

# Whitby Naturopathic & Wellness Clinic

## Winter tips

Remember, your body strives to maintain optimum health by keeping all of it's systems in balance. Along with proper nutrition, exercise and rest, massage relaxes tense muscles and stimulates the body's communication lines to help it do its job — and to keep you feeling your best. So, make regular massage a priority in your life for a healthier tomorrow!

<http://www.activebodyconcepts.com/benefits.shtml>



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## **Thinking about shovelling.....**

Snow shovelling can be very strenuous and caution must be used to prevent heart attacks or injury.

**Freshly fallen snow is beautiful but it can also be dangerous. For example, if you load a shovel with 10 pounds of snow once every 5 seconds, you would be shovelling 120 pounds of snow in one minute. Keep that pace up for 17 minutes & you will have shovelled one ton of snow.**

Research studies indicate that changes in heart rate and blood pressure while shovelling snow can equal or exceed their upper heart rate limit for aerobic exercise training and have also identified a link between snow shovelling and heart attacks. In fact, significantly more fatal heart attacks were recorded in the weeks during & after snowstorms.

### **Think twice before shovelling if you:**

- have had a heart attack or have other forms of heart disease**
- have high blood pressure or high cholesterol levels**
- are a smoker leading a sedentary lifestyle**

When you lift snow, squat with your legs apart, bend your knees and keep your back straight. Make sure to lift with your legs and don't bend at the waist. Scoop up small amounts of snow and walk to where you want to dump it. Spraying a lubricant or silicone on your shovel will help prevent snow from clinging to it.

**Before you start shovelling, take time to warm up & stretch your muscles. Warm, relaxed muscles are less likely to suffer strains than cold, tight muscles.**

Step in the direction that you're throwing the snow. This will help prevent twisting your low back.

Injury can also be prevented if appropriate precautions are taken. Tips for safe snow shovelling can be found on the Toronto EMS website at:  
[www.toronto.ca/ems/safety\\_tips/shovelling.htm](http://www.toronto.ca/ems/safety_tips/shovelling.htm)

# Settle into Savasana

[www.yogajournal.com](http://www.yogajournal.com)



It may seem counterintuitive, but when you find yourself thinking there aren't enough hours in the day, it's probably time to slow things down. When you take time out to rest, you replenish your mind as well as your body. And when you're calm and centered, you'll get things done faster, more efficiently, and more effectively. One way to ensure you're getting the rest and relaxation you need is by adding a consistent, daily **Savasana** (Corpse Pose) to your busy schedule.

Luckily, everything you need for Savasana can be found around the house. The **basic form** of Savasana requires only a quiet space, a comfortable surface to lie on, and a couple of props.

For the basic pose, you'll need a support for your head, such as a small pillow or folded blanket, and a rolled blanket or large pillow to support the backs of your knees (this takes the pressure off the low back & is also useful when sleeping in bed on your back). For extra relaxation, try a soft cover for your eyes and another blanket to keep you warm; you can also wear socks.

Lie down on your back. Place the small pillow or folded blanket underneath your head so your neck is well supported and your chin drops below the level of the forehead. Take a moment to relax your legs and let them fall open. With the palms facing up, spread your arms away from your body so your upper arms do not touch the sides of your rib cage. You should have an expansive feeling, as if you are taking up as much space in the room as possible.

Cover your eyes and lie back. Take up to 20 steady, even breaths, gradually increasing the inhalations and exhalations. Then completely let go; release any controlled breathing, allow your body to drop into the floor, and observe your thoughts without reacting to them, as if they were clouds drifting past you in the sky.

Stay here from 15 to 30 minutes.

When you're done, exhale and bend your knees to your chest. Roll to one side, letting the eye cover fall off by itself, and use your arms to sit up slowly.

# Upcoming Lectures for 2007



## Healthy Eating, Healthy You!

January 31	-Cardiovascular disease (High blood pressure and Cholesterol)
February 28	-Diabetes Mellitus
March 28	-Cancer & Arthritis; Anti-oxidants and pH balance (acid-base balance)
April 25	-Yeast/Candida overgrowth
May 30	-Hypoallergenic Diet (dairy, wheat, gluten-free eating)
June 27	-Detoxification
September 26	-Healthy Weight Management and Body Composition (Low Glycemic Index & Low Glycemic Load)
October 24	-Vegetarian & Vegan choices
November 28	-Healthy Snack & Meal choices

**Note:** all lectures will be held on the last Wed. of every month at a yet-to-be determined location. The classes will run from 7:30-9p, and will be \$20/person and \$15 with a friend.

Lectures will be facilitated by Dr. Stephanie Jennings (Naturopathic Doctor, Doula)  
and Danielle Harder-MacIntosh (Author & Mother)

To pre-register, please contact the office of Dr. Stephanie Jennings at **905-430-5605** or [info@whitbynaturopathy.ca](mailto:info@whitbynaturopathy.ca) at least 1 week prior to the given lecture date.