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### in search of natural skincare Heidi Rasmussen, Editor

You may think buying preservative-free, hormone-free, Non-GMO, color and fragrance-free, organic, sustainable, green, eco-friendly food is difficult????!?! Well you ain't seen nothing. Try finding a skincare product that is NOT jam-packed with harsh irritating chemicals, petroleum, carcinogenic colors and fragrances and even hormone disrupters...but at the same time cleverly marketed as "Natural", "Botanical", or containing "Organic Ingredients". It is a nightmare! I am in the beginning of my search, but a fantastic book to look out for is "Eco-Holic", which is a guide for great Canadian products and services. There are companies that exist that actually want to bring you skincare products that are effective and non-harmful. Yes, just like organic food, these products are sometime more expensive...so if you are on a budget decide what products you use the most, and then go on a search for something that is going to really be good for you outside AND inside. During the summer months we show much more skin and also receive much more environmental damage, so this issue is dedicated to your skin! Read through for tips on skin nourishment from the inside-out, natural sun protection, home and spa practices such as dry brushing and massage, recommendations for our favorite skincare line, and some fabulous specials to keep your skin glowing.

### pets wanted Shann Ross, Director

Danu will be accepting "pet patients" on Wednesdays. Bring your furry friends in to discover homeopathy, body-talk/healing touch and massage. We want to help your pets discover their potential too! Summer sure is flying by, I hope that everyone has been able to enjoy the sun and play in the rain a bit too. We are shaping up for a fun August with more yoga challenges, specials and some new people to welcome to the team. At Danu we strive to provide quality care, a warm environment and a sense of community. Tell us how we are doing...if there is any feedback you would like to give us, please feel free to drop a note into the comment box on the shoe shelf. We would be delighted to hear what you love and where you would like to see some improvements. Enjoy the rest of the summer and bask in the vitamin D production (with sunscreen of course).  
Namaste. Shann Ross

### news and upcoming events

**Breast Health:** Monday August 18th we will be hosting a Thermography Breast Screening clinic, which is a holistic FDA approved approach to breast screening using digital infrared imaging. Please call to for inquiries and pre-registration as space is limited. Cost: 250.00

**Yoga News:** *Check out our new schedule here or online for NEW upcoming classes as well as some class cancellations for the month of August.*



**Yoga for Parents & Tots:** Come down with your little one (aged 3-6) and join Jennifer Mansell in this 6-week registered class that brings moms, dads and their tiny ones together to explore and play in a yoga. The class will run from Aug.6-Sept.10, every Wednesday from 4:00-5:00pm. Cost: Starts at 150.00 for a family of 2.

### SUMMER YOGA CHALLENGE CONTINUES.....

**The Challenge:** Challenge yourself by being most dedicated yogi. It's simple. You come to Danu to practice yoga. We keep track of how often. In the end, the person who practices the most wins. (In reality, you will all be winners and your bodies and minds will THANK you!)

**The Details:** There will be 3 separate challenges. The first challenge is complete..congratulations to all who took part! The second challenge starts Friday August 1st and runs the entire month. The third will run for the entire summer from July to the end of that day of August.

#### The Prizes:

- **July Winner: Half-moon silk yoga bag: CONGRATULATIONS TO OUR WINNER!**
- **August Winner: Power Yoga with Tracy DVD**
- **Summer Winner: One-month unlimited yoga pass at Danu**

## the benefits of dry brushing Michelle Lozada, RMT

Dry brushing technique deals with detoxification of the skin. It is a way to stimulate all organs of detoxification because it provides a gentle internal massage. Healthy skin needs to 'breathe'. Rid it regularly of dry skin cells and the body will react by producing new skin cells more rapidly.

Benefits of Dry Skin Brushing:



- Removes cellulite
- Cleanses the lymphatic system
- Removes dead skin layers
- Strengthens the immune system
- Improves the function of the nervous system
- Stimulates hormone and oil producing glands
- Tightens the skin preventing premature aging
- Tones the muscles
- Stimulate circulation
- Helps digestion

Coupled with Lomi Lomi Massage, you will improve the texture and glow of your skin, relax your muscles and experience much needed pampering and well-being. Take advantage of our Summer Skin Fantastic Special and enjoy a 75 minute Dry Brush & Lomi Lomi Massage for the price of a 60 min session.

### Summer Skin Special!!

**75 minute Dry Brush & Lomi Lomi Massage for the price of a 60 min session.**

*Purchase by Aug. 31/08 . Offer valid 1 per customer on Monday, Tuesday, Thursday and Fridays for the month of August*

### did you know?

- The skin is the largest most important eliminative organ in the body and is responsible for one quarter of the body's detoxification each day?
- The skin eliminates over one pound of waste acids each day in the average adult, most of it through the sweat glands?
- That the skin is known also as our third kidney?
- That the skin receives one third of all the blood circulated in the body?
- That the skin is the last to receive nutrients in the body, yet the first to show signs of imbalance or deficiency

### cosmetic ingredients to avoid

We can no longer view the skin as an impermeable shield. As nicotine patches have demonstrated, the skin is a permeable barrier subject to the toxicity of the ingredients we place upon it. Armed with a little knowledge, savvy consumers can steer clear of harmful or irritating products. Cut out this list and put it in your wallet of ingredients to avoid:

Diethanolamine (DEA)

Momoethanolamine (MEA)

Triethanolamine (MEA)

FD & C Color Pigments

Fragrance

Imidazolidinyl Urea & DMDM Hydantoin

Paraben Preservatives

Polyethylene Glycol (PEG)

Propylene Glycol (PG)

Sodium Lauryl Sulfate (SLS) & Sodium

Laureth Sulfate

Petrochemicals



### danu product pick

Looking for a high-quality skin-care line? Try Naturopathica. Yes we sell it...and for a well-researched reason. They strive for an effective product using eco-friendly, non-harmful (earth-friendly and human-friendly) ingredients. Plus they use high quality botanicals from sustainable sources making products that feel and smell divine!



## sun protection from the inside-out Heidi Rasmussen, BScN



Is it possible to build up your skin's natural protection against the sun without using topical sunscreen? This is a question that I have always wanted to find out....so with a bit of research here are some very interesting findings. First of all, what I found is that YES..in fact there are foods that have natural qualities in them that help to protect us from sun damage. The key is getting plenty in your diet so that they can have an effect. If you truly want to use less sunscreen, I would recommend consuming a diet high in these foods, avoiding sun exposure during the hot parts of the day (ie. Finding shade, wearing a UV hat and clothing), while at the same time exposing your body to sun during the early mornings and late evenings to build up some natural protection as well as get your vitamin D. The good thing is that all these foods are the MOST delicious during the hottest and sunniest months, which makes me wonder if perhaps they were built with sun protection in mind....what do you think?

### **Blackberries, blueberries, strawberries, and plums**

What do these foods have in common? High antioxidant capabilities! Free radicals like the kind formed from sun exposure will damage the membrane of skin cells. The antioxidants in these fruits can protect the cells so there is less of a chance for any damage.

### **Dark Cocoa**

Yes. Chocolate. I was very excited to read this one. A 2006 study shows that eating dark chocolate helps with photo-protection, improves skin circulation, and affects cosmetically relevant skin surface and hydration of the skin.

### **Salmon, Walnuts, Canola Oil, and Flax Seed**

These foods contain essential fatty acids, which is imperative for healthy skin cells. The best-known essential fatty acids are omega 3 and omega 6, which must be in balance for good health (and good skin).

### **Hempseed Oil**

Hempseed oil is found to be an effective shield and protector against both UVA and UVB radiation. Drizzle on meals, use in dressings or take as a supplement.

### **Organic Dairy Products**

One the most important components of skin health is vitamin A, which is found in high sources in these food sources.

### **Whole-wheat bread, muffins, and cereals, turkey, & tuna**

The mineral selenium plays a big role in healthy skin. Some studies show that even skin damaged by the sun may suffer fewer consequences if selenium levels are high.

### **Water**

Proper hydration is essential for healthy, younger-looking skin. Drinking water helps to give your skin the moisture it needs to maintain elasticity and suppleness and to prevent dryness.

## professional profile: Dr. Josephene Juell, Chiropractor



Josephene Juell has been offering family chiropractic care since 2000, when she graduated from the Canadian Memorial Chiropractic College in Toronto. Her training also includes completing her Bachelor of Science from The University of British Columbia in 1996 and most recently adding doula training in 2006, so she could assist in the birthing process.

She is certified with the International Chiropractic Pediatric Association, which is a 180-hour program that teaches chiropractors how to care for pregnant moms and children, and is Webster Technique Certified. The Webster Technique is an adjustment that helps to remove interference to the pelvis and soft tissues that can allow breech babies, or other babies with in-utero constraint, to move into a more optimal position. While prenatal and pediatric care is a major area of focus, Josephene also works with clients with a number of concerns-from headaches and low back pain, to overall wellness care.

Josephene has worked in both BC and Alberta, first as an associate and locum doctor. In 2002 she teamed up with another Network doctor in Calgary to open Gateway Family Chiropractic. In December 2004, she launched Elan Family Wellness Centre and brought together various wellness services and practitioners to the Westbrook area of SouthWest Calgary. She looks forward to extending her chiropractic services to the Bridgeland area for clients of Danu Health Centre and former practice members of La Vita La Vie Wellness and Lifestyle.

## a yogic face-lift? Heidi Rasmussen

Get upside-down, open your mouth and stick out your tongue, roll your eyes, make a face. No, we are not imitating zoo animals..in fact we are practicing yoga! Some people may literally roll their eyes, but other yogis believe that these and other practices can actually act like a natural facelift. If you think about gravity, frowning, scowling, concentration lines from frowning...all these movements are bring the muscles in our faces down towards our toes...literally causing sagging and wrinkles in a downward direction. Through-out the day we voluntarily go for runs, do push-ups, and practice yoga in the hopes of toning our bodies....but what about the muscles in our face? In reality, the face is made up of dozens of muscles, which respond just like any other muscles in the body. In yoga we have the chance to get upside in down-dog which allows blood to move towards the face bringing circulation and a healthy complexion. We can even get right upside down in a headstand which invites the skin on the face to fall against gravity. Interesting in getting upside down? Read on for some tips on making that happen.

### Tips to get upside down in handstand (Adho Mukha Vrykshasana)



1. Position yourself a few inches from the wall, with your face towards it.
2. With your knees on the ground, plant your forearms and elbows on the ground and clasp your hands together.
3. Plant the top (crown) of your head in between your hands and lift your hips into downward facing dog.
4. Begin bending your knees and lifting your heels to feel the weight (2/3 of weight on arms, and 1/3 of weight on top of head)
5. Walk your feet out wide (off the sides of your mat) so you are in a very wide legged forward fold.
6. Walk your feet closer towards the wall, while lifting the heels and belly towards the sky.
7. Engage the core by lifting the belly so much that the feet begin to lift off the floor and hover.
8. Play with lifting your feet until gradually you begin to bend your knees, hug them together and extend the feet up into headstand.

## august yoga schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00—8:30am Instructor:	Morning Yoga 7:00-8:00am Sasha				Morning Yoga New Time: 6:45-7:45 Jennifer		
10:00-11:15am Instructor						Yoga Flow Maya	Power Yoga 11:00- 12:00am Sasha
12:00—1:00pm Instructor	Yoga Flow Maya	Yoga for Core Strength Heidi	Power Yoga Sasha	Yoga for Core Strength Heidi	Yoga Flow Heidi	Discover Yoga 11:30-12:45 Maya	Yoga Flow Sasha
1:10-2:00pm Instructor					Class Cancelled for August		
4:00-5:00pm Instructor			NEW! Yoga for Parents & Tots Aug.6-Sept.10				
5:30-6:30pm Instructor	Pre-Natal Registered (Aug.11-Sept.29) Ja'net	Yoga Flow Maya	Gentle Yoga Sasha	Yoga for Core Strength Heidi	Class Cancelled for August		Class Cancelled for August
7:00—8:00pm Instructor	Yoga for Athletes Maya	Fusion Yoga Maya	Discover Yoga Sasha	NEW!! Gentle Yoga Ja'net	Registered Dance Classes		



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