



Yoga will help

the ladies with their balance, flexibility and also develop their core strength. It will help tighten and tone and is great for healing injuries. But the thing that I am most excited about is the truly transformative effect yoga can have on the overall quality of their lives. By incorporating yoga into their daily routines, the ladies will start to make time for quiet reflection and insight and will learn to stay relaxed and present in this time of change. By doing these things they will be better prepared to balance stress and recovery; work and rest, and have a greater chance of dealing with the ups and downs that an undertaking such as a total body makeover will no doubt provide. A regular yoga practice will allow the makeover to include not only the body but also the mind and spirit. Hopefully the positive changes of having yoga introduced into their lives will eventually develop into a lifelong practice.

All three ladies will receive regular yoga sessions at Stratusphere guided by owner Trish Stratus:

- 1) A weekly private session minimum 1 group yoga class at Stratusphere
- 2) At-home yoga sessions

Trish Stratus is the owner of Stratusphere, a 5,200 sq ft. multi-disciplinary yoga centre in Vaughan, ON that boasts 3 large studios and is eco-friendly.

www.stratusphereyoga.com



Studio Six Photography www.studiosix.ca



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Try Bruce Krahn's Berrylicious Shake!

Ingredients:

- 1/2 cup almond milk
- 1/2 cup filtered water
- 1/2 bananas, raw (small)
- 1/8 cup blueberries, raw
- 2 scoops proteins+, vanilla
- 1 tbsp ground flaxseeds
- 3 strawberries, raw
- 4 ice cubes
- 1/2 tsp greens+

Recipe:

In a blender, mix, banana, strawberries, blueberries, water, ice cubes and almond milk, blend. Add ground flax seeds, green+ and vanilla protein and blend an additional 10 seconds. Enjoy!

Recipe from "The Fat Fighter Diet" by Bruce Krahn

Almond Stir Fry with Wild Rice

Ingredients:

- 1/8 cup of bean sprouts
- 1/8 cup of chopped broccoli, raw
- 1/3 tbsp extra virgin olive oil
- 1/4 clove of garlic, raw
- 1/4 tsp of ginger root, raw
- 4 slices of tofu firm
- 6 almonds
- 1/8 cup of chopped onions, raw
- 1/8 cup of wild rice
- 1/4 tsp of sea salt
- 1 tbsp of soy sauce made from soy (tamari)-gluten free

Recipe:

Chop all vegetables into small pieces. Lightly oil skillet with extra virgin olive oil. Over medium heat, cook ingredients except rice. In a separate pot, cook rice according to instructions and serve together. Enjoy!

Recipe from Janet Hradil RHN



Watch for the December Issue of **REVIVE**

To follow the progress that our three participants have made as they continue their journey and enter **phase three**.
The **REVIVE** Makeover Team



Trish Stratus

www.stratusphereyoga.com



Dr. Sol Weiss *DDS*

www.dentistryelements.com



Dr. Kevin O'Grady *BASc, MHSc, MD, FRCSC*

www.drkevinogrady.com



Bruce Krahn *CPT*

www.ebodi.com



Tanya Wylde *B.Sc., CPT, FIS, ND.*

www.homeopathicdoctor.ca



Dr. Philip Solomon *M.D., F.R.C.S. (C)*

www.solomonfacialplastic.com



Dr. Ihab Matta *MD*

www.drmatta.com



Dr. Dan Hagi *DDS, FAGD, FICOI*

www.thornhillsmilecentre.com



Dr. David Ellis *M.D. FRCSC*

www.artoffacialsurgery.com



Dr. Ahmad Nasri *MD (Dom. Rep.), HD, MFS*

www.nasri-integrativemed.com



Korby Banner

www.korbybanner.com



Dr. Fred Weksberg *MD, FRCPC(C)*

www.drweksberg.com

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