

Re: Detox, Wheat-free Health & Yoga Retreats

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2007-02/msg00558.html>

- *From:* "ReNu Retreats" <gabrielle@xxxxxxxxxxxxxxxxxxxx>
 - *Date:* 20 Feb 2007 22:23:34 -0800
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On Feb 20, 9:20 pm, "sherry" <sherryb...@xxxxxxxxxx> wrote:

On Feb 21, 7:44 am, "Jeff" <n...@xxxxxxxxxxxxxxxx> wrote:

"ReNu Retreats" <gabrie...@xxxxxxxxxxxxxxxx> wrote in message

news:1172020409.697085.290060@xx

On Feb 20, 4:55 pm, "Jeff" <n...@xxxxxxxxxxxxxxxx> wrote:

No one should be interested in these "treatments." They are potentially dangerous and don't work.

Spam reported to:
groups-ab...@xxxxxxxxxx

Hi Jeff,

I'm just wondering why you feelyogaand learning about how to eat gluten free is dangerous?

Re: Detox, Wheat-free Health & Yoga Retreats

These "treatments" are prescribed by whom? Some for profit company?

This detox has what medical science to back it up?

This is just ripping off people to make money.

Jeff

Gabrielle- Hide quoted text -

- Show quoted text -

Dear Jeff

I ran into your message quite accidentally while researching about some details on 'Yoga' and thought of sharing some of my findings. I've read at '<http://www.medical-health-care-information.com/Health-living/yoga/index.asp>'

that yoga is interpreted as either:

- 1) A demanding fitness program that stretches and strengthens the spine, tones the body and develops a sense of well being within
- 2) A way of learning to relax, de-stress and practice breathing techniques that increase lung capacity, work the cardiovascular system and allow the individual to cope with the ups and downs of modern life.

I hope the above is of some help to you as well. Regards, Sherrybove- Hide quoted text -

- Show quoted text -

Thanks Sherrybove, Jeff and Don. I'll work on writing more technical info and not ads...didn't realize that was such a faux pas. With regard to detoxing and it's benefits, our Registered Nutritionist will be speaking with the group about several different detoxs, why some are better than others and most basically, teaching people how to incorporate healthy eating habits into their every day lifestyle. I'll see if our nutritionist can write a bit more :)

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