

LIVE WELL. NATURALLY.

DR. LISA KEEN, ND



CARING FOR YOUR KIDNEYS

During the winter months, it is a time for us to store and conserve our energy – it is the most yin season of the year. We must rest, rejuvenate, slow down and restore our foundation. The kidneys play a huge part in this process as they are thought of as the root of the body's energy from a traditional Chinese medicine point of view.

Water is the element associated with the kidneys. To help support and balance this water element, it is important to drink at least 8 glasses of clean water daily, find time for movement everyday – get things moving and flowing – and take time to make your sexuality into a sacred experience.

Not only do the kidneys remove uric acid, urea, and ammonia from our bodies, but they also regulate acid/alkaline balance, maintain the balance of electrolytes and manage water distribution. These bean-shaped organs play a pivotal role in the filtration process of water-soluble toxins, waste, and trace amounts of amino acids, hormones and minerals. They collectively cleanse 180 litres of blood in 24 hours.

Kidney yin tonics (blood building): mung beans, mung bean sprouts, string beans, black beans, aduki beans, kidney beans, black soybean, lentils, tofu, wild rice, millet, barley, sweet rice, wheat berries, potato, parsley, asparagus, seaweeds, Spirulina, chlorella, red raspberries, blackberries, blueberries, watermelon, rosehip tea, and red raspberry tea.

DIAGNOSTIC SPOTLIGHT: BODYMETRIX

Have you ever wondered what your true percentage of body fat is? The cutting-edge BodyMetrix system uses the same professional-grade ultrasound technology used by elite athletes and trainers to determine an accurate assessment of body fat percentage.



The ultrasound wave penetrates tissue and then records the reflected signal. Reflections occur at different tissue boundaries. For example, there is a strong ultrasound reflection at fat-muscle and muscle-bone boundaries – measuring the true fat thickness at each measurement point on the body.

The non-invasive BodyMetrix device gives you and Dr. Lisa the ability to track changes in fat loss and muscle gain. It is not sensitive to hydration, caffeine or exercise like other measurements including BIA (bio-electrical impedance) and provides consistent, accurate results. Find out how BodyMetrix can help you on your path to living a healthier life.

EATING WITH THE SEASONS

MUNG BEANS & RICE WITH VEGETABLES

This is a perfectly balanced protein dish, easy to digest and very satisfying to the palate. Beneficial any time of the year, this dish makes a particularly good winter choice.

- 4 ½ cups water
- ½ cup mung beans
- ½ cup basmati rice
- ¼ cup ginger root, finely minced
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 cups chopped vegetables
- 2 tablespoons ghee or vegetable oil
- ¾ teaspoon turmeric
- ¼ teaspoon crushed red chillies
- ¼ teaspoon ground black pepper
- ½ teaspoon ground coriander
- ½ teaspoon ground garam masala



- ½ teaspoon ground cumin
- ¼ teaspoon cardamom seeds (2 pods)
- 1 bay leaf

Rinse mung beans and rice. Add mung beans to boiling water and cook until beans begin to split. Add rice and cook another 15 minutes, stirring occasionally. Now add the vegetables. As the mixture cooks, it will start to thicken.

Heat the ghee or vegetable oil in a frying pan. Add onions, ginger, and garlic and sauté until clear. Add spices and cook 5 more minutes, stirring constantly. Add a little water if necessary. Add this to the rice and beans. The final consistency should be like a thick soup. Total cooking time is about 1 ½ hours. Add salt or soy sauce to taste. Serve plain or with yogurt. Makes 4 servings.

Taken from "The Aquarian Teacher" by Yogi Bajan

SWISH – THE IMPORTANCE OF WATER



We would not exist without the presence of water in our world. We need to be conscious of preserving the water quality in our bodies, our homes, in our communities and on the Earth.

Our bodies contain over 60% water, with the rest composed of fat (19%), bone mineral (5%), and protein (15%). Almost all of the chemical reactions that occur in our bodies rely on water as the medium in which they take place.

Drinking at least 8 glasses of clean water per day is considered an adequate amount. By the time you feel thirsty, your body is already in a state of dehydration. Many health ailments are related to chronic dehydration, including as headaches, fatigue, joint pain, inability to concentrate, digestive disturbances, depression, obesity, high blood pressure and elevated cholesterol.

TIPS TO SAVE WATER AND ENSURE QUALITY

- Use a reverse osmosis filter with activated charcoal in your home if you can afford it. This is considered the best water filtration system as it removes chlorine and other contaminants. Otherwise use an activated carbon block filter without silver as the next best thing.
- Use safe water pipes.
- Plant trees.
- Maintain the rainforest.
- Use a rain barrel to water your garden.
- Turn off the taps while you brush your teeth.

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