



NWT Breast Health/ Breast Cancer Action Group

Northern Women Helping Northern Women



March – Nutrition Month

Special Interest Articles:

- Nutrition
Lorie Crawford
- Yoga
Courtney McKiel

Partners:

Canadian Breast Cancer
Foundation –
Prairies/NWT

City of Yellowknife

GNWT Health and Social
Services

NWT Run for Our Lives

United Way NWT

Nutrition

Breast Health:

Our nutrition guest is Lorie Crawford who shares a great recipe with us.

“In the Pink”

British folks use this phrase “in the pink” to mean, “in good health”. Raise a glass of this beverage & toast yourself!

1 lemon, remove 1/2 of the peel
1½ cm ginger root
1 Tbsp. agave or honey
1 cup frozen strawberriesgood quality (Europe’s Best)
1 cup water
Natural Sparkling water

Blend lemon, ginger, agave or honey, water & strawberries together until smooth. Place ½ cup per wine glass or martini glass. Top with approximately ¼ cup sparkling water.

This refreshing beverage is loaded with quality nutrients for our breasts. Notice in this recipe whole fruit is used, not fruit juice. This means there is more fibre in the drink. Fibre is essential in the elimination of estrogen from the bowel. Lemons not only taste wonderful, but the lemon peel contains limonene, an oil known to assist the liver in removing cancer causing chemicals. Ginger root is a huge anti-inflammatory, plus it aids in liver detoxification. When we embrace strawberries, often we think about their vitamin C content, but these little berries contain ellagic acid which neutralizes cancer causing chemicals in our liver as well as inhibits cancer

cell division. Fill up your glasses ladies & drink to your health.



Lorie Crawford has been a member of the health care community in Yellowknife for 27 years. Lorie is a Registered Nurse, clinical herbalist & holistic nutritionist, who works with clients to optimize their health. In her practice she works with clients individually or through workshops and cooking classes on various health topics. Lorie’s education includes completing the Healthy Breast Teacher Training Program, delivered by naturopath Sat Dharam Kaur. For further information, Lorie can be reached at lorie@loriecrawford.com

Yoga

Our exercise guest is Courtney McKiel who is a yoga instructor at Taiga Yoga.

Yoga is an ancient Eastern approach to health and wellness that focuses on uniting our mind, body and spirit through physical poses, breathing exercises and meditation. When we practice breathing exercises in Yoga, the intention is to expand our lung capacity so we can take in longer, fuller breathes. When we increase our inhalations, we are providing more oxygen to our brain which helps it to regulate and improve function of our Nervous System - the region of the brain responsible for stress.

About Our Organization...

The NWT Breast Health/Breast Cancer Action Group is a long-standing NWT registered society and charitable organization. The Action Group has developed many resources and programs to raise public awareness of breast

Being ill can cause lots of stress and does not help with your healing, so acquiring tools in stress management can have a huge impact on your overall health. Here is a simple breathing exercise known as "Equal Ratio Breathing" that can be practiced anywhere, at any time to help you relax and reduce stress:

1. Come to a sitting up straight or lying down flat on your back position. Close your eyes if this is comfortable for you.
2. On the inhale, begin to make note of how many counts it takes you to inhale fully. Then pause at the top of the inhale (before you begin to exhale) for the

same number of counts.

3. Begin to exhale for the same number of counts. Pause at the bottom of the exhale for the same number of counts.
4. **Example:** Inhale: 5 counts; Pause: 5 counts; Exhale: 5 counts; Pause: 5 counts.
5. Repeat this pattern for as long as you desire.



health and to provide information, services and support to individuals affected by breast cancer and their caregivers. Visit our website or Facebook page for more details.

www.breasthealthnwt.ca

<http://www.facebook.com/#!?pages/NWT-Breast-HealthBreast-Cancer-Action-group/348452511834663>

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Canadian Breast Cancer Foundation PRAIRIES • NWT

INFO ON THE GO

BREAST HEALTH IS IN YOUR HANDS

These five simple actions can help reduce your risk of breast cancer.

GET ACTIVE

LIMIT ALCOHOL

EAT WELL

DON'T SMOKE

TAKE CARE