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Health & Wellness Journal

June/July 2011

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MORE TIME SITTING – HIGHER RISK OF DEATH

A new study from American Cancer Society researchers finds it's not just how much physical activity you get, but how much time you spend sitting that can affect your risk of death. Researchers analyzed survey responses from 123,216 individuals (53,440 men and 69,776 women) who had no history of cancer, heart attack, stroke, or emphysema/other lung disease. They examined the amount of time spent sitting and physical activity in relation to mortality. They found that more leisure time spent sitting was associated with higher risk of mortality, particularly in women. Women who reported more than six hours per day of sitting were 37 percent more likely to die during the time period studied than those who sat fewer than 3 hours a day.

DARK CHOCOLATE BENEFIT FOR LIVER DISEASE

Doctors could soon be prescribing a dose of dark chocolate to help patients suffering from liver cirrhosis and from dangerously high blood pressure in their abdomen, according to new research. According to the research, eating

dark (70%) chocolate reduces damage to the blood vessels of cirrhotic patients and also lowers blood pressure in the liver. Dark chocolate contains potent anti-oxidants which reduce the after-meal blood pressure in the liver. In comparison, milk and white chocolate, which contains no beneficial 'phytochemicals', did not result in the same effects.

THINKING ABOUT GOD REDUCES STRESS

Thinking about God (or a Higher Power) may make you less upset about making errors, according to a new study published in Psychological Science, a journal of the Association for Psychological Science. The researchers measured brain waves for a particular kind of distress-response while participants made mistakes on a test. Those who had been prepared with religious thoughts had a lower stress response to mistakes than those who hadn't.

Interestingly, atheists reacted differently; when they were unconsciously primed with God-related ideas. The researchers suggest that for religious people, thinking about God may provide a way of ordering the world and explaining apparently random events and thus reduce their feelings of distress. In contrast, for atheists, thoughts of God may contradict the meaning systems they embrace and thus cause them even more distress. Eighty-five percent of the world has some sort of religious beliefs.

Source: WorldwideHealth.com



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Naturally Nosey

After over 30 years, **Sarita Earp** is getting out of the restaurant business. For many years she operated **Satisfaction Feast** vegetarian restaurant at a downtown location and most recently at 3559 Robie Street. Sarita plans to sell the equipment and building—but is keeping the name – Satisfaction Feast. She says the restaurant is still open and you can find her at the **Seaport Farmer's Market** on Saturday mornings.

Pur Alternatives is re-opening (by early June) at 5544 Kaye Street. Owner **Chris Galbraith** says in recent months they have been operating through the online shop at www.puralternatives.ca and are looking forward to being in the Hydrostone area.

Shortly after they open, the **2nd Annual Toxic Product Swap** will take place on June 16-18. For anyone not already familiar with the event, this is the opportunity to bring in those toxic personal care and/or home cleaning products and exchange them for all-natural ones at a 40% discount.

Congrats! to **Ocean Nutrition Canada** (ONC www.ocean-nutrition.com) of Dartmouth. ONC is the world's largest supplier of Omega-3 EPA and DHA ingredients from fish oil, marketed into the dietary supplement and food manufacturing markets. To date MEG-3® ingredients have been included in over 100 billion servings of food and supplement products worldwide.

If you have any news from the local holistic health community send it along to **Naturally Nosey** at source@ca.inter.net

7 SUMMER SURVIVAL TIPS!

1. **Eat light, small, frequent meals.** Start the morning with a sweet, juicy fruit at breakfast. Ripe summer fruits – peaches, plums, melons and pears, are exactly what your skin craves for in the hot season.

Citrus fruits are also very cooling. Eat whole or extract their juice, store in the refrigerator and sip often throughout the day.

2. **Include salads in your diet.** Consuming leafy lettuce and summer greens, corn on cob and cucumbers, in salads are delicious ways to stay cool. These foods contain a significant amount of water and can actually thin the blood, which has a cooling effect. Onions too are great in the summer, because of their ability to beat the heat and provide relief from summer ailments.

3. **If you get burnt** (sun stroke or heat stroke), seek relief by sipping on green tea or take a

spoon of onion juice. They are potent antioxidants that can neutralize cellular damage caused by the sun's rays.

4. **To cool the body** through sweating, add small amounts of hot spices to food while cooking. Hot peppers, fresh ginger, and black pepper are all great spices to make it really hot for you and then to cool you down.

5. **Hydrate your body.** Drink at least 8-10 glasses of water a day. Water is the best drink as it doesn't contain any sugars that can add up to unnecessary calo-

ries. For a change, a lemon and honey drink can also instantly replenish your body's lost fluids and work as an energizer.

6. **Wear loose, full-sleeved cotton clothes** to protect the body from the sun and to aid evaporation of sweat. Use a hat to protect your head from the sun when you go outside.

7. **Stay indoors.** Restrict outdoor activities to the cooler parts of the day – early mornings before 10.30am or late evenings after 5.30pm.



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From the Editor

FLASHBACK

I don't really 'celebrate' birthdays anymore. But, I do use it as a time for reflection. Particularly on a 'milestone' birthday. This is *my* flashback.

I remember, the mid 1950's, I was five or six years old when the world landed in the family living room, in the form of the 'boob tube'. I was part of the first generation that never knew life without television. Albeit only two or three channels. The 1960's were heady years - I was a teenager coming of age. I sat in a Toronto classroom in November of '63, our innocence shattered, with the news of the assassination of JFK coming over the PA system. We watched the Beatles for the first time on Ed Sullivan. Trudeaumania swept the nation. The Vietnam War unfolded. There were only 6 teams in the NHL. I bought my first car (\$150)- a 'very' used '57 Volkswagen - that burned more oil than gas. A few years later at the close of the 60's I was camping on a warm summer night at Heather's Beach near Pugwash and listening to the radio as the first man landed on the moon. In 1971, my first real job, took me to Saint John, NB as a radio news announcer. The pay was \$305 a month. It was

the Disco era. A friend and I travelled to the mecca of decadence, Studio 54 In New York City. I *did* inhale.

I was in Shediac, NB the summer Elvis died in '77 and John Lennon in 1980. I stood on Parliament Hill on a cold, rainy April day in 1982 and watched the Queen sign over Canada's own Constitution. The '90s saw the launch of *The Source*, made possible by the increasing accessibility of personal computers, 'desktop' publishing and the internet. I sat at my desk on the morning of September 11, 2001 getting the latest issue together as I watched, over and over, surreal images of passenger jets crashing into the World Trade Centre.

Each generation experiences what will become their own iconic images and experiences. It seems only fitting the entitled 'baby boomers' have been witness to much.

I know I have left out a few highlights and personal lowlights from the past six decades. I turn 60 in June and look forward to the universe continuing to unfold.

Alan Parks

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Herbal Musings

by Danette Steele, M.A., R.H.
& Savayda Jarone, MNIMH



WATERCRESS - an uncommon food and medicine



How exciting for the gardener and cook to learn the medicinal virtues of their favourite culinary herbs; our most notable examples being sage, rosemary, thyme, and oregano. There are many others that fall under this dual purpose category that don't seem to receive the same attention in the kitchen, nor in the medicine cabinet. Watercress is one such example.

Nasturtium officinalis - watercress, prized for its nutritional and medicinal properties, has been in popular use in Europe, India, Asia, Brazil, Australia and Persia for centuries. It is a common weed found growing in moist areas, especially along streams. It can be cultivated in the garden and will do fine if kept well hydrated. The leaf, stem, flowers and seeds are used, the leaf being a yummy, spicy salad green. (See recipe Page 14).

This nutritious green is exceptionally high in vitamins C and A and calcium, it also has lots of iron, folic acid, sulphur and manganese. Like other green leaf vegetables, watercress helps to prevent and treat anaemia. It is pungent (spicy) and is great combined with other lettuces in salads, wraps and sandwiches. It is a great spicy alternative to ginger in fresh juices.

Watercress has a long list of medicinal uses. In general, its pungency makes it a stimulant to several systems of the body, especially to the flow of bodily fluids. It is a diuretic and used to treat kidney stones and urinary tract infections. It is a galactagogue - stimulates the flow of breast milk. It helps to loosen lung congestion, making it easier to remove from the body by coughing.

For stagnant and trapped fluids in the form of cysts, swellings and tumours, watercress has been used traditionally as a tea or the fresh juice added to milk.

It is used internally and topically for arthritis, aching joints and cramps. Its spicy compounds stimulate circulation and impart a feeling of warmth in the belly. It is a traditional remedy for lowering blood sugar, and is a general digestive tonic.

Folk herbalist Juliette de Bairacli Levy used the raw seeds to treat worm infestations. A tablespoonful was chewed in the morning, with light fasting throughout the day.

Broaden your palette of salad ingredients with this zesty, nutritious green and chances are it will become a favourite, finding its way into more backyard gardens.

Danette Steele M.A. R.H. is a registered clinical herbalist with a practice in Halifax and Toronto. For weed walks, herbal classes, meditation workshops or personal consultations, Tel: 416-725-HERB(4372), email: dandelion_danette@rogers.com

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Healthy Choices

By Dr. Erin Kempt-Sutherland



SHIN SPLINTS: Prevention and Treatment

Spring has sprung and for many, the good weather inspires dusting off our sneakers to get out walking or jogging in the fresh air. While daily walking or jogging is a healthy choice, starting suddenly can often lead to leg injuries - and one of the most common of those are shin splints.

Shin Splints is a broad term for pain located in the lower leg resulting from repetitive strain on its muscles.

There are two kinds of shin splints: Anterior Shin Splints involves the Tibialis Anterior muscle, resulting in pain along the front of the lower leg or shin, and Posterior Shin Splints, involving the posterior tibialis muscle, where pain is felt along the inside of the calf.



Shin splints occur when there are abnormally high stresses placed on the muscles from sudden increases in activity or from repetitive strain. Runners and walkers are prone to repetitive strain injuries to the leg because the motion is highly repetitive and there is no variation in muscle recruitment throughout the activity. Overuse causes muscles to tighten and become hypoxic (or lacking in oxygen) and scar tissue to be deposited on the muscle. Scar tissue restricts the muscle from sliding freely past adjacent muscles, causing friction and irritation. In the case of shin splints, tightness of the tibialis muscles cause the muscle to pull at its insertion along the shin bone, inflaming the outer layer of bone as well as the muscle itself.

Prevention of shin splints includes a proper training schedule, proper footwear and stretching. A proper program includes gradual increases and variations in mileage, speed, and inclines. Sneakers should be replaced every 5-800 km's to ensure they are providing you with ample support and cushioning. It is wise to have a professional trained in biomechanics such as a chiropractor, assess your gait and alignment, as you may require specific shoes or custom orthotic insoles to help decrease the strain on your lower limb. Finally, stretching your leg muscles but in particular your calves and shins, for 1 minute each before and after activity will prevent excessive muscular tightening.

If you do end up with shin splints, you should not push through the pain. While you do not have to stop running or walking completely, it is a good idea to decrease your mileage and intensity while your body is repairing. If you are not already doing the stretches outlined above, start! You can also try applying ice along the painful area for 10 minutes, remove for 10 minutes, then reapply for 10 minutes. This should be done at least twice daily and immediately after any activity. If relative rest, stretching and icing do not resolve the issue, then it is time to consult a health professional for treatment. Repetitive strain injuries such as shin splints

resolve best if caught early, so don't wait too long!!

I have great success treating shin splints and other repetitive strain injuries with *Active Release Technique*®, a manual therapy that diminishes scar tissue on the muscles. This technique is specialized, patented and involves the patient actively moving a particular muscle from a contracted to a fully stretched position, while the practitioner applies tension to the part of the muscle where scar tissue is located, releasing tension. I will often combine ART® with Low Intensity Laser Therapy which helps to speed healing, renewing and regenerating damaged cells at a faster rate. Kinesiotaping is a new

Continued on Page 12

SEE EXERCISES ON PAGE 15

Finding Your Authentic Emotions

EXPLORING HIDDEN BELIEFS

by Layne Schmidt



There is remarkable power in positive thinking.

And learning to reach for better feeling thoughts can absolutely change your life experience. But what if you've got a particular topic in your life, that no matter how hard you try to change the thought pattern you don't see any significant changes in your experience? Chances are you're caught in a subconscious thought-loop that is as old as you are and it might take a bit of exploration to get rid of it for good.

Let's take the topic of money. It seems to be a topic that many people are focused on these days. I wonder how many of you have tried to change your financial situation using the concepts outlined in the positive thinking philosophy; only to find yourself in a similar situation over and over again? If that has been the case for you; you're

not alone. The solution may be found in getting to your authentic emotion(s) regarding the topic. Let me explain.

For the sake of argument let's agree that you've already done some major work on turning your feelings around about money, you've got a positive outlook and you're feeling hopeful and open to more abundance coming your way. But so far, you haven't received the promotion, no one has shared a lucrative stock tip, you're not in line for an inheritance and you still haven't won the lotto. Financially everything is still pretty much the same. If changing your thoughts (and vibrations) around money really does work, then why aren't you experiencing the shift?

The answer can be found in exploring the **hidden beliefs** we have around money. We adopt hidden beliefs early on in our life. We literally absorb them from places such as our homes, the media, church and school.

If you grew up in a home where money was scarce, or if being poor was attached in a positive way to spirituality, or if people with money were depicted in a negative light you are likely living out those beliefs on a subconscious level even though on the surface you

would never agree with the statements.

The quest to find authentic emotions is about taking a candid look at all of the statements and attitudes you grew up with regarding money and people with money. Establishing your authentic emotion will help you get at the root of your vibration on any particular topic.

Here's an example from my life. I grew up hearing three significant things about money:

God was keeping my Dad humble by not allowing him to succeed financially; oddly enough I actually heard that from my Dad.

There is a level of spirituality that poor people can connect to that the rich rarely can; that was courtesy of my church

If I didn't have an education I could never get ahead financially; was reinforced by my teachers.

On the surface, all of these **hand-me-down beliefs** seemed ludicrous. But when I looked at my bank account I had to admit that something had to be playing in the background and it was worth exploring more deeply.

Intent on changing my future experience with money I took the time to explore these statements to see if any of them

were lingering on a more subtle level. It didn't take too long before I realized that the one about humility and success still had a little pull. Long story short; I had developed a subconscious belief; that as soon as I got ahead financially "God" was poised to humble me. I had actually created an image in my mind of a big guy with a baseball bat aimed at my head ready to keep me from getting too proud. It may seem ridiculous but, it was a child's attempt to represent the concept of being humbled or taken down a notch.

By adulthood the image of the big guy with the baseball bat had all but disappeared; but the **authentic emotion it left behind felt like dread.** On a subconscious level I did not want to experience the "humbling process" so I kept myself in check; all on my own. For me this belief manifested in a constant cycle of having lots of money and then losing or using it all up. It didn't matter how careful I was it would always disappear.

The truth is there isn't anything dictating financial abundance. But my subconscious believed there was. I was caught in a **self-fulfilling prophecy.** Getting to the bottom of the lie

Continued on Page 12

Health Beat

A Naturopathic Perspective

by Dr. Bryan Rade, ND

Inflammatory Bowel Disease: Naturopathic Treatments to Heal the Gut



Inflammatory bowel disease (IBD) can be one of the most challenging health conditions to live with. Mild cases may present as frequent bowel movements and abdominal discomfort, while severe ones can leave a patient housebound, malnourished, and in severe, constant pain. IBD encompasses three main conditions: Crohn's disease, ulcerative colitis (UC), and diverticulitis. Crohn's and UC are essentially an inflammation of the

gastrointestinal tract lining, while diverticulitis is an inflammation of pathological outpouchings of the colon (known as diverticuli). While specific diagnosis is based on laboratory values and medical imaging, the general presentation of IBD is similar across the board: loose and frequent stools, abdominal pain, bloating, excess gas production, fatigue, and a waxing/waning symptom pattern. It is important to note that irritable bowel syndrome (IBS) can look clinically identical to IBD, however all laboratory and imaging reports will be normal.

A naturopathic approach to managing inflammatory bowel disease usually revolves around **three central themes**: identification and removal of dietary triggers, calming inflammation, and improving the health and integrity of the gastrointestinal tract itself. Dietary sensitivities play a central role in IBD, and in my opinion true resolution of the condition cannot be achieved without looking into them.

Wheat (gluten), dairy, and refined sugar are the most common culprits; however to determine specific sensitivity a hypoallergenic/elimination diet should be pursued. This involves removing common food triggers from the diet for a period of 1-2 months and then systematically reintroducing foods one by one to see if they provoke a reaction. Another option is to run a food sensitivity panel (my preference is for the IgG antibody food test), which are available through a variety of independent labs. Another option is to look into something called the Specific Carbohydrate



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Diet, which was specifically designed to treat IBD.

Calming inflammation in IBD intuitively makes sense due to the nature of the condition. Herbs like *Curcuma longa* (turmeric root), *Harpagophytum procumbens* (devil's claw), and *Erythrina piscidia* (Jamaican dogwood) all have well-documented anti-inflammatory effects. Indeed curcumin, derived from turmeric root, has been shown to operate through the same mechanism of action (and with the same degree of efficacy) as the drug ibuprofen. Demulcent herbs also help to reduce inflammation by the soothing effect they have on the digestive tract. Examples include *Ulmus rubra* (slippery elm), *Althea officinalis* (marshmallow root), and *Plantago officinalis* (plantain), all of which stimulate the formation of a protective mucous barrier along the gut. Digestive enzymes can play a role in this regard, too – when taken with meals they help to improve digestion and when taken away from food they help to reduce inflammation and pain.

Gastrointestinal health and integrity is very important to consider as well, both in resolving IBD and in keeping it resolved into the future. Enterocytes (intestinal cells) require a food source known as short-chain fatty acids, something they can obtain from healthy fats in the diet.

Coconut oil provides a great source of these and is actually

one of the healthiest types of fat to eat and cook with (high smoking point). Intestinal cells also benefit from supplementation with an amino acid called L-glutamine. L-glutamine needs to be taken away from food to maximally benefit the gut, with studies showing that it can effectively heal gut damage.

Probiotics are of paramount importance, with supplementation being essential for IBD patients. A deficiency of beneficial bacteria in the gut is associated with gas, bloating, loose/frequent stools, and inflammation – all of which are in abundance in IBD.

A **good probiotic** needs to be of high potency and should contain several different bacterial strains (*Lactobacillus rhamnosus* being one of the most important). *Please note that yogurt will not suffice*, partly because it contains dairy (a common food trigger) and partly because it typically only contains *Lactobacillus acidophilus* in modest amounts (half a cup will yield approximately one billion bacterial units...less than 5% of the daily amount that would be needed).

Dr. Bryan Rade is a licensed, registered naturopathic doctor with a general family practice in Lower Sackville, NS (546 Sackville Dr). He also has a satellite practice at Northwood Towers (2615 Northwood Terrace) in downtown Halifax. For more information please visit his website at www.bryanradend.com or phone 830-4615.

A Choyce View

by Terry Paul Choyce



We all know the economy could be better, and jobs are precious. People with good jobs are fortunate. But I know very few people who love their work. It is a lucky person who is able to earn a living doing work he or she is passionate about. Most people have

jobs they like or tolerate, and then pursue their real interests during their off hours. With good time management, they find a balance between creativity and fulfillment, and the necessity of making money.

I recently met a **delightful woman, Michelle MacLean** who has achieved this. She has a good job, but what she **LOVES** is to dance, and to express herself authentically through movement. While at the Kripalu Centre for Yoga and Health in Massachusetts, she discovered the perfect creative and spiritual medium for her, called JourneyDance. She recently completed the two modules of JourneyDance teacher training with its founder Toni Bergins. This form of dance is a beautiful blend of free form and guided movement, meditation, and music. And fortunately for us, she is now teaching it at various locations here in Nova Scotia. To find out about this dance form go to www.journeydance.com. For information about Michelle's classes email mrmaclean68@hotmail.com.

INSPIRED LEARNING at Bedford United hosted JourneyDance in April, and it was a **fun and sacred way to express ourselves**. A dozen of us flowed around the gym to various types of world music. Michelle provided instruction and inspiration.

I am used to dancing like this, since I am a big fan of Barefoot Ecstatic Dance, which happens monthly at DANSpace (<http://barefootecstaticdance.blogspot.com/>)

Life Can Be a Dance

I just love moving without self-consciousness or structure, to my own interpretation of the music. I feel exhilarated, energized, and connected to everything when I dance like that. But for some of the women at JourneyDance, this way of dancing was new and a bit intimidating. Yet EVERYONE ended up loving it. They felt such joy in moving to their own rhythm and pace. It is a freedom we seldom get to experience in our daily lives.

Must Do, Want to Do, Will Do

Freedom to express yourself is actually a big issue in everyone's life. Do you find the time to do the things you love to do? Are you too bogged down with responsibilities and commitments to really enjoy yourself, and do what brings you pleasure and fulfillment? It is imperative that everyone finds a few hours each week for self expression and self exploration. If we don't, our physical, emotional, or spiritual health will be jeopardized. We all need outlets for our creativity and for fun, to live balanced, healthy lives. So do your work AND find time to play and create.

Do you paint, sing, hike, bike, play the guitar, or write poetry? What is your creative medium? And when do you give yourself the opportunity to develop and enjoy it? If your passion can be your job, great. If it can't, don't ignore or bury it. Your time is NOW to make your interest and/or talent a priority in your life. Like Michelle, find a way to have a career and do what makes your heart sing. Do what makes you unique and special. Flow with your own passion. Dance to your own beat. And enjoy being you.

*Terry Choyce co-creates www.spiritualseekers.ca, your online connection to spiritual events in Atlantic Canada. Listen to her Mondays at 4 on 88.1fm (www.ckdu.ca for live and archived show). She also coordinates the meditation-inspiration gathering, *Going Deeper* at Bedford United, Thursdays at 7. And she coordinates INSPIRED LEARNING, a spiritual opportunity program at BUC. terrypaulchoyce@yahoo.ca*

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Atlantic Yoga Teacher Training Enters 12th Year Marking Change of Teaching Staff

by Jody Myers

Atlantic Yoga Teacher Training, the first Yoga Alliance registered training in Atlantic Canada, was begun in 2000 to help answer the deep need in the region for more trained yoga teachers. Jody Myers, initiated the program after teaching Kripalu style yoga herself full time for 20 years. Developed along with senior Kripalu teachers Silver Frith and Anne Marie Isha Ward, the AYTT program has evolved over time to address the ever changing yoga scene and the many aspects and demands placed upon yoga teacher practitioners.

AYTT is known for its educational methodology, which trains teachers “how to facilitate inspiring creative yoga classes” and for imparting an authentic wholistic experience of yoga, by placing equal emphasis on the physical, mental, emotional and spiritual dimensions of yoga practice. Nearly 200 teachers from Atlantic Canada and across the country have graduated from the AYTT200 hour training, which is conducted in small groups of 12-16 participants and facilitated by two experienced trainers. A large percentage of these teachers are active around the Atlantic region and some have taken important leadership roles.

Kripalu Yoga is a very sophisticated yoga practice which takes many years to begin to master. It contains 3 stages which include the study and practice of yin and yang styles of yoga which include postures, breathing, relaxation and meditation.

Eventually and naturally the practice evolves into meditation- in-motion. The three stages are not linear. The general understanding now in the west is, that because yoga is so wholistic, it takes 10 years to learn to practice and to teach any authentic style of yoga. It takes 20 years to become proficient (professional) in practice and teaching, and it takes 30 years of practice to begin to genuinely call oneself a yogi.

Most of the yoga teachers in the Atlantic region have been teaching 10 years or less, as the region now has several yoga teacher training programs. Some teachers have been practicing and leading classes between 10 and 20 years and a rare few (to date) have reached the 30 year mark.

In North America, there is a tendency to stay on the surface by flitting from one style of yoga to another and yet at the same time, if the teacher has been well rooted in a solid tradition and practice, additional training

from other systems can be enriching, helping the practitioner to maintain an open mind, while preventing the narrow minded dogma “mine is better than yours” to develop. The key lays in receiving a good grounding to begin with.

Popular terms such as “yin” and “yang” style practices have graced the western yoga scene in recent years. These approaches have helped westerners to identify and understand their individual needs and tendencies towards yoga practice, but have always been included in any wholistic yoga practice and have always been intrinsic to the Kripalu approach and the AYTT200 and 500 hour teacher trainee programs.

Year 12 marks a changing of the AYTT staff as the 3 senior trainers have now formed the AYTT500 training. Two experienced teachers have been well mentored to take over the bulk of the 200 hour training.

Linda Wallace, a practitioner of Buddhist meditation, was teaching Iyengar style yoga for 10 years before receiving the AYTT200 certification in 2005 and recently the AYTT500 hour certificates. Linda is joined by Julie Palmer who has been teaching yoga full time in the valley for 15 years. Julie re-



ceiving her 200 hour and 500 hour trainings from the Kripalu Centre in Lenox Massachusetts and has written, directed, starred and produced her own yoga DVD. Julie and Linda also explore interdisciplinary practices and are skilled workshop facilitators. Jody Myers and Silver Frith will continue to teach specific components of the 200 hour program and will join Isha Ward and Mike Munroe in the AYTT500 program.

Jody Myers (founder/director AYTT)
www.aytt.ca info@aytt.ca



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OSCAR'S GLUTEN-FREE PIZZA

This is a recipe for a gluten-free pizza that we recently served at Heartwood, courtesy of one of our talented chefs, Oscar Prescesky. Easy to make and over-flowing with flavour, this pizza will please everyone gluten-free or not. This should be enough for a 12" pizza.

Crust

1 cup peeled and grated potato
1 cup peeled and grated sweet potato
½ cup cornmeal
½ cup corn flour
2 tbsp olive oil
½ tsp sea salt
1/2 tsp each oregano, basil,

fennel seed, rosemary and thyme
Mix all ingredients together then press lightly into an oiled 12" pizza pan. Bake crust at 375 for about 15 minutes or until it is golden brown. While crust is baking prepare sauce.

Pizza sauce

½ cup tomato paste
2 tbsp olive oil
1 tsp balsamic vinegar
1 tsp each basil and oregano
¼ tsp cinnamon
½ tsp cocoa
1 bay leaf
1 tbsp garlic minced
½ tsp fennel seed
½ tsp thyme

½ tsp rosemary
½ tsp chili flakes (optional)
Lightly sauté garlic in a little olive oil. Add spices and tomato paste and let simmer for 10-15 minutes.

To Assemble

Spread sauce on top of the pizza crust. Add toppings of your choice. Sprinkle with grated cheese or for a vegan option, sprinkle with nutritional yeast. Bake pizza at 375-400 for about 15 minutes or until cheese is melted and toppings are cooked. Enjoy!
Compliments of Heartwood Cafe, 6250 Quinpool Rd.

GINGERED SEEDS ORZO PASTA SALAD

Dressing:

½ cup tamari (Japanese) soy sauce
¼ cup maple syrup
¼ cup light olive oil

Salad:

Cook in boiling salted water: 1 cup orzo pasta, 8 to 10 minutes until al dente (it should yield

about 3 cups cooked pasta). Drain and get moisture out quickly. Add dressing immediately – the mixture will be very wet but this will be absorbed by the pasta. Place in a bowl. When at room temperature, add: 1 tsp grated fresh ginger (or more if you like)
3 cloves garlic, crushed

1/3 cup sunflower seeds
1/3 cup pumpkin seeds
¾ cup roasted salted peanuts
1 red pepper, diced
Mix and serve.
Compliments of Satisfaction Feast Restaurant, 3559 Robie St., Halifax.

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Bacteria in the Home

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THE FOOD ISSUE

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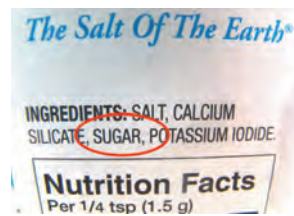


FOOD FOR THOUGHT

Bitter Sweet *SUGAR*

by Penny Ormsbee, RHN, RNCP

The average North American consumes an astounding 2-3 pounds of sugar every week. This is not surprising considering highly refined sugars in the form of



sucrose (table sugar), and dextrose (corn sugar) are being added to so many foods. Not only are sugars found in the obvious things like candy bars, ice-cream, and pastries, but you'll also find it hidden in bread, salad dressings, ketchup, and table salt. That's right. Take a look at the ingredient list on a box of salt and you'll see sugar as a main ingredient.

Apart from the obvious sugars found in junk food, when it comes to watching our sugar intake, we also have to be aware of natural sugars like lactose (milk sugar) and fructose (fruit sugar), as well as refined grains, and starchy vegetables, such as white potatoes. All sugars are carbohydrates which are converted by the body into glucose and then used for fuel, however some are obviously better for us than others.

The Role of Insulin

Once sugar enters the bloodstream through the digestive tract, the pancreas releases the hormone - insulin, which carries the sugar in our blood into cells to be used for fuel and energy. Insulin is released in proportion to the amount of sugar in the bloodstream (i.e., more sugar = more insulin).

Sugar in your bloodstream can be directed in one of three ways:

1. It can be used immediately as a fuel source.
2. It can be stored as glycogen in the liver or muscles to be used later as an energy source.
3. It can be stored as fat. If your glycogen storage sites are full and excess sugar is not used right away as fuel, the body will convert what's left into fat. (i.e., more sugar = more insulin = more body fat)

Balance Is Key

The right amount of insulin helps to rebuild proteins such as those found in muscle tissue. It also promotes the use of sugar as an energy source. Without it, your body would not have access to amino acids, glucose and fatty acids to survive.

On the other hand, consuming too much sugar can lead to these symptoms of excess insulin:

- Skin tags
- Abnormal hair growth on the face (women)
- Fatigue after eating
- Fat gain around the middle
- Elevated triglycerides
- High blood glucose levels
- Sleep disruption
- Loss of libido
- Water retention
- Age spots
- Burning feet at night (especially while in bed)
- High cholesterol
- Generalized weight gain/obesity

Insulin Resistance

Lack of physical activity and the consumption of too much sugar in the form of carbohydrates can lead to insulin resistance (IR). IR is a condition in which the cells of

the body become resistant to the effects of insulin. The pancreas tries to keep up with this increased demand for insulin by producing more and more, but eventually, it fails to keep up. Inevitably, excess glucose builds up in the bloodstream resulting in obesity and setting

the stage for diabetes, increased inflammation, cancer, heart disease, or even Alzheimer's.

According to Statistics Canada, 58.6 per cent of Canadian men and 43.5 per cent of women are at increased health risk because of excess weight. Nova Scotia has one of the highest rates of obesity in the country with an estimated 20 per cent of individuals over the age of 18 reporting they are obese.

If you're still wondering if you're insulin resistant, take a look at your waist to hip ratio. If you're thicker around the belly than around your hips, you may very likely be insulin resistant.

Where to Start

High blood sugar and obesity cannot be corrected without increasing sensitivity to insulin.

- Exercise at least 30 minutes a day.
- Choose a diet high in nutrients and fibre, and low in sugar and refined foods.
- Drink lots of water and avoid alcohol and sugary drinks.
- Eat a healthy breakfast that includes protein.
- Don't skip meals. Those who do are more likely to overeat later in the day.
- Reduce caffeine which can trigger spikes in blood sugar even if there's no sugar added.
- Choose fruit high in fibre (apples with skin, berries with seeds) to satisfy a sweet tooth.
- Manage stress. The stress hormone cortisol can play havoc with blood sugar levels.
- Speak to your Holistic Nutritional Consultant about supplements to increase insulin sensitivity.

Recommended Read: *The Hormone Diet* by Dr. Natasha Turner, ND♦

Penny Ormsbee is a Registered Holistic Nutritional Consultant, Educator and EAV Practitioner. She is a graduate of The Canadian School of Natural Nutrition where she was an instructor for many years. Penny offers one-on-one nutritional consulting as well as food and environmental sensitivity testing using the BioMeridian screening system. She has a special interest in hypothyroidism, nutrient deficiencies, digestive disorders, and adrenal fatigue. Penny is passionate about her work and is sincerely committed to empowering others to consciously and holistically manage their health. Contact Penny at: Therapeutic Approach Health Centre, Halifax, NS (902) 429-3303. pormsbee@ns.sympatico.ca www.pennyormsbee.ca



Celebrating the Bounty of the Earth

9th ANNUAL HERB FAIR IN EAST CHEZZETCOOK
by Michele Graveline

We gather from all over the province at a different location each year, women and men, experienced in the craft and new to it, as growers, medicine makers, consultants, clinicians, students and simply those that love plant medicine, to celebrate the bounty the Earth offers in her many magical ways. This year marks the 9th annual Herbalist Association of Nova Scotia's (HANS) Herb Fair and AGM. A unique experience, the

fair offers an opportunity for like minded individuals to get reacquainted with old friends, learn something at the many workshops and spend a day on the land enjoying the medicines Nova Scotia has to offer. HANS has travelled the province, ensuring that our province wide membership has the opportunity to enjoy this event. This year it is July 16 at Camp Brunswick, 42 Mines Road, East Chezzetcook.

What is HANS? The Herbalist Association of Nova Scotia was founded as a non-profit society in 2002 by a local group of herbalists' and herbal students wanting to celebrate and educate around herbal medicine, and ethical wildcrafting in Nova Scotia. HANS currently offers two types of membership, professional (for Herbalists in clinical practice) and general. Each year HANS organizes a num-

ber of events including our annual Herb Fair, a professional development seminar, and seasonal plant circles. HANS has a website, a Facebook page and a listerv for membership communication. The organization is guided by the eight-member Board of Directors that meet once a month, and five committees (Politics/Standards, Herb Fair, Event/Education, Communication/Membership, Organization Development).

Continued on Page 13

12th year



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S.H.A.R.P. Goals To Enhance Your Edge

Abe Brown, Certified Master Coach Trainer



Abraham Lincoln said that, "A goal properly set is halfway reached". There is an effective way to set goals, and an ineffective way. Most of us are familiar with the acronym "S.M.A.R.T." Goals.

However, not only do I love "S.M.A.R.T. Goals", but I also love "S.H.A.R.P. Goals". When we have S.H.A.R.P. Goals that are focused, we have the same increase in power that a laser beam has over a light bulb.

SHARP Goals To Enhance Your Edge:

S - Significant & Salient

Our goals need to be Significant. They need to be meaningful, momentous, and substantial. When our goal is Significant, there is a sense of mission and calling which inspires us to get it done! Does your goal inspire you and

engage your passion? Daniel Burnham said: "Make no little plans; they have no magic to stir men's blood". Develop goals that are dynamic and emotive.

And, our goals need to be Salient. Salient speaks to clear, noticeable, and obvious. Our goals need to be clear.

We need to be crystal clear about what we are aiming for, and allow this clarity to guide us.

H - Healthy & Holistic

Our goals need to be birthed in the womb of Healthy motivation. Goals which are pursued for unhealthy reasons often cause us more pain than good, and flow with negative energy, stress, manipulation and control. Healthy motivation empowers, and flows with positive energy. It is accompanied by a spirit of peace and rest.

And, our goals need to be Holistic. This means that they should complement the 7 Pillars Of Life. A fully Holistic approach will flow with the 7 Pillars Of Life that make up the Wellness Wheel: Mental, Emotional, Physical, Spiritual, Relational, Professional, and Financial.

A - Accountable & Actionable

Accountability speaks to a vertical relationship. If something is important enough to us that we set a goal, it should be important enough that we invite someone to keep us accountable. Self-accountability is best, but early in our growth towards consistently achieving our goals, we may need to create a bridge in the form of accountability to others.

Actionable speaks to goals that cause us to DO something. A "S.H.A.R.P. Goal" is not a concept, but a call to personal revolution. I love this from William James (1842-1910), psychologist & philosopher: "To change one's life: 1. Start immediately. 2. Do it flamboyantly. 3. No exceptions."

R - Risk-Oriented & Results-Oriented

Take a Risk! Nothing ventured, nothing gained! The time of sitting in 100% safety and security, hoping for monumental gains, is over. Setting realistic goals is important, but not so realistic that there is no risk involved! As I have heard it said in the past: "Why not go out on a limb? Isn't that where the fruit is?"

And, our goals need to be focused on achievable, measurable Results. This helps us to create a feeling of progress, and it reinforces that we made the right decision when we set out to accomplish this goal.

P - Partnered & Persevered

Partnering speaks to a horizontal relationship. We will accomplish far more when we have partners. Every effective partnership in goal achievement consists of a team and a coach. We all need a support system to achieve our goals.

And, we need to persevere. The value of simple perseverance and stickability cannot be overstated. By perseverance the snail reached the Ark!

Richard Gaylord Briley said, "At this very moment you are WHO you are and WHERE you are because of what you've allowed to inhabit your goal-box". What's in your Goal-Box? "S.H.A.R.P. Goals" will enhance your edge!

Abe Brown is a Certified Life and Business Coach.
www.imomentum.coaching.ca



BETWEEN THE LINES



By Marjorie Frizzell and David Pitt

Marjorie Frizzell, B.Sc., is a Nutrition Consultant. She is a graduate in Human Nutrition from St. Francis Xavier University. David Pitt writes about books for several newspapers and magazines, including the Halifax Herald, the Winnipeg Free Press, and Booklist. They live in Halifax. They can be reached at bookman@eastlink.ca

LIVING LONGER

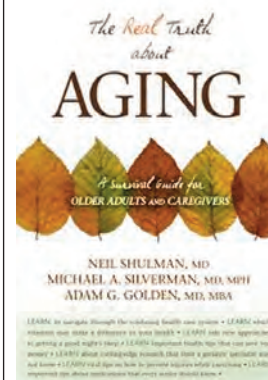
Here's something you probably didn't know: the fastest-growing segment of the population is people eighty-five years and older. The average human lifespan keeps lengthening, which means people are living longer than they used to. But here's the catch: we're living longer, but our bodies are still breaking down at the same rate.

The Real Truth About Aging (Prometheus Books) is written by three physicians, Neil Shulman, Michael A. Silverman, and Adam G. Golden, who have many years of experience in the field of geriatric medicine. The book is subtitled "A Survival Guide for Older Adults and Caregivers," but it's written for a general audience. Its aim is to answer our questions about aging in "clear, easy-to-understand language that will help seniors and their families prepare for the challenging road ahead."

The book is sensibly organized, with chapters that move from the general ("What Does It Mean to Grow Old?") to the specific (there are chapters on vitamins and herbal supplements, emerging healthcare trends, and the effectiveness of hormone replacement therapy). More than half the book is devoted to something the authors identify as an important – and frequently intimidating – part of the equation: caring for someone who is elderly. Key questions are addressed in chapters on the dangers of falling; osteoporosis and broken bones; the risks of infectious diseases; the effects of dementia; and pain control (among other important subjects).

In the 13th century, the philosopher Roger Bacon determined that the secrets to a long life were exercise, good hygiene, moderation in lifestyle, proper rest, and a sensible diet. As the authors point out, more than seven centuries later people who follow Bacon's strategy do indeed live a longer, healthier life. So you could say the authors aren't breaking any new ground here. But what they are doing is providing a very useful, very informative guide to living well, and longer – a guide that should be read not just by the elderly, but by their loved ones, too.

It probably won't come as a blinding revelation to you that diet is a key ingredient to a long, healthy life. **Leslie Beck's Longevity Diet**, by the noted author and columnist, shows us how to reap the rewards of



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Continued on Page 13

THE SOURCE - CALENDAR OF EVENTS

EVENT LISTINGS ON-LINE thesourcemagazine.net

JUNE & JULY

P.A.U.S.E. WELLNESS CENTRE, Middle Musquodoboit. www.pausewellnessctr.com June 4th - Self Acupressure Workshop. June 5th - Children's Reiki Workshop. July 6th - YOGA (6 weeks). El Peto - Bulk ordering service (902) 384-2786 pausewellnessctr@ns.aliantzinc.ca

JUNE 10-19

THE POSTURE OF MEDITATION and More, with Will Johnson. A retreat for all levels of experience. Join us for the weekend, or go deeper during the nine day retreat. We will focus on the three primary elements that combine to create the posture of meditation: alignment, relaxation and resilience. We will also explore walking and movement practices. Will Johnson has been teaching the practices of 'Embodiment Training' since 1995. He is a Buddhist practitioner, rolfar, and author of many books including: Balance of Body, Balance of Mind; The Posture of Meditation; and Aligned, Relaxed, Resilient: The Physical Foundations of Mindfulness. Info: Dorje Denma Ling Shambhala Meditation & Retreat Centre, 2280 Balmoral Road (Rte. 256) Tatamagouche: 1-902-657-9085 info@dorjedenmaling.com, www.dorjedenmaling.com

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JUNE 12 & JUNE 18

KRIEGER/KUNZ THERAPEUTIC TOUCH™ is a modern version of many ancient healing practices with scientific research. Adapted for use in the modern health care, it is taught and studied in hospitals and universities around the world. Learn about the basics and benefits that can be experienced in supporting the healing process. Level.2 workshop. Sunday June 12th, 8:45am- 4:45pm. Cost \$75.00. Class will be held in Lower Sackville. N.S. (865-0059). Level 1 workshop. Saturday June 18th. 8:45-4:45. Cost \$75.00. Class will be held at P.A.U.S.E. Wellness Centre. 12335. Hwy 224. Middle Musquodoboit. (902-384-2786) Registered Therapeutic Touch Teacher -Charlotte Quirk. 865-0059. chquirk@hotmail.com www.atlantictn.com

JUNE 20

AROMATHERAPY LEVEL I Class. Info: visit casaromawellness.com or casaroma@eastlink.ca or 464-2272.

JUNE 25-26

CERTIFIED LIFE COACH or Executive Coach. 2 day intensive course. Halifax. Info: 866-455-2155 or email abe@certifiedcoachesfederation.com. See ad on p. 8.

JUNE 26

ALEXANDER TECHNIQUE ATLANTIC Workshop. Education for Living...Better Posture, Greater Poise, Improved Health. 3:00-6:00 pm. Cost \$120. The Studio, 219 Sambro Creek Road. Call 346-2065 or enquiries@alexandertech- niqueatlantic.ca www.AlexanderTechniqueAtlantic.ca

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JULY 9-10

CANADIAN CONFERENCE ON ACUPUNCTURE and Natural Healing in Bedford, NS, focusing on cancer care and integrative medicine with 15 seminars and a panel discussion. All welcome. Go to AcupunctureCollege.ca for details.

JULY 12-13

PLAY AND PRAISE! Spiritual and musical celebration for all ages and family groupings with Linnea Good and company. Tatamagouche Centre. For details: www.tatacentre.ca or 1-800-218-2220.

JULY 16

9th ANNUAL HERB FAIR sponsored by The Herbalist Association of Nova Scotia. Plant walks, herbal workshops and more. Camp Brunswick, 42 Mines Rd., East Chezzetcook. See our ad on p. 2. Info: Michele @827-3619 or admin@herbalns.org www.herbalns.org

JULY 16-17

THE WAY OF THE SHAMAN. Core shamanic skills training. Foundation for Shamanic Studies faculty. Sarah Finlay and Peter Clark teach Michael Harner's Basic Workshop. Chester, NS. Contact: Beth Lenco 275-3132, beth@starflower.ca, www.starflower.ca. \$195 before June 15th.

JULY 24-29

CREATIVE ARTS WEEK. 30th Year Anniversary! Explore and broaden your experience with abstract painting. All levels welcome. Tatamagouche Centre. For details: www.tatacentre.ca or 1-800-218-2220.

INDEPENDENT WRITING RETREAT. For writers who want to work independently on a manuscript in a supportive community. Tatamagouche Centre. For details: www.tatacentre.ca or 1-800-218-2220

JULY 30-AUGUST 6

FAMILY CAMP. This is a remarkable opportunity to take time together, away from the regular pressures of our lives, and allow love and joy to envelope us. Bring the grandparents, a family friend, your nephew-take the opportunity to gather together and enjoy the qualities of sweet summer life. In

the mornings there will be engaging programs for children while parents and other family members have time for meditation practice, study, relaxation, contemplative walks, etc. In the afternoons and evenings there will be both structured and spontaneous family activities: go to the beach, visit a local farm, fly kites, enjoy supervised evening campfires, singing and games. Info: Dorje Denma Ling Shambhala Meditation & Retreat Centre, 2280 Balmoral Road (Rte. 256) Tatamagouche: 1-902-657-9085, info@dorjedenmaling.com, www.dorjedenmaling.com

JULY 31

ALEXANDER TECHNIQUE ATLANTIC Workshop. Education for Living...Better Posture, Greater Poise, Improved Health. 3:00-6:00 pm. Cost \$120. The Studio, 219 Sambro Creek Road. Call 346-2065 or enquiries@alexandertech- niqueatlantic.ca www.AlexanderTechniqueAtlantic.ca

UPCOMING EVENTS

AUGUST 5-10

BEING BRAVE: Transforming Our World. See and hear Sakyong Mipham Rinpoche and Pema Chodron at the Cunard Centre on the waterfront. (Last chance to hear Pema Chodron before 2013). www.transformingourworld.net

AUGUST 6

FINDING WHOLENESS in Relationships: Exploring the Polarity of Autonomy and Connection Halifax. Explore how to increase your ability to integrate both poles of autonomy and connection to approach relationships from a place of wholeness within. For info go to: findingwholenesshalifax2011.eventbrite.com

AUGUST 10-14

MALIDOMA SOME - Elemental Rituals 5-day gathering, Nova Scotia. For more info go to <http://tatami.chebucto.biz/> or contact Theresa at 902-475-1500.

AUGUST 12-14

THEATRE FOR LIVING. Theatre for the Living is a vibrant "theatre for social change" technique used in community development. Tatamagouche Centre. For details: www.tatacentre.ca or 1-800-218-2220

AUGUST 15

AROMATHERAPY LEVEL I Class. Info: visit casaromawellness.com or casaroma@eastlink.ca or 464-2272.

AUGUST 15-19

CONSCIOUS CREATIVITY WORKSHOP with Anne Thibeault-Berube. Oceanstone Inn & Cottages. See ad on p.16 for more details or twww.ideasfestival.ca

AUGUST 29-SEPTEMBER 2

FOOTSTEPS REFLEXOLOGY SCHOOL is offering 300 hr Diploma Courses in the Maritimes: Halifax- Aug 29 - Sep 2. Also June 12 - 16, St John's Newfoundland. For more information: 1 416 788 5970 or visit the website www.footstepsreflexologyschool.com

AUGUST 31

HYPNOTHERAPIST CERTIFICATION COURSES starting today. 100 hour program with Certified Instructor Paula Arndt. Certification by National Guild of Hypnotists. Info: parndt@eastlink.ca or 902-669-0387

SEPTEMBER

ATLANTIC YOGA TEACHER Training. Next weekend program begins in September. Info: (902) 823-2746 or visit www.aytt.ca

SEPTEMBER 17

MARK YOUR CALENDAR! Healthy Connections Wellness Show - Natural Resources Education Centre, 12014 Highway 224, Middle Musquodoboit For Info: Contact Sharon at 384-2948 or email healthlinks@bellaliant.net

SEPTEMBER 30-OCTOBER 2 POTTERY AND YOGA. Combine working with clay while exploring principles of yoga. No experience necessary. Tatamagouche Centre. For details: www.tatacentre.ca or 1-800-218-2220.

COMING SOON

AN EVENING WITH Dr. Wayne Dyer in Halifax. See details in ad on p.16 or visit www.ideasfestival.ca Pre-registration now open.


2012

DEEPAK CHOPRA in Halifax. See ad on p.16 for details. Pre-registration now open at www.ideasfestival.ca

ONGOING EVENTS

CORE SHAMANIC DRUMMING Around the second Sunday of the month. 9:30 - 11:00 AM. \$12. Check website for date. Shamanic journeywork instruction, body/mind/spirit events, and individual shamanic healing available. Chester, NS. Contact: Beth Lenco 275-3132, beth@starflower.ca, www.starflower.ca

MEDITATION OPEN HOUSE, all are welcome. 11:00 - 12:30 every Sunday morning, with group and individual meditation instruction and discussion, and healthy lunch offered. Info: Dorje Denma Ling Shambhala Meditation & Retreat Centre, 2280 Balmoral Road (Rte. 256) Tatamagouche: 1-902-657-9085. info@dorjedenmaling.com, www.dorjedenmaling.com



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TCM Treatment Expectations

By Dr. Fronie LeRoy, OMD, PhD

Chinese Medicine has existed since ancient times, for more than 5,000 years. The term “Traditional Chinese Medicine” (TCM) was created under the Mao regime. There was an attempt to de-emphasize the esoteric aspects of Chinese Medicine and emphasize its compatibility with more modern western science and medicine.

Much of the philosophy of Chinese Medicine is from Taoist philosophy and reflects the Classical Chinese belief that individual human experiences express causative principles: physical, mental or spiritual and correlate as the expression of wellness or illness as decreed by heaven.

Most people have misconceptions that acupuncture cannot be used as a treatment for chronic illnesses, however, functional diseases like high cholesterol, high blood pressure and diabetes can all be managed with TCM. Chinese Medicine has acknowledged the stress component of heart disease for thousands of years.

Patients are often surprised at what a treatment can relieve. People come into the clinic for a face lift and don't think to mention their chronic back pain as they may have been told by other doctors that nothing can be done. They are surprised at how quickly the pain is relieved and how long lasting it can be.

Many ailments can be treated at the same time, decreasing the overall number of visits as well as balancing the entire health of the individual. Patients will be surprised by the feeling of euphoria which can accompany an acupuncture treatment and the general feeling of well being and relaxation. Many people fall asleep



for the duration of their treatment and wake up refreshed and pain free.

Many conditions are successfully treated within just a few treatments, such as rosacea, pain, sciatica, and plantar fasciitis. This is a life altering change for those who expected to have these conditions for the rest of their lives. TCM is also effective for primary medicine, colds, flu, shingles, etc.

Treatment modalities of TCM

include:

Acupuncture—Inserting and manipulating fine needles into specific points along the meridians to manipulate Qi or vital energy.

Moxibustion—A method of healing by igniting moxa, wormwood, mugwort or other slow burning herbal substance and holding it as close to the skin as possible, or burning it on the end of an inserted acupuncture needle.

Guasha—Manipulation of the skin with a tool to relieve stagnation.

Cupping—Placement of glass, wooden, or bamboo cups on the skin by use of vacuum techniques to release stagnation.

Acupressure—A form of Chinese Massage and acupoint stimulation.

Tuina—A method of manipulation of the body to relieve and realign.

Herbs—Baidu TCM Clinic has the largest selection of Chinese Herbs in Atlantic Canada. Herbs come in several forms, pills, medicinal teas and are very effective in treatment of illness.

Much of the mystery and misconceptions related to Chinese Medicine can be cleared up by speaking with a qualified TCM practitioner.

For more information call (902) 444-4724
www.baidutcm.com

BEING BRAVE

Transforming OUR WORLD



A most timely and important event will take place this August 5-10 at the Currier Centre, Pier 23, on the Halifax waterfront. Being Brave: Transforming Our World is a program being offered by Shambhala in a retreat format open to all. Guided by two of the most influential spiritual teachers of our time – Sakyong Mipham Rinpoche and Acharya Pema Chödrön – this retreat will help us cultivate the bravery and wisdom needed to unite personal spiritual experience with social transformation.

During this era of increasing speed and aggression, we are challenged to cope with violence, war, poverty, climate change and environmental degradation. It is all too easy to feel overwhelmed, helpless and disconnected from others. By contrast, many are longing for a deeper sense of community and cultural change in meeting these challenges. Personal growth and cultural transformation cannot be seen as separate. They are interdependently related.

During five powerful days of teachings, meditation, and discussion, our innate fearlessness and gentleness will be nourished and strengthened. Meditation is a profound and simple means of generating the courage, discipline and insight needed to address the difficulties present in these

tumultuous times.

New and experienced meditators alike are invited to join in this gathering led by the two most well known teachers in the Shambhala Buddhist tradition. They will be joined by Acharya Adam Lobel who has made a particularly strong connection with younger world citizens.

Acharya Pema Chodron's written teachings are loved by many. Although she resides for several months each year at Gampo Abbey monastery in Pleasant Bay, NS, she rarely teaches publicly in the Maritimes. (Ani) Pema Chodron will be in personal retreat for all of 2012. This will be a unique opportunity to experience her engaging teaching style side-by-side with Sakyong Mipham Rinpoche who is known for his brilliant insights, clarity and genuine friendliness.

This will also be an opportunity for networking and collaboration, so essential to the process of transforming our world. This retreat will depend on the generosity of those who attend. In order to offer the teachings to everyone who wishes to attend, multi-tiered ticket pricing is in place.

More information on the retreat and online registration can be found at www.transformingourworld.net.

AUTHENTIC EMOTIONS

Continued From Page 5

freed me up to experience more financially beneficial situations because I no longer carried the vibration of dread when it came to money. Believing the illusion takes away our power to create the life we want. When we see it for what it is, nothing can stand in our way.

Do you think you may have any subconscious hidden beliefs playing in the background about Love, Health, Money or your own Worthiness? If you're not experiencing what you want in your life – there's a hidden belief in the way. It may take some time to discover the authentic emotion but the benefits will outweigh the effort almost immediately.

Layne Schmidt is the creator of www.RubyShuze.com a website for individuals like you who are interested in understanding what is getting in the way of experiencing what you want. With clear pragmatic articles and exercises;

RubyShuze will open you up to a whole new way of thinking that will transform your experiences in regards to Health, Love, Money and most importantly, your Sense of Self. Rubyshuze offers a Free Monthly Newsletter.

SOME COLOURS OFFER BETTER SUN PROTECTION

Economy-minded consumers who want protection from the sun's harmful ultraviolet (UV) rays - but rather not pay premium prices for sun-protective clothing - should think blue and red, rather than yellow. Scientists are reporting that the same cotton fabric dyed deep blue or red provide greater UV protection than shades of yellow. Deep blue shades offered the highest absorption, while pale yellow shades offered the least.

HEALTHY CHOICES

Continued From Page 5

form of athletic taping which gently redistributes the forces on the involved muscle and bone. Acupuncture can also help to decrease the pain and inflammation of shin splints. Once I feel improved tissue texture (diminished muscular tension and scar tissue) and inflammation and pain has decreased, I prescribe specific rehabilitative strengthening exercises for the injured lower limb muscles as well as address any overall muscle imbalances which may have contributed to the overuse in the first place.

With these preventative tips and knowledge about treatment options, shin splints should not stop you from walking or running this Spring! See you on the trails!

Dr. Erin Kempt-Sutherland owns and operates Choice Chiropractic Integrated Health Centre, Inc in Dartmouth, NS. Visit www.choice-healthcentre.com for more information.

BETWEEN THE LINES

From Page 10

a healthier diet and lifestyle. Drawing on lessons learned from some of the world's "longevity hot spots," where lifespans regularly extend into the nineties or beyond – places like Okinawa, Japan, and Sardinia, Italy, where longevity is the product of overall lifestyle – Beck suggests that we should adopt six "habits for successful longevity."

Like Roger Bacon's secrets to a long life, the habits are mostly commonsense: being physically active, sleeping well, keeping a positive attitude. Eating a plant-based diet is less obvious, at least on the surface, but think about it: vegetables, whole grains, fruits and legumes produce phytochemicals, which protect them from bacteria, viruses, and cellular damage. When we eat these plant foods, we benefit from the phytochemicals too.

Beck also explores twenty-five foods that contribute to longevity, from almonds to garlic to red grapes to walnuts, and shows us how to incorporate them into our daily diets. There's also a chapter on vitamins and supplements, and another on foods we should avoid (processed meats, sugars, refined starches, and suchlike). There are about a hundred pages of recipes, too, from everything from breakfast to soup to salad to dessert, and they are as healthy as they are yummy-sounding.

If, like Star Trek's Mr. Spock, you want to live long and prosper, these books are a good way to start.

HERB *Continued from Page 9*

This year's Herb Fair

Each year we see many of the same plant allies around us, and we also experience new and different plants because of our location and the time in the growing season. Workshop topics and presenters also vary at each fair. HANS always attempts to offer plant identification walks, medicine making, and a spiritual plant medicine sessions and this year is no different. As well, HANS is excited to offer a presentation by a local Lavender grower, a workshop by an entrepreneur demonstrating hydrosols making, and a talk by a new up-and-coming Clinical Herbalist. As more information becomes available we will be sending it out via the listserv, posting on the website www.herbalns.org and on Facebook. Please consider joining us, it might be the highlight of your summer!

Michele Graveline is BOD & Co-chair HANS Herb Fair Committee 2011. See our ad on P.2 for more info.



Park authorities, intent on reinforcing ordinance, made a pitch directly to the dogs.

HOLISTIC VET

by Dr. Fernando Moncayo

EVERY COMMUNITY NEEDS DOGS



A promotional video of the National Metro United Way made me think of dogs and how they are part of our communities (Full disclosure: my sister Carmen Celina Moncayo is one of the social workers featured in the video). More than my sister's stellar performance, the comment of a beneficiary of the program caught my attention. He defined home as a place where there was a corner store, gardens, a street with kids, old people, and dogs.

The presence of dogs in our daily lives becomes a routine; something we take for granted. Very frequently, I walk out of my house and see people walking dogs or run into dogs in the street that invariably make me smile. In general, when I am walking with our family dog Belle, people make eye contact and smile; often people stop and ask us if they can pat Belle. For many years, next to my children's school there was a dog. All of the children knew her name, Molly, and greeted her. Molly was part of the school. She sat in front of the school and greeted everyone. Sadly, she grew old and died. The children immortalized her image in a painting on the ceiling. Similarly, some of my clients tell me stories of how children come to their door asking if the dog could come out to play. They also tell me how they meet people and sometimes build relationships just by walking their dog.

We get to know the dogs of the neighbourhood. We recognize

them by their name or the names of their families. We see them grow old and we become concerned for their health and well being. They become entities in their own right. When they are not there, we miss them dearly.

Communities are groups of individuals who share a common interest. In the neighbourhood, the interest is geographical. We become a community with our neighbours because we share the street, side walks, recreational areas and we are all affected by the same issues. In that way, we share a common interest with our neighbours. Dogs are part of our communities. They share our same interest for walks and play and they contribute to our well being by giving us a smile or a sight of happiness. A community that has dogs who are well looked after represents a caring community. We do not keep pets for money. On the contrary, pets cost us money. We keep pets for the same reason we live in communities: we appreciate company and a friendly face.

Therefore, I wholeheartedly agree, a neighbourhood needs a corner store, gardens, streets with old people, children, and dogs.

Dr Fernando Moncayo is a holistic veterinarian practising in HRM (865-8110). Other articles on diverse animal health topics and information about his practice can be found at www.rahosp.com





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IGNITE YOUR CREATIVITY - ENGAGE YOUR INSPIRATION Become an Artist in the Medium of Life!

by Anne Thibeault-Bérubé



Creativity is not something we acquire, it is innately who we are. We don't work at being more creative; rather we look within to remember that it is who we are. When deep down we know this to be true, life becomes our canvas, our instrument of choice is the field of infinite possibilities and we manifest our reality effortlessly, moment to moment, with joy, compassion and purpose.

In my experience, there are two important steps that must be taken to make a creativity change in our lives: 1) stepping out of habitual patterns and 2) establishing a concrete daily practice that supports a creative path. Because this can take time, love, and support, I found that a 4-5 day immersion into an organic routine allows the body to experience a new, expansive, and intuitive way of being. It is easier to integrate and incorporate

what we have learned into our lives when we have shifted kinaesthetically.

Guided meditations, self-inquiry, ancient and new wisdom, writing, painting, small group conversations, and different type of bodywork, the Conscious Creativity Workshop (August 15-19) is an experience where we come to intimately know that place deep within, from which we can be the conscious creator in our life and co-create harmoniously with others. We explore creativity from multiple angles: biological, spiritual, artistic, shamanic, and we come to understand it not with the mind but with the heart; we begin to create from a deep sense of connection with our essence, with our purpose and with all that is living.

I look forward to sharing this healing and transformative space with you, co-creating a new world together. For more info see ad on the back page of this issue or contact me at anne@ideasfestival.ca



HEALTH FOOD STORE



By Nemat Sobhani

NATURE'S SECRETS FOR WEIGHT LOSS

Spring is here and for those of us who need to shed our layer of winter fat there are safe and effective supplements that work without leading to yo-yo weight loss/gain patterns.

Below is a list of some of the most effective tried and true natural substances commonly used to assist in a weight loss program.

Omega Complete 3-6-9 **Hemp Seed Oil** provides all the essential fatty acids in the proper ratios to satisfy your body's hunger for good fats. It stimulates the body's calorie burning mechanism and within a few days you will naturally lose your craving for bad fats.

DietSTART is a new 14 day program that accelerates weight loss. It contains Svetol - a decaffeinated green coffee bean extract rich in antioxidants that helps maintain healthy blood sugar levels and reduces the size of fat cells and improves muscle to fat ratio. Diet-START also contains an evening colon support formula to help with elimination. An 8 week clinical study showed an average 11 pounds of weight loss per participant. This healthy supplement also contains

FraxiPure that blocks the absorption of excess sugar by the kidneys.

PGX DAILY taken with food can reduce a meal's glycemic index by up to 50%, contributing to healthy blood sugar levels and improved insulin sensitivity. PGX can help you lose weight safely and gradually.

Salva Chia is a nutrient rich seed that fills you up, cleans you out and nourishes you. It should be a part of any healthy regimen. The list below is based on 3 ½ ounces of Salva Chia.

The highest known whole food source of omega-3's found in nature; (3 ½ ounces of Salva Chia contains

As much Omega 3 as 28 ounces of Atlantic salmon

More calcium than 3 cups of whole milk

Higher and more bioavailable protein content than soy, and more vegetable protein content than 1½ cups of kidney beans

Highest natural fiber content of any food — more fiber than 1 ¼ cups of All-Bran cereal

The iron equivalent of 3 cups of raw spinach

The Potassium content of 1 ½ bananas

As much Vitamin C as seven oranges

Antioxidant capacity three times the strength of blueberries with Myrecetin counts 270 times the strength of red wine. Diabetic safe and Celiac friendly.

If you take one or more of the above nutritional supplements and combine it with a healthy diet and exercise, you will achieve incredible results, even though they will still help you without the need for drastic changes to your lifestyle.

You can find Nemat at *Super Natural Health Products / Humanit-Cafe* on the corner of Young and Agricola, Halifax.

WATERCRESS & DANDELION SALAD

1 small leaf lettuce

1 bunch watercress

1 bunch radishes

A handful young dandelion greens

4 spring onions

4 tblsp chopped parsley

Freshly ground black pepper

3 tblsp. Olive oil

3 tblsp. Cider vinegar

1 tblsp. Tamari or soy sauce

Chop the greens and onion, slice the radishes. Mix together in a salad bowl and season with pepper. Mix the last three dressing ingredients together and toss with the salad.

Compliments of Herbal Musings

CELL PHONE USE REDUCES PEDESTRIAN SAFETY

Two new studies of pedestrian safety found that using a cell phone while hoofing it can endanger one's health. Older pedestrians, in particular, are impaired when crossing a busy (simulated) street while speaking on a cell phone, the researchers found. The studies, in which participants crossed a virtual street while talking on the phone or listening to music, found that the music-listeners were able to navigate traffic as well as the average unencumbered pedestrian. Users of hands-free cell phones, however, took longer to cross the same street under the same conditions and were more likely to get run over.

EXERCISES

Dr. Kemp-Sutherland illustrates the exercises necessary to prevent or relieve shin splints.



To stretch the back of the calf, including posterior tibialis and gastrocnemius, stand on a step and let your heel hang down over the edge. Hold for 60 seconds.



Add a bend to the knee to feel the stretch into the lower portion of the calf muscles. Hold 60 seconds



To stretch the shin muscles, including anterior tibialis, tuck your toe under and push your toes firmly into the ground as shown. Hold 60 seconds.

Traditions of the Dano Market

by Theresa Thomas

I went to Africa with my spiritual teacher, Malidoma Somé, in March 2010 to learn more about the traditional ways of the Dagara Tribe, to meet with healers and diviners, and to participate in the Youth Cultural Festival.

The market of Dano, Burkina Faso, one of the integral aspects of this culture, is held on Sunday and every six days. This long-standing tradition allows everyone to get to the market on one day or the other. In the dry season, the dirt roads are dusty and most travelers are on foot. The merchants bring their produce on their heads or, if they are lucky, in a cart they pull themselves or with a bicycle. Millet flour, salt, batteries, flashlights, trinkets, kitchenware, live chickens, beautiful coloured cloths are arrayed in stalls, on the ground or in the little carts, and the market becomes a community gathering place.

The market had recently been moved from its original location around the Market Tree which is now in a park across from the library; but one can still imagine its imposing figure embracing the community of sellers and buyers. Eight people holding hands could surround its trunk, and its branches spread out so far some even touch the ground. Roots push up out of the dirt around it and it is decorated with traditional cloth wrapped around its girth like an apron to honour its importance.

In the Dagara tradition there is a Tingan tree, the village tree which is the administrator of the community; and the Tingan Sob, who inherits the position, looks after the spiritual and logistical well-being of the community via



Theresa Thomas Photos



David Sprague Photo

“The tension between the learned people who no longer choose to follow the traditions of their ancestors and the elders who are desperately seeking youth who want to maintain the knowledge is a sad reflection of the passage of modern world into some of these cultures”.

the tree. But like many places around the globe, these traditions are being lost to a search for the American Dream. The tree's function (if indeed the Market Tree was once a Tingan tree) has been abandoned and, as the market is no longer hap-

pening at its base, it no longer reminds all who go to market of their roots and the importance of community.

Most western visitors are accosted at any market square by beggars and merchants, but because we were known to be

western initiated elders of the Dagara Tribe, we were treated with the utmost respect and given reasonable prices for our purchases. One item that we all needed was the very particular African porcupine quill, which is much longer than those here and which is commonly used in any divination kit.

We were escorted to the stall where these types of items could be purchased, a privilege as this is a “members only” transaction and the average visitor would not even be aware of the existence of such a place. Unfortunately, there were no quills available and we learned that it would take half a day's walk for the supplier to bring them.

The tension between the learned people who no longer choose to follow the traditions of their ancestors and the elders who are desperately seeking youth who want to maintain the knowledge is a sad reflection of the passage of modern world into some of these cultures. The market tree and its uncertain

fate is a marked symbol for this transition phase and the tenuous lineage of shamanic practice in cultures where, until now, the teachings have been passed unbroken through the generations.

Theresa Thomas is an initiated elder in the Dagara traditions. For divinations or more information on upcoming events with Malidoma Somé call 902-475-1500; e-mail: malidoma2010@yahoo.ca or go to <http://tatami.chebucto.biz>



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~Dr. Wayne Dyer

Deepak Chopra 2012

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