



*strength \* spirit \* solace*

## *Newsletter*

February 2005

Dear friend...

The world calls out for improvement and, more often than not, we are ready and willing to offer our advice or admonishments. But each of us possesses the power to effect a positive shift in energy in ourselves and in those around us. Just as purification of the soul leads to purification of the world, change within leads to change without.

Conflicts can be resolved without words. The key is changing yourself and freeing your mind. When someone or something bothers you, it helps to begin by asking yourself if you, too, possess that negative quality or if you're allowing yourself to be overly affected by it. You only have control over yourself, but your influence is farther reaching than you may realize. A positive change on your part often leads to positive change around you.

Keep up the great work and let your light shine on!

Namasté,

*Sara*

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### **My Denver Studio Schedule**

- **Tuesdays, 6:30 – 8:00 pm:** Vinyasa Yoga at Highland's Yoga Studio (44<sup>th</sup> and Tennyson in the Highlands neighborhood)
- **Wednesdays, 5:45 – 7:15 pm:** Restorative Yoga at The Denver Ashtanga Yoga Center (32<sup>nd</sup> and Julian in the Highlands neighborhood)

➤ Private lessons are available! Email [yoga@saradelaney.com](mailto:yoga@saradelaney.com) for more information!

## **Meditation**

*The world is filled with individuals. Not simply individual people, but unique things, experiences, and thoughts. Thus, the idea of achieving oneness, or connectedness with all things, can seem improbable or even impossible. We are surrounded by an astounding diversity of perception that might be called distractions on the path to oneness. But oneness does not mean same-ness, nor does it seek to homogenize the universe. Instead, oneness is an opportunity to see diversity as the palette of colors from which the universe is painted. It is also a powerful method of dispelling loneliness, despair, isolation, and the feeling that you are all alone because, when you are one, you are not only in the universe, but also the universe is within you.*

## **Poses You Can Do at Home**

### **Anjali Mudra (Salutation Seal)**

Practicing Anjali Mudra is an excellent way to induce a meditative state of awareness.



### **Benefits**

- Reduces stress and anxiety
- Calms the brain
- Creates flexibility in the hands, fingers, wrists, and arms
- Opens the heart

### **Step by Step**

1. Sit comfortably in Siddhasana (seated pose) or stand in Tadasana. Inhale and bring your palms together. Rest the thumbs lightly on your sternum.

2. Press the hands firmly but evenly against each other. Make sure that one hand (usually your right hand if you are right-handed, your left if left-handed) doesn't dominate the other. If you find such imbalance, release the dominant hand slightly but don't increase the pressure of the non-dominant hand.
3. Bow your head slightly, drawing the crease of the neck toward the center of your head. Lift your sternum into your thumbs and lengthen down along the back of the armpits, making the back elbows heavy.
4. Practicing Anjali Mudra is an excellent way to induce a meditative state of awareness. Start your practice sitting in meditation in Anjali Mudra for 5 minutes. You can also use this hand position in Tadasana prior to beginning the Sun Salutation sequence, contemplating the "sun" or light of awareness the yogis say is resident in your heart.

### **Variation**

This palms-together gesture is usually centered over the heart. But you can also raise the pressed hands to the front of your forehead or bring them slightly above and in front of the crown of your head.

### **Beginners Tip**

Take care not to harden the skin as you spread the palms against each other. The center of the palm should always stay soft and maintain its "dome" shape. Keep the thumbs soft too.

### **Deepen the Pose**

This palms-together gesture completes an energetic circuit between the hands and the heart and harmonizes the two hemispheres of the brain. See if you can discover, as you perform this gesture, the roots of the hands in the yoga or subtle heart, which unlike the physical heart is directly in the center of your chest (below the sternum and between the shoulder blades), and towards the back of the torso.

*\* Poses You Can Do at Home are from Yoga Journal.*

## **Nutrition – Common Vegetarian Deficiencies and How to Avoid Them**

Poorly planned vegetarian diets typically lack protein, iron, zinc, calcium, vitamin B12, and vitamin D. Careful planning – giving attention to appropriate caloric intake, preparing well-balanced meals, and focusing on specific problem nutrients – can ensure that sufficient intakes are met for both children and adults.

- **Protein** – lacto-ovo vegetarians consume milk and eggs as their protein source; other sources of protein for vegans include: whole grains, legumes, seeds, nuts, and even most vegetables contain some protein.
- **Iron** – food sources include: legumes, dark leafy greens, iron-fortified foods such as cereal, and whole grains – absorption is enhanced vitamin C.
- **Zinc** – food sources include: whole grains, nuts, legumes, and pinto beans, also seafood such as oysters, crab, and shrimp.

- **Calcium** – lacto-vegetarians consume milk products for calcium sources. Other food sources include: calcium-fortified juices or soy milk, legumes, greens like broccoli or turnips, some nuts like almonds and seeds like sesame seeds.
- **B12** – food sources include: fermented soy such as tempeh, seaweed, or supplements may be taken (most multi-vitamins contain ample amounts of B12).
- **Vitamin D** – food sources include: D-fortified foods and also just 15 minutes of sunlight on face and hands per day!

## **Your Questions Answered!**

Do you have a question? Email it to me at [sara@saradelaney.com](mailto:sara@saradelaney.com).

**Q:** *What can I do to naturally treat cold sores?*

**A:**

To treat and prevent cold sores without the use of prescription drugs, you can increase your intake of the amino acid lysine. Like all amino acids, lysine functions as a building block for proteins. It's also a key player in the production of various enzymes, hormones, and disease-fighting antibodies. Some nutritionally oriented physicians and dentists recommend taking lysine during an outbreak of canker sores or cold sores to speed healing. Lysine may also be used safely in conjunction with other prescription remedy. Please consult your doctor before taking any supplements.

Many foods supply lysine, but the richest sources by far include red meats, fish, and dairy products (milk, eggs, cheese). Also, legumes have a fair amount of lysine (specifically beans, peas, and lentils).

- Nonfat milk – 8 fluid ounces, or 245 grams, contains about 660 mg of lysine
- Whole-wheat bread – one slice of wheat bread, or 28 grams, provides 85 mg of lysine

Lysine supplements (in capsule form) can also play an important role in staving off and reducing the severity of herpes-related cold sores. Results of a six-month trial involving more than 50 people indicate that lysine is far more effective than a placebo in preventing cold sores. Participants given a placebo had more than twice as many such infections as those taking lysine. Moreover, the herpes sores that did develop in the lysine group tended to be milder, and to heal faster, than the outbreaks in the placebo group. Lysine supplements may even prevent HSV outbreaks in chronic sufferers.

## **Contemplate...**

Prolonged stress in the body results in a number of long-term changes in both skin and hair. The body will redirect nutrients from the skin to the vital organs, such as the heart, brain, and lungs, a process that over time will deprive the skin of the nourishment it needs. Extended periods of stress also affect metabolic functions, slowing down the

renewal of skin cells, causing the skin to look dull and gray. Stress furthermore upsets the body's fluid balance, making the skin sag and look dehydrated. The stress response also increases free radical production and the associated damage to vital cellular structures and functions of the skin. Free radical damage not only shows up in our appearance, it puts us at risk for the gradual deterioration of body structures and functions – the source of most chronic diseases, from heart disease to cancer, autoimmune disorders, and arthritis.



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*"When you come to the edge of all that you know, you must believe one of two things:  
There will be earth upon which to stand, or you will be given wings to fly."*