



Spring Newsletter

Class Schedule

- Mon**
6:15p - Beginner Yoga
7:15p (3/14 - 4/18)
- 7:30p - ZUMBA
8:30p
- Tues**
9:00a - Yoga Flow
10:15a
- 6:30p - Yoga Flow
7:45p
- Wed**
7p - 8p ZUMBA
- Thur**
10a - Yoga Stretch
11:15a
- 6:30p - Restorative Yoga
7:30p (3/31 - 4/21)
- Sat**
9a - Vinyasa Flow
10:15a

Have you experienced a Passive Yoga Bodywork treatment at Chiropractic & Wellness? Schedule an appointment with Tricia Engelking (PS Engelking, LLC) at 414-520-5715 to rhythmically release stress from your body, lengthen your muscles, open your joints, and refresh your outlook. These 90-minute treatments include new poses and specialized sen line techniques that will improve the way you feel!

Passive Yoga Bodywork takes place on a well-padded floor futon and is completely passive for the client. Try one today!

Time for a Detox?

Over the past few decades, an ever-increasing number of chemicals in the water, foods, and air have entered the environment and subsequently the living human body. Many of these chemicals are toxic to the body, especially in combination. As a result, the detoxifying capacity of the liver and kidneys can be overwhelmed. Over time, accumulating toxins have a deleterious effect on the self-healing mechanisms of the body.

Impact of toxins
Toxic buildups occur at least in part because the organs of elimination are not functioning properly. There must be effective detoxification to allow the optimal functioning of the body's innate healing abilities.

Detoxification process
Detoxification in the body is ongoing, and can be continuously supported or enhanced over a predetermined period. The process of detoxification can be broken down into five main categories: drainage, elimination, healthy assimilation and utilization of nutrients with enzyme therapy, desensitization, and liver

detoxification and support.

Achieving results
The liver is an important organ in maintaining good energy levels and detoxifying the body. Good digestion, desensitization, and good nutrition keep the liver working optimally. When basic sensitivities have been cleared, fewer side effects from the detoxification occur, such as headache, achiness, tiredness, skin rashes, irritability, and dizziness.

Enhance healing
With any healing modality, especially chiropractic adjustments, a detoxification program can further enhance healing. The design of the detoxification regimen depends upon the presenting symptoms and the body's detoxifying capacity. Many symptoms treated with medications are the result of pathologic detoxification processes. Those symptoms can be ameliorated with proper detoxification. There are many options, but the goal is improving overall detoxification, which is best accomplished by first evaluating the patient's capacity to detoxify and the extent of toxic

inflammation and stagnation, and then clearing (with desensitization, enzyme therapy, and dietary changes) sensitivities to support complete detoxification, including drainage and elimination of toxins. A detoxification program is easily integrated into most chiropractic practices.
Chiropractic Economics, Nov 24 2010

- Detoxification Options:**
- Ultra Clear + Advaclear
 - Alka Cleanse
 - New Start Internal Cleaning System
 - Detox Foot Bath
 - Dietary
 - TBM Chiropractic technique



STEVE NASH SCORES!

Phoenix Suns

The basketball star's success on and off the court comes from a natural approach to healthy living.

"I stay away from processed pastas, breads, and sugars. Now I eat as much raw and natural food as I can. Nothing processed, no refined sugars. I eat fruits, vegetables, lean fish or chicken, preferably wild fish or consciously raised chicken, and raw nuts and legumes. Fresh steamed

vegetables and fish such as wild salmon, salt-free nuts or dried fruit. I like to wake up with a protein and berry shake. I also have a steady diet of fresh fruit throughout the morning.



"I eat as much natural food as I can - no refined sugars"

My supplementation program changes (with need).
My body and my mind are perfectly in sync from hours of training and repetition. I am not the biggest or tallest guy on the court, so I have to be fastest, both mentally and physically. Without a strong mental attitude, there can be no true physical health."

Full article in Feb 2011, Energy Times



Exercise Activity

The right intensity. For best results, exercise should be aerobic. Medicine.net defines aerobic exercise as, “Brisk physical activity that requires the heart and lungs to work harder to meet the body’s increased oxygen demand.”

Generally speaking, the exercise type is not as important as its intensity. A young person might need to speed walk or jog, whereas walking 2.5 miles an hour may be enough for an 80-year-old, which is why one should consult a health professional when starting an exercise program.

The right amount of time. The good news is aerobic activities are cumulative. Three times a day for 10 minutes provides as much benefit as 30 minutes at one time — sometimes more. Ideally, one should take 8,000 to 10,000 steps a day. A reliable pedometer can help someone build to this level by monitoring what steps they take and then working toward a 13 to 14 intensity on the Borg Scale, perhaps increasing 500 to 1,000 steps a week.

Start gradually, but start! If starting or getting back in to exercise is difficult, start with shorter workouts (one to 15 minutes), three or four times a week. The good news is people who are in the worst shape get the most benefit, even from this small amount of exercise.

Set a goal. If there is a personal objective, such as riding a bike with grandchildren or running an eight-minute mile, one could build up to 150 minutes of exercise a week at level 11, or 75 minutes a week at level 13 — given your doctor’s OK.

This level maintains fitness and helps prevent weight gain or regain, and this amount of exercise follows the activity guidelines promoted by the U.S. Department of Health and Human Services (HHS).

If weight loss is the goal, one should combine a calorie-restricted diet and work up to 250 minutes of exercise a week. According to the National Weight Control Registry, brisk walking for an hour a day (more than 400 minutes per week) is the most common exercise strategy for long-term successful dieters. Keep in mind, however, that any activity when done at the Borg Scale of 11 to 14, such as vacuuming, gardening, cleaning, or even walking through the mall for 10 minutes — counts toward the goal.

Know some of the secrets.

Weightlifting is a popular way to build muscle. Since muscle mass requires a lot of energy, having more muscle makes you burn more calories.

Chiropractic Economics, Nov 24th 2010



A Useful Tool
To determine the proper level of exercise intensity, **The Borg Scale of Perceived Exertion** is a useful tool. For proper intensity, one needs to stay in the 11 to 13 range to burn fat and promote heart health. At this level, one is still able to carry on a conversation.

The Borg Scale of Perceived Exertion		
Scale	% of Effort	Description
6	20%	No exertion (sitting at rest)
7	30%	Very, very light (walking slowly on a flat surface)
8	40%	
9	50%	Very light (walking slowly on a slight grade)
10	55%	
11	60%	Fairly light
12	65%	
13	70%	Somewhat hard. Your heart rate and breathing increase, but you can still continue
14	75%	
15	80%	Hard, heavy
16	85%	
17	90%	Very hard — you can continue, but you’re very fatigued and can’t go much longer
18	95%	
19	98%	Very, very hard, near exhaustion
20	100%	



Yoga Specials



Beginning Yoga New 6 Week Session \$66
6:15pm-7:15pm

Mondays March 14-April 18

This is a 6 week beginner series for those new to yoga or those wanting to continue to learn yoga at a more leisurely pace. This series will cover basic yoga philosophy, meditation, breath work and yoga postures (asanas). Each 60 minute class will conclude with savasana or a period of relaxation.

If you'd like to try this class as a drop-in to see if yoga is for you, please contact us.

The drop-in fee is \$15 per class.

Pre-registration is required for the 6 week session by Friday, March 11th, 2011.

Restorative Yoga 4 Week Spring Session
6:30-7:30pm

4 weeks/\$50 - Thursday March 31-April 21

This calming class starts with gentle stretching then, using blocks, blankets, and/or straps, the head, limbs and body are supported in relaxing poses cultivating gentle range of motion and passive stretching.

Restorative yoga allows us to “be” rather than “do”. In restorative poses, the body and the mind are able to relax and find balance. This practice is perfect for new students or those with low back issues, pain, fibromyalgia and anyone who wants a gentle, relaxing practice.

This class is 60 minutes.

Pre-registration is required by

Friday, March 25, 2011.

Payment (cash or check) can be made out to Body & Soul Integrated Wellness, LLC

For both/either registrations, please include your name, phone number and email address and submit payment to:

Yoga
c/o Chiropractic and Wellness on
Pewaukee Lake
213 W. Wisconsin Ave
Pewaukee, WI 53072

Please contact Patti at 262.894.1212 or