

## September 2014 Newsletter

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### **Lots of exciting updates for you this month!**

1. We welcome into our Zawada Health family Elaine Ash, a social worker with over 30 years experience in the area of childhood and adolescent therapy. Elaine has particular expertise in the area of ADD/ADHD and anxiety and is now available to see children, teens and families to help with these and other challenges. She is available Friday afternoons and evenings.
2. Erin Chaisson, RMT, is slowly increasing her days back at the clinic after her time away with her new son. She is now available Mondays, Tuesdays, and Thursdays.
3. Dr. Tiffany Heikkila, ND, will also be returning after some precious time with her daughter! She is available two days a week. Please call for specific days.
4. I (Dr. Carol Morley, ND) will be away from October 6<sup>th</sup> until February for mat leave. Both Dr. Claire and Dr. Tiffany are available to see any naturopathic patients, returning, or new while I am away.



**Discover the future of family medicine at a centre with naturopathic doctors, registered massage therapists, a psychotherapist, osteopathic athletic therapist, an infrared sauna and a full dispensary that will change the way you think about your health!**

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### **Increase Back to School Success**

By Elaine Ash B.S.W, M.S.W, R.S.W., Social worker/Psychotherapist

It is hard to believe that the summer has come to an end and school days are upon us. Time to get into the back to school groove and help your child(ren) have a successful year at school. Parents can help increase a smooth transition by following a few helpful tips.

1. **Reach out to your kids' teachers-** whether it be through meet the teacher/welcome events, a quick e-mail or an introductory meeting; letting the teacher know that you want to be an involved parent can go a long way towards nipping any future issues in the bud.
2. **Establish healthy at-home routines-** it's not too late to develop regular waking, bedtime and homework times. A regular routine will help a child develop good work habits and given that elementary school kids need 10 to 12 hours sleep and teens need 8 ½ to 9 ½ hours sleep for optimum brain function, getting this routine started early is key.
3. **Create and Activity Calendar-** an activity calendar becomes the motherboard for all school, work and extra-curricular activities and allows everyone to know what is going on.
4. **Pack smart-** a child's backpack should never weigh more than 10 to 20 percent of his body weight; heavy packs can strain developing muscles and joints, use both straps, and tighten them so the pack hangs close to the body, about two inches above your child's waist.
5. **Fuel Up-** kids who eat healthy breakfasts each morning have more energy available for learning. Protein-loaded options like eggs, cheese, yogurt and fruit/nuts are a great way to get the brain ready for learning.
6. **Checking in ritual-** whether it is on the drive home from school, at dinner or before bed; knowing how your child's day has gone each and every day is key to staying on top of potential issues and simply letting your child know you care.

**So here's to a new year filled with new learning, new friends and a bright new future.**

## **ADHD a Back to School Challenge**

By Elaine Ash B.S.W, M.S.W, R.S.W., Social worker/Psychotherapist and Carol Morley, ND

It's normal for kids to sometimes be fidgety in school, forget their homework or daydream during class but sometimes inattention, impulsivity and hyperactivity can be signs of attention deficit disorder (ADD/ADHD), which can affect your child's ability to learn and get along with others. Some of the symptoms of inattention and concentration difficulties include:

1. "zoning out" without realizing it, even in the middle of a conversation
2. extreme distractibility: wandering attention makes it hard to stay on track
3. difficulty paying attention or focusing, such as when reading or listening to others

Some children experience these symptoms with an element of hyperactivity and irritability. Sometimes these symptoms can have a bio-chemical basis.

Children with ADHD tend to have an abnormal functioning of brain chemicals called neurotransmitters and in the nerve pathways that regulate behavior. Some children with ADHD may have smaller or less active parts of the brain as well.

Dopamine, one of the neurotransmitters, carries signals between nerves in the brain and is responsible for many functions including movement, sleep, mood, attention, and learning. Naturopathic medicine has many options for improving levels of dopamine and addressing all the potential causes of ADHD.

ADHD more commonly occurs in children with low levels of omega 3 fatty acids: hempseeds, flaxseeds, walnuts, and cold water fish are all great sources of omega 3's. The disorder can also happen in children with undiagnosed food sensitivities and higher levels of pesticides in their blood.

Parents may want to seek naturopathic treatment for their child for a number of reasons:

- to address the side effects of the conventional drugs their child is taking; a common one being low appetite.
- to seek an alternative to conventional drugs or prevent increasing dosages
- to get ideas for snacks and meals to balance blood sugar levels
- to discover solutions to calm the mind and improve sleep

Sometimes these symptoms emerge from the brain; this is what is more commonly considered the source of the diagnosis of ADD/ADHD. Although this is a life long diagnosis people do learn to compensate for this extra spunkiness and truly succeed. In children and teens, routines predictability can help to focus kids towards success.

Zawada Health recognizes that the incidence of ADD/ADHD is on the rise and wants to help. We welcome into our Zawada family Elaine Ash, a social worker with over 30 years experience in the area of childhood and adolescent therapy. Elaine has particular expertise in the area of ADD/ADHD and anxiety and is now available to see children, teens and families to help with these and other challenges.

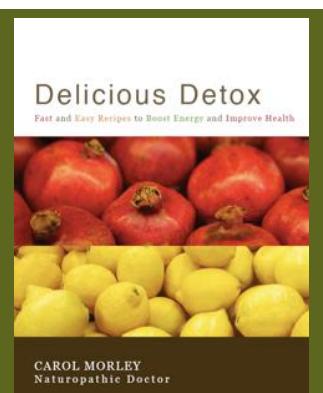
This labour-day weekend our family went to Evergreen BrickWorks for a Saturday morning adventure. What a great weekend to go and see all the fresh local produce!! After I bought some delicious grass-fed butter, the peaches were calling my name. Now with more peaches I know what to do with, I wanted to try a different kind of popsicle to celebrate the end of the summer. Thanks to [mynewroots.org](http://mynewroots.org) for this recipe.

### **Peachy Keen Creamsicles**

Makes 10, 3oz. popsicles

Ingredients: 4 large peaches, 1/2 cup cashews, soaked for at least 4 hours, 2-3 Tbsp. liquid sweetener (raw honey, maple syrup, agave), 2 Tbsp. water, 1/2 vanilla bean, seeds scraped

1. Place cashews in a container and cover with fresh, filtered water. Let soak for at least four hours, or overnight. Drain and rinse well.
2. Peel peaches and roughly chop. Place in a blender or high-speed blender and blend until completely smooth. Add 1 tablespoon of liquid sweetener if desired. Pour contents into a container with a spout and set aside.
3. Give your blender a quick rinse and add the cashews, along with the vanilla bean, 2 tablespoons of sweetener and water. Blend on high until completely smooth (if using a regular blender, this may take 60 seconds or longer).
4. Into each popsicle mold, pour a small amount of either the peach puree or cashew puree, then alternate between the two until you've reached capacity. Using a popsicle stick or skewer, stir the liquids together slightly to create a marble effect. Place a popsicle stick in each mold and place in the freezer until completely frozen. To remove, run the mold under warm water until the popsicle easily slides out. Enjoy!



**Delicious Detox**  
Fast and Easy Recipes to Boost Energy and Improve Health  
CAROL MORLEY  
Naturopathic Doctor

Delicious Detox is your guide to easy recipes that will change the way you think about your family's health.

The recipes in the cookbook prove that there is a way to eat healthfully without sacrificing taste.

"I use fresh and healthful ingredients, basic kitchen equipment and simple to follow recipes to help people take control of their health!"

### **Monthly Specials** **15% off**

#### Sunscreen

Green Beaver Kids spray,  
27 spf

Badger Lotion, spf 30

Lip Balm - Badger , spf 15

#### **Delicious Detox Cookbook**

