

# LIVE WELL. NATURALLY.

DR. LISA KEEN, ND



## A MESSAGE FROM THE DOCTOR

I'm pleased to announce a new therapeutic modality in my naturopathic practice – yoga therapy. After recently completing a 200-hour teacher training program in Canmore, I'm now a certified Kundalini Yoga Instructor, and I'm looking forward to introducing my patients and friends to this ancient art.

Yoga is one of the oldest known health practices in the world and teaches a basic principle of mind-body unity. More specifically, Kundalini Yoga is a unitive discipline of the power of awareness and the potential in each individual.

By using a combination of physical postures (asana), breathing exercises (pranayama) and meditation exercises, yoga helps to reduce stress, lower blood pressure, regulate heart rate and increase flexibility in addition to many other positive health benefits. Ask me in your next appointment how you can incorporate this powerful therapy into your health and wellness plan.

I'll be offering Kundalini Yoga classes and workshops in the near future. Watch for more information in my next newsletter.

Have a happy, healthy summer!

-DR. LISA

"Yoga was made for human to be healthy, happy and holy. Kundalini Yoga was made for human to be healthy, happy, holy and aware. The secret of your soul is awareness." – Yogi Bhaajan

## CHEW ON THESE TIPS FOR HEALTHY GUMS

Take time during the summer to schedule a dental check-up and periodontal exam to assess the health of your gums. Your gums are common sites for infection to develop and must be monitored at least twice a year.

Gingivitis contributes to chronic inflammation, cardiovascular disease and/or cancer. Signs and symptoms to watch for include red, inflamed gum tissue that bleeds easily with flossing/brushing teeth or eating hard foods such as raw apples.

The best treatment is prevention with daily brushing and flossing as well as routine visits to your dentist. Eating a diet high in whole foods and fibre, avoiding excessive consumption of refined carbohydrates and talking with your naturopathic doctor to address any underlying systemic problems are also important in promoting healthy gums.

## BALANCING THE BASICS OF METABOLISM

Maintaining a proper acid-base balance is one of the most important metabolic processes in the human body. This regulatory system continually monitors the body's vital functions to make sure it is in the proper pH range. When the body is too acidic, it can promote fungal growth, accumulation of toxic metals, loss of the alkaline minerals calcium, magnesium, sodium and potassium, and degenerative diseases such as osteoporosis, heart disease, and cancer.

Acid levels also affect enzyme reactions in the body that regulate cellular metabolism. If levels are too acidic, it can lead to toxicity or death of the cell. Early signs of acidity can include tiredness and sleep disturbances. More significant signs can be body pain, chronic candida infections or chronic heartburn.

Your dietary intake should contain up to 80% alkaline-forming foods such as fruits and vegetables. Acid-forming foods should be limited to 20% or less of your diet. Animal protein, grains, sour fruits and citrus fruits, coffee, tea, and alcohol increase acidity. Ask Dr. Lisa how a "basic" test can assess your pH and risk of acidosis.

## SPICE UP YOUR SUMMER

### Cool yourself down by turning up the heat

During the hot summer months, we're often attracted to foods that help cool us down, like apples, watermelon, salads, fruit, cucumber, lemons and limes. These watery foods help to balance out the excess heat in our system and are easy on our digestion.

Another way to help with the heat is to eat hot, spicy foods, including cayenne, hot peppers, fresh ginger, horseradish and black pepper. These fiery foods help bring excess body heat to the surface to be released.

### TRY THIS QUICK AND EASY RECIPE TO UP THE HEAT AND COOL YOU DOWN:

#### Ginger Mango Salsa

- 1 medium diced mango
- 1 tablespoon minced cilantro
- 1 teaspoon fresh grated ginger
- 1 tablespoon lime juice

Combine all ingredients in a small bowl.

Use this unique salsa to accompany fish, shrimp or scallops. Serves 2.



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