

## Feature Interview

### Amanda Andreasen

Registered Massage  
Therapist

**Q. What makes you different from other massage therapists?**

*A. I incorporate many different techniques in order to achieve an overall better individualized treatment. For example, I use fascial techniques, deep tissue massage, cupping, as well as lymphatic drainage, instead of repeating the same techniques on everyone.*

**Q. Describe your massage technique.**

*A. In addition to all the techniques listed above, I like to ensure there is some level of relaxation happening in the massage, but also some level of deep tissue work in order to penetrate beyond the surface tissues.*

**Q. What are your areas of specialty?**

*A. I am very familiar with providing back treatments, as those are what I find most people come in with. I have also found that massage can provide tremendous relief to those suffering with carpal tunnel or sciatic pain.*

**Amanda is available at Vive Mondays (2-7pm) and Saturdays (9-2pm).**

**Call today to book your massage appointment!**



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## Be Well with Breast Health

Breast health is an enormous topic and an integral part of women's health issues today. With all the media publicity that breast cancer and the breast cancer society is garnering these days, it's not surprising that more and more women are educating themselves about breast health and ways to reduce the risk of developing breast cancer in the future.

Only 30% of breast cancers are attributable toward known risk factors such as family history, genetics, and prolonged estrogen exposure. The rest can be attributed to lifestyle and health care choices that we have the power to change. We must recognize that breast health is intimately tied to the health of our whole body so taking care of our breasts involves supporting a lot of other systems including the lymphatic system, digestive system, and endocrine (hormonal) system.

Interested in learning more? Attend our popular annual Healthy Breast Workshop. See inset box for more details.

### Healthy Breast Workshop

Sunday, January 29th (1:00PM - 4:00PM)

Notable Restaurant

\$25 general ticket

FREE for current active patients of Vive if they bring a friend not currently a patient (friends pay only \$15)

Refreshments provided by Notable.

Door Prize (\$250 value) provided by Medical Breast Thermography.

Seating limited to 25 people.

Call (403) 984-3538 to get your tickets today!!

Go to [www.vivehealth.ca](http://www.vivehealth.ca) for more information.

## Massage Special - Only until March 3rd

Book a one-hour massage with Amanda and receive your second one-hour massage for only \$55! New massage clients only. Special expires March 3rd, 2012.

\*NEW\* A package of three one-hour massages is now available for only \$210. May not be combined with any other massage offers.



## Thank You!!

Thank you to everyone who donated food items to our food drive for the Calgary Inter-faith Food Bank!

It was a great success and as always, we appreciate your support!!

## Vive Integrative Health Group

- Naturopathic Medicine
- Massage Therapy
- Nutritional Consultation
- Acupuncture
- Intravenous Nutrient Therapy
- Prolotherapy
- Allergy Testing
- Hormone Testing

1889 - 45th Street NW  
Calgary, AB  
(403) 984-3538

[www.vivehealth.ca](http://www.vivehealth.ca)

## Medical Thermography Clinic

**Saturday, February 11th - Vive Integrative Health Group**

Breast thermography uses a digital infrared camera to take heat pictures of the breast tissue and detects areas where there are abnormal heat patterns. These areas indicate changes in cellular function that can predate the formation of lumps and masses. Unlike mammograms, breast thermography can be used to screen women of all ages and conditions, including men, in whom breast cancer can also occur.

Vive is happy to provide this service to the public by being one of only seven clinics in Calgary hosting a Breast Thermography clinic in 2012.

Call **1-866-242-5554** to make an appointment. Cost is \$250 made payable to Medical Thermography International Inc.

## Lettuce Wraps Stuffed With Roasted Yam And Tofu

**Eat Well, Live Well - Vive's Detox-friendly/Gluten-free Recipe Book**

- 2 cups yams - peeled and diced
- 1 cup firm tofu - finely diced
- 2 Tbsp olive oil
- 1 Tbsp garlic - minced
- 1 tsp hot sauce (or to taste)
- 1 head lettuce
- 1/4 cup hoisin sauce
- 1/4 cup fresh basil (or cilantro)
- salt & pepper (to taste)



In a bowl, combine yams and tofu. Add olive oil, garlic, ginger and hot sauce. Season with salt and pepper. Toss to coat and transfer to a roasting pan. Toast in the oven at 350°F for 20-30 minutes, or until yams are tender and beginning to brown. Remove from the oven and set aside to cool slightly.

Prepare lettuce by removing the hard core of the head and separating the large leaves.

To eat, take a lettuce leaf and spread a little hoisin sauce on it. Add a spoonful of the filling and a leaf or two of basil (or cilantro). Roll up the lettuce leaf into a cylinder and enjoy!