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The Facts on Cholesterol

Most people in North America believe that high cholesterol causes heart disease and that lowering your cholesterol is one of the best ways to protect yourself from dying of a heart attack.

Another popular belief is that the lower your cholesterol, the better. Based on these beliefs, millions of people are taking statin drugs to lower their cholesterol.

Get ready for an education.

Wednesday, March 12 at 7:15 pm - 9:00 pm.

Pre-Registration Required. \$10;

\$15 at the door

Yoga and You

All About YOU: Yo-ga! Yo-ga! Yo-ga!

Yoga reduces blood pressure, lowers heart rate, decreases stress hormones, and increases three *relax-it's-okay* compounds.

The Feel-Good Three

Talk about a natural high. Yoga has been shown to boost blood levels of serotonin, dopamine, *and* endorphins -- three natural feel-good substances (hormones). [Serotonin](#) is a neurotransmitter that makes you feel cheerful and content. [Dopamine](#) is a brain chemical closely tied to the pleasure centers of the brain. And [endorphins](#)? Those are the opiate-like compounds that produce a sense of well-being. Go big three!

If you haven't been to class recently, make it part of your routine during your day to enjoy the benefits that yoga offers you.

Introducing Quinn Cayo

Local Spotlight

An extraordinary teacher of yoga, Quinn has been teaching the Tuesday morning 9:15 a.m. Iyengar-based Level II class. His classes are very therapeutic. He fuses one concept into another as he teaches the basics, intricacies and anatomy of various poses. His method of teaching is conducive to any level practitioner. Please feel free to try his classes as they are inspiring, fun and educational. Go to the website for a more complete bio and a full class schedule.

Women's Group

Women's Group

A therapeutic group addressing concerns specific to women experiencing challenging life phases, transitions, and other areas of the feminine psyche. Group dynamics are a proven method to facilitate comprehensive understanding resulting in positive, healthy changes in thinking and behavior. This group is led by *Kim Lewis Schepart* and *Mary Hardy*.

Gatherings on specified Thursday evenings. Check the website for dates and times.

<p><i>Belly Dancing</i></p>	<p style="text-align: center;">Belly Dancing</p> <p>Learn the fine art of Middle Eastern dance while exploring the natural grace we all possess. Class begins with breath work and meditation to assure a fulfilling journey through movement and emotion as you move to a variety of rich Middle Eastern rhythms.</p> <p>The goal of class is quite simple: to make you feel good when you move and to explore untapped resources from within.</p> <p>Class is facilitated by Cathy Skora who has been studying, teaching and performing Middle Eastern dance for over 20 years. Her background includes a firm foundation in a variety of movement and meditation techniques. Teaching experience reaches from Buffalo to Bangkok.</p> <p style="text-align: center;">This class is appropriate for all levels, genders and shapes.</p>
<p><i>Tai Chi</i></p>	<p style="text-align: center;">Tai Chi</p> <p>Tai Chi classes continue on Saturday's in the late morning with Phil Oppenheimer. He has been guiding his students' knowledgeably and gracefully through warm-ups with basic muscle and joint stretches, Qi Gong, meditation, open-hand forms and Push Hands.</p> <p>The practice of Tai Chi is very gentle yet stimulating to the chi (energy) within thereby promoting healing and soundness of mind.</p>
<p><i>Meditation</i></p>	<p>Join Michael for a ½ hour class on Wednesday mornings at 11 a.m. or for a private session as you learn to reduce stress, quiet the thoughts (citta vritti) that run amok, learn to relax, find some peace, get away from it all, learn how to visualize and create your day before it even begins, or just stop thinking and let it all go.</p>
<p><i>Private Yoga Sessions</i></p>	<p>Many have found that their introduction to yoga has been through a private one-on-one yoga session. Approaching yoga in this way allows you to be in a safer space without the discomfort you may feel as a result of being surrounded by others who have more experience. This is also a great way to introduce your self to a method of movement that has many known therapeutic benefits to both the physical body and the mind.</p> <p>You are welcome to call or email to inquire about one-on-one sessions with any of our instructors.</p>
<p><i>Drumming</i></p>	<p>A Drum Circle is conducted every Monday evening at 7:45 p.m. led by M'Baye. We have a group of proficient drummers who create a harmonizing sound that is awesome. If you are not an intermediate or beyond drummer, you are welcome to watch the performance</p>

Rising Sun Yoga Schedule

Click link for the schedule: <http://yogaisrisingsun.com/schedule.php>

Rising Sun Yoga Prices

Click link for prices: <http://yogaisrisingsun.com/pricing.php>

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FDA Bans Hormone Produced by Human Body as “Unapproved” Drug

The FDA has told women and their doctors to stop using bio-identical hormones. This means that your ability to choose a safer alternative to horse urine does not matter. This also means that heart and cancer issues raised in 2002 as a result of using FDA ‘approved’ synthetic women’s hormones (horse urine) do not matter. You are not allowed, by law, to use safe hormones.

Bottom Line? Synthetic hormones taken from horse urine are acceptable. Why? Because the drug companies promote them. (See the *Journal of the American Medical Association* 288 [3], pp. 321-333; [7], pp. 872-884). The approved drugs are the drugs that currently have Black Box Warnings on them.

So everyone, it’s time to take action again! Below is the link to... HOME - Hands Off My Estrogens!, a coalition of licensed doctors and concerned citizens who work together. Please share this info.
<http://capwiz.com/homecoalition/issues/alert/?alertid=10881836&type=ML>

The Great HPV Vaccine Hoax

This may all sound insane but the truth is these vaccinations are already mandated in the state of Texas. There have been severe side effects reported including death. (By the way, there is no such thing as a side effect; it’s an effect period).

The FDA website still displays its findings from 2003 about HPV... The FDA acknowledges that “most infections (by HPV) are short-lived and not associated with cervical cancer”, in recognition of the advances in medical science and technology since 1988. In other words, **HPV infections do not cause cervical cancer!**

Read the whole article at...

http://www.naturalnews.com/Report_HPV_Vaccine_0.html

www.healthfreedom.net

The Gardasil findings...it appears that **if the vaccine is given to a young woman who already carries HPV in a "harmless" state, it may "activate" the infection and directly cause pre-cancerous lesions to appear.**

The vaccine, in other words, may accelerate the development of pre-cancerous lesions in women. This research was sought to determine the usefulness of the HPV vaccine among women who already carry HPV (which includes virtually all women who are sexually active, regardless of their age).

It is typical that the Pharmaceutical companies continue to find ways to prohibit the use of natural remedies. They never stop trying and neither can we. Bookmark the website (on the left) that is fighting for your freedom to use vitamins and herbs. Your supplements can easily be taken away or made to be cost prohibitive. Check the site often to see to determine what action needs to be taken. Thank you. ♥

*You Are
What You
Digest
and
Absorb*

Enzymes, Nutrients and Your Digestion

Due to the importance of the digestive process, the old saying, "You are what you eat", may be replaced with "You are what you digest and absorb". If the food you eat isn't broken down efficiently, then the nutrients are not completely available for the body to use. This can lead to possible malnutrition, acid reflux and acid indigestion. It is estimated that about 60 million Americans experience heartburn on a weekly basis. With this many people suffering from digestive ailments it is a topic that needs attention.

Since stress can have a negative influence on digestion it is advised to not eat while upset or irritated. To help support the nervous system while combating daily stress, Nature's Sunshine Products offers [Nutri Calm](#), [B-Complex](#) and [Stress-J](#).

[Nutri-Calm](#) is a combination of vitamins **C** and **B-Complex** with herbs that support the nervous system including hops, passion flower and valerian. The B-Complex vitamins are needed by the body for the manufacture of hydrochloric acid. This acid is required for the breakdown of protein and minerals. [Stress-J](#) contains chamomile, hops, fennel, feverfew, marshmallow, and passion flower. This mix of herbs is not only supportive of the nervous system but also the digestive system. It may be useful for stress and tension anywhere in the body especially

in the gastrointestinal tract.

When acid reflux is an issue it can be an indication of a lack of hydrochloric acid (HCL). With age most people produce less and less HCL and this can lead to problems. To increase HCL as well as enzymes in the system, [Food Enzymes](#) and [Proactazyme](#) may be helpful. [Stomach Comfort](#) acts like a stomach acid neutralizer. It helps you deal with the symptom of indigestion while you are working at fixing the cause. This chewable tablet contains calcium carbonate that, according to a study in the Journal of the American Medical Association, begins neutralizing gastric acid quicker than a leading over-the-counter heartburn medication. To stimulate the body's natural production of HCL bitter herbs may be useful.

[Digestive Bitters Tonic](#) is a liquid blend containing bitter herbs including gentian, cardamom, orange peel, dandelion and raspberry and is sweetened with stevia. Bitter herbs have been used to enhance the appetite and digestion by stimulating the release of salivary and gastric juices.

[Chinese Anti-Gas](#) is formulated with herbs that contain a generous amount of naturally occurring sodium which, according to Dr. Bernard Jensen, is beneficial for the stomach... an organ that needs sodium to function properly. The body needs the mineral sodium to stay in good health and to prevent premature aging in the body.

[Papaya Mints](#) are delicious and can also give soothing relief in preventing heartburn and acid indigestion.

*You need
Enzymes
and
Nutrients
not
Antacids*

If you would like to schedule a consultation, please email or call the numbers below

*Health
Consultations*

Disclaimer

Disclaimer: We do not directly dispense medical advice or prescribe the use of herbs or supplements as a form of treatment for illness or disease. The information contained herein is for educational purposes only to empower people with knowledge to take care of their own health. We disclaim any liability if the reader uses or prescribes any remedies, natural or otherwise, for him/herself or another. Historically all of these herbs & vitamin supplements may nutritionally support the body's biological systems. Please consult a health professional should a need be indicated.

To be removed from this email list, please send an email to Michael@YogalsRisingSun.com with the subject, "remove".

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To order Nature's Sunshine
Products, go to

<http://mynsp.com/wholistic2u>

or call (716) 632-5802

The Rising Sun Yoga & Health newsletter is published to bring you updates, share information, and highlight special events in our community. I hope you find visiting our studio a joyful and encouraging space in your busy life. Please feel free to contact us with questions anytime. Your comments are appreciated.

Namaste',

Michael Sutton