



Inside this issue:

Editor's Note	1
News & Upcoming Events	1
Uncovering a Food Allergy	2
Jala Neti: Nasal Irrigation	2
Treating and Preventing Hayfever	3
Welcoming New Staff	3
Yoga Tidbits: Yoga and Allergies	4
May Yoga Schedule	4

a new framework Heidi Rasmussen, Editor

When it comes to human suffering, there is something to be said about the power of the mind. Personal experience has shown me that when I have allergies I tend to focus heavily on my sniffles, congestion and watery eyes. Not only that, I start to worry about how I am going to fit my symptoms into my schedule, when they will be gone, where all the tissue when... etc..etc..... basically putting myself into a foul mood. The worst came when a bad bout of mold allergies came about causing not only the sniffles and itchy eyes, but also severe nausea and vomiting. I would work myself up into a rage and self-pity about how I was feeling....often times making myself feel far worse thinking about it than the actual situation itself. Things only truly began to turn around when a close person in my life stated his opinion that perhaps I was making the situation worse than it actually was. Well, things didn't get better at first of course. My ego did not want to hear this point of view. After a few days of introspection, however, I found that this was precisely the case. It wasn't how I *felt*, but how *angry* I was about how I felt, that was the main cause of suffering. Once I came to realize this, the hold of my mind softened, and the symptoms seemed to soften as well, teaching me that I needed to release the anger and victimization that evolved. As many of us know, allergies are a real thing that can take a grip on our lives. This issue is dedicated to the topic of allergies and how you can use self-discovery and holistic methods to find some relief.

Energy Elixir



1/2 ginger root

1/2 beet, scrubbed

2 apples

1 cucumber

1 handful spinach

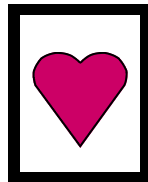
1 tbsp olive oil

1. Peel, slice and place in juicer!

news and upcoming events



Congratulations to our director, Shann Ross for her recent marriage to Hussein Unwala. The two were married on March.8 at the Banff Springs Hotel. The two were surrounded with family and friends for a beautiful blue sky day in the Rocky Mountains complete with ice skating, hot cocoa and a delicious lunch. We wish them both all the love in the world!!



Mother's Day Special: Make Mom feel loved and re-energized with a relaxing 1 hour massage, a 30 minute sauna and a box of organic tea. **All for 99.99!**

Belly Dancing: Registered belly dancing classes with Adriana will begin Friday May 16 and will be running for 4 consecutive weeks.

Spring Outdoor Boot Camp: Beginning in May, come join Sasha for weekly training and getting into shape! Call Danu for more details.

Uncovering a Food Allergy Heidi Rasmussen, Nutritionist, BScN

The term food allergy gets thrown around very often in a nutritionist's office. However, only about 2% of adults and 6% of children have true food allergies, although many people suffer from negative reactions to eating certain food (otherwise known as food intolerances or chemical sensitivities). The basic difference between food allergies and food intolerance, is that food allergies stimulate an **immune system response**, whereas a food intolerance does not. Food intolerances are more likely to originate in the gastrointestinal system and are generally caused by an inability to digest or absorb certain foods. Unlike true food allergies which need only a small portion of the food to cause a reaction, food intolerances generally require a larger amount of food to cause any sort of a reaction. Two common food intolerances are: lactose intolerance and Celiac disease.

Chemical sensitivities are another common complaint which occur when an individual is sensitive to either a naturally occurring or added chemical to a food. Two common examples are caffeine in coffee and MSG in many processed foods. The importance, however, does not lie in the technical jargon, but in how you uncover which foods (whether they are true allergies or intolerances) are wreaking havoc on your system. The truth is, it takes a bit of work and some time to do, but in the end will leave you feeling much more in control of your body and health. Read on for a full description of how to uncover a food allergy.



If you suspect a food allergy or intolerance and would like help uncovering it, contact Danu Health Center for an appointment.

Allergies

1) Anaphylactic Food Allergy (aka: Fixed Food Allergy)

Classification: fixed food allergies are generally easy to identify due to the intense immune reaction and very apparent symptoms

Symptoms: severe, sudden reaction, lip swelling, throat itching, hives, anaphylaxis

Treatment: Avoid the food that acts as an allergen

2) Cyclic Food Allergy

Classification: Cyclic food allergies are more common than fixed food allergies, making up about 85 percent of all cases. They are generally more difficult to identify, because the immune response is somewhat different than that which occurs during a fixed allergy.

Symptoms: often delayed reaction, highly variable (headaches, sinus pressure, rhinitis, abdominal cramping, skin eruptions or fatigue)

Uncovering a Food Allergy/Intolerance

1. Examine food intake

Ask yourself, what foods you might be suspicious of. Also ask "Are there any foods that I crave, or any food that I avoid at all costs?" These foods may be the ones that are causing your difficulties.

2. Keep a food diary

Keep a very detailed food diary, including what you ate (all ingredients), when you ate it, medications taken, symptoms and time of symptoms

3. Eliminate & Then Challenge Yourself

The best way to be sure about a cyclic food allergy is to perform an "elimination" and "challenge". How this works is for 4 days you must completely eliminate ONE food (let's use eggs as an example) from your diet. On the 5th day (the Challenge) include a large portion of this food at breakfast, and then at lunch if no immediate symptoms appear. Keep track of all symptoms over the 4 day elimination and the 5th day challenge. If a true cyclic food allergy is present, there should be a significant worsening of symptoms. If a food allergy is present, avoid this food for 6 months and then you may slowly re-introduce the food into your diet, eating it no more than 1-2x per week. If you found that the suspected food did not cause a problem on the challenge day, it would be helpful to continue this process with all suspected food culprits until the food is found.

Jala Neti is an ancient practice of personal hygiene used for cleansing and detoxification. It involves nasal irrigation (or flooding) with warm saline water to clear excess mucus and particles and to moisturize the nasal cavity. The nasal passages filter the air we take in using tiny hairs and mucus to trap any foreign particles. However, from time to time and in different climates and environments there can be a gradual build-up of dirt and congestion. Benefits of Jala Neti include clearing out persistent mucus, treating chronic sinusitis, treating allergic rhinitis, preventing the common cold and flu, relieving nasal dryness, deepening and relaxing the breath, improving sense of smell and taste, and helping to clear vision. Some of us constantly have dry noses and are prone to nosebleeds. Others have wet noses and are constantly wiping the drips. Jala Neti also helps to establish a balanced environment of temperature and humidity in the nose and correct these discomforts.



Treating and Preventing Hayfever Shann Ross, Homeopathic Doctor

Hay fever is caused by the release of histamine in the body, as a reaction to certain environmental irritants. Some things that you can do naturally to reduce the effects of hay fever are:



Honey

Honey is one of the best ways to avoid hayfever symptoms. It has anti-histaminic properties, however you must use local honey, as those bees have carried the same pollens that you are reacting to. Try it in some hot water once or twice a day. Add lemon, a great anti-oxidant, in the hot water also. If you begin using honey in this way 2 months before the hay-fever season, you will be giving your body a head start in preparing your immune system.

Some Trivia: Honey is the only natural food that will never go bad!!!



Vitamins

Vitamin C with bioflavonoids can be very helpful.

Vitamin B6 is also beneficial, especially for women (actually a B complex is best for women)

Herbs



Some herbs are: Nettle, ground ivy, yerba santa, bee pollen, carline thistle, devils claw, evening primrose and yellow dock. You wouldn't want to use all of these at once. Your local herbal store will be able to recommend a nice blend for you to use as a tea. If you do not have a local store that sells loose herbs go for nettle tea, it is my favourite!



Homeopathy

Some great homeopathic remedies for hay fever are:

Allium Cepa- where there is a lot of eye tearing and thin watery nasal discharge "dripping like a faucet" (especially if it is acrid, burning or irritating discharge).

Arsenicum- Album- were there is acrid tears, dripping nose and stuffed nose. Burning pains in the nose, eyes and throat. Sneezing from a tickle (especially in the morning)

Euphrasia- is best when the eyes are inflamed and there is extreme irritation, burning and itching. This can cause crusty lids in the morning, nasal discharge will be bland but profuse.

Pulsatilla- is especially common for the spring time or in heat. Bland, but fluent nasal and eye discharge that may lead to infection. The person will feel better with cold applications and air conditioning.

Sabadilla- is used where there is tremendous, even debilitating sneezing. Stuffed nose and watery eyes are usually present as well. A dry cough will often develop.

The best potencies to use are: *60c- one every 2 to 4 hours. Reduce as symptoms improve or 3xday for up to 10 days. OR 30c- one am and pm for 5 days.*

welcoming to the danu health team..

Julijana Jovanovic, R.M.T



Julijana has been practicing massage therapy all over the world with experience on cruise ships, a 5-star spa, a chiropractic clinic and now currently here at Danu Health Center. Originally born in Yugoslavia, she moved here at the age of 11 and has had a knack for massage ever since she was a child. She completed her training at the Alberta Institute of Massage and now specializes in: Deep Tissue Therapy, Hot Stone Massage, Aromatherapy, Trigger Point Therapy and Pre-Natal Massage. After years of experience, Julijana has seen how massage therapy can benefit people with scar tissue, muscle tension, sports injuries, injuries from motor vehicle accidents and those looking for enhanced overall well-being.

To read about the rest of the Danu team visit www.danuhealth.com and click on "Team".

If you are interested in advertising with danu news, please send an email to heidi@danuhealth.com

Yoga & Allergies Ja'net Barchard, RYT

As Spring arrives (even though Winter keeps hanging on), the beginning of allergy season is coming for many of us. Not only can allergies lead to runny noses, watery eyes, congestion, sneezing, nose and throat irritation, shortness of breath, and more. They often result in poor sleep, lack of concentration and cause poor mood. Making Yoga part of your life can significantly reduce how allergies impact your health. People who have allergies often develop restricted breathing patterns and carry greater tension in their body. Stress level can also add to tension or create more tension in the body, and directly affects the severity of your allergic reaction. Yoga postures, breath-work and relaxation free up areas of tension and help you develop healthy patterns for your body, breath and mind. Personally, I found that I developed less colds and congestion once I started practicing Yoga and it continues to help me face the occasional congestion and seasonal allergies. The appropriate Yoga postures and breath-work, in combination with relaxation, builds a healthy respiratory system by increasing your breath capacity and developing your breath awareness. Essentially, the effects of Yoga increase your resistance to allergens and decrease the impact of allergies on your life. Using the tools of Yoga makes you healthier as a person and better able to face your allergies. Here are Yoga and Yoga related practices to consider that could help with allergies:

- Learning to calmly lengthen your exhale develops greater breath capacity, and relaxes your nervous system.
- If you feel stuffy nosed or headed, inhaling through your mouth and out through your nose in your Yoga practice (without forcing the breath), can help clear your sinuses.
- Doing neti kriya (a nasal wash) regularly can help keep your sinuses clear and healthy and reduce cold and allergy symptoms.
- Movements that put your head below your heart (bending down to pick something up and poses such as headstand, downward dog, standing forward bend, etc) can create more sinus pressure and limit your time in these postures when congested.
- Some inverted postures; such as plough pose and shoulder stand can be helpful for clearing nasal passages.
- When begun gently and progressed comfortably, Kapalabhati breath can help clear out your lungs and entire airway.

To learn more on how Yoga can support your specific health needs, talk to your Yoga teacher. They can give you guidance or direct you to someone who can. Working with an experienced Yoga teacher can help you develop a regular Yoga practice that includes breath work and postures that benefit your specific needs and bring you to greater health.

may yoga schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00—8:30am Instructor:	Morning Yoga 7:00-8:00am Sasha				Morning Yoga Robin		
10:00-11:30am Instructor						Yoga Flow Maya	Power Yoga 10.45- 11.45am Sasha
12:00—1:00pm Instructor	Yoga Flow Maya	Yoga for Core Strength Heidi	Power Yoga Sasha	Yoga for Core Strength Heidi	Yoga Flow (12:00-1:00) Heidi	O2 Yoga 11:30-12:45 Maya	Yoga Flow Sasha
1:10-2:00pm Instructor					Discover Yoga (1:10-2:00) Heidi	1:30-2:30 Pre-natal Yoga Registered Ja'net	Workshops Stay Tuned!
4:00-5:00pm Instructor		Post-Natal Registered Maya					
5:30-6:30pm Instructor	Pre-Natal Registered Ja'net	Yoga Flow Maya	Gentle Yoga Sasha	Yoga for Core Strength Heidi	Restorative Yoga Robin		
7:00—8:00pm Instructor	Yoga for Athletes 7:00-8:15pm Maya	Fusion Yoga Maya	Discover Yoga Sasha	Power Yoga 7:00-8:15pm Sasha	Registered Belly Dancing May.16-June.6		



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Offer expires May 31st, 2008