

the VOICE



Volume 15, Issue 3

Welcome back to school time! September is historically a very busy month — it almost feels like another January, full of new beginnings.

It is the perfect time to set new routines meant to accommodate better habits and a time to start something that you always meant to find the time for.

At CANNP, we're embracing the season of fresh starts by declaring September "Healthy Lunch Month." Perfect timing with back to school wouldn't you say?

We solicited the input from some of our Members to provide us with Pro tips and with healthy ways to prepare lunches. Julie Daniluk, author and TV personality, stepped up with some deliciously creative ideas. Mel Friesen, who is an expert on feeding little ones, having three boys of her own, provided a unique insight into what her guys come home saying about their lunch time. And Anna Varriano, who has written several blogs and articles on the subject, allowed us a peek into her archives for practical inspiration.

Once we gathered these valuable resources, we decided to make the give-away available to anyone who asked for it.

We also sent a press release to relevant media outlets, aiming to make a big splash and aligning with the back-to-school momentum.

All this public-facing from the CANNP also benefits you as Members. When we present ourselves positively to the public, it enhances your professional credibility. We are always looking for ways to elevate your professional reputation.

As we focus on school lunches, we also emphasize safety, watching out for allergies and food sensitivities. The days of peanut anything are long over. But there are others to be aware of as well — milk or dairy products, eggs, gluten (not just wheat sensitivity) — among others.

It is a time to get a little creative and to try new and different approaches to lunch.

Try Bento box type ideas or make your own taco box. Give the kids all the fixings but let them build their own lunch. Instead of ordinary sandwiches, how about pin-wheels or use cookie cutters to make interesting shapes. Use your spiral tool to make pasta out of zucchini or squash for an interesting take on spaghetti. Of course anything that can be dipped or folded and is colourful and fun is likely to be a hit.

Children can be picky, but less so if their peers buy in — be sure to take some time to make lunch appealing. Start building good habit this fall — it will help you get through the winter!

Interaction Database

The feedback from those who have taken advantage of this free access for Professional Members has been outstanding!



This is the database we have been waiting for. This is the one that is meant to share the views that we in the holistic world hold and share.

If you want a well-rounded practice that truly takes into account all that your clients are ingesting in terms of medications, you need to check out this database. The overview Power Hour is on our site now.

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New CANNP Benefits

1. Interaction Database. You need to check this out. It is so powerful and totally holistic in its approach. And it is FREE to professional members! We are so excited about this opportunity. So many Members have clients who are on medications — this is the information that you require. Here is what Member M. Smith said, “Thank you sooooo much for the database access. This is such a valuable tool for us ... I can’t thank you enough.”

2. Functional Lab Testing. This helps nutritionists order the labs that clients may benefit most from including GI MAPS, DUTCH, Neurological health, Thyroid, Sex Hormones and more. Log into the Members only, Members and look under Research Tools for access.

3. Tradeshow are slowly happening again and for some we are able to obtain 2 for 1 tickets. As we continue to work on these, watch your eblasts for updates.

4. Metabolic Balance. By logging into the Members only areas under Business Tools you can learn more about Metabolic Balance and take advantage of the deep discount CANNP Professional Members are getting.

5. For Your Use. Be sure to log into this area to explore the many discounts CANNP offers Members.

Renewing

Thank you to all our loyal Members who have chosen to renew and especially those who renewed taking advantage of the 2-yr offer.

Please note that there are 3 places on the website home page to click and renew. We do require payment before we can process your application. Should your application or payment be delayed, you will not appear on the insurers list for that month.

Please let us know if you have any questions or concerns. We are best reached through email, info@cannp.ca.

Power Hours

We try our best to record and post all our Power Hours but there is no guarantee since sometimes technology is not our friend! Besides, being there in person gives you a wonderful opportunity to ask questions and to interact with other members. We hope to see your smiling black box soon!

In June Kylie James discussed depression and its biological roots. It was a fascinating look at how nutrition can affect mental wellness.

Later in June we welcomed our new partners sharing an amazing database featuring interactions. This introduction to how the database works and the information it can provide to you is available to you for FREE cause CANNP is picking up the tab!

July brought Sabra Way to discuss the art of creating an effective blog. She shared the secrets needed to create a compelling story to attract more clients.

In August Frank from CanAlt Labs joined us to share what the company does and how exactly holistic nutritionists can partake in the testing as well as what it can do for your practice.

In September we welcome Dr. Nadine back again to help us understand blood-work basics. She will show us how to use standard blood work as a nutritional assessment tool, not just to indicate deficiencies but to highlight how the body is actually functioning.

If you are a regular, we hope to continue to see you but if you are new to Power Hours, be sure to sign up. The \$10 ‘hold your spot’ fee is refundable if you show up. We can’t wait to see you!

Upcoming Webinars

October 8, 11 am - Member Jen Vasey of Metabolic Balance will share what the program is all about and how it can enhance your practice.

November 4, 10:30 am - Krysten Ali will tell us what she did to cure her own hypothyroidism.

November 20, noon - Our wonderful mentors will be at the round table to answer your questions. Take advantage by sending us your questions in advance please to info@cannp.ca

December - If you missed the opportunity to have your logo or brochure critiqued for FREE — you have another opportunity in December

January 13, 11:30 am - Marla Samuel is back to discuss the ins and outs of probiotics — this is a must attend Power Hour

February 10, 11:30 am - Maria Depenweiller will join us to discuss aromatherapy

Ready, Set, Chat

Ready, Set, Chat has settled into a Whats App group and it is open to professional Members who want to connect. Ask questions, get and offer advice and reach out to fellow NNCPers.

Log into the cannp.ca site and go to Members and find Ready Set Chat. From there you can link to the group.

We are so pleased to see so many chattering on this application.

See you there soon!

Please Note

CANNP is pleased to bring you many discounts and opportunities; we encourage you to use your best judgement and discrimination when choosing to participate. We do not endorse programs; we simply make them available to you as a benefit of membership. We appreciate the generosity of all our supporters.

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Challenge and Accountability

The Challenge and Accountability initiative may be one of our favourites. It not only gives us an opportunity to rub shoulders with Members in a more direct setting, it is really well-received and becoming very popular.

Folks that take part, that do the work, seem to really benefit. It provides participants with the little push needed to do what was at one time considered “the hard stuff.” But we make it fun and interactive and practical.

The program has begun again for September and October. For a 2 month period, a limited number of Members meet to tackle business tasks that you should be pursuing to either start your business on the right track or refresh your existing practice. But that's not all – you will be accountable to complete them! You will be paired with a partner for support and we all meet as a group every two weeks to hone the results. For details about how it works, log into the Members only area and under Members go to Business Tools.

The next session is still to be determined with more information following closer to the date.

Take advantage of what we have to offer!

Another Mentoring Round Table

November 20 at noon, our Mentors plan to gather to meet you on zoom and to answer any questions you may have. What an opportunity!

These are some of our most successful and long standing Members who know the ropes. They have made it work; they have been at it for a long time; they know when and how to pivot; they have the answers.

What they need are your questions.

Please send them our way to info@cannp.ca.

Remember there are no questions to large or small for this group. Please send them to us so that we can organize them for the group.

We want to make sure that we take advantage of their precious time and provide you with content that you will find particularly helpful.

We Have Free Stuff Too!

If you are a Member in good standing and you have not attended a free Power Hour or requested a free giveaway or taken part in the Challenge and Accountability or any of the other great offers and benefits from CANNP — you are definitely missing out. Those who are part of these initiatives tend to be those who are most successful.

Who doesn't want something for free, especially if it's super useful!

A quality product that you can share with your client does more than give them valuable information — it keeps your name around when you can't be. It makes a great marketing tool to remind them of you when they are not in immediate need of your services.

June we produced a piece called “Consider Your Bites.” It was a fun 2 pages of facts and myths about whether to consume butter or margarine, avocados, eggs, peppers and more.

July was the perfect time for “Little Things Count.” Sometimes in the summer we let our guard down and forget some of the little things that work best for us. Using this list of little things could make a positive difference.

August brought our professional Graphic Critique. By sending us a pdf of your logo or brochure, our graphic artist would send you a list of that you are doing right and what you may wish to change.

Trueview — Vagal Tone Add-On

We have an enhancement to the Trueview and we are super excited about it.

The Vagal Tone add-on works exactly like Trueview. It comes with a list of questions for the client to complete and a workbook into which you can copy and paste the client answers. It also comes with a FOCUS and a special page of exercises to enhance Vagal Tone.

We know from Dr. Cyr that Vagal Tone is very important to overall health. So adding this knowledge to the puzzle pieces can be very helpful. In fact, Dr. Cyr was instrumental in the development of this product.

As with all Trueview aspects, remember to follow the tips that come with it to ensure longevity and usefulness. Also key is that numbers do not matter; there is no math; there are only line lengths. The longer the line, the more attention needs to be paid to that factor.

It is beyond simple to use!

Time to Visit the Supermarket

Now that summer has ended and the open-air farmer markets are fading, we will all resort to visiting the local grocery.

While many visitors will spend time reading labels, purchasing organic and supporting local, it may be of benefit to look at how these places go out of their way to ensure your visit is longer than intended, more expensive and less planned than you had hoped.

Some tactics are obvious while others are a little more covert relying on your subconscious.

Let's start at the entrance and work our way through the aisles to the check out.

1. Locked In. Generally a grocery store has a one way in and a one way out — somewhere at the other end of the check out area. Often you must walk past several enticing displays before you find the exit.

2. Flowers. That wonderful fragrance and array of colours is enticing when you first arrive. It is a sensory overload and makes you feel so good. When you feel good you may tend to shop and spend more. You may even indulge in a bouquet just because, well, you deserve it.

3. Shopping Cart. Have you ever needed that huge cart? Have you ever filled it? These massive carts are there for one reason. One may unconsciously make decisions with the thought of having loads of room to fill. Potentially, one could be motivated to actually shop more. If you were to ask, you may find that few people leave with just what was on their list or what they needed — promoted by the shopping cart.

4. Windows and Clocks. As you get into the store, there is no reference to time. You can actually become immersed in the experience and lose all track of time. Effectively, this means spending more time shopping. Of course, there are practical reasons for no windows as well including less degradation of fresh goods and less space for important shelving.

5. Fruit and Vegetables. Also frequently

found near the front entrance, these purchases are likely to get crushed or bruised if you are not especially careful. While we advise that most of shopping be on the perimeter of the store, sometimes that is not entirely possible.

6. Buzzwords. Many people read labels and want to purchase healthier options. Marketers have picked up on this and have honed in on particular buzzwords that catch attention. A good example is mayonnaise. We would prefer Olive oil or Avocado oil as the base and there are some out there but if you delve further, these oils make up a small percentage of the other seed oils used. "Organic" and "whole grain" are other examples.

7. Packaging. We know that children are enticed by colourful and playful packaging and we can be diligent about steering away from those products. Apparently, unique packages and in particular, transparent packages are more appealing to adults. The subconscious is busy at work.

8. Prices. Everyone knows that 3 or 4 digit pricing is common, often ending in 98 or 99. Since it is common for us to read from left to right, we tend to hold onto the first digit instead of upping it by 1 cent to make it a more realistic cost. In other words, the blueberries at \$4.99 are really \$5 but we may hold onto the 4 and bypass the 99 making them more desirable.

9. Placement. Many of the more "essential" items are in the centre aisles — the coffee and tea for example. This purposeful placement means even those of us who wish to purchase predominately fresh items, need to venture into the depths of the store from time to time, often passing items that we suddenly cannot live without.

10. Endcaps. Those attractive displays that stand out at the ends of the aisles are filled with fancy packaged and priced items. Manufacturers often pay more for their items to be displayed there since the purchaser will frequently be lulled into purchasing from this area. Sometimes extra signage and sales promotions help to

create a feeling of urgency for the consumer. They are considered very profitable display place.

11. Eye Level. There are different placement levels on the shelves. The lower part is the "stoop" level; then comes the "eye" level — the favoured. Above that is the "reach" level. Obviously eye level is the most noticed and the place that more costly purchases are made from.

12. Mixing It Up. Because we come to know our local grocery outlet, our path tends to be the same at each visit. You will notice though, from time to time, the aisles are mixed up. What you used to get in aisle 3 is now at an end cap or moved to aisle five. This is definitely on purpose. It is just another way of keeping you lost within the store.

13. Checking Out. That impulse buy is a killer. In some stores it is a long winding aisle but in most grocery stores it is the check-out lane — the final opportunity to influence the buyer. The magazines, chocolate bars and gum are here. Often there are other small seemingly insignificant items. Though these may not be that costly they are hard to resist. They play on the notion of you deserving a treat because you endured the shopping experience or because you bought predominately healthy items. You may be more tired and your decision-making defenses lower. This is also the time you examine other carts and you might determine that you need just one more thing.

It is wise to remember that grocery stores are not just there to ensure that you fulfill your shopping needs but the sensory experience and carefully crafted journey entices you to spend as much money as you are willing.

Perhaps next time you visit your local haunt, you will be better prepared. Should you wish to spend more or take advantage of the huge shopping cart or the eye level products you will do so with more awareness. You will indulge more consciously.

Nothing wrong with indulging from time to time. Let's get shopping.

Paul Fink, BA, MBA, CPA (former), is a graduate from the University of Michigan and worked as a CPA at Peat, Marwick, Mitchell (now KPMG) in Detroit, Michigan, before moving to Toronto and becoming a leader in Commercial Real Estate Brokerage.

Paul shares his extensive experience in business and his expertise in financial matters with the CANNP board.

A List of Lists

I am the old-fashioned type of guy who still prefers pen and paper. Many of you are — and should be — more technically minded. Either way, the same principles apply when it comes to list keeping. Whichever method you feel most comfortable with is fine as long as you take the time to include the following list of lists. You will thank me later!

1. When Time Permits. Before you get too overwhelmed with the new starts you have planned, begin a list which you can add to when items come up. This is your “when time permits” list. While you are preparing lunches and planning for the week, there will be business related tasks that come to mind to which you answer, “I will do that once this is done” or “I will do that next month.” Here is the issue: you will forget. Those important but not so urgent tasks rarely resurface at convenient times. So keep a running inventory of those to-dos before they slip away.

2. Work Related Topics. If you don’t now, one day you will want to write something worthwhile for your clients, potential clients and/or past clients. It may be a newsletter or a blog or an article. Now is the time to start to keep a list of potential topics. Inspiration will come to you from all sorts of places and at the oddest of times. Whenever you think, “That would be a great topic to share with my clients,” jot it down — whether on paper or in a notes app on your phone. You will unlikely be able to retrieve this sort of thing otherwise.

3. Questions and Answers. From time to time your clients are going to ask you very poignant questions — the kind that you may not have thought about before, but the same question that your other clients may also wish they had asked. If you tend to receive queries and answer via email, you can keep an on-going list of potential questions and answers on your desktop. Particularly if you have a great answer, keep these for reference since they are bound to come up again and again. They also make great topics for newsletters or as a flash idea.

4. Professional Development. As you navigate your profession — in and out of related retailers or tradeshow or nutrition magazines or from frequented websites, you will come across educational opportunities that you will one day like to look into further. This is a list of those courses or certifications that you would like to pursue one day to further your credentials. Even if you can’t act on them immediately, having a list ready will serve you well later.

5. Individuals for Follow Up. If you have been reading this column in our newsletter, you know that I am big on following up. I am not talking about the regular, what I refer to as the “required” follow ups — the client who visited, the referring party, the potential client who reached out. No — this list is for those which are unexpected. The person you meet in the doctor’s office who can offer something unique to your practice. This is the individual who you talked to in the grocery store who wanted information on how improve her offerings in the retirement home kitchen. It is the fellow you met on the playground who offered you a discount on his holistic product. These are all people who could be valuable to you but are not urgent. Capture their details in a list.

6. Books and Books. This one sounds obvious, but maybe you don’t do it — and should. Keep a list of books you hear about that you want to read. Again you will come across these in the most unexpected and random ways. They don’t all have to be work related books either. You can separate those from the entertaining books but keep an on-going list. It will come in especially handy.

Don’t rely on your memory — no matter how good you think it is. Remember, you are working hard and you are planning to be extremely busy. Having reference lists will come in handier than you can possibly believe.

A study in the November 2024 *Nutrition Journal* concluded that, “The fundamentals of a healthy and sustainable diet are grounded in evolutionary and ecological processes. They are represented by the dietary principles of variety, balance and moderation and can be applied to inform food-level selection guidance for citizens.” The thought is that these 3 dietary beliefs capture the scientific rationale when determining healthy and sustainable diet consumption. The article provides a description of each and how they relate to a healthy diet

<https://nutritionj.biomedcentral.com/articles/10.1186/s12937-024-01049-6>

A study which appeared in *Nature Metabolism*, out of the University of Michigan, claims that regular exercisers can improve health based on the way the body stores fat. They took adipose tissue from overweight or obese exercisers and compared it with that of non-exercisers to find that the regular exercisers were capable of storing fat in a healthier manner. The article explores the various types and distribution of fat.

<https://www.medicalnewstoday.com/articles/even-in-obesity-regular-exercise-turns-belly-fat-healthier#Fat-cells-form-part-of-a-healthy-human-body>

An examination of low-carb diets has touted to improve cardiometabolic risk factors, while longer term studies are less certain in this conclusion. This study set out to re-examine the long-term associations. They looked at over 3,000 participants and evaluated diets and risk factors. In the end, no surprises — the recommendation was to consume more high-quality carbs within a low carb diet and replace low-quality carbs with healthier choices. Thanks science!

<https://nutritionj.biomedcentral.com/articles/10.1186/s12937-025-01194-6>

This is a tiny study of only 15 people but it looked at the effects of a sugary breakfast drink, like orange juice, and an increased risk of obesity and type 2 diabetes. They found no significant difference in glucose or insulin response between whole orange pieces, orange juice or sugar-sweetened beverages. So the conclusion is that whether the individual consumes the whole fruit or the juice, no difference was noted in their glucose response.

<https://www.nature.com/articles/s41387-025-00385-8>

Did someone say broccoli? We know that this is a powerhouse of good nutrients and fibre but it seems that it can do so much more. A recent study in the *Journal of Nutrition* looked at the effects of broccoli powder as a supplement on the changes to the gut microbe and more to better understand how these changes affect metabolic and immune functions. The study was carried out on mice and found that the group fed broccoli supplementation had more changes in the gut microbe, increasing diversity and growth of beneficial bacteria, host and microbial gene expression, that can then affect immune health and gut inflammation. This may be very helpful once human testing is done.

[https://jn.nutrition.org/article/S0022-3166\(25\)00324-4/fulltext](https://jn.nutrition.org/article/S0022-3166(25)00324-4/fulltext)

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www. Wild, Wacky, Wonderful

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Unsplash.com

Grabbing readers attention these days is a daunting task. Sometimes you need help like a flashy photograph — particularly in the social media realm. Go to unsplash.com and you can choose from a whole slew of photographs. They claim that you can download for free. Some are part of a paid archive but some appear not to be. Just search and choose. See how that works for you.*

remove.bg

Wondering what the “bg” is for? Back ground. This is a really wild way for you to easily remove the background of a photograph. Sometimes the background gets in the way of type or another part of your article and sometimes it is not adding anything of value to the print and you would be happier if it were not there. Apparently, this crazy site can take away that background and it is all for free.*

*Be sure to do your own due diligence when you are downloading from the internet as some seem free but may not be and others issues could possibly occur.

Up Your Game: Up Your Numbers

The holistic and alternative health world is rapidly changing and becoming increasingly popular. As the healthcare system becomes overburdened, people are looking to us for ways to improve health.

The question then is, where are these people and how can I entice them through my doors?

Here are some common sense approaches for the new and more seasoned practitioner that you may wish to revisit.

1. If you try to appeal to everyone, you will appeal to no one. An ill-defined target market is a common approach when a practitioner is starting out — we see it all the time. We did it too. Wisdom, and insight from our wonderful mentors has proven that this is an approach that is bound to fail. Choosing a niche does not necessarily mean that you are confined by it — if someone shows up needing another approach and you can manage it, great. But when it comes to marketing and branding, narrow down your focus.

2. Build trust. Sometimes this means offering something free but definitely of value. People will work with you if they trust you. Perhaps offer a free webinar or giveaway. A newsletter with tips and recipes would fit this bill. If the potential client can relate to you as well, that would go a long way to building trust. This is where your personal story enters. Be willing to share how you discovered this profession. Most of us have a successful health story which can add credibility.

3. Use client testimonials & successes to your advantage. This approach can have powerful impact. It can enhance your web page or your newsletter by highlighting real life examples. The time to hone in on positive results is after you have reiterated how well the client is doing and before they leave your office.

4. Network. There are many like-minded professionals who can refer business to you — you just must reach out. A chiropractor might keep a list of people to refer to as part of the overall service offered. Fitness

or yoga instructors are working with individuals who may be interested in your business. Perhaps connect with an acupuncturist who might be interested in doing a team project with you.

5. Workshops or community events. Zoom and working remotely has trained everyone to expect distant interactions which make this prospect very cost effective. Consider inviting your potential clients to a free event at which you and the above-mentioned practitioner have conjured up. Perhaps to a healthy meal prep lesson for

busy people or tape yourself at the grocery store making good decisions.

6. Offer packages. We speak about this over and over — prepare packages to offer your clients as opposed to single sessions. For starters this spells commitment. Keeping the client coming back long enough for you to have a positive impact is key to your success. If they balk at the cost (they may not be the client for you) you may be able to arrange a payment plan, that way maintaining the commitment.

Book Reviews: Thanks to Member Anna V.

You Could Live a Long Time :Are You Ready?

Lyndsay Green, 2010

This was a very easy and interesting read. This book offers numerous suggestions that will hopefully assist in increasing our physical, social, and emotional health span and not just our lifespan. The author does so through sharing the experiences of forty elders, as well as the results of various studies. She covers a variety of topics, including the importance of: building a strong social network (which she calls her RECP – Retirement Emotional Circle Plan), feeling 'comfortable in your own skin' (knowing yourself and letting other know yourself too!), volunteering/having a sense of purpose, continuing to work if you are able to/enjoy it, simplifying living arrangements while you still have the physical and cognitive ability to make your own decisions about it, staying physically and cognitively active, good nutrition, financial planning, and giving thought to what you want your legacy to be. It was full of practical recommendations and resources, and numerous stories shared by the elders touched every emotion!

Healing Fibroids: A Doctor's Guide to a Natural Cure

Allan Warshowsky, MD and Elena Oumano, 2002

This book is a very comprehensive overview of fibroids; what causes them, what symptoms they cause, and how they can be treated. Through numerous patient stories, Dr. Warshowsky clearly explains that a holistic approach (mind, body, spirit) is necessary. The connection between stress/emotions and hormonal imbalance is frequently explored, as is the effect of the SAD (Standard American Diet) on hormonal health. The book goes into detailed descriptions regarding the type of foods, supplements, herbs, exercises, and body work that the author recommends to 'heal' fibroids so that women may hopefully avoid surgery. He also discusses the negative effects of 'xenobiotics' – toxins in our food, water, and environment that play havoc on hormonal balance and how to avoid them. He also states that the sooner his recommendations are made (when the fibroids are small), the more the likelihood of a successful outcome. He makes it clear that the approach must be holistic and involves both commitment from the client and their health care provider. It is a good mix of traditional Western and holistic medicine and is well organized and written in an easy-to-understand manner.

Breathing is Not New; Just in the News

Breathworks is very trendy right now — and for good reason. First, we can all breathe so it is accessible to everyone. Second learning how to intentionally control and change your breath has many positive health outcomes. You can do it and you can encourage your clients to too. Breathworks is not for everyone, particularly anyone with blood pressure and cardiac issues, or prone to hyperventilation or dizziness. It is always best that individuals check with a medical professional first.

Regardless, it is a way to activate your parasympathetic nervous system and help distress. It can help calm and move the body out of flight-fight-freeze mode. It can move you away from anger issues and anxiety, depression or grief. It can increase energy and boost immunity. Breathworks is the often overlooked key to improved digestion. Simply put, if you are not breathing well, you are not digesting well either. From what we know about cortisol we know this to be true. Breathworks can also work on trauma and stuck emotions.

Before You Start

You can do a Breathwork practice on your own or find an instructor who will talk you through a session. Either way, you need a quiet place where you will have no interruptions. Don't try to calm or empty your mind — that is a tall task. Just try to become aware of what your mind is doing and when you are wandering off task. Sometimes it is helpful to focus on a word, phrase, or colour.

Try to do your practice just 5-10 minutes a day (longer if you can) but do it consistently. You can tap into different techniques for different states and to keep it interesting.

Set an intention — stress relief; relaxation; increased energy; deeper focus; or anything else. An intention is helpful to assess your outcome. That said, the best therapy is the one that makes you feel good and that you enjoy doing.

Breathwork and Meditation

Deep breathing is often part of every medi-

tation session, but they differ in a very distinct way. It all has to do with control. In meditation one is often instructed to observe the breath instead of controlling it, while Breathworks is all about how to control your breathing. One is all about just breathing while the other is intentional manipulation of the breath through various breathing patterns. The focus in Breathworks shifts from what is going on in your head to your body. It helps move energy and process emotions.

Techniques

There are many, many techniques — some simpler than others. Sometimes breathwork can be difficult but that is okay when the end goal is feeling much stronger and clearer. Start slow and easy.

Breath Release

Like most breath related techniques, this can be done sitting or lying down. Breath in through the nose allowing the belly to expand and then fill the lungs to the count of 5. Hold for 5. Then let out a gentle sigh through the mouth releasing tension. Repeat this 5-10 times. A great way to begin your practice as it encourages your body to move from "flight-fight."

Relaxing Breath

Another easy and a good one to have in your repertoire. Inhale deeply through your nose to the count of 4 and exhale through the nose to the count of 8. Focus on a smooth transition of air. Repeat this 5-10 times. Again, this encourages the rest and relaxation part of your nervous system to engage.

Double Breath

Inhale two times through the nose and exhale with a sigh through the mouth. Repeat for several minutes to promote a feeling of calmness and relaxation, balance, and mental clarity.

Deep Abdominal Breathing

Using a long deep inhale visualize your body filling with up with your belly and

chest expanding. As you exhale your chest relaxes and your navel pulls back toward your spine. This type of breathing encourages your body to relax, can lower both blood pressure and heart rate.

4-7-8 Breathing

Focus on counting so that you are more likely to quiet the mind. Breath in for the count of 4; hold to the count of 7; and experience a long exhale to the count of 8, completely emptying the lungs. Repeat up to about 6 times, taking time for normal breathing as needed. This technique is particularly helpful when trying to fall asleep.

Breath of Fire

This is a rhythmic, rapid breathing. Inhalation through the nose normally with a fast intentional exhale in rapid succession. The pattern is more important than the speed, which you can increase as you become more practiced. Your abdominals should move with every breath. This technique is thought to reduce stress, boost brain function, and improve respiratory health and digestion.

Box Breathing

Box breathing is very comfortable to do and easy to follow. Inhale to the count of four; hold for the count of 4; exhale for the count of 4; and hold for 4 before inhaling again. This is one technique that you can engage in any time of the day when you need to come back to your body and away from the noise of the external world.

Alternate Nasal Breathing

Isolate each nostril by applying pressure with your thumb and finger, breathing in through one and out through the other. Releasing the thumb and using your finger on the other side. Pause and then do it again. It takes some getting used to but can be a powerful tool meant to restore emotional and mental balance.

Breathworks is for anyone. Everyone can do it and it might be a nice way to introduce your client to your calming space and approach.