

Nurture Your Mind, Body, and Spirit

Balanced and Whole Wellness Center, LLC

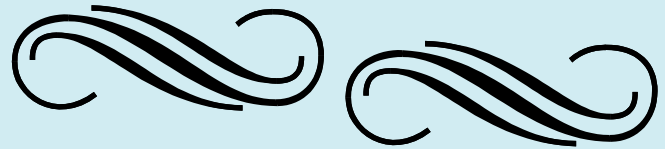
Wellness Newsletter Spring/Summer 2008

Our Mission is to promote health and wellbeing by leasing quality space to certified or licensed independent practitioners of wellness services.

Peg Warren and Jerian Abel, Owners

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Practitioner Spotlight:

Peg Warren, PhD
Licensed Psychologist
For Balanced and Whole Living

I am a therapist for adult individuals, couples, and groups. I specialize in personal growth, stress management, anxiety, depression, and healing from abuse.

As I trained to become a therapist, I was repeatedly and profoundly moved by people who permitted me to witness their hardships, struggles, and suffering as I supported them as best I was able. I came to be inspired and amazed at how resilient and strong people can be in the face of adversity and trauma.

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Wellness is not an outcome. It is a process. A continual process of learning and growing and nurturing and finding balance. A process of tending the soul and tending others, minding our thoughts and minding our environment, and celebrating all that is worth celebrating.



Visit us in the Hollywood District!
4423 NE Tillamook St Portland, OR 97213
(503) 249-7650
www.balancedandwhole.com

Self Care Exercise: Mindful Breathing

Take some time to calm your mind with a mindfulness exercise. Find a quiet spot and seat yourself comfortably. Allow your body to relax. Begin by noticing your breath, but continue to breathe naturally. Visualize your breath as you inhale and exhale. Note, "I am breathing in" as you inhale and "I am breathing out" as you exhale. Do this for 1 to 5 minutes. If your mind wanders, that's okay. Simply remind yourself to return to your breathing. The more you practice this, the easier it will be to focus over time. As you become comfortable with this exercise, increase the time or the number of times that you meditate.



Being in the NOW!!!

In Oprah's most recent book club pick, "A New Earth", by Eckhart Tolle, the author states that the only way to feel true happiness is to be in the moment, in the presence of our true essence. By living in the moment we can release the ego, which attempts to keep us in the past that no longer exists, or project us into a future that no one can predict. One of the practical methods he suggests is taking a few minutes to walk in nature or observe something from nature, a flower in a vase or a stone that we found on the beach. Nature is always in the moment, never wanting or worrying, always accepting life right now.

Another way we can experience being in the now is during a Reiki session, when the client is able to completely relax and release any thoughts in the mind and only be aware of the moment. When a client is in the now, there is no negativity, no emotional pain or suffering, and joy naturally bubbles to the surface.

There is no worry, no conscious thought, only peace. Most people leave a Reiki session with a deeper sense of clarity, aware that they have truly experienced being in the now and they can choose to remain in that calm state, if they wish. On our life journey, Reiki is one of the modalities that helps us connect to our true essence and practice being in the moment. This sentiment was expressed recently by a client after her session, "I am so peaceful I feel like Buddha".

Kathryn Misetich
Karuna Reiki Master/Teacher

Svaroopo Yoga Joins our Center!

When I walked into the Balanced and Whole Wellness Center, LLC, I knew that this would be the perfect place for a Svaroopo Yoga Class. Svaroopo Yoga in particular is a wonderful complement to just about any healing modality, because we are not a form of yoga that comes from the exercise paradigm. In other words, Svaroopo yoga is gentler, more supported, more effective at nourishing the body with simple poses that release tension in the body (and more). One of the main goals as a teacher of this style of yoga is to give the student tools to incorporate a home practice. So from that perspective, the client/student can learn 'self-care' and greatly enhance their healing capacity.

Svaroopo means "the bliss of your own being" in Sanskrit. Many people actually refer to the practice itself as "Bliss Yoga" – and, one could also describe it as "Yoga for your back" as well. The class sizes are generally small, which makes it easier for us to watch alignments & take care of students to make sure they are getting benefit. In this practice we have a unique approach; the poses are tailored to reach into specific parts of the spinal muscles. In every class we do a 'sequence' up the spine starting at the base of the spine at the tailbone. There are many other poses we will be exploring too, but this 'sequencing' the spine is the core focus of each class.

YOGA THERAPY AND PRIVATE INSTRUCTION - Not only will there be ongoing yoga classes for all levels, there will also be Yoga Therapy & Private instruction. In a Yoga Therapy session we use supported poses, no standing or anything strenuous, to create powerful changes in your body/mind. Private instruction is worth considering if you are totally new to yoga and/or if you can't make it to a regular class. Yoga Therapy can also help if you have physical challenges that restrict you from doing regular classes.

The instructors:
Belle Mann RYT, PhD
Janis M Desmond RYT
(Registered Yoga Teacher)

Springtime Tips



Now that spring has arrived, the temperatures are warmer, the amount of sunlight we get in the day is longer, the trees are blooming, and flowers are coming up. Here are some tips to promote wellness during this season:

- * Get outside more! Garden, take walks, hike, sit outside while you drink an afternoon beverage, or take other activities that you have been doing inside to the outdoors.
- * Be mindful of spring foods that you can incorporate into your diet (see Spring Dietary Guidelines).
- * Take on a new hobby if you've been using the dreary winter as an excuse not to do new things.
- * Make sure you stay hydrated.
- * Meditate on a flower or a blossom or some new growth that you've noticed this spring.
- * Think of friends that you haven't seen in a while and schedule some companionship time.
- * If you have allergies, be proactive in addressing them.



Group Space for Rent

Do you need a space for your meeting, group, workshop, or class? Consider our second floor group space! We lease our group space on an hourly basis. It can seat up to 20 people in an oval or the chairs can be pushed to the walls for floor work. \$15 per hour, \$50 for 4 hours, \$100 for the whole day. Call us to see the space or for more information: 503-249-7650.

Peg Warren & Jerian Abel

Our Practitioners

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Natural Healing through Gentle Touch

Kathryn Missetich
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Spring Dietary Guidelines

Spring! At last, nature around us is coming out of hibernation – flowers are blooming, trees are budding, birds are singing, and the sun is making a more regular appearance. Spring in the Northwest is a beautiful time of year – as you venture outdoors to enjoy the season, also remember to adjust your diet to best balance your body – as the season changes, so should your food choices. This time of the year is one in which the yang energy begins to return – characterized by growth, expansion and movement. Our appetites naturally decrease as the weather warms up, and the body rids itself of toxins and build-up from the previous seasons. Spring is the season of the Liver and Gallbladder and the associated element is Wood.

Our diets during the spring months should contain sour flavors and mildly warming foods. Sweet and pungent flavors are also appropriate this season. Green is the color of the wood element, so most green foods are beneficial in the spring. Cook food for a shorter time, but at higher temperatures. Water is best steamed rather than boiled.

SPRING FOOD SUGGESTIONS:

Herbs/Spices: Basil, Fennel, Marjoram, Rosemary, Caraway, Dill, Bay leaf, Garlic, Paprika, Ginger, Peppermint

Vegetables/Fruits: Celery, Spinach, Sprouts, Beets, Carrots, Onions, Artichoke, Tomato, Eggplant, Apple, Grapefruit, Blueberry, Apricot, Cranberry, Mango, Pear, Peach, Plum, Tangerine, Strawberry

Grains: Wheat, Spelt, Rice, Buckwheat, Rye

Beverages: Cider, Red Wine Vinegar, Green Tea, White Wine, Sherry Vinegar, Black Tea, Beer

AVOID: Salty foods, as they are too downward moving. Heavy foods can block the liver energy, resulting in anger and fevers. Hot or fatty foods block liver qi. Excessive sour foods – remember everything in moderation!



Mmm . . . Cranberries

Cranberries are a wonderful fruit. They are reported to help with urinary tract infections, they have high amounts of antioxidants and phytonutrients that may help protect against heart disease and cancer, and they are so versatile! They can be eaten or used in recipes dried, frozen, or fresh. And they make a delightful juice. Add some cranberries to your diet this spring. Enjoy!

Fruit Salad

1 cup pineapple, cut into cubes
2 bananas, sliced into rounds
1 cup blueberries
2 granny smith apples, peeled and cored, cut into cubes
1 cup grapes
1/4c dried cranberries
1/4 cup honey
1/2 tsp vanilla
Crushed hazel nuts (optional)

Mix all ingredients together in large bowl. Chill for one hour or longer. Serve as is, or with yogurt, granola, or oatmeal.

Springtime Recipes

Spinach Dal (4-6 Servings)

1 cup red lentils, picked over and rinsed
3 cups water
1/8 tsp cayenne
1/2 tsp ground turmeric
3/4 tsp salt
1/4 tsp ground cumin

2 Tbsp ghee or vegetable oil
1 onion, chopped
2 cloves garlic, minced
1/2 inch ginger, peeled and minced
3 cups chopped, fresh spinach

1/2 tsp garam masala
2 tsp lemon juice

In a medium-sized pot, place lentils, water, cayenne, turmeric, salt, and cumin. Bring to a boil, reduce heat, and simmer for one hour, stirring every 10 minutes to prevent sticking (more frequently if needed).

In another pot, heat the oil over a medium flame. Add onion, garlic, and ginger. Cook for 5 minutes. Add spinach. Cook for 5 minutes. Add this mixture to the lentils and cook over low heat another 5 minutes. Stir in garam masala and lemon juice. Serve with rice, potatoes, or naan.

Peanut Butter Stew (approximately 6 servings)

1/4 cup peanut oil (or other light cooking oil)
2 Tbsp fresh gingered, peeled and minced
1 onion, chopped
3 cloves garlic, minced
1/2 tsp of cayenne
1 tsp salt
4 cups water
1 cup peanut butter
1 head of cabbage, chopped
3 sweet potatoes, peeled and cut into bite-sized chunks
6 carrots, sliced into 1/4 inch rounds
6 roma tomatoes, chopped

In a large, heavy pot, sauté onion and ginger in oil until onions are translucent. Add garlic, cayenne, and salt. Sauté another couple of minutes. Add water and bring to a boil. Think the peanut butter with some of the hot liquid from the pot, and then stir in the peanut butter. Add all vegetables, bring mixture to a boil over medium-high heat, stirring occasionally to prevent sticking, then simmer for 20 minutes. Serve plain or garnished with parsley.

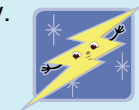
ENERGIZE WITH THE ELEMENTS

Are you a water baby that leaves the bathroom flooded after brushing your teeth? Or, are you a Child of the Sun who loves to bask in its rays and feels depressed during the cloudy winter months? Since everyone is usually energized by one element and depleted by another, it is important to become familiar with the four elements, air (wind), water, fire (sun) and earth and their effect on us.

If you love to luxuriate in a bath every night, wish you could take three showers a day, or your ideal vacation is an ocean cruise, you are probably energized by water. When you leave a fan running year-round and always crack the car window or turn on the AC while everyone else is freezing, the wind could be your element. If you avoid the sun and have created a summer haven in the basement, you are probably depleted by the sun and should honor the message your body is giving you.

Tune in to your body to recognize your favorite energizing element and then connect to it to recharge yourself. When you discover what elements energize or deplete you, your body will respond in a positive way.

Kathryn Misetich, Karuna Reiki Master/Teacher



When to Eat (According to Traditional Chinese Medicine)

- * Eat a warm morning meal between 9am and 11am (or have a shake or snack at that time) especially if you are prone to afternoon slumps. Your breakfast should be the largest meal of the day.
- * If possible, eat your evening meal several hours before you sleep, especially if you have trouble sleeping. Your dinner should be the smallest meal of the day.

Summertime Tips

Summer! Warmer and sunnier days. Kids out of school. Lots of daylight, gardening, water sports, hiking, outdoors, picnics, camping, . . . it all sounds so good! And it can be. But we also need to remember that our schedules change and that we may have less time, not more time, for fun. Here are some summertime tips:

- * Plan some enjoyable outdoor activities for yourself - by yourself or with loved ones or friends.
- * Use sunscreen. Liberally. For fair skin, use an spf of at least 15; 30 if you'll be in the sun for two hours or more. For skin that does not burn and tans well, use an spf of at least 8; 15 if you'll be in the sun for two hours or more.
- * Make sure you stay hydrated. Drink lots of water. No other beverage compares!
- * Make sure that you have some down time. Many of us try to fit everything in during the nice weather, then end up overwhelmed and exhausted. Be proactive. Get in some alone time, some meditation time, some breathing time.
- * Are you not a super-active enthusiast? Enjoy a book outdoors. Breathe in the fresh air. Or knit, crochet, or do some other handwork outside.
- * It's easy to lose touch with friends during the summer. Make sure you schedule play dates, tea/coffee, walks, or some other activity with friends.



Summer Dietary Guidelines

As the days get warmer, and we transition into summer, again we must adjust our diets accordingly. Summer is the season of Yang – characterized by brightness, outward movement, expansion and creativity. During this season, we should take advantage of the energy around us by waking early and staying active – work, play, travel, and be joyful. The Heart and Small Intestine are the organs associated with summer, and the element is Fire.

Our diets during the summer months should contain cool, moist, and bitter foods to help disperse heat in the body and to nourish yin. Foods should be cooked lightly, and pungent spices may be added. When cooking, high heat with shorter cook time is ideal. More water and less salt should be used.

SUMMER FOOD SUGGESTIONS:

Herbs/Spices: Curry, Turmeric, Chili Pepper, Basil, Dandelion, Rosemary, Sage, Cinnamon, Cumin, Thyme, Linseed, Bitter Orange Peel, Marjoram

Vegetables/Fruits: Watermelon, Peach, Apple, Kiwi, Melon, Lemon, Orange, Tangerine, Pear, Pineapple, Cucumber, Spinach, Tomato, Salads, Sprouts, Celery, Eggplant, Raspberry, Zucchini

Grains: Wheat, Barley, Oats

Beverages: Cocoa, Green Tea, Honey, Red Wine, Black Tea, Mineral Water, Wheat Beer

AVOID: Ice-cold foods and beverages because they block digestion. Heavy foods, as they cause sluggishness on hot days.

As always, it's important to keep a balanced diet. While these foods are recommended this time of year, an overindulgence in these foods can, and probably will, lead to an imbalance elsewhere. Treat yourself to these flavors, but be sure to include other foods that complement and balance your diet. A good rule of thumb is to eat what's in season locally. Here in Oregon, we have many options for seasonal edibles. Enjoy!

Mmm . . . Pineapple

Pineapples contain bromelain, an anti-inflammatory. They also contain a significant amount of vitamin C. PLUS, they have manganese, which is needed for our bodies to build bone and connective tissue. Pineapples also are thought to aid in digestion. Have some!

Practitioner Spotlight, continued from front page

The longer I worked with people in therapy, the more I came to believe that many people who are anxious, stressed, or depressed are responding and reacting normally to past or present hardship. I did not see most of these responses as abnormal or diseased.

In therapy, I encourage people to accept their feelings or pain and to have compassion for themselves. My intention is for people to find meaning, balance, acceptance, and fulfillment in their lives. Throughout the therapy process I do my best to support them as they are and in taking steps to make the changes that they want to make.

I love to do individual, couples, and group therapy with people. I feel both honored that people are willing to share their inner experiences and blessed to be a witness to their strengths and their growth. I also enjoy doing workshops with small or large groups either at our wellness center or at places of employment. My workshops usually focus on relaxation, stress management, and wellness.

We all have strengths and weaknesses. We all can use support and an outside opinion from time to time. Therapy doesn't have to be only about problems. It can also be about growth, affirmation, and discovering great things about oneself.

To learn more about Peg and her credentials, go to www.balancedandwhole.com/living.html

Schedule of Groups and Events

For detailed information on groups and events, go to www.balancedandwhole.com.

Please note that groups are facilitated by independent practitioners.

Contact them directly for more information or to register.

Mondays

All Mondays 7:15pm-9:00pm Joyful Refuge Sangha
Contact: Kri Schlafer 503-236-2872. Mindfulness practice in the tradition of Thich Nhat Hanh.
Cost: None! Donations gladly accepted.

All Tuesdays

Jaya Yoga Contact: Janis Desmond 503-282-9633 More info: www.jayayoga.net
Jaya Yoga for Continuing Students 9:00am -10:30am Cost: \$52 for 4 weeks, \$96 for 8 weeks
Jaya Yoga for Beginning Students 11:00am-12:30pm Cost: \$52 for 4 weeks, \$96 for 8 weeks
For Newcomers & Daily Practice 6:00pm-7:30pm *starting in June* Cost: \$52 for 4 weeks

Wednesdays

May 14-June 8 6:45-9:15pm Birthing from Within
Contact: Karen Asbury 503-997-4308. Childbirth preparation classes.
Cost: \$250 per couple. More info: www.awakening-wisdom.com
First Wednesdays 10:00am-6:00pm. Walk-In Wednesday
Cost: Regular fees apply. No appointment needed. Visit us!

Thursdays

June 26 7:00-8:30pm Meet your Master Guide
Contact: Kathryn Misetich 503-593-5536 Guided meditation for protection and assistance.
Cost: \$10 More info: www.balancedandwhole.com
Third Thursdays 6:00pm-9:00pm Hollywood Third Thursdays
Cost: Free! Join us for a mini open house, health information, activities, and trivia.

Fridays

All Fridays 10:45am-12:15pm Yoga for Veterans
Contact: Belle Man 503-227-8635. Yoga offered to all service veterans.
Cost: Free!
One Friday per month 5:00-9:00pm Shamanic Drumming Circle
Contact: Leslie Harris 503-706-8312. Shamanic journeying through drums and sound.
Cost: \$5 donation More info: www.eastoforion.com

Saturdays

One Saturday per month 10:00am-2:00pm Planetary Empowerment & Healing
Contact: Leslie Harris 503-706-8312. Shamanic & astrological exploration of planetary energies.
Cost: \$50 per workshop More info: www.eastoforion.com

Sundays

June 1 2:00-4:00pm Vedic Astrology
Contact: Michael Vogt An Introduction to Vedic Astrology
Cost: Free! More info: www.balancedandwhole.com

Other

Thursday/Friday, May 8&9 6:00pm-9:00pm Family Constellations
Contact: Leslie Harris 503-706-8312 Exploration of family constellations for healing.
Cost: \$30 one evening, \$45 both evenings More info: www.eastoforion.com