

Balancing Healthy Lifestyles

Yoga & Spa

magazine



Spa Shiki's

Ann Brown

MAN-O-Pause

Pilates 101

**Bachelorette
Spa Parties**

Spring Detox
and recipes

Men On The Mat

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Publisher's Letter

What's Your Yoga? The question really asks how do we balance health, prosperity, family and friends? Or, more to the point, how do we live a balanced, sustainable and healthy lifestyle? *Yoga & Spa Magazine* is here to inspire and assist you in your search for the answers to these questions. Our mission is to assist you in moving from a life of survival to one of thriving and contributing to your life's authentic purpose in this world. Through the practices of yoga and spa we are certain this can be attained.

The term "yoga" comes from a Sanskrit word which means "union." Traditionally, yoga is a method connecting the individual self with the Divine, Universal Spirit, God, Higher Consciousness or whatever word you choose to describe that all-encompassing force that guides our lives. Physical and mental exercises are designed to help achieve this goal of communion. On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and to promote blood flow to all the organs, glands and tissues which, in turn, keep all the bodily systems healthy.

I recall a yoga teacher of mine once saying that if I continue to do yoga, I won't need botox! On the mental level, yoga uses breathing techniques (pranayama) and meditation (dyana) to quiet, clarify, and discipline the mind. However, experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aim.

"Spa" is an acronym for the Latin phrase, "salus per aquae," or "healing through water." Others believe the origin of the word "spa" comes from the Belgian town of Spa, known since Roman times for its baths. You can think of a spa as a sanctuary for rejuvenation. Yoga and spa are interwoven in a balanced healthy lifestyle. Whenever we take a time-out and breathe, there is an opportunity for healing and inspiration.

As wedding season approaches, we are taking this opportunity to feature bachelorette spa parties. So, gather up your wedding party and entourage to enjoy massage, hair styling and a day of bliss! I actually had a "bachelorette sweat lodge." Now, that was a spa day! Steaming, cleansing and praying with my best girlfriends prepared me to take the plunge!

We would love to hear your version of the perfect spa day. What is your yoga? What gets you re-centered and re-connected with your spirit? Taking a yoga class? Walking in nature? Your weekly Pilates class? Your Sunday Church service? What are you doing to care for your body, mind and spirit? Continue to read *Yoga & Spa Magazine* for inspiration and wisdom. We invite you to achieve a balanced, healthy lifestyle. It is possible.



A handwritten signature in black ink that reads "Brenda".



Brenda A. Fraser, Editor-in-Chief

Originally from New England, Brenda, Y&S Editor-in-Chief, comes with 26 years experience in public relations, marketing, and sales, 14 years of which was spent working at the national level in Washington, DC and 6 years in Colorado. Brenda will be responsible for our growing sales team, overseeing editorial content, external market relations and promotion of *Yoga & Spa Magazine*.

Dianna Lucas, Lifestyle Editor

With 30 years of meditation practice, Lifestyle Editor, Dianna Lucas has the right foundation for all modalities in the healing arts. She will provide our readers with a plethora of resources to enhance healthier lifestyles including nutrition, fitness, and holistic interior design; balancing mind, body, spirit and environment.



Spring Cleaning for Your Body

by Maya F. Bradstreet



Springtime inevitably evokes the notion of Spring Cleaning – the two go hand in hand. Longer, sunnier days signify the end of being cooped up indoors, and the beginning of a lighter, fresher, more energetic way of being. We open up the windows, dust the pillows, and tackle those hard-to-reach places in our homes that inevitably amassed dust, grime and clutter. We clean out cupboards and closets otherwise neglected. We scrub the walls and steam-vacuum the rugs. We even take the time to examine the “stuff” we’ve collected, donating anything extraneous.

While it can be a dreaded endeavor, to make our homes spic and span, once commenced (and completed!), it is a rather rewarding experience. We feel fulfilled, refreshed, invigorated, and ready to move forward with our lives.

Naturally then, it’s appropriate to consider spring-cleaning our most basic ‘home’: our BODY. We may have passed the winter, including the stressful holidays, eating heavier foods. Perhaps we’re guilty of overindulging in sweets, cocktails or caffeine. We may even have a few extra pounds or inches we’d like to rid from our bodies. Now is the most suitable time to detoxify from all the excess of the previous season. It is the perfect opportunity to give our liver a break from toxic overload, to scrub our digestive system clean and to regenerate our cells.

Also known as ‘cleanses’ or ‘fasts’, detox programs are short-term regimes that actually have a long-standing historical and religious tradition. (Think, Lent, Ramadan, Yom Kippur). Usually associated with cleansing the ‘soul’ as much as the ‘body’, refraining from food allows the body and mind to be purified.

Lately ‘detox diets’ have been all the rave. Celebrities and physicians have been championing particular programs and products. You may have read about them in a popular magazine, seen a commercial, or walked by a detox aide at the supermarket. There are a plethora of detoxes out there to choose from, ranging from the extreme to the more moderate. Choices include: water fasting, juicing, taking supplements, eating raw foods, and just plain eating ‘cleaner’. The premise is the same: by removing toxins from our diet, we allow our cells, tissues and organs to rest from the build-up of those pollutants. Because our body isn’t working hard to digest complicated or harmful substances, it can focus instead on detoxification. (Examples

of foods that are constituted as a ‘toxin’ are listed below in the ‘Action Plan’.) In the end, we experience profound results. Our digestion and metabolism are improved. We also experience a renewed energy, a clearer mind, and a brighter outlook. Our body is revitalized, from head to toe!

However a detox DIET is a misnomer as it should NOT be looked as a way to lose weight. While usually one can expect to lose a few pounds, it likely is water-weight, and it definitely should not be the main purpose of one’s decision to pursue the detox. Not to mention, it can be dangerous to jump into cleansing without having adequately prepared the body for the removal of toxins. Some expected reactions are withdrawal symptoms such as headaches and irritability. You ought to get the go-ahead from your physician, particularly if you have certain medical conditions. Preferably, you aren’t undergoing any major stresses in your life either. That way you can focus on yourself, and give yourself the gift of a purified body, mind and spirit!

ACTION PLAN: 5 WAYS TO JUMP START YOUR OWN DETOX PROGRAM

Based on experience and research, I have developed my own foods-based plan that is more moderate than some of the other cleanses out there, but just as effective. Detoxing doesn’t have to be complicated...

1) Focus on adding or increasing the following (variety is good):

- Raw fruits and juices (Citrus is particularly effective at cleaning out our liver)
- Raw vegetables and juices, particularly dark leafy, bitter greens – their high chlorophyll content oxygenates our blood.
- Whole, unrefined, non-glutinous grains (e.g. quinoa, millet, preferably soaked & sprouted)
- Seeds (e.g. sunflower, sesame, pumpkin, preferable soaked and sprouted)
- Good quality probiotic

2) Limit, Reduce or completely avoid the following:

- Artificial Ingredients (e.g. sweeteners, additives and preservatives)
- Refined Sugar (e.g. white sugar, high fructose corn syrup)
- Refined Carbohydrates in general
- Fried Foods
- Caffeine (Soda, coffee and tea)
- Alcohol
- Animal Protein, including dairy
- Allergenic foods (e.g. soy, corn, peanuts)

3) Hydrate!!! It is extremely important to drink fluids. Choices are:

- High-quality filtered water
- Electrolyte or Spring water
- Herbal teas
- Soups

4) **Get your rest – Quiet time (and stress reduction in general) is the best way to encourage our body to heal:**

- Sleep (try to get to bed before 10pm, and aim for 8 hours a night if you can)
- Get a massage (or two)
- Practice yoga
- Meditate
- Spend time outdoors, the fresh air and sunshine (Vitamin D) will do your body good!



5) **Don't forget to sweat** – Moving your body through gentle or moderate exercise, is a great way to help detoxify. Our skin is our largest detox organ, so sweating helps encourage the cleansing process. In this vein, if you have access to a sauna or steam room, raising your temperature and heart rate is another great option!

-DETOX RECIPES TO TRY OUT AT HOME-

Quick Energy Smoothie

- 1 cup coconut milk
- 1 cup frozen and/or fresh fruit (I urge you to experiment with flavors and combinations that appeal most to you)
- 1 tbsp green powder (e.g. spirulina, barley grass, wheat grass, etc.)
- 1 tbsp flax seeds

Put all ingredients in blender; blend on high for 30 seconds – to several minutes to achieve desired consistency. This recipe

is extremely nutrient dense not to mention tasty and filling!

Easy Way To Get Your Greens

- 1 bunch dark leafy greens (collards, kale, mustard, swiss chard, etc)
- 1-3 tbsp extra virgin olive oil or coconut oil
- 1-4 cloves garlic
- Water - enough to coat bottom of pot
- Sea Salt to taste
- pumpkin or sunflower seeds to garnish, optional

Clean greens and tear or chop into desired size pieces.

Heat oil in wide skillet or pot. Add garlic and cook over medium heat until golden/brown. Add greens first, then salt, followed by liquid last. Bring to medium high. Cover and cook until tender (1-5 minutes).

Sprinkle with seeds if using. Y&S

Maya F. Bradstreet, MS HHC founded A Recipe for Wellness, llc. You can contact her with any food, detox and health-related questions at maya@arecipe4wellness.com

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