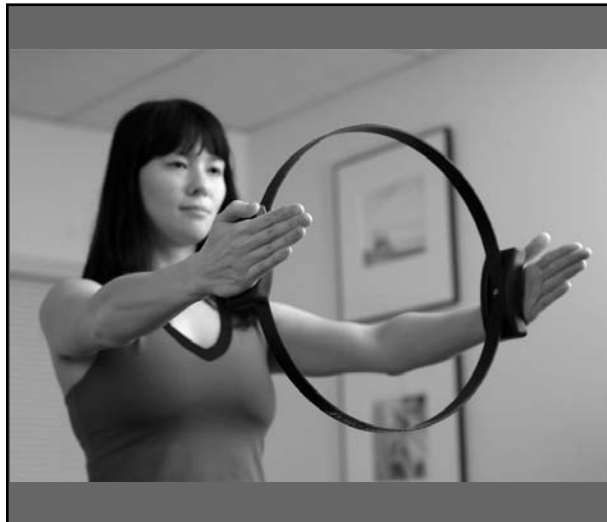


# THE WELLNESS SHOW

## Balance in movement, balance in life?

Pilates is most often thought of as being a method of fitness. This definition, though ringing true in many ways, has always felt lie it was missing an important element. It has taken me awhile to understand that it is not in the actual word of fitness that this element is missing, but in our contemporary understanding of what it is to be fit. In my mind, true fitness resonates with the ability to adapt to any given situation, though it is not always promoted on this basis in our world today. Indeed, in looking up the definition of 'adapt', I see "to make or become fit, to adjust to new circumstances." It is this aspect of fitness that I find to be so clearly inherent inside the system of Pilates. In practicing the exercises, each of which calls on the body as a whole to organize itself in a specific way, a person naturally develops the body, the mind and the spirit. In the words of Joseph H. Pilates, "Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure." Outdated language aside, this is an appealing idea. Who wouldn't want to be filled with zest and pleasure while doing the things that we need or want to do throughout the day?!

We all seem to be striving for balance in our lives and so it seems to make perfect sense to practice the forms that will give us the deepest beneficial results along this path. A movement form or method that is founded on the very principles of balancing our physical structure is a perfect way to assist ourselves in realizing our greatest goals. When practicing the discipline of Pilates, we are given very specific physical tasks to achieve, and are therefore called upon to discover the elements within ourselves that are less awake, less able to be active (this is why it's hard...!) We then are able to notice, perhaps they are pointed out to us, the contrasting elements that are overactive in a compensatory way. We are all composed of these balancing elements, be they muscles, nerve pathways, stronger or weaker joints, lack of ability to focus or a hard driven aggressive personality. With awareness and practice, we can shift ourselves out of our ups and downs, highs and lows, along to a stronger, more consistent energy



level that supports us in being more successful in all aspects of our lives. The practice of a form such as Pilates really can contribute to that adaptability and balance which helps us not only to survive in the most minimal sense, but to live the life that we are given to the fullest extent that we are able.

Joseph H. Pilates and William John Miller, Pilates' Return to Life Through Contrology (Pilates Method Alliance, Inc. 2003) Join Heather Low of Meridian Pilates Studio on Saturday and Sunday at 11:15 at the demonstration stage at the 13th Annual Wellness Show February 4, 5, 6, 2005.

## ABC's of Cancer Fighting Foods

Did you know that many of the top cancer fighting foods are available at your local market? These foods have been consumed by humans since the dawn of civilization, and those societies still consuming them have much lower rates of cancer. Here in the West we have moved toward highly processed foods, that contain unnatural fats, colourings, flavourings and preservatives. Let's get back to the ABC's of cancer prevention through natural whole foods that provide

Carrots belong to the "umbelliferous" group of foods, which contain rich sources of beta-carotene and canthaxanthin. Other foods in this group include parsley, celery, dill, cumin and coriander, so use these flavourings in your cooking. The cruciferous vegetable family have long been held to have cancer prevention properties. Recent studies have shown that these vegetables help with the body's toxic waste-disposal system. Plant chemicals, such as sulforaphane and indole-3-carbinol, trigger the release of a protein that causes the release of a dozen or more toxin-fighting enzymes. Cruciferous foods include broccoli, kale, cauli-



Credit: Rod Luey Photography

flower, cabbage, brussels sprouts and watercress. Pick them up at your local supermarket.

And what about the rest of the alphabet? Other foods also have powerful cancer-fighting properties. Use ground flax seed on cereals and salads, incorporate plenty of garlic, and wash it all down with some green tea. It has been estimated that cancer risk can be reduced by up to 40% through diet changes. Start shopping for the top cancer fighting foods today.

Sally Errey, RNCP, is an author and speaker on optimum health through nutrition. She is author of Staying Alive! Cookbook for Cancer Free Living and Rooibos Revolution (Bellissimo Books, [www.stayingalivecookbook.com](http://www.stayingalivecookbook.com)).

ii What are some of the high antioxidant foods? In June, the United States Department of Agriculture (USDA) published a list of the Top 20 food sources of antioxidants in the Journal of Agricultural and Food Chemistry. Antioxidants are compounds that stop the chain reaction of free radicals by donating one of their electrons without becoming unstable themselves. In other words, antioxidants "sacrifice" themselves in order to save vital body cells from free-radical damage. Nutrients that act as antioxidants (or act as cofactors for the body's antioxidant enzyme systems) include vitamin E, vitamin C, zinc, selenium and carotenoids. Researchers in the USDA study tabulated antioxidant levels in more than 100 different types of berries, fruits, vegetables, nuts and spices. **Here are the top 10:**

1. **Small red beans (dried)**
2. **Wild blueberries**
3. **Red kidney beans**
4. **Pinto beans**
5. **Blueberries (cultivated)**
6. **Cranberries**
7. **Artichokes (cooked)**
8. **Blackberries**
9. **Prunes**
10. **Raspberries**

Source: Journal of Agricultural and Food Chemistry, June 2004

You can join Sally Errey at the 2005 Wellness Show Celebrity Cooking Stage, on Friday, February 4th at 2:00 PM she will be teaming up with Mi-Jung Lee of CTV 11:30 News Anchor and again on Saturday, February 5th at 3:30. After her demonstrations she will be signing books at the Choices Market booth.

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important plant nutrients, fibre and vitamins and minerals.

A is for apple. Scientists at Cornell University performed tests on human colon cancer cells and found that apple skin inhibited the growth of cancer cells by 43 per cent. An apple a day may indeed keep the doctor away.

B is for beans, blueberries, brown rice, and barley (and other grains). Beans, while being an excellent source of protein, also contain protective fibre, which helps eliminate toxins. Even the colour of the skin on a bean is a source of antioxidants. Try red kidney beans, black beans, lentils, chick peas (or garbanzo beans), split peas, pinto beans and soy beans. Blueberries have come out top on the list of the most powerful antioxidant foods. Not only do they pack a punch of vitamin C, which is helpful for immune system function and body repair, but they also contain the blue pigment anthocyanin, a powerful phytochemical. Other blue foods to consume include purple grapes and plums.

Grains, such as brown rice, in their whole form (not necessarily as a flour) contain both soluble and insoluble fibre, which facilitates hormone excretion and decreases the burden of environmental toxins in the body. Grains such as oats, rye, barley, buckwheat and millet have marked inhibitory effects in the presence of carcinogens.

C is for carrots and cruciferous vegetables.

Keeping the outer skin on carrots (as with other fruits and vegetables) retains numerous cancer-fighting compounds.