other clothes. If you lose heat from your body too quickly, you may experience post-exercise hypothermia, which is a result of the body reducing its production of heat while rapidly losing its existing heat stores.

Drink up. It's just as important to stay hydrated when active in winter as it is in summer, even though you might not feel as thirsty. Drink water before, during and after an outdoor workout. Smart tip: carry a thermos with herbal tea.

Use daylight hours. If possible, it's best to be active outdoors while it is still light out. But



shorter days may make that difficult. If you choose to work out while it's dark, try to wear reflective materials on your clothing to stay safe.

Walk at an indoor location, like a mall. If you need extra motivation to get yourself going, join a walking group. Or start your own with family and friends.

Sign up for activities at your local community centre. Choose from a wide variety of classes – from aerobics and badminton to basketball and yoga. If you're undergoing economic hardships, ask for a fee reduction.

Create a home gym. You can easily set up a great workout area in your living room or basement and buy some inexpensive equipment such as stretch bands and a stability ball.

Climb stairs. Either at home or in your workplace, spend as little as five minutes at a time climbing up and down the stairs for a very intense and efficient workout.

Get wet. Find a local indoor pool. Try swimming, water aerobics, or even just walking or running laps in the water.

Visit a library. Sign out free exercise DVDs, including dance, step, aerobics and Pilates programs. When returning a DVD, choose another kind of exercise to keep you motivated.

Before starting any activity program, be sure to talk to your doctor or other healthcare professional.

Warrior Training



Many training programs offer specific modalities, diving deep into them and hopefully imparting some of the deeper secrets intrinsic to the path you're studying. This takes time and once you've spent quite some time on a particular path, one tends to continue down that road.

Unfortunately, in North America, unless you travel to the home country of a particular holistic tradition, we may not necessarily be able to find teachers who can divulge all of the deeper aspects and branches of a particular path. Like many yogis, before traveling, I spent many years seeking out teachers in my immediate environment. Eventually, over time, 3 distinct paths became more and more clear, offering specific tools that seemed to compliment each other tremendously. These traditions are Yoga, Shamanism & Kung Fu (Martial Arts). Each modality appeared to have specific strengths: yoga specialized in keeping the mind and body clean and clear (asana, strict diet, pranayama & meditation), shamanism as a form of psychotherapy (ceremony) & martial arts bringing out the 'warrior' attitude, keeping a sense of physicality and vigor present.

I currently run a program entitled Warrior Training (helpful.yoga.wix.com/yoga) that incorporates these modalities as well as a strong Ayurvedic component. Creating such a program was not a formal goal but came together very naturally. My experience was fueled by the strong desire to be able to live freely in the world, doing what I choose and love most that employed my strengths, addressed my weaknesses, inspired my everyday need to engage myself in the world as well as to travel. At the age of 7, I started Karate, at the age of 15 I started yoga and by the age of 26, I found Shamanism. I was fortunate to study with such teachers as Gael Carter (RBCS - Rainbow Bridge Community Society), Li Cuan (Southern Fist Master), Swathi Iyengar (Iyengar Yoga), Uma Inder (Tantra) and many more. It took over 20 years of practice, over 10 years living in other countries and countless hours of inspired practice for Warrior Training to come together. This program is particularly rich in its potential for the healing of mismanaged energy, poor choreography and an inability to navigate challenges.

We're in our 4th year now, taking only 10 students each year. It's a challenging program such that in the first month, the very real and internal yogic practice of facing & processing all of our dark is engaged. It's a deliberately induced energetic emotional shift guided by sequential ceremonies designed to help one to see all of their dark, all of their chosen pain, and to understand the impact it's had on our life. We then take time to remove these blocks to our character to truly reveal the Jaguar behind the pussycat. After about 6-weeks of this work, the basic training of the physical practice of yoga, asana, and how to connect with and help others, begins. First, however, we must create space so as to be able to focus on and allow our light to shine. Through this program, you will develop a solid foundation in shamanism, yoga, ayurveda, pranayama & kung fu. It is not for the faint of heart and may potentially be the most challenging thing you have ever done. If you're ready for 'the next level', please contact us for an interview at helpfultyoga@gmail.com to join the next round.



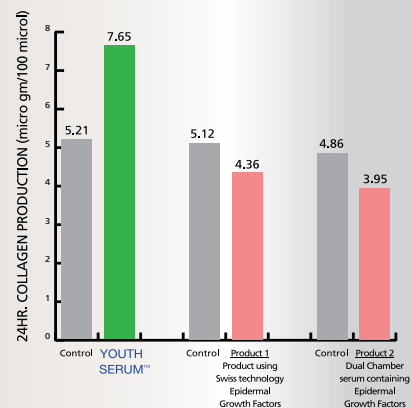
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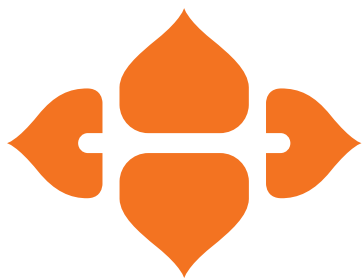


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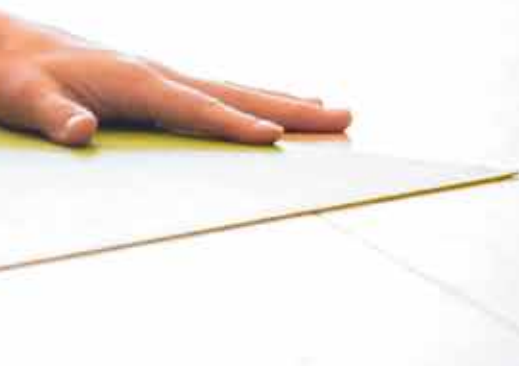


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EVERY STEP COUNTS

**Give your walking
power and your health
a boost with the help
of a pedometer**

By Barb Gormley

"Wearing a pedometer for the first time was a real eye-opener," says Mike Mather. He was introduced to the handy step-counting device, which clips to your waistband, two years ago at his diabetes education exercise class.

"Many people in the class didn't realize how few steps they took in a day, especially if they had desk jobs," says the 65-year-old travel agency owner from Deep Brook, N.S., who was diagnosed with diabetes seven years ago.

As part of the exercise program, his class took on the challenge of travelling all the way around Nova Scotia—on paper, that is! They combined their daily step totals, and were thrilled to successfully complete the 2,500-kilometre journey over the eight-week program.

Mr. Mather and his wife, Diane, challenged themselves to walk an impressive 10,000 steps per day during the program. "If at the end of the day one of us was 3,000 steps short, it motivated us to go for a walk that evening. I hate to lose!" he says.

Monitoring his steps became part of Mr. Mather's daily routine, and even after the program was completed, he continued wearing his pedometer each morning.

The benefits of pedometers

"They work so well because they give instantaneous feedback, the same way video games do," says Dr. James Mandigo, associate professor of physical education and kinesiology at Brock University in St. Catharines, Ont. "You always know how you're doing, and this builds your confidence."

While experts often cite 10,000 steps per day as an ideal target, this may be too ambitious a goal for people who are just getting started with activity, says Joanne Lewis, healthy eating and nutrition programming director for Diabetes Canada. (The average Canadian walks an estimated 3,000 to 4,000 steps per day.) Instead, she suggests that you determine your current walking activity level and then gradually increase it over time.

"Start by monitoring how many steps you take on an average day, then if you're able to, add 500 per day until you eventually reach 10,000," she says. "It may take a while, but in the meantime you'll be more physically active than you were in the past!"

More good news

When it comes to the benefits of walking, it's unanimous. "Research shows that walking can improve fitness levels, blood sugar control, A1C levels, cholesterol values and body weight," says Dr. Paul Oh, a scientist and medical director of the Cardiac Rehabilitation and Secondary Prevention Program at the Toronto Rehabilitation Institute. He notes that a collection of studies have shown that, on average, people who wear pedometers take 2,000 more steps per day than people who don't. Additional studies show that pedometer-wearers walk faster and more frequently, and are more likely to stick with a walking program, than those who don't use one.

Research shows that walking can improve fitness levels, blood sugar control, A1C levels, cholesterol values and body weight."

*Dr. Paul Oh,
scientist and medical director*

HOW TO CHOOSE A GOOD PEDOMETER

Three things to look for:

1 Accuracy Poor-quality pedometers are often too sensitive or not sensitive enough. Do these two quick tests: **i)** Reset your pedometer to zero, and take 20 steps. An accurate pedometer will record 19 to 21 steps. **ii)** Stand still and wave your arms, as if you're conducting an orchestra. An accurate pedometer will not record any steps.

2 Cover and safety strap A hard cover protects the face of the device if it falls off. The safety strap keeps it from falling if it becomes unclipped.

3 Talking feature If you find it difficult to read or manage your pedometer, consider one with an audio feature that will announce your step count at 1,000-step milestones or at the touch of a button.

How to choose a good pedometer app

If you have a cellphone, look at the free pedometer apps available. Do the 20-step test (see above) to check them for accuracy, and explore their features. Some will map your route as you move about town, and track distance, elevation and speed. Also, determine if the app counts steps when your phone is in sleep mode, if it requires GPS and how much battery power it draws.

Every step counts, indoors and outdoors

Consciously adding extra bits of exercise—by taking the stairs instead of the elevator, walking over to a colleague's desk instead of emailing, and pacing during phone calls and television commercials—can significantly boost your day's step total. And, of course, remember that the indoor steps you take while vacuuming, climbing stairs, and moving about the kitchen as you cook all count as well.

**DID YOU
KNOW?**

Regular physical activity helps you better manage your blood glucose and diabetes. During physical activity, active muscles allow your body to use glucose more efficiently, and this effect lasts for one to two days. For more information, read "Planning for Regular Physical Activity" at diabetes.ca/planactivity.

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For more information about Diabetes Canada, please visit diabetes.ca



Take a Walk sample program

Use this four-week beginners' program to gradually and safely increase the amount of walking you do each day. Each week, increase your target by 500 steps over the previous week's target. And don't give up if you don't meet your target!

Week 1: Use your pedometer to determine a baseline.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Total weekly steps = _____ ÷ 7 = _____ = Week 1 daily step average

Week 2: Increase your steps.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Week 2 target = ____

Total weekly steps = _____ ÷ 7 = _____ = Week 2 daily step average

Week 3: Increase your steps.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Week 3 target = ____

Total weekly steps = _____ ÷ 7 = _____ = Week 3 daily step average

Week 4: Increase your steps.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Week 4 target = ____

Total weekly steps = _____ ÷ 7 = _____ = Week 4 daily step average



A TASTE OF CANADIAN MAPLE AT

Holtz Spa

So you've come to Ottawa, Canada's Capital, to experience the delicious Canadian maple season. You've visited a traditional sugar shack to enjoy a horse-drawn sleigh ride and you've tasted maple sap in all its delectable forms; syrup, granulated sugar, butter, hard candy and maple taffy on snow. Now, you might be wondering how to kick your maple season experience up a notch? Look no further than Holtz Spa.

Located in downtown Ottawa, at the corner of Rideau Street and Sussex Drive, "Holtz" as it's known locally, has been operating for 30 years offering a wide selection of high-end spa treatments from massages, to body scrubs and wraps, to various facials and much more.

Holtz was the first larger spa of its kind to open in Ottawa and today, it is also home to luxurious "Maple Luscious" spa treatments including a maple manicure, pedicure, massage as well as a maple sugar body scrub and wrap. If you like the smell of maple or you're looking for something uniquely Canadian, one of these treatments is for you!

Holtz partnered with Pakenham, Ontario-based Fulton's Pancake House and Sugar Bush about five years ago, who makes maple-based spa products from moisturizing body lotion, to body sugar scrub, body shea butter, lip balm and even maple baths salts. These products are all part of the local sugar bush's "Maple Luscious" line.

Christine O'Grady, Business Development Manager at Holtz, says the spa products are "very good quality" and are well-liked by spa-goers because of their wonderful smell. "What we love about the Maple Luscious products is of course, the aroma of maple, which everybody loves," O'Grady said in an interview with Ottawa Tourism.

She noted the maple spa treatments as well as the Fulton's products, which are sold at Holtz and at Fulton's (located at about a 45-minute drive west of downtown Ottawa), appeal to clients as they are made from something that is indigenous to Canada.



"We don't have a lot of indigenous spa treatments in Canada," O'Grady said. "Like in the Orient for example, they have such a long history of healing spa treatments. Canada really doesn't have a whole lot, but we do have a lot of maple." She noted maple is also a healthy product. "Feeding the skin with the properties of maple, which are many, was also very attractive to us," she said.

Maple syrup is made from natural maple tree sap and as a natural sweetener, it offers more than 50 antioxidants, which are known to help prevent and delay the progression of many diseases. According to PureCanadaMaple.com, maple syrup also features high levels of zinc and manganese, which are good for the heart and help to boost the immune system.

O'Grady said the partnership with Fulton's goes well with Holtz's "farm to spa" direction, in which the spa seeks to utilise local ingredients and products in its treatments. "It's a concept where we're using local products, local food products and herbs or oils that are from the surrounding area," she said.

According to O'Grady, Holtz's maple treatments are "especially

attractive" to Ottawa visitors who are looking for a typical Canadian experience. She noted that often times, these clients opt to take a few Fulton's spa products home as souvenirs. But though popular with visitors year-round, O'Grady added Holtz sees more locals requesting maple treatments during the springtime maple season. "Curiosity, I would say, is one of the big factors," she said.

One of Holtz's more luxurious maple treatments is the Maple Luscious Body Scrub and Wrap, in which the client is gently exfoliated with Fulton's maple sugar scrub, then covered in a maple shea butter wrap and left to relax in the spa's exclusive cocooning bed.

"This bed comes from Austria and it's actually been used for many years in physical therapy," O'Grady said, adding the bed makes the client feel weightless and as it is heated, is beneficial for aches, pains and conditions such as arthritis. The heat also allows any products used to be fully absorbed by the body, O'Grady noted. "When you are unwrapped from the cocoon, you don't have an excess of lotion on you. So it's very very deep moisture," she said.

Shirley Fulton Deugo, owner of Fulton's, said in an interview with Ottawa Tourism that the spa products officially hit the shelf in 2011 and have been steadily gaining steam amongst consumers.

"People are getting to know about it," she said. "But it's also the desire for local." Fulton Deugo noted that there are more and more

clients wanting to know where products are made and what's in them.

Fulton Deugo said Fulton's relationship with Holtz is "win-win," as it helps the sugar bush get its spa products out to a wider audience. "It exposes us to a whole new market and thereby, some of those people become our customers."

She said that after visiting Holtz, spa-goers often visit Fulton's in Pakenham or purchase its spa products online. "[The relationship] gives us profile," she said. "Holtz is such a highly renowned spa, so it's wonderful to have our products there."

Fulton Deugo noted that Holtz is the only spa in Ottawa to offer treatments based on the Fulton's maple products. She added however, that rural spas in the townships of Perth and Arnprior, which are closer to Fulton's, have started carrying the products. "There are not a lot of spas carrying it, so it's kind of exclusive for Holtz," she said.

Fulton's Pancake House and Sugar Bush has operated since 1840 and Fulton Deugo is the fourth generation of her family to run the establishment. Her son, who is the family's fifth generation, now handles all of the maple syrup production. This year Fulton's maple season runs from Feb. 14 to April 12, 2015.

And if you're not sure about the amount of maple you might want, why not start with Holtz's Maple Luscious Manicure or Pedicure?

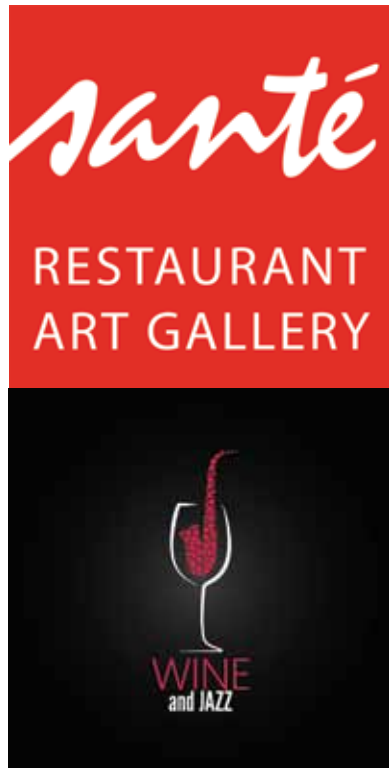
Relax in the spa's tranquil atmosphere and be pampered, as you enjoy Fulton's Maple Luscious body lotion and a hot stone massage before your polish is applied. The Maple Luscious body lotion will leave your hands feeling soft and its delicious smell is sure to evoke fond memories of Canada for visitors and locals alike.

And while your nail polish sets, watch what's happening on Rideau Street and Sussex Drive, which are below. Holtz's Maple Luscious treatments are unlike any other in the city.

Holtz recommends that you make an appointment if you're thinking about trying one of their maple treatments. However, the spa can accommodate walk-in guests as long as they have staff available to complete your desired service.

"We do have a lot of hotel guests that are staying in the city that like to try these treatments," O'Grady said.





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Being active makes you smarter and other secrets

Here are some workout perks that may surprise you.



Although weight loss may be your main reason for getting active, the benefits are so much broader. Here some workout perks that may surprise you.

Total tune-up: Physical activity lowers more than scale readings; it also reduces your risk of heart disease and stroke. Breaking a sweat helps manage risk factors including high blood pressure, high triglycerides, diabetes, and high cholesterol. Plus, the impacts your body endures during regular physical activity build bone mass (or prevent its loss), which can help prevent osteoporosis.

Brain booster: Stepping away from your desk may seem unthinkable on a busy work day, but an active break is one of the best ways to recharge your mental batteries. Research has shown that your decision-making, productivity, and quick thinking are heightened after just 30 minutes of aerobic activity.

Stress buster: Everyone handles stress differently but the results are generally

the same: irritability and deterioration of your health. A brisk walk or run takes you away from your stressors physically and mentally, giving you time to re-evaluate. And regular activity can help condition your body to handle stress by improving your self-perception and trait anxiety (how you react to stress), reducing your blood pressure and regulating your heart rate.

Getting active regularly can help you fall asleep faster.

Pain reliever: Chronic lower back pain can leave you bedridden and inactive. Yet inactivity may make the situation worse. For some, training the core muscles can help stabilize the back and reduce back pain by improving strength and flexibility. Improving your conditioning is not limited to your back. Talk to your physician to learn if an activity program could help reduce or eliminate some chronic pain.

Sleep aid: Can't resist hitting the snooze button? Sleep disturbance becomes more common with age, but going short on z's can cause depression, anxiety, and cognitive impairment. Getting active regularly can help you fall asleep faster and experience longer periods of slow-wave sleep – key indicators of more restful sleep.

Sex enhancer: Getting active can also help rev up your sexual health by boosting self-perception, delivering a higher level of satisfaction and improving performance and endurance (sex is an aerobic activity, after all).

There are many other benefits of regular physical activity; focusing on the ones that matter to you will help you make it a priority. But don't take my word for it! Schedule 30 minutes of activity, in periods as short as 10 minutes, every other day (or more) this month and see how you feel.

Before starting any physical activity routine, please check with your healthcare provider.



It is our mission at Life Therapies to improve the overall health of individuals we serve by providing a high quality holistic approach to health care.

Our goal is to remove pain, increase function and optimize health. We recognize the importance of creating and implementing a customized treatment plan in a positive and caring environment. Our aim is to exceed expectation of all those we serve.



Life Therapies is a multidisciplinary healthcare clinic in Ottawa. With a talented team of therapists, Life Therapies provides **physiotherapy, osteopathy, massage therapy, and acupuncture**. We provide therapeutic approaches to treat pain, increase physical performance, and deal with stress. Our methods strike the perfect balance between traditional health sciences and the growing demand for alternative holistic health care. Our areas of expertise include a special focus on Women's Health; Infants, Children and Adolescents; Functional Movement and Sports; Pain and Dysfunction; and General Health and Wellness.

About Our Physiotherapists:



Tamara Bond-Vlad, Registered Physiotherapist, Certified Manual Therapist

Tamara Bond-Vlad, co-owner and Physiotherapist with 19 years of clinical experience, is passionate about helping people heal from sports injuries, post-surgery, degenerative conditions, and postural and over-use injuries. She has a special interest in treating the foot/ankle complex, the neck and the pelvis. Tamara has completed her 2nd year of osteopathic training and uses manual osteopathic techniques along with traditional manual therapy, therapeutic exercise, and dry needling during her one-on-one sessions.



Jagisha Sekhri, Registered Physiotherapist, Certified Manual Therapist

Jagisha Sekhri holds a Master's in Neurological Physiotherapy, and has a wide range of skills and experience as both a neurological and orthopaedic Physiotherapist. She enjoys treating many conditions including back, shoulder, hip and knee pain. She is a strong believer of facilitation, core activation and exercises which, together with manual therapy techniques, help the client gain longterm benefits from treatment. All sessions with Jagisha are one-on-one, quality treatments, tailored to your specific condition.



Individualized, One-on-One Treatments:

We focus on quality service and individualized treatments. Each session consists of a one-on-one treatment where the individual needs of the client are met through manual therapy, therapeutic exercises, and education on how to manage your condition.

At your first appointment, a thorough medical history will be recorded and a biomechanical evaluation will be performed to determine the cause of your symptoms. Treatment is then tailored specifically to your needs and may consist of the following:

- Selective Functional Movement Assessments
- Postural and gait analysis and correction
- Muscle imbalance assessment and treatment
- Manual therapy mobilizations and manipulation
- Individualized, therapeutic exercises
- Core stabilization and muscle re-education
- Proprioception, motor control re-training
- Proprioceptive neuromuscular facilitation and neurological rehab
- Kinesiotape and sports taping
- Myofascial release, cranio-sacral therapy
- Dry needling, Acupuncture, and myofascial cupping
- Education on posture, body mechanics, and ergonomics
- Therapeutic modalities if indicated (muscle stim, US, LASER, IFC)

At Life Therapies, our physiotherapists are highly trained in physical function, movement and mobility, and they enjoy treating complex conditions. They perform comprehensive biomechanical, orthopaedic and neurological assessments to determine muscle imbalances, structural issues, and movement dysfunctions in order to provide you with a diagnosis and plan for treatment.

Treatments are always one-on-one and incorporate deep tissue and joint mobilization, as well as specific exercises to facilitate healing. We offer physiotherapy for the whole family, from 5 years to 105 years old. We are centrally located in the West Wellington Village, Ottawa.



Other Complementary Services at Life Therapies:

Osteopathy: Osteopathic Manual Practitioners use a holistic model. With a gentle “hands-on” or “manual” approach, they identify the root cause of the problem and restore order to all of the systems, including the musculoskeletal, respiratory, cardiovascular, digestive, reproductive, and nervous system.

Our Osteopathic Manual Practitioners:

- Elliot Vlad, D.O.M.P., B.A. (Kin), RMT
- Elsa Ramstein, D.O. M. P., M. Ost.
- Trevor Nootenboom, RMT, Canadian College of Osteopathy Thesis Writer

Registered Massage Therapy: All of our massage therapy treatments are outcome based at Life Therapies, which involves targeting specific therapeutic effects geared towards your individual needs and unique situation. Our goal is to help you relax, reduce pain and educate you on how to maintain optimal health.

****New at Life Therapies:** Ashiatsu Barefoot Massage by Sarah.

Our Massage Therapy Practitioners:

- Sarah Richardson, RMT, RYT, MA
- Katrina Serwylo, RMT
- Hilary Shutleworth, RMT, Contemporary Medical Acupuncture

Acupuncture: Acupuncture is based on the theory that energy, called chi flows through and around your body along pathways called meridians. Acupuncturists believe that illness occurs when something blocks or unbalances your chi. Acupuncture is a way to unblock or influence chi and help it flow back into balance.

Our Acupuncture Practitioner:

- Khoi Vu, Registered Acupuncturist

Therapeutic Acupressure Breath Therapy: We also offer a unique style of massage that is a combination of different techniques, based on both Western and Eastern view of the body-mind system. Customized treatments are designed to relieve stress and pain and induce deep relaxation through a synergy of the therapeutic effects of Deep Tissue Massage, Trigger Points, Acupressure, Breath and Aromatherapy.

Our Acupressure Practitioner:

- Larissa Gough, Massage, Reflexology, Acupressure, Relaxation

Life Therapies Proudly Offers Orthopaedic and Neurologic Home Physiotherapy Visits

At Life Therapies, we are focused on providing boutique style, quality service and individualized treatments – no matter what the location. In addition to our in-clinic service offerings, Tamara Bond-Vlad and Jagisha Sekhri provide home care orthopaedic and neurologic physiotherapy. These visits are offered to home-bound individuals, new moms and dads, busy professionals, post-surgery, or anyone who finds it difficult to visit during our regular office hours. Whether your home or your office, we come to your place, so you don't have to worry about travel or parking!

Conditions Treated During Home Physiotherapy Visits

The following list is a small example of the orthopaedic and neurological conditions our practitioners treat during home physiotherapy visits:

Orthopaedic Conditions:

- Neck and back pain
- Rotator cuff tendonitis/bursitis/tears
- Frozen shoulder
- Tennis or golfer's elbow
- Post wrist and ankle fractures
- Patella-femoral (knee) pain
- Osteoarthritis of the knee, shoulder, hip, etc
- Ankle and knee sprains
- Meniscal injuries (knee)
- Shin splints/tendonitis
- Muscle Imbalance
- Headaches
- Thoracic Outlet Syndrome
- De-conditioning
- Gait and postural issues

Neurological Conditions (offered by Jagisha Sekhri):

- Stroke Rehabilitation
- Spinal Cord Injury
- Post spinal surgery
- Multiple Sclerosis
- Parkinson's Disease

Life Therapies: Different Than Other Home Care Companies

We will always spend the time you need to give you the help you require. In an effort to keep costs affordable for all, we charge \$20 more than a clinic visit for our in-home physiotherapy services. For more information or to book your appointment, please call 613-422-8939 or book online.

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SEATING FOR HOME, WORK & PLAY

We were born to move.
For us it means freedom to move, even when sitting.

We believe that for a predominantly sitting society, chairs should reflect the basic principles of movement and variation. Chairs should follow the natural urge of the body to move and change position, whenever needed – all while providing proper postural support – naturally. At work and at home.

Prevention is the first and most effective weapon against back pain. This can be accomplished by adopting a more active, less sedentary lifestyle. But also, at rest, by using a chair/lounge chair/bed that supports you properly and encourages healthy posture. Even better, one which allows you to « shift » position through a range of postures – all while maintaining proper postural support. This is « healthy sitting » and creates a unique kind of comfort that comes from contoured body support – not overstuffed padding.

Try for a second to sit at the end of your chair, feet back. What do you feel? Or don't feel... Indeed the real problem isn't the chair itself, it's the posture in which the chair puts you. → Traditional chairs force our bodies into a 90-degree angle, which squishes our internal organs, and contributes to that post-lunch bloated feeling. Meanwhile, an open hip angle (anything greater than 90-degrees) is more optimal and helps to reduce pressure on your lower back. Ergonomists have found that the optimal open-hip angle is 135-degrees, which is far from the normal chair standard!





Engaging bodies to engage minds

Constant natural movement has numerous benefits; it burns calories, strengthens muscles, nourishes the spine and prevents tension build up in back, neck and shoulders while maintaining the spine in its natural, dynamic curvature. The open body angle posture increases blood flow and oxygen supply – resulting in improved concentration and ability to focus.



ABOUT BLUECONY™. Bluecony™ was born from the desire to make a difference. Entrepreneur at heart, co-owners Aurélie Périé and Philippe Funez decided to source smart designs, with no compromise on function and comfort. They also designed IKUKO, a very unique meditation bench. And it's a success! Knowing that both evolve in a related field - Ashtanga yoga and Tao Shiatsu, it's no surprise that for the last 6+ years they've had at heart their customers' well-being and health, working towards offering relevant solutions, not believing that we should sit still and endure. They got your back!

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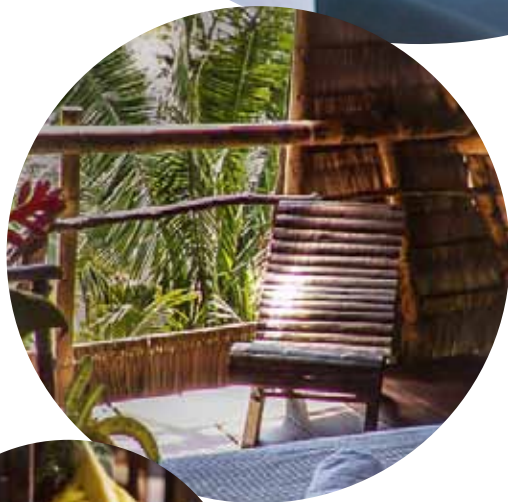
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