



*strength * spirit * solace*

Newsletter

September 2004

Dear friend...

Many Americans have lost a basic connection to food. In fact, in today's busy world, some lack the fundamental knowledge of where and how food is grown and when it is in season. Perhaps the best way to reconnect with food is to enjoy it from its source.

Some ideas include:

- planting an organic garden in your own backyard
- shopping at a local farmers' market
- joining a community-supported agriculture (CSA) farm

The weekly seasonal produce grown or purchased at the farmer's market can help determine what's for dinner. As you become familiar with the seasons of food, you can begin to discover new recipes and new favorites in produce – not to mention you will greatly benefit from the nutritional bounty that comes from eating fresh, locally grown produce that is in season.

Inevitably, the question comes up: “What do I do with all these fruits and vegetables when I come back home from the market?” My answer is, start with what you know. If you're used to flipping open a cookbook or looking in a food magazine for ideas, that's OK. But there's no need to rely on step-by-step instructions. Keep your cooking techniques, and your heart, focused on a delicious creation all your own.

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

Namasté,

Sara

Private Yoga Lessons

Have you been wanting to try yoga, but are afraid to venture into a yoga studio? Do you have a particular physical condition you need help in treating? Are you training for a marathon, triathlon or do you just need some deep stretching? I can come to your home and give you a private yoga lesson in the comfort of your own surroundings with your own music! Private lessons are 75 minutes long and cost \$60.00. If you would like more information, please email me at yoga@saradelaney.com.

Denver Ashtanga Yoga Center

Starting this September, I am teaching once again at the Denver Ashtanga Yoga Center in the Highlands neighborhood! Please come to my Power Yoga class on Wednesday nights from 7:30 to 9:00 pm. First-timers to the studio can practice for one week of unlimited classes for only \$22.00. Other great packages are also available. Please check out their website for more information and directions at www.denverashtanga.com.

HYE Yoga Studio

Starting this September, I will also be teaching two yoga classes every Wednesday evening at the HYE Studio in LODO. These unique classes are just 30 minutes each – 5:15 pm is “Breathe” where we slow down and link breath to movement and discover the meditative quality of a focused yoga practice. 6:15 pm is “Strengthen” where we build endurance and concentration by holding postures for longer periods of time and focus on building upper body and core strength. Please check out their website for more information and directions at www.hyestudio.com.

Healthy Products I Love!

French Meadow Bakery, based in Minneapolis, has developed four wonderful “functional” breads. Functional breads are essentially a “meal replacement” like a protein bar or protein shake – but they are actually very good for you, unlike other meal replacements that may be full of sugar and preservatives.

French Meadow functional breads are high in protein and fiber and low in carbohydrates. Best of all, these delicious functional breads are organic, non-GMO, and sprouted. French Meadow functional breads are available at most health food stores in the Denver area, including Whole Foods, Wild Oats and Vitamin Cottage. You can learn more about French Meadow Bakery online at www.organicbread.com.

- WOMAN’S BREAD provides the beneficial nutrients necessary for women of all ages. Woman’s Bread contains 80mg of soy isoflavones per serving.

- MEN'S BREAD has been developed for the health needs of men of all ages. Men's Bread is a functional food because it provides the necessary nutrients, in the proper balance, for long-lasting energy and physical endurance.
- HEALTHSEED SPELT BREAD is a wheat-free bread packed with organic sprouted grains, sprouted organic soy, organic flaxseed, organic pumpkin seeds, and organic sunflower seeds.
- HEALTHY HEMP BREAD contains the highest amount of protein and fiber of any bread available! Packed with organic shelled hempseeds, organic flaxseeds, and organic pumpkin seeds this is truly “a meal in a slice of bread.”

Meditation

Strength

Vulnerability is as much a part of being human as is strength. Our vulnerability prevents our strength from becoming hard, brittle and self-serving. Our soft edges invite others' openness and their expressions of love. We learned long ago to be “strong.” We were encouraged to need no help, to need nobody. Now, we struggle to ask for help. As we grow in understanding of our human needs, and as we become more aware of the spiritual help available, the difficulty of reaching out to others is eased. No longer do we need to look to pills, food, or relationships for strength. All the strength we'll ever need is as close as our own thoughts. At this moment, we are a tower of strength, not one weighted with burdens. Rather, our strength is a gift of our connection to a spiritual power that can free us from all the troubles we shoulder. Our vulnerable selves will open our souls to the flood of strength just waiting for our prayers.

Poses You Can Do at Home

Bakasana (Crow Pose)

An arm balancing pose, Crow tones and strengthens the abdominal muscles and arms.



Benefits

- Strengthens arms and wrists
- Stretches the upper back
- Strengthens the abdominal muscles
- Opens the groins
- Tones the abdominal organs

Contraindications/Cautions

- Carpal tunnel syndrome
- Pregnancy

Step by Step

1. Squat down and place your inner feet a few inches apart. If it isn't possible to keep your heels on the floor, support them on a thickly folded blanket. Separate your knees wider than your hips and lean the torso forward, between the inner thighs. Stretch your arms forward, then bend your elbows, place your hands on the floor and the backs of the upper arms against the shins.
2. Snuggle your inner thighs against the sides of your torso, and your shins into your armpits, and slide the upper arms down as low onto the shins as possible. Lift up onto the balls of your feet and lean forward even more, taking the weight of your torso onto the backs of the upper arms. In Bakasana you consciously attempt to contract your front torso and round your back completely. To help yourself do this, keep your tailbone as close to your heels as possible.
3. With an exhalation, lean forward even more onto the backs of your upper arms, to the point where the balls of your feet leave the floor. Now your torso and legs are balanced on the backs of your upper arms. As a beginner at this pose, you might want to stop here, perched securely on the bent arms.
4. But if you are ready to go further, squeeze the legs against the arms, press the inner hands firmly to the floor and (with an inhalation) straighten the elbows. Seen from the side the arms are angled slightly forward relative to the floor. The inner knees should be glued to the outer arms, high up near the armpits. Keep the head in a neutral position with your eyes looking at the floor, or lift the head slightly, without compressing the back of the neck, and look forward.
5. Stay in the pose anywhere from 20 seconds to 1 minute. To release, exhale and slowly lower your feet to the floor, back into a squat.

Modifications & Props

Some students have a difficult time lifting into Bakasana from the floor. It's often helpful to prepare for this pose squatting on a block or other height, so that your feet are a few inches off the floor. If it's a fear of falling that keeps you from rolling your weight forward, practice this pose at home, with a pile of pillows in front of you and gradually take a pillow away each time you get up the courage to lift your weight onto your arms.

Beginners Tip

Beginners tend to move into this pose by lifting their buttocks high away from their heels. In Bakasana try to keep yourself tucked in tight, with the heels and buttocks close

together. When you are ready to take the feet off the floor, push the upper arms against the shins and draw your inner groins deep into the pelvis to help you with the lift.

Deepen the Pose

The full pose sometimes causes varying degrees of pain in the wrists. Instead of spreading the fingers on the floor, curl them slightly. This should take some of the pressure off the wrists.

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

Nutrition – Facts about supplements

These days, knowing what to take in terms of supplements can be so confusing! A doctor tells you one thing and advertisements or friends tell you quite another. This article gives just a brief explanation of supplements and why you do or do not need them.

Over-supplemented?

Supplements of vitamins, minerals, or fiber may help to meet special nutritional needs. However, supplements do not supply all of the nutrients and other substances present in foods that are important to health. Supplements of some nutrients taken regularly in large amounts are harmful – make sure to check with your doctor if you are concerned that your supplement intake might be too high. Daily vitamin and mineral supplements at or below the Recommended Dietary Allowances are considered safe, but are usually not needed by people who eat the variety of foods depicted in the Food Guide Pyramid.

Supplement your diet with whole foods

Enjoy eating a variety of foods. Get the many nutrients your body needs by choosing among the varied foods you enjoy from these groups: grain products, vegetables, fruits, milk and milk products, protein-rich plant foods (beans, nuts), and protein-rich animal foods (lean meat, poultry, fish, and eggs). Remember to choose lean and low fat foods and beverages most often. Many foods you eat contain servings from more than one food group. For example, soups and stews may contain meat, beans, noodles, and vegetables.

Because foods contain many nutrients and other substances that promote health, the use of supplements cannot substitute for proper food choices.

Supplement statistics

- Our chemically polluted and stress-filled world has *increased* our nutritional requirements.
- The average American's activity level is actually *decreasing*, meaning that we need more nutrients from less food.
- Modern farming methods have *depleted our soils* of nutrients.
- Food processing and improper storage have resulted in additional *nutrient losses*.

- A USDA survey of 21,500 people found that *not one single person* consumed 100% of the US RDA from the foods they ate.

Definitions of common supplement types

Natural – vitamins derived from food sources. They contain known nutrients and unknown nutrients not yet discovered.

Synthetic – vitamins produced in laboratories from isolated chemicals that mirror their counterparts found in nature.

The lure of synthetic vitamins

- Less costly? It often appears this way on the surface.
- May be useful for short-term response to a specific identified disorder.
- Fewer tablets - concentrated chemicals.
- Easier for manufacturers to produce in a lab from chemicals than to grow and harvest crops.
- Requires 6+ times more for comparable absorption.
- Fragmented nutrient – may actually cause nutritional deficiencies, by depleting your body of the required co-factors. Whole food-based vitamins include the co-factors, including minerals, and especially enzymes!
- Does not include “unknown” vitamins with unknown benefits.
- Can cause toxic reactions to the synthetic ingredients, robbing the body of its own antibodies.

Food-based supplements – recommended list of products

- Shaklee – “*Products in harmony with nature and good health*”
- Nature’s Way *Alive!*
- Essentials by MegaFood – Full Color Spectrum Foodbased Nutrition™
- Garden of Life’s Living Multi™ Whole Food Nutritional Supplements
- New Chapter’s Whole Food Probiotic Nutrients 100% Whole Foods
- DAILYFOODS® FOODSTATE® NUTRITION by MegaFood
- Juice PLUS®+

Questions about nutrition? Email me at sara@saradelaney.com.

Your Questions Answered!

Do you have a question? Email it to me at sara@saradelaney.com.

Q: *When is the best time of the day to practice yoga?*

A:

The answer to this question depends on a variety of factors – whether or not you are a morning or night person, the time you have available to practice yoga during your daily schedule, the degree to which you are tight or loose at various times during the day, your

personal preferences, studio class schedules, etc. So, the time of day you choose to practice yoga is in fact a very personal decision.

Also, it's important to know that some poses are energizing and some are calming. For example, backbends are invigorating and are not recommended before going to bed. Forward bends are calming. Sun Salutations create heat and connect us to our breath. Standing poses build strength, stamina, and a sense of grounding. Balancing poses cultivate concentration. Twists detoxify the body and relieve tension. Inversions, which turn us upside down, literally change our view of the world.

In general, yoga practice is recommended in the morning or the early evening. Always finish with Savasana (Corpse Pose), no matter what time of day you practice yoga.

Questions about yoga or nutrition? Email me at sara@saradelaney.com.

Contemplate...

Don't Forget Your Pet! Humans aren't the only creatures that benefit from whole grains and healthy fats — your dog and cat will too. Fleas, aching joints, hot spots and yeast infections can all be caused by nutritional imbalances. Even most premium pet-food brands are packed with preservatives and lack the essential nutrients found in a balanced whole-foods diet. Gradually switch your pet to a natural brand, replacing only a portion of the old food with the better food each day, and see if you notice a difference in Spot's and Fuzzy's appearance, health and demeanor. Colorado Pet Chef (www.coloradopetchef.com) provides dogs throughout the Denver area with 100% all-natural, super-premium quality dog food that contains no chemical preservatives, animal by-products or fillers. And, they deliver the food to your door for FREE!



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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."*