

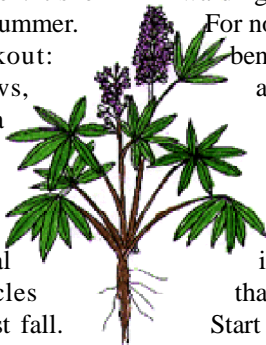


## Gardening Tips: Pull Weeds, Not Muscles!

*Adapted, with permission, from a June 1999 Star Tribune article featuring gardener Elizabeth Garren (612.375.9142). Garren practices and teaches strain-free gardening postures using the Alexander Technique (www.alexandertechnique.com).*

Those April-into-May showers have us all eager to get back into the garden. It's rewarding work, when crops ripen later in the summer. For now, though, gardening can be a workout: bending to plant, hauling dirt, hoeing rows, and pulling weeds. Get your body off to a good start with these tips from a local expert gardener.

Before you even set one gardening clog onto the earth, stretch! Your goal is to lengthen and strengthen muscles that may have been napping since last fall. Start moderately, with knee bends and easy leg stretches. From there, limber up your back: bend over and hang, holding for about 20 seconds. Go into a squat, and hold for 20 seconds.



### Bending

Don't bend from the waist—it may strain your back. Instead, hinge yourself from your true hip joint, which is where your leg meets your torso. Lengthen yourself, floating your head gently up, and hinge from the bottom of your rear.

### Squatting

While squatting, make sure that you don't hunch over. If you have to reach for something, move onto all fours to support your reach. Alternately, sit on the ground, extending legs in a "k" position.

### Digging

Don't hunch when you shovel. Stand up straight, over the support of your legs—don't get ahead of yourself. When moving to the side, take a step in the direction you are moving, rather than twisting your body. Keep your head, neck, and back aligned. Your leg muscles provide the digging power.

### Lifting

The farther you reach, the wider your stance should be. Get your feet close to the object and use your whole body to lift, not just your neck and shoulders. Keep the lifted object close to your body. Let your legs carry the load, instead of your back.

### Resting

Take frequent breaks! Walk away from your task every ten to fifteen minutes, or when you begin to tire. Remember: stretch and limber up your arms, legs, back, neck, and shoulders. Let your legs power you through lifting and digging. Stagger gardening chores with breaks to look at all the life growing around you: you'll enjoy yourself more! ❀

## Dear Clients and Friends:

Happy Summer! FYI: I will be on vacation July 2-9. I'll be back in the office on July 10. Please plan accordingly if you need treatment.

Here's another FYI: I enjoy public speaking, and am available to do it for your group or organization. I have made presentations on a variety of topics: for example, boosting immunity with nutrition, homeopathy and mental health, and homeopathic remedies for first aid. Give me a call—we'll set up a talk for your group.

Enjoy your summer!

Sincerely,

*Dr. Carla Breunig*

## Facts About Homeopathy (FAQs)

*Adapted from Homeopathy, Beyond Flat Earth Medicine, by Timothy R. Dooley*



Over the years, Dr. Breunig has worked with pregnant women, nursing mothers, and babies, successfully treating mastitis and thrush with homeopathic remedies. Some frequently asked questions about homeopathy related to this subject follow.

### Is it safe for a pregnant woman to take a homeopathic remedy?

All homeopathic remedies of 6x potency or higher are safe for anyone, including both mother and fetus. Pregnancy is a dynamic state in which great changes take place in a short period of time; it may be this dynamism that makes pregnant women very responsive to homeopathic medicines. Not only can chronic problems of the mother be addressed, but problems related to pregnancy can also be resolved.

### Can homeopathic remedies be used during labor and childbirth?

Homeopathy is safe during labor and childbirth. Some positive changes involving the successful use of homeopathy during this time include: nausea and vomiting of pregnancy resolved, breech babies turned, premature contractions stopped, and labor pains lessened. Women who experienced a drop in labor pain after dissolving homeopathic pellets under the tongue reported that, post-remedy, they tolerated pain better and felt less irritable, without feeling as if they were in a drug-induced state.

### Is it safe to give homeopathic remedies to children?

Homeopathy is safe for all ages, from newborn to old age. Children, like pregnant women, are in a dynamic, changing state, and are very responsive to homeopathy. ❀

## Summer Stretch and Strengthen

By Dr. Breunig

AAAH, it's time once again for all the joys a Minnesota summer brings: gardening, biking, taking long walks. Our muscles, cooped up over the long winter, may need some stretching out before they're ready for the full swing of warm-weather activities.

### The piriformis muscle

This long muscle is used in many of those summer activities. It's found deep in the buttock, attached at the outside edge of the sacrum and extending to the femur (thigh bone). The piriformis is important for stabilization of the sacroiliac joints. If this muscle is tight, it may compress the sciatic nerve, causing buttock, thigh, and/or leg pain. Go on a stretching and strengthening campaign!

### Stretching the piriformis

★ Lie on the floor, on your back. Bring your left knee up and put left foot on floor. Put your right ankle across your left knee. Now, while keeping your head and neck resting on the floor, grab your left thigh with both hands. Pull your thigh towards your chest. Hold for a count of 5 seconds. You should feel the stretch in the right buttock area.

★ Repeat on the opposite side: left ankle across right knee. Hold for a count of 5. Do three repetitions on each side. If you have knee pain or injury, this exercise may be difficult for you to do.

### Strengthening the piriformis

★ Lie on the floor, about 6 inches away from the wall with your body parallel to the wall. Bend the leg next to the wall until your hip is at a 90° angle. Press the knee into the wall, hard, for 8 seconds. If you are doing this correctly, you will feel the contraction on the back of your pelvis. Relax. Repeat 10 times. Do stretching exercise above with the same leg, then turn around and repeat the strengthen-stretch sequence on the other side. ❁

## ✂ Tofuna

From Dr. Carla's kitchen

16 oz. Tofu (firm)	1/4 tsp. garlic powder
1 to 2 green onions, chopped	1/8 tsp. powdered ginger
1/2 c. mayonnaise	1/4 tsp. kelp (optional)
1 Tbsp. tamari (soy sauce)	1 to 2 stalks celery, diced
5 Tbsp. nutritional yeast	1 lemon, juiced (or 1 Tbsp. concentrate)

Hungry for a sandwich, but fish isn't your dish? Try this easy summer spread—it's the kelp that gives it that tuna taste. And the iodine content in kelp is good for your thyroid. You can find kelp and the nutritional yeast powder or flakes at your local food co-op. This recipe makes approximately three cups.

**Substitutes & additions:** If you don't like celery, use zucchini and/or grated carrot. Plain yogurt is a good substitute for mayonnaise (or use half yogurt, half mayo). Like mustard? Add your favorite kind for some zip! ❁

## The Glycemic Index Thermometer

Are you a thermometer watcher? Do you pile on the sweaters when the mercury drops below 40°, and opt for shorts when it swings back above 70°? Learn to watch your body's thermometer too: being aware of your glycemic index and how your body uses sugar can make all the difference in terms of your energy and general well-being.

The glycemic index measures blood sugar response for two hours after food is ingested, compared to an equivalent amount of glucose ingested. Think of it as, for example, a test comparing your body's response after eating two glazed donuts, to the response after a bowl of oatmeal. You know those low blood sugar symptoms: fatigue, irritability, confusion, hunger, low energy, and more. How can you turn the sugar flip-flops around?

### Eat Low Sugar–High Fiber Foods

The first step in controlling blood sugar is careful control of the diet. Foods that are high in simple sugars are digested and absorbed more rapidly than high fiber foods rich in complex carbohydrates, and contribute to higher blood sugar levels and greater fluctuations as the body attempts to compensate.

The chart below presents a comparison of the glycemic index of common foods. Choose those with a lower value and keep your energy at an even balance all day long. An added benefit of lower glycemic index foods is that they also tend to be higher in fiber content. Fiber may be beneficial by reducing the rate of absorption of simple sugars, which helps to reduce the blood sugar swings that contribute to low blood sugar symptoms. ❁

glucose	100	corn flakes	80
honey	75	banana	62
bread, white	69	corn	59
bread, whole grain	72	peas	39
pasta	45	potato, baked	98
rice, brown	66	apple	39
cereal, bran	51	sausage	28
beans	31	nuts	13
orange	40	ice cream	36

Source: Advanced Nutrition Publications, Inc. © 1997 Rev. 1999