



Dress to Attract the Life of your Dreams

How does Feng Shui relate to fashion? Apply the Five Elements to your most intimate environment: your clothing, accessories, and makeup. Be empowered to dress to attract your desired lifestyle and how to best dress for your personal body shape and coloring.

Our outerwear is one of our deepest expressions of energy and personality. The Five Elements are life forming, so it only makes sense that our expressions have energy. Fashion Feng Shui® is a holistic approach to dressing that helps you to understand who you really are at the core (your essence).

Each of the Five Elements is associated with colours, shapes and fabrics, for example:

Wood Element:

Colours: Blues and Greens
Shapes: Vertical Shapes, Stripes or Columns
Fabrics: Plant based fabric such as Cotton or Linen

Metal Element:

Colours: White and Pastels
Shapes: Rounded, Scrolls
Fabrics: Sateen, Jacquard, Lame

Water Element:

Colours: Dark colours such as Black, Navy, Brown
Shapes: Uneven lines, Paisley, "out of the norm"
Fabrics: Lightweight fabrics such as Chiffon and Rayon

Fire Element:

Colours: Reds and Purples
Shapes: Triangles, Cones and Diamonds
Fabrics: Leather, Silk and Wool



Michelle Obama,
in a sateen sheath
(metal element fabric)
The colour is yellow
(earth element)
The body shape is metal
(fitted sheath)

Earth Element:

Colours: Yellow, Browns and Earth Tones
Shapes: Squares or Cubes, Plaids and Checks
Fabrics: Flannel, Tweed or Heavier Fabrics

I thought my essence was 'wood', but I discovered that I truly am 'fire' at my core. My intention is 'metal' and my body shape is 'metal'. I also know my body coloring elementally.

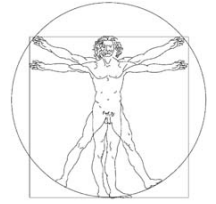
What has this done for me? First of all, I know that I must honour my essence everyday in my dressing - either with color, shape or fabric, and I then feel very content (at home so to speak). I am also mindful of my intention and of course my body shape and coloring.

Once you put it all together, you feel balanced. It has also saved me a lot of money in new purchases and has helped me clean my closet out (more than once). I love my clothes and they love me back!

Joanne Ward, Beauty and Fashion Expert, is an accredited Fashion Feng Shui® Facilitator. Joanne offers a variety of consultations for individuals, groups, businesses and non-profit organizations. She also offers guided shopping excursions, closet audits and *ipods* - intentional, planned optimal dressing.

Joanne can be contacted at 403.885.2390 or visit her website at www.joanne-ward.com

Matters of Health



Spring time once again...time to dump the gunk.

Body cleansing or detoxification ...is an age old biological function. Our bodies do this efficiently all by themselves. Through 'appropriate' elimination pathways such as skin, kidney, and bowel, our bodies are kept clean and healthy on a daily basis, making seasonal cleansing – twice a year – all that is necessary.

But again - only *if* we are eliminating appropriately. And a lot of us aren't, and then we are not ridding our bodies of harmful substances that eventually will affect our health. You know where I am going with this. You have read my stuff for awhile now – you should have some fairly good ideas on maintaining good health. This doesn't involve dropping into your local Health Food Store every couple of months and grabbing the latest in what I call 'fashion' cleanses. Starting with specialized protocols is a *no no* unless you are certain – that what you are doing on the potty is indeed the right thing. Here we *dump* on falsities.

Warning:
explicit descriptions that may make some of you uncomfortable.

The Scoop on Poop



When someone says “that guy doesn't even think his 'poop' stinks...” well – it

shouldn't and they would be right. Ideally, it should be the color of cardboard. It can be darker if you are taking greens such a wheatgrass daily. It should leave the body easily without straining or discomfort. A *very* bad habit that people engage in...is sitting on the potty – letting it all hang out, while *reading*. Ideally, you should feel the need to evacuate – then head to the bathroom – do the doo – and be out of the loo within five minutes. Not doing so, can lead to hemorrhoids, and other bowel bothers – some of which can be serious. And which could be avoided if, in addition to a good diet, one just followed this 'golden rule' ...no more reading on the potty.

Moving right along... Your stool should be 6 to 8 inches long, and fall slowly once it hits the water. There should be little gas or odor. One large poop a day with one or two smaller

ones is what your aim is. I know, I know. But how many of you actually sit around at social gatherings and have frank discussions about your bowel habits? Not a lot of people know this stuff. So bear with me.

Stools that sink quickly indicate two things: not enough water, and not enough fiber – vegetables, whole grains etc. They are quite dark, indicating they have been sitting around for a prolonged time – those lazy bowels.

Stools that are pale or gray in color can be caused by poor bile output due to various health concerns. Again – lifestyle changes often correct this. Antacids – wrong on many levels – will also change the color, because they contain aluminum hydroxide. If the stool is shiny or greasy, floats, and is smelly, this indicates undigested fats from high fat meals. Lipase is a fat digestive enzyme produced by our pancreas, and if lipase is drying up – best look at diets that are aggravating the pancreas. Also – bacterial overgrowth – too much yeast for instance – can interfere with fat absorption. Again – a diet issue.

If your diet is clean, healthy, whole, and largely unrefined, and you still display these stools in the potty, get it checked out. Mucus in the stool may indicate inflammation in the intestines and can occur with either diarrhea or constipation.

There is more 'stuff' to wade through. Our livers are continuously making bile, which is bright green. 'Going green' does not mean in your bowel movements. This indicates food passing through way faster than is good for you. However, iron supplements, algae and liquid chlorophyll can cause a greenish stool. As can laxatives, antibiotics and other medications. You will know the difference depending on your lifestyle.

Pellet stools – I am fairly certain we can forgo the descriptive here – are linked to stress. Yellowish stools are linked to low bile and fast transit time. The point is – anything other than what I described as the '*ultimate and ideal* movement' – speaks volumes about your health.

'Fashion Cleanses' are not going to *help you in the end*. Daily care of, and celebration of your beautiful amazing body will.

We are complicated systems – and our bodies know what to do with us, as long as we do the right things. Exercise, water at room temp – and lots of it. Probiotics daily. Fermented foods such as kefir and Miso. Organic fruits and veggies – and leave the peels alone! Simple, whole foods, organic when possible, local if not, and seasonal. Get intimate with your blender. Throw in combinations of lemon juice, apples, carrots, sprouts, fermented hemp or soy powders, probiotics, essential oils, a green powder or wheat grass (I recommend Dynamicgreens.com in my Cancer Coaching). Blend this all up and there you have it. Colonics, detox retreats, and coffee enemas all have their place. But wonderful food styles and life styles which support the love you *should* have for your body...will keep you healthy. The End.

Margo is a Registered Orthomolecular Health Practitioner. She designs programs and procedures to restore balance systemically – not just in bits and pieces. We are all complex and 'standardization' is not an option. In the case of pathology, natural and western medicine can both be utilized complementing the strengths available within each discipline, while ensuring the individual's health, safety and well-being. Focusing on orthomolecular strategies, Margo's approach is holistic, with the emphasis on prevention, restoration, and the harmony of body, mind and spirit.

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Certified Holistic Breast Health Consultant,
Certified Cancer Coach, Registered Holistic Nutritionist
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What's New?

Feng Shui Expert Unravels Mysteries of Feng Shui

CALGARY, AB – David Daniel Kennedy, bestselling author of “*Feng Shui for Dummies*” is coming to Calgary to teach the second of the Experiential Feng Shui series – **Experiential Feng Shui II: Penetrating Mysteries of Feng Shui**. This knowledge-packed, interactive workshop is being held May 29 & 30, 2010, at the Radisson Hotel in Calgary, AB.

We have a large Feng Shui Community here in Calgary and so it just made sense to ask David Kennedy to come to our beautiful city to expand on our Feng Shui studies. In the first of the Experiential Feng Shui series, participants were 'wowed' with new concepts, secret cures, Chi Kung, and personal Chi Cultivation, that David Kennedy has learned from decades of study with Grandmaster Professor Lin Yun and other teachers. The response has been overwhelming and the second workshop of this series has just been announced.

~ Maureen Johnson, Feng Shui Market & Publishing

This extraordinary opportunity to study with David Kennedy provides a new level of understanding of BTB Feng Shui concepts; where participants will gain clear and comprehensive insight into the most important Feng Shui factors; and discover how Feng Shui provides such highly effective results ... and so much more!

Visit <http://www.fengshuimarket.ca/product-davidkennedy-002.html> for more information and Early Registration (use promo code AWK28 – limited time only).

Online Specials

NEW! All Crystals now include small hooks (to hang from ceiling).

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The Five Elements Cycle clearly illustrates the building and reducing elements. This Bagua Map is a 'must have' for Feng Shui Practitioners to use when balancing energy for clients in their homes and offices. Laminated for durability.

Size is 8.5" x 11"

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POPULAR DEMAND**

Feng Shui Market & Publishing

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A weekend to remember . . .

May 29 & 30, 2010

8:00 am to 5:00 pm

Radisson Hotel Calgary Airport,
2120 - 16 Avenue NE, Calgary, AB

Experiential Feng Shui II

Penetrating Mysteries of Feng Shui

with **David Daniel Kennedy**

bestselling author, "Feng Shui for Dummies"

presented by Feng Shui Market & Publishing

"Learning from David ranks as one of the most joyous academic experiences of my life. I feel privileged for receiving what seemed like sacred knowledge. I can say for sure that this class changed me, but I can't say just how yet, or how it will affect my life from here forward ... but I am excited to find out."
~ Greg Coonfer, Owner, Tiempo, Calgary, Alberta

You will learn:

- Turtle Chi Kung for Health & Longevity
- Detailed Systematic BTB Environmental Analysis Methods
- Subtle Changes to Maximize the Effectiveness of Your Cures
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- What Ranks Higher than the Bagua in Feng Shui Analysis
- Secrets of Remedial & Proactive Cures
- Relative Effectiveness of the Cures
- Advanced Learnings: Assessing Feng Shui for Life Areas (Money, Health, etc.) vs. Feng Shui for Areas of the Environment
- Overcoming Obstacles to Success
- BTB Meditation Methods

Also, **Mirrors in the Bedroom:**
the Good, the Bad & the Distorted

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Registration fee includes
breakfast, lunch & all handouts

Experience Feng Shui come alive

In this knowledge-packed, interactive workshop, you will gain a clear and comprehensive understanding of the most important Feng Shui analysis factors. Learn how Feng Shui provides such highly effective results. This is an extraordinary opportunity to learn some of the most potent teachings of BTB Feng Shui that David Kennedy has learned from Grandmaster Professor Lin Yun and other teachers.

In the second of this series, you will have a living experience of Feng Shui (Experiential Feng Shui), gain a deeper insight into Feng Shui & learn exclusive techniques that will translate into results.

"I was so thrilled and excited to know more, learn more and accumulate new insights and valuable information from David. The Feng Shui information I learnt has renewed my passion for BTB Feng Shui. It has made me question, evaluate and delve more into so many aspects of Feng Shui previously unknown to me. The BTB Feng Shui student must seek new knowledge. The BTB practitioner must continue a life-long learning journey. David is an able and knowledgeable teacher and guide. The frog's journey has only just begun. Thank you, David!"
~ Kelly Kaur, Professor, Mount Royal University, Calgary, Alberta

\$375 early registration before April 28, 2010

\$425 after April 28, 2010

use promo code AWK28

plus 9 Red Envelopes

Are you **inspired** by the **innovation** and **energy** offered by those involved with **Feng Shui**?

*It gives us great pleasure to announce the launch of
Feng Shui Connections® ...*



Our common desire to **understand** and use **Feng Shui** to positively affect others is contagious and it is a life-long learning experience. During this exciting journey, we benefit tremendously from others' **experiences** and the ability to discuss our own questions in a like-minded community.

Whether you want to understand Feng Shui for yourself or you have aspirations to be a Feng Shui Practitioner, you will gain valuable insight and knowledge through Feng Shui Connections. This is an idyllic environment for Feng Shui enthusiasts, students and practitioners to **share ideas** and **knowledge** for the practical **application** and **education** of Feng Shui

Feng Shui Connections®
*is committed to the continual study
and appreciation of Feng Shui.*

Our reputation of being a vibrant, up-and-coming community of Feng Shui enthusiasts and one of the very best resource centres for Feng Shui is a direct reflection of the members of Feng Shui Connections.

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promote your business ...
Professional Members can take advantage of effective online advertising opportunities.

promote your event ...

Professional Members are invited to promote your upcoming events.



enjoy member discounts ...



A cost saving benefit to Feng Shui Connections members, take advantage of all the discounts that are now available to you.



connect ...

Join us at our monthly meetings. Submit a topic that you would like

discussed or come and learn what others are asking. Enjoy a cup of coffee or tea and keep in touch with your colleagues.

“ Whether you have a basic interest in Feng Shui for your own use, are a student studying Feng Shui, or a professional who provides Feng Shui services as a part of your career path, Feng Shui Connections is a valuable resource for you! ”

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You are invited to join us — visit www.fengshuiconnections.ca today for more information