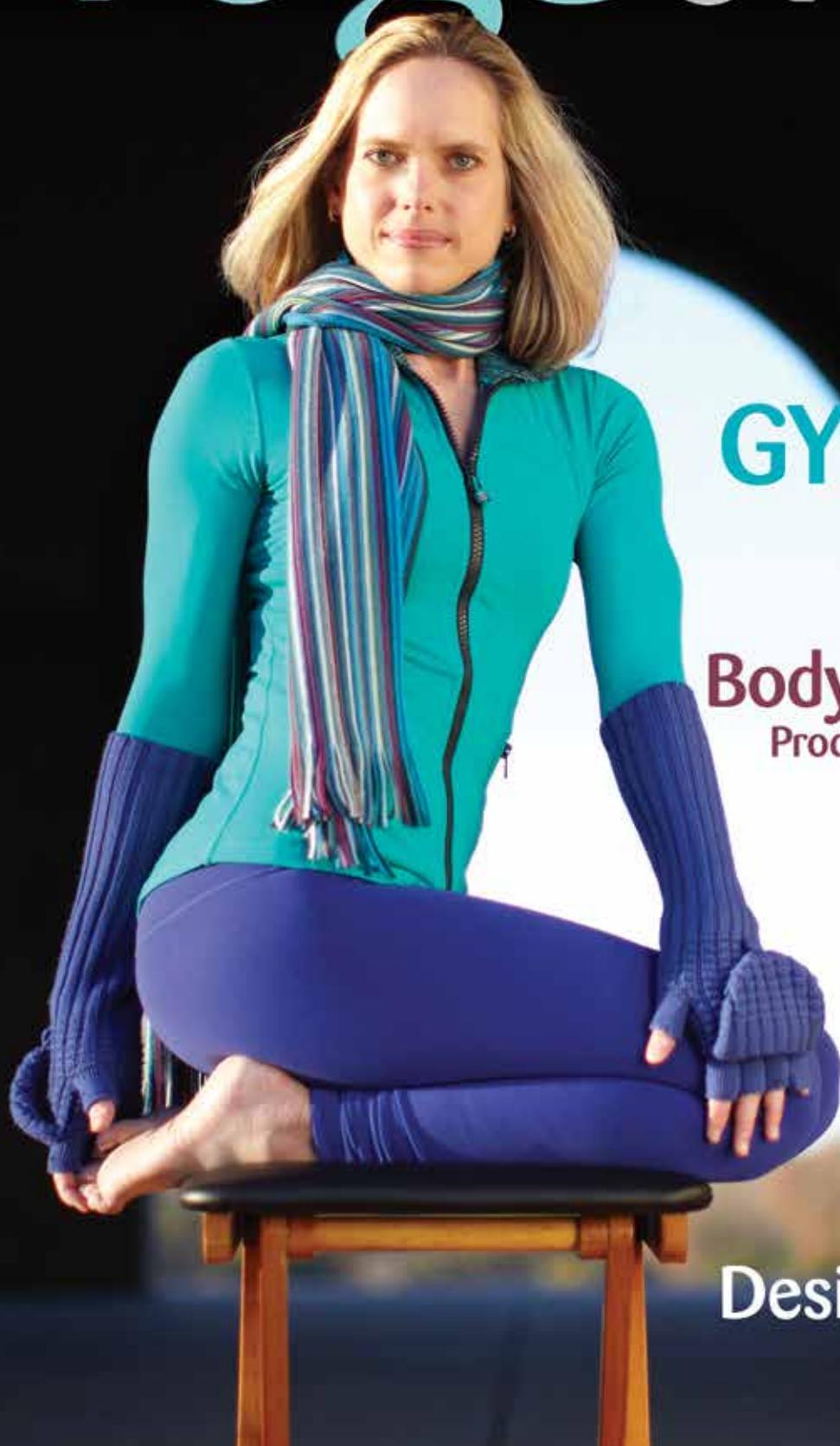


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**On the Cover:** Anne Thomasson is wearing performance wear from lululemon athletica and her own favorite scarf. She is pictured at the World's Fair Pavilion in Forest Park, Saint Louis.

Yoga & Spa Magazine does not endorse any information contained in articles or advertisements and suggests consulting a health-care professional before beginning any therapy or medical treatment.

## Publisher's Letter

### Living Fit... A Way of Life.

The new year has arrived. Most of us have a renewed resolve to start fresh with our relationships, work, family and our health. At times these intentions and resolutions tend to be more than most of us are capable of accomplishing. My advice is to set your intention, keep it simple and surround yourself with positive people. Every day take simple steps that will lead you to a healthier way of living.

If you want to quit smoking hang out with non-smokers. Seek out people who were addicted to nicotine and are now free from the addiction. These are people who can empathize with your struggle to be free from the habit. If you want to be physically fit hang out with healthy, fit people. If you want to be a vegan hang out with vegans. Like-minded people support each other. If you want to remain stuck in your misery you know what they say, misery loves company. Living fit loves company too. Come to Yoga & Spa's Living Fit Expo, January 29th at Plaza Frontenac (see ad page 7 in Y&S Living Fit Section of this issue) and mingle with people who walk their talk.

To get serious about your yoga practice hang out with people who are dedicated to yoga. Commit to your practice every day for 30 days. I did it in November and it changed my body from the inside out. The many savasanas (corpse pose or resting pose) I experienced brought me golden nuggets of wisdom: "Yoga practice is an ongoing process, as is life", "Stretch, Release and Strengthen", "When properly hydrated, a 108 degree hot yoga room feels cool." Many times I am asked the question "Why yoga?". Again the answer came in savasana, "Transformation!". Yoga releases all that is stored in our bodies including current stresses and fears, past traumas pain, and yes, fat!

Living Fit, as a way of life, involves practicing self-care which leads to optimal health. This means making your health and well-being a priority. When we are spiritually, emotionally, mentally and physically fit we can be of better service to our families and communities. Start by being gentle with yourself and nurture yourself. Take time for the basics. Get plenty of rest, drink plenty of water, get fresh air and eat healthy food. When we are well rested and nourished we are always more productive. Balance all the energy you put out all day with equal rest and nurturing. One of my yoga teachers says, "100 percent effort, 100 percent rest". It is important to find a good restorative practice. Here are a few that heal, restore and refuel me; a long soak in a hot bubble bath, taking time to journal, receiving a massage, yoga, a quiet walk in nature with a stop along the trail to just sit in silence (meditation).

If you have not yet done so, ask yourself "What are my goals for 2011?". Say them out loud. Write them down. What do I truly want for my life? Love? A million dollars? To be debt-free? Peace? Harmonious relationships? A cabin in the woods? A beach vacation? Listen for the answers. They will come. The answers always come if we are quiet enough to hear them. I like to journal a question then reflect (meditate), wait to hear the answer and write it down. The physical action of writing it down makes it real. It is a confirmation to the Universe, God, and my Higher Self that I heard the guidance and I am ready to receive the real gifts. Living Fit includes improving ourselves from the inside out. Doing internal work such as yoga, meditation and journaling can bring you the changes you are seeking in your life. A great way to kick start your new lifestyle would be to join Yoga & Spa in Tulum Mexico the week of March 5th through 12th at our annual Yoga & Spa Retreat. Begin your new lifestyle or come to deepen your yoga practice, renew your spirit and return energized! Visit [www.yogaspamag.com](http://www.yogaspamag.com) or call us at 314-965-6133 for the particulars. This excursion is guaranteed to spiral you into a new dimension.

May you find your true self in 2011. May you learn to practice extreme self-care and may you manifest all that you desire.

Namaste ,



Stacy Hunsicker  
Publisher  
stacy@yogaspamag.com



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# Letter From The Editor

Yoga teaches us to dissolve the ego, to live in the moment with flexibility and courage, to put ourselves in uncomfortable and challenging positions and to become comfortable with them so that when they come up in life, we're already good at it. We are ever-changing beings in an ever-changing environment. The only real constant is change. The only time that we feel pain is when we resist the change. Resistance to change is akin to fearing the unknown. When we embark upon change, we are never quite sure of how we will emerge on the other side. Sometimes it is easier to continue to settle for things just as they are. When we make a resolution only to break it after a few weeks, or even days, it is because we are afraid of whom we might become if we succeed. Fear is an invitation to seize opportunity. A new standard of personal accountability can be daunting but is ultimately rewarding.



It can be difficult to love what challenges us most but those challenges provide us with the most magnificent magnifying mirrors. Seeing what we do not wish to see can send us rushing back to old habits of being unconscious or unaware. As we deepen our practices of mindfulness in yoga and meditation, our hearts become more open. With time, opening becomes easy. Though we may rise to the task of gaining self-awareness, love and trust, the addition of loving others adds to the challenge prolifically. Yoking ourselves to the divine is an essential aim of yoga. The English word 'Love' has so many definitions, be they noun, verb, adjective, or euphemism. Our objective with our practice is to connect with the divine, and our objective in relationships is to connect with one another. We read things that tell us we come from different planets, but this concept seems to move us further apart when what we are truly seeking is union. When a loss of communication leads to a breakdown of connection with those who are significant to us, how can we come closer together? We are called to bring our true feminine and masculine essences into balance. Yoga has the power and the tools to bring us together. We learn the art of physical balance which we use to engage in our daily lives. We meet with resistance but we learn to bend. We can also learn to think and speak with compassion and flexibility through the philosophies of yoga, the Yoga Sutras.

First things first, learn your own language, know thyself, so when you tell someone who you are, it will be the truth. Choose to refuse to wallow. Pick up the pieces of your self-esteem, mix them with your dignity, glue them into the shape of a heart and then courageously open it up. Refuse to settle. (We teach the people in our lives how to treat us by the way we allow or don't allow, with our boundaries or lack thereof.) Yoga teaches us the art of self-acceptance, to love ourselves, which is the foundation for loving others.

Change really is the only constant in this world. Every breath we take, every thought and action, changes us on a cellular level. Virtually every message we receive in the western consumer society is designed to point our fragile self in the opposite direction of where yoga would take us. Think with your heart. Even Nike says "Just do it". Open wide, go deeper and real-ize... Shift Happens. Thoughts become things, choose the best ones. "Creativity is the only outcome of conflict that satisfies the soul." – William Blake

Dianna Lucas  
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Complete Wellness  
Flex Fitness  
Pain Relief Center  
Beautiful Body Laser Centers  
A Recipe For Wellness  
Kate Spade  
Pilates of West County  
Camp Manitowa

## Big Bend Yoga Center

Lyn Magee and Kitty Daly began practicing yoga in the late 60's. Lyn's first class at a community center and Kitty's at a YMCA. They met in the late-80's at the Brentwood Community Center where Kitty was teaching. Lyn was inspired to teach and made her second visit to Kripalu Center in Massachusetts in 1992 for Teacher Training Certification. Kitty made her first trip with her teacher to the Sivananda Ashram in India for six weeks of extensive study in 1991.

Over a lunch in the spring of 1994, their conversation centered around the difficulties of being an 'itinerant' yoga teacher. Lyn had been covering most of St. Louis teaching over 20 classes a week. In addition to teaching yoga, Kitty was the Marketing Director for Metro Theater Circus. Their dream to have a center for their hundreds of students to come to them was born.

They found a space to hold classes, house their extensive yoga library and stop all their driving. With two additional yoga teachers, they started with twenty classes a week and the plan was in motion in their first location on Big Bend Blvd. (hence the name). Sixteen years later they have changed location, added a few more classes, some excellent teachers and hosted many workshops.

In addition to teaching at Big Bend Yoga Center, Lyn travels to Potosi Correctional Center, Bonne Terre and Jefferson City prisons where she volunteers her time to teach the men yoga. She also works with mixed media collage and fiber and exhibits locally. Kitty is doing what she loves by tending the gardens around the Center, meeting with local artists to display their work on their walls and scheduling guest yoga teachers for workshops in St. Louis. The center is located at 88 North Gore (at Kirkham) in Webster Groves. and on the web at [www.bigbendyoga.com](http://www.bigbendyoga.com), or call (314) 918-YOGA.



Lyn Magee and Kitty Daly

## The Bar Method

The Bar Method workout creates a uniquely lean, firm, sculpted body by combining the muscle-shaping principles of isometrics, the body-elongating practice of dance conditioning, the science of physical therapy and the intense pace of interval training into a powerful exercise format that quickly and safely reshapes and elongates muscles while burning fat.

Strengthening exercises stimulate the muscle fibers that are specialized for power. They're called "fast-twitch" fibers and all your muscles have them. When "fast-twitch" or power fibers are challenged, they "hypertrophy", or get larger. That's why strengthening exercises such as lifting weights make you look "cut."

Endurance training actually causes your muscles to lose mass and become weaker. That's why aerobics don't make you look "cut". In fact, doing just aerobics causes your endurance fibers to take over more of your muscles, pushing the strength fibers aside. The result is that you actually end up weaker.

All ages and athletic types can participate as there are many exercise modifications. Even people recovering from injuries can participate due to modifications for neck, back, and shoulder issues. Bar Method works with physical therapists to ensure all exercises are effective and safe. The results are noticeable.

The Bar Method sculpted body features firm, elongated muscles including high muscle definition in the chest, upper arms and upper legs. The class lasts 60 minutes, is set to music and done in socks. Classes available Monday through Saturday. Schedule, pricing, purchase and enrollment are available at [www.barmethod.com](http://www.barmethod.com) under the St. Louis tab. Come visit us for demos/ information/ purchase at the Living Fit Expo at Frontenac Plaza On January 29th.

The Bar Method is located at 1048 Town & Country Crossing Drive, Town & Country, MO 63017. Phone: 636-527-9797 Web: [www.barmethod.com](http://www.barmethod.com) Email: [stlouis@barmethod.com](mailto:stlouis@barmethod.com).



Jessica Prasse



Joe Olivastro

## J.O.E. Fitness Studio

At J.O.E. we understand the premeditation and preparation, the time and the courage it takes for you to venture into a fitness facility. As the New Year approaches there is the excitement and anticipation of a new start; a chance to wipe the slate clean! We also understand what making yourself a priority means. The obstacles you face in putting yourself at the top of that list. Just imagine what it could mean to give those close to you the effort, attention and energy made possible by a healthier, more focused and stronger you. J.O.E. works with you to revamp your lifestyle, reshaping the inside as well as the outside of your physical being.

Group exercise classes and individual fitness coaching programs exemplify excellence & integrity with detailed attention to biomechanics, correct execution and application. You will experience the joy that comes with enhanced energy & confidence as well as positive feedback from the doctors who monitor your health.

J.O.E. has been an integral force in the lives of many clients, some for well over 20 years. They have the utmost confidence referring J.O.E. to family and friends. At any age or level we regard with unprecedented respect and give the safest, most effective exercise regime possible.

J.O.E. is the perfect alternative to those not well suited to the over-populated, understaffed fitness facilities. Both our Personal Training Clinic and our Fitness Studio offer clients private and comfortable surroundings for both one-on-one and small-group supervised exercise. As you seek to move forward into action, consider J.O.E.

Both facilities are located within walking distance of one another in The Ladue Market Place, 9707 and 9751 Clayton road. For more information check us out at [www.joexercise.com](http://www.joexercise.com) or call 314-569-2639 and 314-432-2639.

## LIN-Z Fitness



Lindsay Johnson

Lindsay Johnson is the owner of LIN-Z (Lift, Inspire, Nourish, Zen) and a Master Level Personal Trainer & Nutritional Coach. Her profession helps people reach a variety of personal health and fitness goals that are life changing. As a Nutritional Coach she educates clients about how their bodies work. It is very important to know scientifically how the human body functions, when a person is in-tune with their body, they look and feel their personal best. Fitness affects not only our physical appearance on the outside but equally as important, our health on the inside. Lindsay helps clients discover stress relief, self-confidence, daily energy, flexibility, work-life balance, weight loss, weight maintenance, and overall happiness! Lindsay works with clients by appointment in West County at Anytime Fitness on Manchester road on Mondays and Thursdays, with afternoon and evening hours at Snap Fitness on Clayton road on Tuesday, Wednesday, and Friday. She meets with clients in their homes and other fitness facilities by appointment. She currently designs health and fitness guide books for young men and women. The books will be presented to local middle, high school, and college students. Lindsay is passionate about paying it forward. She says, "Our next generation deserves to live a quality life!"

Reach Lindsay Kaye Johnson via e-mail [lindzkfitness@yahoo.com](mailto:lindzkfitness@yahoo.com) (Facebook and sharecare.com) or call (314)616-8832.

## Optimal Lifestyles

Optimal Lifestyles, Inc. is a fitness consulting company that offers a variety of fitness and wellness programs to meet the needs of individuals, groups or businesses of all sizes. In business since 2000, we have served the St. Louis community. Based on your needs and goals, we design programs to improve your health and well-being.

The Optimal Lifestyles, Inc. team is comprised of health and fitness professionals with a desire to help people live healthier lifestyles through education and creative programming. Our company offers a staff trained and certified in individual and group fitness, personal training, Nordic walking, yoga, nutrition, golf fitness and health science. Our objective is to present safe and effective programming that will enhance health and well-being resulting in more energy to live an optimal lifestyle. Our staff is dedicated to working with people to see results and improve their lives.

The company is owned by Barb Michael, MHS, ACSM Certified Health Fitness Specialist, AFAA Personal Fitness Trainer Certification, RYT Integrative Yoga Therapy Instructor, Leki and EXEL trained Nordic Walking Instructor, Fitness Education Sponsor for the Gateway PGA.

Contact Barb at 314-984-0592 or [barb@optimallifestylesinc.com](mailto:barb@optimallifestylesinc.com).



Barb Michael

## Sante

The French have it right with the way they enjoy their wine. Clink a glass. "Santé!" they say. "To your health."

In search of a well-balanced health and fitness lifestyle, we often find ourselves visiting several different studios and health clubs to achieve our fitness goals. There are plenty of "gyms" out there but none offer the cache of one of the city's gems, The Chase Park Plaza. Located in the lower lobby of the Chase, Sante Fitness is maintained by conscientious, highly trained fitness staff that takes great pride in assisting you through your pursuit of wellness.

The fitness staff challenges you through intense training as well as providing classes and services focused on the mind body connection.

Sante offers all levels of yoga, Pilates, group cycling, boot camps, personal training, even the occasional cocktail happy hour. With over 18,000 square feet, including treadmills, Ellipticals, free weights, full amenity, Aveda stocked locker room (closest locker room to Forest Park), and even lunch or dinner to-go from Café Eau. The Chase really has done it again. Sante is just a few blocks north of hwy 64/40 on Kingshighway, in the heart of the Central West End. Bring back your energy. Bring back your health. See you at Sante.

Visit us on Facebook for inspirational updates. Greg McCarthy is the General Manager at Santé Fitness at The Chase Park Plaza 212 N. Kingshighway Blvd. call to schedule an appointment at (314) 633-3019 or visit [www.santechase.com](http://www.santechase.com).



Greg McCarthy

## Flex

Flex Health & Fitness is a private gym for women offering lots of options and very few rules. Whether it is personal training you need to get you motivated, a women's only gym to feel comfortable in, or a place to take a Yoga, Zumba, Pilates or Belly Dance class Flex has it. Because Flex is independently owned and operated, you can speak directly with the owner, Karla Trittler, and design a program that suits your individual needs. Flex does not require membership to use their unique services so you can come and go as you please. Stop shopping around and gym hopping and call Flex for your first free visit. Did we mention Flex also has a relaxation room for the exclusive skinny massage, tight n' tone facials, Botox, and the best airbrush tanning in St. Louis? Flex is the only one stop shop for weight loss, fitness and pampering. Designed by women, for women, with certified, trained, professionals, offering the best prices in town. Guaranteed! Conveniently located at Dougherty Ferry and Big Bend, it is open 7 days a week for your convenience. Learn more online at [www.flexstl.com](http://www.flexstl.com) or call (636) 861-3539.



Karla Trittler

## Pilates For Life



Melissa Flores

January is the time to take stock of your life and find ways in which you can improve yourself. If trying something new, exercising and getting into shape, comes to mind, Pilates For Life may be what you are looking for! Pilates For Life (and now Yoga) was created by Melissa Flores in 2002 and has been conveniently located in WingHaven (O'Fallon, MO) for five years. A personalized approach is the focus at all times in an intimate, contemporary studio setting.

Imagine your life in 2011 with increased mobility, improved posture, relief of painful joints, greater strength and balance. Private or semi-private sessions could be your solution. "Pilates gave me absolutely amazing results, both physically and mentally in just a few short weeks," (Patty of O'Fallon).

If your New Year's goal is to change your body shape consider what worked for Maggie of Wentzville. "Tightening and lengthening of my muscles have resulted in lost inches and a decrease in 2 dress sizes." This was achieved with 2 mat classes per week. We offer sixteen Pilates and Yoga classes of all levels seven days a week.

Workout programs are tailored to client's specific needs in private sessions. Body type, health issues and personal goals are a few factors that define the scope, pacing, and tone of the lesson. "Pilates is the workout I've been looking for to increase flexibility, tone and strength. It has all the perks with none of the hurts!" (Kim S. of Lake St. Louis).

Melissa Flores has a 700 hour, level 4 certification from Romana Kryanowsk, Joseph Pilates' protégé and heir, enabling her to prepare prospective trainees and supervise apprentices. Yoga instructors have a minimum of a 200 hour certification with Yoga Alliance. Visit us at 2315 Technology Drive in O'Fallon or on the web at [www.PilatesForLife.net](http://www.PilatesForLife.net) and call (636) 561-9030 to schedule an appointment.

## Pilates of West County



Ginger Hedrick

Pilates of West County is a playground for your mind, body and spirit! We invite you to increase your strength, improve your flexibility and develop balance and control with proven effectiveness. A workout can be challenging, effective, reduce stress, and produce a sense of accomplishment. Using the full system of equipment designed by Joseph Pilates, Pilates of West County works closely with each client to create sessions tailored to each client's individual needs, goals, background, and previous injuries or challenges.

Over several decades, Joe Pilates masterminded his method, working with bodies of every shape, size, age and background. His principles, ideas and exercises, developed nearly 100 years ago, are as credible, valuable and life changing in 2011 as they were then. Offering private, semiprivate, and small group Pilates Mat classes, as well as yoga classes, exercise novices and enthusiasts, professional and recreational athletes, dancers, and individuals undergoing physical rehabilitation are our specialty.

We adhere to the authentic Pilates Method. Each instructor at Pilates of West County is extensively trained and certified under Romana Kryzanowska, Joseph Pilates protégé and heir to his method. Pilates of West County bring their clientele the ability to get inside the work of Pilates and get more out of their workout than ever before. Ginger Hedrick, owner of Pilates of West County, has been teaching Pilates for over 10 years. In 2008, Ginger was selected to serve as an instructor trainer for Romana's Pilates Instructor Training Program. Ginger's 25-year background as a professional dancer and teacher gives her valuable insight in teaching Pilates. At Pilates of West County, we trust our work and the results are life-changing. Come to our brand new studio at 124 Chesterfield Commons E in the Clocktower Plaza in Chesterfield and experience all that Pilates of West County has to offer! Call (636) 536-2400 or visit us at [www.pilatesbodiesinbalance.com](http://www.pilatesbodiesinbalance.com).

## Pilates and Yoga Center of St. Louis

Pilates and Yoga Center of St Louis, owner Karen Prechtl was the first person to bring Pilates to this area over 18 years ago. In that time, they have worked with thousands of students and have moved into their fourth studio. Their beautiful new space is located in the heart of Ladue in The Marketplace, has excellent parking and is surrounded by fun shopping and great places to eat and get coffee after your class.

What makes PYC shine in the world of Pilates, when there are so many studios to choose from? All they do is Pilates and Yoga. Our coaches are well trained and exceptional in their fields. You will find an inviting, fun atmosphere with a staff that is friendly and warm.

PYC is also a center for student teaching, having recently affiliated with Balanced Body Co. known for building Pilates equipment over 30 years. For the last eight years Balanced Body has conducted an internationally recognized, comprehensive Pilates teacher-training program. By being a central hub for education, they are learning and keeping your experience with them fresh and new. They feel that continued learning is the key to keeping a Pilates studio alive and exciting. You will not find this level of training program anywhere else in St Louis.

PYC believes that Pilates should be affordable and offers a first-time private lesson at a reduced price so that you can see the effects without breaking the bank. They offer over 20 affordable group classes each week. Classes range from Beginning Pilates Primer class to Advanced Challenge classes, limited to eight participants and often as few as three, making the correction and attention to detail that you deserve possible. Experience Pilates for all bodies at the studio located at 9825 Clayton Road in Ladue. Call for an appointment (314) 569-9400, or visit us on the web, [www.pilatescenterstl.com](http://www.pilatescenterstl.com).



Karen Prechtl

## The Scoop

Joe Pilates called his method “Contrology”. The Pilates Method seeks to create flexibility, strength and control of the body. At The Scoop, we help you create a plan to take control of your health and fitness goals. By partnering you with the right instructor and/or a small group class, you’ll receive the personal attention you deserve.

The Scoop provides a supportive environment. We take your health seriously while providing an enjoyable experience. You’ll feel better when you leave than when you walked in.

Whether you are new to working out, a seasoned veteran, or even recovering from an injury, we offer a different look at health and fitness. We help create movement in your body to support you in your daily living and enhance the athletic endeavors that you take part in — from gardening to golf!

We do offer Classical Pilates on the Mat and all of the Pilates Apparatus — there are over 500 exercises for you to learn. Boredom seldom exists with so many options that are tailored to your needs. The Scoop also offers a variety of additional classes and lessons: Yamuna Body Rolling, GYROKINESIS®, GYROTONIC®, and our latest addition UGI FIT! We even have a Client Reward program to say Thank You and Congratulations to our committed clients.

Remember, the best activity you can do for yourself is one that you are willing to commit to and enjoy for a lifetime. With the right support, you can achieve anything you put your mind to. We can help reshape and re-energize you! Get moving!

The Scoop is located at 8136 Big Bend Boulevard, on the web at [www.thescoop-apilatesstudio.com](http://www.thescoop-apilatesstudio.com) or call (314) 968-9629.



Debbie Moore Johnston

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# Healthy Comfort Foods

by Maya F. Bradstreet

## Craving Comfort Foods? A Guiltless Snack Attack

The first of January draws the line in the sand for many of us. We leave behind the old year, the stresses of the holidays, and perhaps the bulge(s) that came along with them. While New Year's Resolutions run the gamut from financial goals to spiritual intentions, it's safe to say that food and fitness make up the most significant percentage. Early winter means good business for gyms and yoga studios, with sweaty, determined folks working to burn off the pounds. Diet-wise, our society as a whole becomes even more calorie, fat and portion-size obsessed.

Despite all of these well-meaning intentions, more often than not, we end up having a relapse. By March, or perhaps even February, we've reverted back to the same-old, same-old. Our familiar behaviors, patterns, and thoughts are hard to kick to the curb, plain and simple. Without a support group, someone, or something to keep you accountable, it's easy to lose the motivation. Especially in the colder winter months, it's hard to choose 'healthy' when we naturally crave 'comfort'. So, how do we safely navigate the waters of those cravings when we're trying to be so 'good'?

## Cravings

First things first, we need to stop associating 'good' with 'deprivation' and 'bad' with succumbing to cravings. This is a huge departure from how things are seen in our culture, where somehow, seeking comfort from food is seen as a weakness. If we decide to look at this from another perspective, we as eaters and human beings can have more power and control.

A craving, simply put, is a desire to have something the body lacks. It is a very important signal. The body is talking to you, shouting in fact: 'pay attention to me!' Sometimes, the craving indicates that we need more of an important nutrient. Such as during pregnancy or the blood sugar roller coaster that causes you to crack open a Mountain Dew at 3:00.

Sometimes a craving is less physical in nature. Perhaps it is our soul that is lacking something, nutrients better known as love, support, and fulfillment. If we're not getting those nutrients daily, of course we're going to reach towards comfort food. Oftentimes when demystifying cravings with clients, we find that specific foods are associated with a time in our lives when we had a large supply of that missing 'nutrient'.

So now that we know cravings have a purpose, we shouldn't turn our backs on them. Rather, use them as a tool to get in tune with yourself and nourish yourself appropriately. Here are some tips to get you started.

## Tips for Handling Snack Attacks

When (not if!) it strikes, be prepared to deal with your craving. By having a plan, you'll be able to tackle it in a healthy way without sabotaging your health or your goals.

• **Be gentle with yourself:** if making a New Year's resolution that is diet-related, make the decision to take baby steps, rather than doing something all-or-nothing. Also, give yourself the ability to make mistakes. This way you can avoid the guilt if you aren't able to keep up with the high demands.

• **Experiment with new ways of eating:** If you're prone to predictable energy slumps or if you rely on sugar and caffeine, perhaps you need to look at how you can alter your diet and avoid these pitfalls. There are as many dietary theories as there are minutes in a year, but you can try some of the following suggestions that are supported by several diets:

- Eat a protein with every meal
- Eat a substantial breakfast
- Eat more frequently throughout the day
- Reduce your intake of caffeine and sugar
- Have a fruit or vegetable with every meal

• **Drink water:** We are a chronically dehydrated society. If you are hungry, you may very well just be thirsty. Drink a nice big cup of water with some lemon juice before giving in to your craving, see if that doesn't make it go away. That said...

• **Demystify your craving:** Rather than mindlessly 'giving in' and snarfing down that candy bar, begin to pay attention to the qualities of what it is that you're craving. In terms of flavor, do you prefer salty popcorn or the sweetness of a baked good? With texture, is it crunchy chips or smooth chocolate that is the winner? Even with temperature, do you reach for an ice-cold popsicle (or pint!), or a piping hot chocolate when settling in for the night?

• **Give yourself some of what you're craving:** When you disregard your craving, you may end up having a worse one later on, that you simply cannot avoid. So it's actually OK to give in to what it is that your body/mind/soul needs, but in a more 'natural', 'healthy' form. When craving something sweet try dark chocolate, dried fruit or whole fruit. Sweet vegetables like carrots, sweet potato, squash will also satisfy a sweet tooth. Use natural sweeteners like agave, honey, rice syrup or date sugar as substitutes for sugar or artificial sweeteners. When having a salty craving try aged cheeses or dry roasted salted nuts rather than potato chips or french fries. Celery, beets, kale and seaweeds are tasty salty veggies. Add more natural sea salt or soy sauce to your food throughout the day. Craving crunchy? Munch on rice cakes, raw veggies, crisp apples or granola and trail mix.

One last word about resolutions, despite the cynical picture I painted at the beginning, I do want to encourage you to set goals, to listen to your intentions, to dream big. What you think and set your mind to when it comes to diet IS possible. By having the right support the internal drive to making your resolution can become a reality!

**"COCOA-NUT" TRUFFLES (see photo)**

This recipe is such a versatile, wholesome treat that will give you a lift and pack a nutritional punch along with it. No guilt here! Switch out the nuts depending on what's in your pantry; walnuts are great for Omega 3's, but you can really use whatever your taste buds prefer. The dates and natural sweeteners will give you energy, but it'll be mediated by the fiber and protein from the nuts and coconut. Lastly, those touches of raw cocoa will give you an energy rush from the naturally-occurring alkaloids and minerals.

2 cups raw nuts walnuts

- 1 cup dates
- ½ cup shredded unsweetened coconut
- 2 tbsp raw cocoa powder or cacao nibs
- dash of sea salt
- 1-3 tbsp raw honey or agave nectar

Process all ingredients until they are sticky enough to form into balls. Add more honey/agave if mixture is too dry or you desire more sweetness. Refrigerating them 15 minutes to overnight makes them easier to handle. Roll into balls. Dust with coconut if desired, by placing additional shredded coconut into Ziploc bag along with balls. Toss to coat. Y&S

*Maya F. Bradstreet, MS HHC founded A Recipe for Wellness, LLC as a way to inspire & promote well-being in others through food choices. She teaches cooking classes and leads seminars in a variety of settings throughout the St. Louis Area, and works privately with clients regarding nutrition. A graduate of Brown University, she received her food and nutrition training at the Institute for Integrative Nutrition in New York City, and a Masters degree in Health Promotion from Indiana University. She is a holistic health coach certified by the American Association of Drugless Practitioners. You can contact her with any food and health-related questions at maya@arecipe4wellness.com.*



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# Make Peace with Yoga

by Laurel Noel

Fear of flying, fear of spiders or snakes, fear of heights... we all know people who have phobias. But is there a fear of yoga? Seems kind of strange, doesn't it? Who would be afraid of a practice that instills balance, harmony, energy and well – being? You may find it surprising, but many people are afraid of yoga. Now, I am not talking about the type of fear experienced in the early 1900s during the American spiritual reform and the passage of the Mann act, but rather the hesitancy many people have about leaving their fitness comfort zone. I have spoken with several yoga instructors at our health club and found a recurring theme. The refrain “I am not flexible” or “I only want to do cardio” or the simple, “it’s just not for me” is what we often hear. So, while those of us who teach and practice yoga understand the benefits and the transformation it can provide in our lives, how do we reach, educate and inspire others, fearlessly?

In the past decade, the emergence of yoga in the fitness mainstream has skyrocketed. Yogacycle, aquayoga, yogalates, yoga bootcamp, the list goes on and on resulting in the fusion between yoga and other fitness disciplines. In part this fusion has occurred to introduce yoga practice to those unwilling to take a strictly yoga-based class and adds a form of stretching with an inspiring and calming aspect to the class. Also contributing to this fusion is the cyclical nature of the health and fitness industry and the necessity to keep students motivated, fit and challenged. While the integration of yoga into more cardio-based classes has definitely inspired many students to incorporate yoga into their fitness regime, there is still a reluctance for some to “spread their fitness wings” in a yoga class.

As yoga instructors and students, we have to be careful not to become “yoga snobs”. While we want classes to challenge our students, we also need to be accessible to the beginner and the tentative pupil. I am a firm believer in making fitness classes challenging, motivating, and fun, but not intimidating. We laugh a lot in my yoga classes, especially in a beginner class. I use a variety of music and try not to use the same music repetitively and blend the flow of the movements with the rhythm of the music. The recognition of musical patterns with the structure of the class can be very inspiring and freeing to students, while making it more fun. It is my belief that this type of approach can help erase the fear of not “fitting in the class” or “not being flexible enough” because it is really enjoyable.

Incorporating musical flow, humor and a welcoming attitude in classes certainly goes a long way in erasing some of the fears of stepping out of a comfort zone. As instructors, it is also important to “know thy audience” and as a pupil it is imperative to talk to other students and the instructor to get a feel for the class.

Encourage, enlighten and embrace those who have yoga hesitation, and let’s erase the fear. Make peace with Yoga.

---

*Laurel Noel is the Director of the Club at Chesterfield in Chesterfield MO. She has been in the fitness industry for over 20 years as an instructor, sales manager, club owner, and director. She teaches yoga, zumba, cardio, toning, and bootcamp classes. she is an avid cyclist and runner and feels very fortunate to work in a field she is passionate about.*



# What is GYROTONIC®?

by *Dianna Lucas*

...and why you should try it.

A system of specific movements using dynamic, core stability stretching, strengthening the muscles, decompressing the spine and joints of elite and recreational athletes, elders, pre and post-natal mothers and those recovering from injury and disease. This system, works for all types of people with all types of issues. The methodology has two components: the GYROKINESIS® exercise program, originally called “Yoga for Dancers,” which works the entire body without equipment by stimulating internal organs through fluid and gentle manipulation of multiple joints; and GYROTONIC® exercise, which uses apparatus that permits the person to move with support and resistance. Both forms of exercise allow the body to work in continuous, flowing movements and are synchronized with corresponding breathing patterns.

Anne Thomasson came from a world of hard-core weight lifting and aerobics that continually injured her body in “15 different ways”. Her L4/5 disc totally burst during a power yoga class. She tried Pilates and Yoga, but didn't feel healed from the inside out. She gave up weight lifting 7 years ago. She finds now, with GYROTONIC® training, she has never been stronger. She encountered GYROTONIC® methodology at Canyon Ranch on a retreat and was delighted when it healed two bulging discs in her neck.

Anne met Master Trainer Juergen Bamberger in 2002 at a conference in California and was so inspired that she began teacher training. Juergen's style was so personable and connected that they immediately formed a friendship. She discovered that it was a methodology that could benefit not only her body, but also her mind and spiritual self. “The depth of the work is so powerful to me, in my head and in my emotional being, it inspires me to continue and explore. My spine became more flexible, my shoulders became more open, and I could feel the good burn, unlike any other form of exercise. I feel worked, but never debilitated or so sore that I can't sit or take the stairs”.

The community is worldwide. The teacher training that Anne hosted here in the only fully equipped St. Louis studio included participants from Germany, Hong Kong, and Canada. Anne's students range in age from 20 to 80. Her older clients who came with limited movement have discovered new strength and flexibility. The unique system of movement that gently works the joints and muscles of the body through rhythmic, undulating motions that



embrace key principles also found in swimming, dance, yoga, tai chi and gymnastics.

Designed to take the body “beyond its current limitations,” GYROTONIC® exercise stretches, strengthens and elongates muscles, stimulating connective tissue in and around the joints and improves balance, coordination, strength and flexibility. Advocates of the work say it enhances aerobic and cardiovascular stimulation and promotes neuromuscular rejuvenation. According to Matt Aversa, vice president and chief operating officer of GYROTONIC® International in Pennsylvania, “GYROTONIC® movements consist of guiding the body through a series of circles and spirals. It helps us create a musculature that is strong but that also has the dexterity to allow the bones to do what they are meant to do. Furthermore, it allows the body to keep moving, without interruption, because of the circularity of the movements and the design of the equipment itself. There is no endpoint to GYROTONIC® exercises.”

After more than 20 years, the GYROTONIC® apparatus has evolved considerably. The basic piece of equipment, the pulley tower combination, is an elegant, curvy sculpted unit made of bamboo and steel with various pulleys and weights. It increases spinal articulation,



eliciting a spherical and three-dimensional awareness in the body. There are four additional specialized units: 1) The GYROTONER®, which duplicates the movements of the human body in multiple planes, is beneficial for shoulder, elbow and wrist rehabilitation. It has handle and foot units that operate either separately or together. 2) The Jumping Stretching Board, a versatile apparatus that stretches and strengthens the torso, is especially useful for lateral movement of the lower limbs. 3) The Ladder and the Archway are designed to increase proprioceptive understanding and enable optimum stretching and spiral articulation. 4) The Leg Extension Unit, used for the lower body, is considered effective for knee, foot and ankle therapy.

All the equipment is designed to provide joint articulation without compression, the goal being to distribute the work evenly between agonist and antagonist muscle groups. The apparatus accommodates all body types and strength levels. It is currently being used in therapeutic, dance, sport-specific and general conditioning facilities, in addition to GYROTONIC® exercise studios. “Seeing is believing”, and so is feeling. Come and experience firsthand, the dynamic effect that movement in spirals will have on your body. Anne’s Clayton studio has all of the equipment and inspired, knowledgeable instructors to improve your New Year and keep you fit for life.

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*Dianna Lucas is a Wellness Specialist focused on creating healthy lives through coaching, diet modification, exercise, and holistic interior design. Her mission is to work to balance mind, body, and spirit with your environment. She has been practicing meditation for 30 years and teaching for 15. Dianna hosts retreats and wellness workshops and attributes her smile to Bhakti practice.*

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# Inner Cleanse for Vitality

by Karen Gelb

Are you missing one of the three pillars of health? Do you find yourself feeling sluggish, tired, or fuzzy headed? Do you suffer from chronic skin conditions, headaches, or just a general malaise? It could be because your body is having trouble eliminating waste.

There are three main pillars of health that uphold the body's vitality and keep its systems strong: good sleep, healthy digestion, and proper elimination. If any one of these three processes is compromised, the body's health begins to suffer and becomes imbalanced. Left untreated, pathological function can begin to set in.

Proper elimination is most often overlooked. While almost everyone knows from experience the value of good sleep and the need to eat and digest the right foods, proper elimination is often an afterthought. Many people don't realize that healthy elimination involves having a complete bowel movement at least a couple of times a day. Many think that if they are having one bowel movement every couple days that things are going well.

A good understanding of the elimination process is important to understanding your health. The key organ of elimination is the large intestine or colon and its health is critical in maintaining the body's ability to detoxify and restore itself. When the function of the colon is compromised, a variety of symptoms can occur including fatigue, dizziness, sluggish mind, constipation, excessive gas, eczema or psoriasis, chronic acne, allergies, chronic headaches, or joint pain.

So how do we restore proper colon function?

The first step is diet. It is important to avoid overeating and highly processed foods such as sugar, white flour, fried or fatty foods. Eating whole foods and high fiber foods while drinking lots of water can go a long way in restoring proper colon function.

The second step is exercise. Exercise increases the heart rate and stimulates the internal organs, including the colon, aiding in efficient function.

The third step is colon cleansing. One method is colon hydrotherapy, a gentle method of cleansing the colon by flushing it with water. This helps the colon release any built-up waste products and stimulates proper peristalsis (the wavelike action of the intestines that moves matter through the bowel). If you haven't had colon hydrotherapy and are resistant, you need not worry. The process is comfortable, safe, and leaves you feeling refreshed and free of excess waste and toxins.

Among holistic health practitioners and doctors, colon hydrotherapy has been a key therapeutic procedure for years. It is recommended for a number of conditions because of the importance of proper elimination and keeping the colon in good working order.

You can improve your wellness today by addressing all three pillars of health. Contact a colon hydrotherapist and begin your journey to health.



*Karen Gelb is an I-ACT Advanced Certified Colon Hydrotherapist. She sees clients at Holistic Fitness, a leading Colon Hydrotherapy clinic in St. Louis. For more information, call 314-647-3999 or visit [www.holifit.com](http://www.holifit.com)*

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# Eco-Chic Homes Feature

## The 3 R's in Interior Design

### Reuse, Re-purpose & Recycle

by Marcia Moore

The "Green" movement is upon us with a barrage of ads for "green" products to buy for our homes. Personally, I'm very glad to see the proliferation of environmentally conscious products on the market and use them whenever possible in my design work. However, the ultimate "green" product is something you already own not something you have to buy. I'm constantly assessing what my clients already have to see how much we can keep and reuse. Hence, the 3 R's: Reuse, Re-purpose and Recycle.

What can you Reuse? When I redesigned my own dining room, I needed to purchase a table that would fit a narrow space. I kept my existing upholstered chairs. Since the fabric was worn and not the right color, I had slipcovers made for them using an organic cotton fabric. I was able to use something I already owned and the slipcovers cost me less than purchasing new chairs.

Another current project in my home is a guest bedroom update. We are changing the paint color adding new bed linens and an area rug, while keeping all of the existing furniture. There is an old bookcase that is structurally solid but the stain has seen better days. It will be painted a rich, rusty red tone to coordinate with the new bed linens. Painting old furniture not only brings new life to the furniture, it adds a great accent color to a room. It's very "green" even though it is being painted red.

What can you Re-purpose? Once of my clients had an old wicker table with broken legs but a wicker top in perfect condition. We could not salvage the legs. We re-purposed the top as the perfect piece of art to use above a massive stone fireplace. It looks like an enormous, round, flat basket or wicker drum. Rather than spend a lot on original art, my client now has a no-cost, one-of-a-kind conversation piece that is a stunning addition to her home.

Do you need extra drawer or counter space in a small kitchen but don't have room for an island? I turned a bright red Craftsman tool chest (you know the kind on wheels that can be rolled around the garage) into a mini-island with a chopping block top. This added 5 spacious drawers, a towel bar and a chopping block counter to the kitchen, all within a 2' x 3' space. It was the envy of all the men who came into the kitchen!

What can you do with three large bamboo poles that were previously used as a curtain rod? I re-purposed them as a piece of art on a wall in a spa retreat bathroom. It's very minimalistic, very "Zen", very inexpensive, and very "green".

What can you Recycle? Do you have any items that don't fit in your home any longer that are still in decent shape? Someone would be thrilled to have your used furniture. Earlier this year, a few of my clients and I recycled our gently used furniture and accessories by donating them to a Habitat for Humanity project where several newly built homes were designer-furnished. What a delight to view the creative use of our items and the smiles on the new homeowners faces. Helping others is also a gift to yourself. Did I mention it is also very "green"?

*Before you decide to buy something new, get creative with what you already own. Don't think you have a creative bone in your body? Contact Marcia Moore the owner and principal designer at Marcia Moore Design, LLC. Learn more at [www.marciamooredesign.com](http://www.marciamooredesign.com) or call (314) 560-0830. (See ad adjacent page.)*

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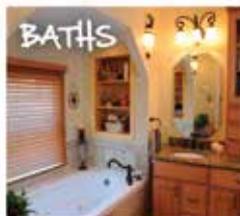
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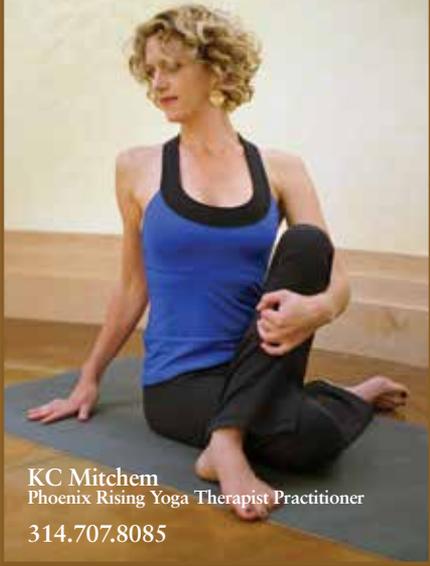
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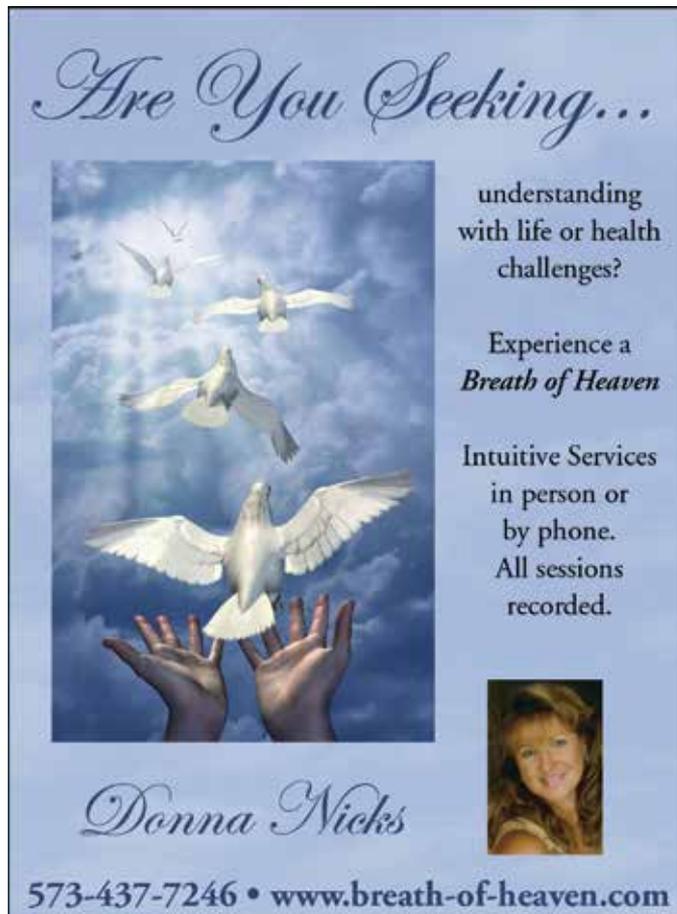
# The Story Your Cells Tell

by Donna Nicks

Is the story stashed in your cells creating dis-ease of body, mind or spirit? Memories of the past can disturb one's well-being and hinder individuals from reaching their full potential in all areas of life. For some, it even robs them of their ability to heal pain and dis-ease. These past events can be so strong that they begin to define who we are and even cripple us into thinking small. When one is totally unaware of what is orchestrating their life and creating dis-ease in their life, they have to settle for treating the symptoms rather than treating the source of the problem. When we attune to the message in the cells and find the root of the stress, we can find awareness and with awareness comes better choices in how to deal with the healing process.

As a health care provider for over 28 years and owner of The Pain Relief Center in Owensville, Missouri, I have helped thousands of individuals facilitate their own healing. Our bodies are designed to heal. Empowering clients with accurate information has even helped people with life long issues heal and enjoy a better quality of life. As this information is tracked into what we might call the subtle realms of the body I find that even the influences of friends and family can be the cause of issues in one's life experiences. Clients often comment that all areas of their lives improve – health, relationships, finance, etc. Finding a belief, thought or emotion that is trapped in the body and releasing it generates healing stories that sometimes border on the miraculous.

*If you are ready to look at the whole picture of dis-ease I will be giving free mini Breath of Heaven sessions at the Yoga & Spa Magazine Living Fit Expo January 29th at Plaza Frontenac, St. Louis MO. My website is [www.breath-of-heaven.com](http://www.breath-of-heaven.com) and office number is 573-680-7246.*



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In fact, Arrington says, many turn to her as a last step before considering surgery.

### **JANE'S STORY: A LIFE-THREATENING DIAGNOSIS**

Arrington discovered the secret when she was diagnosed with Type I diabetes as an adult. The treatment she needed put her in a constant struggle with her weight. So she started searching for answers that were medically safe and simple to follow.

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Jane Arrington

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### **A NATURAL FAT LIBERATOR. WAS THIS THE ANSWER?**

It worked for Jane in just 40 days. And it became her mission to help everyone – not just diabetics – start new lives of total health.

### **HUNDREDS OF LIVES CHANGED SINCE 2008.**

Today Arrington runs a thriving practice on Clayton Road near the Galleria. Clients say the fat liberator helps. But it wouldn't work by itself.

### **PERSONAL SUPPORT: THE REAL KEY TO SUCCESS.**

They credit the ongoing support from Jane and her TransFigured Counselors, who have done the program themselves. They're always ready with a listening ear or healthy success tip.

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# The Good, The Bad, and The Ugly: Hormone Replacement Therapy (HRT)

By Dr. Christine Salter

Hormones are chemical messengers secreted in small amounts from endocrine glands. They have widespread effects in the human body and are essential to health and longevity. Every aspect of aging such as skin wrinkling and decreased skin elasticity, memory difficulties, increased body fat, bone loss and other degenerative conditions are associated with hormone decline.

The well-known seven dwarfs of perimenopause symptoms are Itchy, Bitchy, Moody, Sweaty, Sleepy, Grumpy and Weepy. They cause significant disruption to the lives of many women and their families as they transition to menopause. The need for hormone balance is imperative. Men also have their issues during andropause as testosterone levels decrease.

Feeling great, though very important, is not the only criterion for safe hormone replacement therapy. Women who used the estrogen-only replacement therapy (ERT) in the early 1970s felt and looked wonderful but some also developed cancer as a direct result of that imbalanced hormone replacement therapy. Currently, women who still have their uterus never benefit from being prescribed estrogen without a progestin.

A complete, holistic hormone-balancing program includes many lifestyle factors that impact hormonal balance. Alcohol use, cigarette smoking, excessive caffeine intake, high levels of refined sugar, lack of exercise, poor sleep, hygiene, and other factors including environmental pollutants such as plastics, perfumes, pesticides, household cleaning agents contribute to hormonal imbalance. Hormones found in meat and dairy products as well as behavioral and environmental factors contribute to neurotransmitter imbalances.

Before replacing any hormone, the above must be addressed along with proactive steps to ensure that hormone levels are measured using tests that are accurate and that can be monitored over time. Even when it is determined that hormone levels have significantly declined, hormone balance can be achieved with well chosen therapeutic grade herbs, essential oils, nutritional supplements or homeopathic remedies.

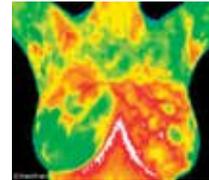
If hormone replacement becomes necessary, it is important to use hormones that are biologically identical to the hormones made in the human body. These we call The Good. Conversely, several studies including the recent Women's Health Initiative Study (WHI) show that chemical, non-biological hormones such as Provera, among other factors, increase the risk of breast cancer. These we call The Bad. Still other studies implicate Norethindrone, another synthetic progestin, with increased breast cancer risk. Synthetic progestins should be avoided at all cost. It is also extremely important to avoid 'hormone mimickers' otherwise known as endocrine disrupters or xenoestrogens. These we call The Ugly, and they are found in pesticides, chemicals, perfumes, plastics, soaps, cosmetics and many other commonly used products. They cause significant disruption in hormonal expression.

Hormonal balancing can be safely achieved by working with a health professional who is knowledgeable in the intricacies of hormone physiology. Results include improved quality of life and improved measurable biomarkers of health.

*Dr. Christine J. Salter, MD practices in Richmond Heights, MO. Contact her by phone (314) 361-0111 or web [www.drspartner.com](http://www.drspartner.com).*



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Dr. Christine Salter  
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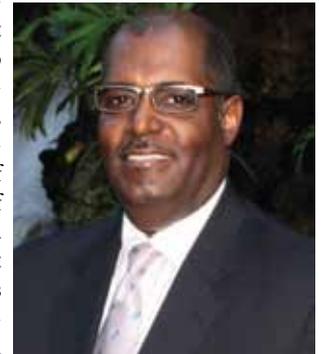
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# Freedom From Allergies

by *Dr. Charles Quigless*

Do you ever wake up in the morning with a dripping nose? You walk outside, look at the trees, smell the flowers and have a sneezing attack, then your eyes begin to tear... and that's just the beginning. Millions of people experience these symptoms every day. Actually, more than half of all Americans are affected by allergies. Did you know that almost every breath we take contains household or industrial cleaning solutions, noxious fumes associated with industrial waste from cars and planes, or mold and fungus from air passing through contaminated air conditioning ducts? Your symptoms may very well be caused by any one of these contaminants.

Most people seek the common treatments, including shots, pills, antihistamines or, if they can identify the allergens, they use avoidance of the allergen as their treatment. These traditional therapies have been used for years to give people relief from their discomfort, yet these treatments require a long-term commitment to harmful medications that have side-effects which inhibit their lifestyle, limit what they can safely eat, and restrict their daily exposure to outdoor elements. To make matters worse, many of these medications only treat one allergy or a set of allergies. For example, one pill might help with indoor allergies but is completely useless once you step outside. Another pill might provide relief from an allergy to pollen but make sure you don't find yourself in a house full of cats! You may find yourself taking a handful of pills every day. Some might make you sleepy, some might keep you up all night and many of them just make you feel as though you are living in a haze. In time, effectiveness of medication diminishes as the body gets used to it. Those with food sensitivities have far fewer options. Avoid the food or have a reaction. Nothing is more maddening than missing out on the foods you love, especially when in the company of friends and family who are enjoying them at a party or restaurant. To ensure that you don't accidentally eat a food that causes a bad reaction, you need to carefully inspect every label on every package of everything you eat. The truth is regardless of whether you suffer from food sensitivity or an allergy, there are few treatment options that can provide long-term relief. Some allergens can even cause anaphylactic shock which is a life threatening reaction to causes ranging from food to a bee sting.



There is a ground-breaking treatment in St. Louis that shatters popular beliefs, a painless and simple treatment that is also very effective. It is called BAX-3000 Allergy Relief System or BAX-3000 Neurological Stress Reduction Therapy (NSRT). Very simply, it re-trains patients to stop reacting negatively to substances that have in the past caused them to wheeze, cough, sneeze, tear up, swell up, or experience blocked nasal or throat passages. Neurological Stress Reduction Therapy provides relief from allergy symptoms to most people. The results are long-term, noninvasive, and require NO medication. It actually gives the patients the freedom to eat, breathe and touch those substances that cause discomfort.

Allergies, food sensitivities, and many common chronic conditions are simply the body's inappropriate reaction to what should be a harmless substance. In an effort to protect itself from something it views as a threat, the body inadvertently causes the symptoms so many people suffer from every day. In order to eliminate these symptoms, BAX-3000 re-educates the body to no longer react inappropriately to these ordinarily harmless substances by eliminating neurological responses that can trigger allergic reactions, sensitivities and symptoms associated with these conditions. The treatment is effective for people of all ages. This scientific cutting-edge treatment can help you live life to the fullest, free of the symptoms associated with allergies, sensitivities, migraines and many other chronic, recurring conditions.

To find out more about this drug free system contact Dr. Quigless and visit the website at <http://www.DrQuig.com>. By phone (314) 385-2273 or visit the Alternative Care Center at 9441-A Olive Blvd, St. Louis, MO 63132.

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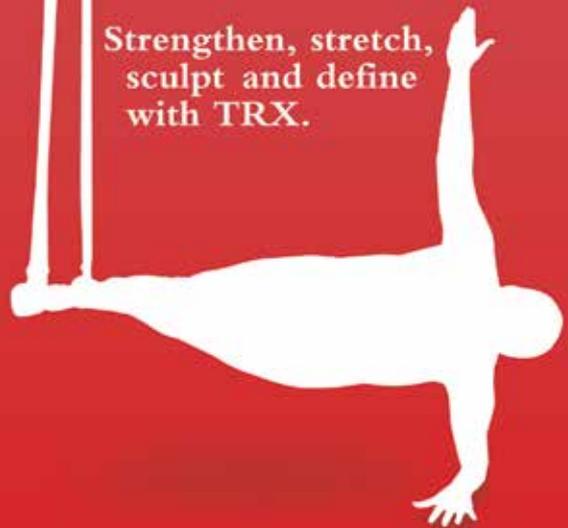
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# The Yoga Sutras of Patanjali

By John MacEnulty

The Yoga Sutras of Patanjali are the first recognized teachings of yoga. The teachings contained in the sutras are in the ancient Upanishads but Patanjali was the first to codify them. Patanjali is regarded as the father of yoga, the grandmaster whose teachings have formed the basis of all subsequent yoga practices. The sutras are simple and beautiful. They form a progression of wisdom and understanding of the workings of the soul, body, and mind dynamics that makes us so marvelously interesting. Yoga means union. Whatever form of yoga is practiced, it leads to that centering or union of mind, body and spirit. The teachings of Patanjali are called Raja Yoga, the kingly yoga. Hatha Yoga and Raja Yoga are both integral parts of Patanjali's program. It wasn't until the middle ages that Hatha Yoga came to be the dominant form of yoga. Now the pendulum is swinging back toward a deeper appreciation of the teachings of Raja Yoga. It is emerging once again as a clear part of our growth on the path to Union. Patanjali begins by saying, "Now, instruction in yoga. Yoga is the control of the thoughts in the mind. Through control of the mind we abide in our true nature. Otherwise, there is identification with the thoughts." We meditate on each of the sutras to allow that knowledge to find its way inward past the conscious barriers that block our deeper understanding. He very carefully explains the steps and the purpose, what we are trying to do and what we need to do to get there. Each step is almost startlingly clear. He takes us to full awareness. It is a journey of discipline and devotion. He reassures us that "For those who have an intense urge for Spirit and wisdom, it sits near them waiting." He takes us from the

initial stages of (1) concentration to the (2) practice of yoga into (3) the development of our full powers, which he describes as superpowers or supernatural, and to (4) complete Liberation and Freedom. He does this by rigorously explaining step-by-step, the things we must do to reach the ultimate goal of Union. This is the joining of Atman (soul) with Brahmin (God), the oneness, or highest level of Samadhi. He teaches that just as the pure crystal takes color from the object that is nearest to it, so the mind, achieves sameness or identity with the object of its concentration. The teachings of Patanjali begin that final journey into fullest consciousness, the powers of the yogi, and the transformation into a state of blissful freedom and independence.

---

*I will be reading the Patanjali Sutras and playing the Native American flute for your meditation on the teachings of Patanjali on March 12th & 13th at Cheryl's Herbs, 7170 Manchester Rd in Maplewood, MO. You may register by sending a check for \$100.00 to John MacEnulty, 8117 Nola Avenue, St. Louis MO 63114, or you may contact me for more information at 314-395-9962. For you who have known me as the former tuba player with the St. Louis Symphony and in more recent years as a Native American flute player I would now like to share the teachings of Patanjali that have been a precious part of my life for over fifty years.*



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# Hypothyroidism: A Symptom of Misdiagnosis

by Dr. David Peterson, DC, DCCN

Thyroid disease is more common than diabetes or heart disease. As many as 27 million Americans are affected and more than half remain undiagnosed. Symptoms are more common in women and tend to be hereditary. If left untreated, thyroid and associated conditions can lead to other health issues such as bone loss, chronic constipation, weight gain, increased cholesterol levels, heart disease, infertility and osteoporosis. Most common symptoms include difficulty losing weight, fatigue, digestive problems, brain fog, hormonal imbalance, low libido, hair loss, dry skin, and depression. Many people remain undiagnosed.

Hypothyroidism occurs when the thyroid is consistently underactive. Hashimoto's disease is an autoimmune disorder that destroys thyroid tissue and is the most common cause. Hashimoto's is a complicated disorder that is often misdiagnosed and requires specialized care.

Hypothyroidism can be reversed with lifestyle changes, nutritional support, and natural compounds to correct the contributing factors. The majority of patients do not need thyroid medication. Thyroid issues are driven by poor blood sugar control, stressed adrenals, poor gut health, hormonal imbalances, and anemia of chronic inflammation\*. 82% exhibit the latter symptom. Autoimmune Hashimoto's Thyroiditis, an inflamed thyroid, and iodine toxicity are often overlooked. Gluten can be a trigger of autoimmune responses and must be identified and completely omitted if repair of the thyroid is to occur.

If you are having symptoms or unresolved health issues, blood screening is the most valuable tool to evaluate thyroid health.

The newest standards recommend a comprehensive wellness panel (52 markers) with T4, T3 uptake, TSH and a Thyroid Antibody Panel

including TPO and TAA for a reasonable cost of \$200. If a patient is on thyroid medication, a reverse T3 may be requested.

Accurate diagnosis and addressing all contributing factors is crucial. There are actually SIX patterns of functional hypothyroidism, only one of which responds to medication. The standard/traditional TSH blood test only determines one pattern of the six. Incomplete or inaccurately interpreted tests allow countless people to live in unhealthy misery.

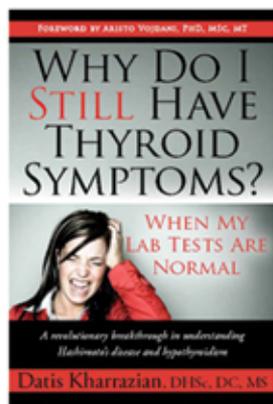
Dr. Datis Kharrazian's book "Why Do I Still Have Thyroid Symptoms When My Lab Tests Are Normal?" is excellent recommended reading. It provides a breakthrough in understanding Hashimoto's disease and hypothyroidism, educating and supporting those who suffer from thyroid symptoms.

\*Editor's note: Anemia of Inflammation, also known as Anemia of chronic disease, is a blood disorder that results from a long-term (chronic) medical condition that affects the production and lifespan of red blood cells.

---

*Dr. David Peterson is an expert in Functional Medicine/ Endocrinology. He teaches students and physicians Functional Medicine and is on the Peer Review Board for Functional Endocrinology with Dr. Datis Kharrazian. He is currently researching the effects of digestive microbiology in correlation with inflammatory conditions. He has practiced specialized chiropractic care for 18 years and practiced Functional Medicine/ Endocrinology for 8 years and has a Diploma in Clinical Nutrition.*

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# Soft Tissue Injury Rehab

by Dr. Jennifer L. McCleary

Can you remember the last time you “pulled something” at the gym or out in the garden? These are usually soft tissue injuries. Soft tissue injuries are a common occurrence at all ages. This is due to the fact that these injuries can occur when doing a simple task or it can occur as an accident. Many individuals will experience a soft tissue injury at some point in their lifetime.

So what is a soft tissue injury? It means that the “non-bone tissues” have been damaged, which include our muscles, ligaments, and tendons. Therefore, it can be the cause of a wide variety of conditions such as whiplash, tendonitis, or ankle sprains. Those at the highest risk of experiencing these kinds of conditions exhibit poor technique, less than optimal flexibility, lack of core strength and stability and muscular imbalance.

Although a “macro-trauma” a single significant event, may not cause your condition, it is more than likely that the “micro-trauma” will explain why you suddenly begin to experience a new pain or symptom. Most micro-traumas begin with a low-level inflammation that cannot be seen nor felt. Although the body has an amazing capacity to adapt to stressors, it does have limitations. With enough time and stress, signs and symptoms will start to show themselves. Therefore, paying attention to maintaining balance in the body can produce tremendous short and long-term benefits.

When you experience a soft tissue injury the body will go through three phases of healing. Each one has distinct characteristics and calls for specific instructions unique to each phase.

## Phase I: Inflammation

Phase I is characterized by varying levels of pain, swelling, and sometimes redness and heat. This inflammatory stage will only last 24-72 hours when managed properly. This is the time when we will remember the familiar acronym “RICE” (or RICER) and begin to:

- Rest the area from activity
- Ice the area for up to 30 minutes at a time
- Compress the area with a wrap or brace without completely limiting the circulation
- Elevate the area if swelling is present
- Seek a referral for further evaluation from a soft tissue specialist

The referral step can be very important depending on the severity of the injury. Your physician, chiropractor or therapist can not only help you identify the underlying cause for your injury but can suggest ways to maximize your healing and help you to prevent re-injury.

## Phase II: Repair

Although immobilization is very important in Phase I, there is an expression you may have heard of “movement means improvement.” (This relates to research that shows rehabilitation protocols that emphasize early mobilization can yield greater results.) The repair process will only begin once inflammation has ceased after 6-8 weeks. During this phase new cells replace the damaged tissue and a scar forms at this point. Incorporating assisted-exercise will lead to a smaller and more flexible scar tissue. Joint manipulation and passive stretches can also be beneficial during this phase.

## Phase III: Remodeling

The third and final phase is the longest. This is when the soft tissues “reorganize.” It can begin as soon as 6 weeks after the trauma and may last for 2 years beyond the initial injury. Rehabilitation typically takes place during this final phase of healing. As this phase progresses, the tensile strength of the wound increases and becomes up to 80% as strong as normal tissue. As scar tissue builds up, muscles become shorter and weaker resulting in a reduced range of motion, loss of strength, and pain. Many soft tissue practitioners will address the scar tissue by using a variety of techniques that facilitate the healing process and eliminate pain such as Guasha, myofascial release, Graston and Active Release technique®.

The keys to the best possible outcomes are to remain positive with your recovery process, continue to move, and seek the guidance of a specialist in soft tissue injuries. With most injuries you have a high likelihood of returning to some form of physical and recreational activity and can become even better than you were before your injury!

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*Dr. Jennifer L. McCleary is a Certified Chiropractic Sports Physician and Acupuncturist. She is also the owner and clinic director at Triad Sports & Family Chiropractic in Creve Coeur and at 22 N. Sarah in the Central West End where they offer “excellence in conservative health-care” since 2006. Call (314) 534-1566 or visit [www.triadchiropractic.net](http://www.triadchiropractic.net).*

# An Inner View with Desiree Rumbaugh

By Dianna Lucas

In her recent Anusara Yoga workshop, Desiree bestowed upon us many jewels of truth. So many that I couldn't possibly get them into my journal between asanas. I scooped out a precious few, in between my notes which included keys to unlocking the mind-body connection, directions for taking poses to a deeper level, and the secrets of trusting the body's innate wisdom to release the fear of standing on your hands while melting your heart. With breath and belief, we can do anything.

I urge you to tear out this page and use Desiree's gems as your daily affirmations to emulate the immortal words of Stephen Biko (freedom fighter) "change the way you think and things will never be the same".

- "Align with the divine, any ache can be relieved with Hatha Yoga."
- "Take the weight of the world into your heart and transform it."
- "Everything about us is changeable."
- "Anusara will change you, or at least change your attitude."
- "With Yoga, we put ourselves into challenging, uncomfortable positions and try to make it better, so that when they come up in 'real life' we're already good at it."
- "Cultivate so much admiration for the small things that make you happy."
- "We make a commitment to be unconditionally happy – we choose in every moment."
- "Our birthright is to enjoy our life and live in a state of joy and peace."

It hasn't been an easy road for Desiree. She became a single parent when her children were teenagers. Her beautiful daughter fills her with pride and joy. She lost her son to a horrific crime. She is no stranger to grief. Her practice and her teaching have helped her to answer the question of 'how do we have pain but not suffering'? Her answer, "Don't protect it, it will only weaken you."

"Love is, in the end, all that is." It is letting people be who they are, without trying to change them.

We spoke of tough love, a contemporary term for an ancient issue – our kids. It does get a bit tricky. We can't stand by as parents and let our kids run amok. We can choose to lay down boundaries in a loving way and we can offer to disconnect. "Meanness doesn't help transform laziness." Desiree's teacher, John Friend, says to set the boundaries clearly; then, love with all your heart. That counts for everyone. "Our most intelligent intention is to be happy no matter what. You can't control external circumstances. You can't wait for 'if' or 'when' something happens that will finally bring the ultimate satisfaction. Forgiveness is a shamanic tool for opening the heart. Nothing in this world is worth hardening the heart."

She recommends that we seek help when we need it rather than bury our pain or pretend it doesn't bother us. Be curious and then solution-oriented. Meditate. Don't run from your problems. Face them with open-hearted curiosity. Learn how to discern whether or not the

problem is your issue and, if it is, then seek a creative solution. "You may not solve it, but you can make peace with it."

Even through the really tough problems in life, such as alcoholism, disease, and death, we learn the hard way, us humans, masking self-hatred in body issues. Be honest about what you really need. Most of us are too afraid to do the work to set ourselves free. "Freedom does come at a price, but it's worth it." We say things like 'I don't have time', or 'I don't even know where to start'. A human being can only stand so much captivity, therefore we fall into predictable behavior.

"It takes time to learn the real truth about love and we have to go through experiences that are tough in order to grow." It is harder to learn all of these things without a spiritual practice or guide.

Desiree found yoga in 1987. She recalls "when yoga classes were in the back of a bookstore tucked out of sight. Now it's cool. Celebrities do it. Yoga makes you an athlete and a wise sage." In 1993 she met John Friend, the founder of Anusara Yoga, at a workshop in Phoenix, AZ. "He helped me more than any other teacher." She was transformed.

Now, through her own teaching, many more people are becoming transformed, me included. "Peoples' lives become transformed and they want to reach out and help others. "Spreading out like a virus- the virus of love." Love, in all its forms including self-acceptance, is the biggest gift of Anusara Yoga. She says that the greatest gift that John gave her was learning to honor her self. "Don't settle for less, you deserve to have good everything! If it's not good, why aren't you doing something about it? Before, I was just accepting of what came along, now I do have an enviable life. It happened because I kept asking for more. I'm not lucky, just perseverant with a lot of self-confidence. I take personal responsibility and co-create with the divine."

To the opening invocation in Sanskrit before each class, Desiree provided this translation, "Awake and aware, perfectly joyful and blissful, my radiance can shine forth again. I am willing to listen to my inner voice." She told me it is who she is at her essence. It's who we all are. "We are all divine beings in human bodies, temporarily."

See what I mean? Pearl after pearl... all of this eloquence and wisdom is packed into a powerfully articulate body, every fiber of her being radiates with strength and joy, and a hell of a sense of humor.

I bow in deepest gratitude to my teacher, Namaste.

\*Special thanks to JennTara Ward and Jan Esterly for bringing Desiree to St. Louis, her next visit is scheduled for September 2011.



*Dianna Lucas is a Wellness Specialist whose mission is to work to balance mind, body, and spirit with your environment. She has been practicing meditation for 30 years and teaching for 15. Dianna hosts retreats and wellness workshops and attributes her smile to Bhakti practice.*

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