



February 2011 Newsletter

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ZH Update!

Thank you to everyone that came out to the ZH Wellness Day on January 18th and the Breast Workshop Claire Girgis, ND and Lynn Schott, RN put together. Everyone enjoyed a cup of green tea and some almonds while discussing healthy breast tips and getting a self-exam demo. Also a reminder that our three Naturopathic Doctors are always available for a full physical exam which is 30 minutes and is comprehensive of eyes, ears, heart, lungs, nervous system, etc. Call for more info or email info@zawadahealth.com.

Forget about the snow, throw on some layers and get outside to move and get you over the winter hump. Or turn up the heat inside and try cooking a dinner for a special someone in your life. Here is a delicious meal – I've even included a sweet treat this time! The Zucchini Noodle recipe is from Ani Phyo (www.aniphyo.com), a raw food author and eco-lifestylist. She has a new dessert cookbook out that is fantastic!

Zucchini Noodles with Raw Tomato Marinara



Yield: 4 servings

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| <ul style="list-style-type: none"> 1 ¼ pounds of tomatoes, diced 2 dry-packed or oil-packed sun-dried tomato halves ½ cup of basil leaves ¼ cup extra-virgin olive oil 1 tablespoon fresh lemon juice | <ul style="list-style-type: none"> 1 soft medjool date, pitted and minced 1 teaspoon thyme leaves 1 teaspoon coarsely chopped flat-leaf parsley Kosher salt and freshly ground pepper 1 small garlic clove 4 medium zucchini (1 ¼ pounds) |
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1. In a blender, combine the fresh tomatoes with the sun-dried tomatoes, basil, olive oil, lemon juice, date, garlic, thyme and parsley and puree until smooth. Season the raw tomato marinara sauce with salt and pepper.
2. Using a mandoline, cut the zucchini length wise into ¼-inch-thick-slices, then cut the slices lengthwise into ¼-inch-wide strips resembling spaghetti. Transfer the zucchini noodles to a bowl. Add the marinara sauce, toss to coat and serve immediately.

Chocolate Cherry Brownies



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| <ul style="list-style-type: none"> 1 cup raw walnuts ¾ cup raw pecans 1 ¾ cups (packed) pitted medjool dates (see note) ⅓ cup +1 tbsp raw cocoa powder (or regular cocoa) | <ul style="list-style-type: none"> 1 vanilla bean (see note) ¼ tsp sea salt ¼ cup dried organic pitted cherries ½ tsp almond extract (optional) |
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1. In a food processor, process walnuts and pecans.
2. Pulse through until fine and crumbly, then add dates and cherries and pulse through again to partially combine (mixture should be crumbly, but not yet coming together).
3. Add cocoa powder, salt, and almond extract, and pulse through.
4. With a sharp tip knife, slice the vanilla bean down the outer side to open up the bean.
5. Using a blunt knife, scrape out all the tiny seeds from the bean on both sides, and add them to the processor.
6. Process again, along with the almond extract if using (almond extract enhances cherry flavor).
7. Process until the mixture starts to come together but do not over-mix so that the nuts release their oils (see note).
8. Remove the mixture and press into a brownie pan (8" x 8") lined with parchment paper.
9. Use a small piece of the parchment to help press and flatten the mixture evenly into the pan,
10. Refrigerate for a couple of hours, and then cut into squares.
11. You can also freeze the squares after cutting, and enjoy them out of the freezer!

Notes:

- You can substitute 1 – 1 ½ tsp of pure vanilla extract for the vanilla bean seeds.
- If your dates are on the dry side, you can add 1-2 tbsp of water to the mixture to help assist the pureeing and the mixture easily coming together. Or, you can presoak (then drain) the dates to soften before pureeing. Also, if you use presoaked nuts, the mixture will puree easier (though presoaking is not a must).
- If you process the mixture too long, the heat generated by the food processor will bring the oils out of the nuts. If this happens, the brownies won't be ruined necessarily, but they will have an oily appearance and be oily to the touch. So, process minimally to begin, rather than over processing the nuts at the outset.
- If you don't have the pitted cherries, you can substitute another dried fruit or simply add another 3 or 4 dates to the mixture.

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!

Zawada Health

201 City Centre Drive, Suite
404 Mississauga, Ontario
L5B 2T4
1-866-268-0153
www.zawadahealth.com

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Osteopathy for Children

Due to its non-invasive and gentle nature, osteopathy is an ideal form of therapy for children, and is a highly specialized manual medicine rapidly developing across Canada. Given that the process of pregnancy and birth can be one of the most physically stressful events one can experience in life, osteopathy can prove to be very useful manual therapy in assessing and treating symptoms that appear as a result. Early recognition and preventative treatment can save both baby and parents many days and nights of frustration.

The cartilage plates of a baby's head are somewhat flexible in order to adapt to the process of exiting the birth canal. However, the pressures on a baby's cranium at birth can be quite substantial, and even if the birthing process is virtually uncomplicated, it may leave patterns of compression on the cranial bones that remain until released by a trained professional. This tissue strain/compression may lead to irritation in various systems of the body. Conditions that may be influenced or aggravated by these strains/compressions include but are not limited to:

- General irritability
- Difficulty/weak sucking/attaching
- Constipation
- Sleep disorders
- Vision impairments
- Colic
- Infantile reflux
- Recurrent ear infections
- Scoliosis

The release of these subtle strains will aid the body in regaining tissue balance, and inevitably optimum function of the body and its' systems.

As children grow older they learn to crawl and walk. Their naturally inquisitive manner means they will try to explore new places and things, often resulting in some falls and bumps along the way. As this time is a primary developmental period, any sustained physical strain or injury can result in alterations of joint/muscle function, and postural alignment. This adaptation may cause future complaints of joint/muscle pain, delayed physical milestones, recurrent digestive difficulties, and recurrent illness/infection to list just a few. The osteopathic manual practitioner will utilize a combination of manual techniques including cranio-sacral work, osteoarticular mobilizations, fascial release, and soft tissue/visceral techniques, etc., in the process of treatment.

Keeping your child at a level of optimal health means getting a great team together to help you do so. Treating infants and children is one of the most special opportunities a medical professional can be granted, as these brand new little bodies are so eager to return to a place of balance. The osteopathic manual practitioner seeks to identify and ease the strains and compressions on the tissues, enabling the body's natural ability to heal itself. It is this non-invasive approach that makes osteopathic techniques so appealing and beneficial to our little ones, and this is most apparent during a successful treatment as most children will lay peacefully while their therapist works on them, because they can recognize and welcome the steps towards health. If you wish to have more detailed information on these or any other conditions, **please contact Catherine at Zawada Health, or via email at catherine@zawadahealth.com**

Greens First Berry

Greens First® Berry is a special "Orchard Blend" which nourishes, balances and supports your entire body with super antioxidants and phytonutrients. It has been specifically formulated for those who want to get their fruits & vegetables in a delicious and convenient whole food drink mix without gluten or other common allergens.



Get 10 servings of fruits and vegetables in one scoop!

February Sale!

This month receive 15% off Greens First Berry super-food powders and Delicious Detox Cookbooks.

How Exercise Helps Fight the 'Winter Blues'

A common New Year's resolution is to get fit and practice healthy living; for some, it's hard to get motivated during the dark winter months. There's still half of the winter season left. Rather than avoid it, why not embrace it? Several Canadians suffer from Seasonal Affective Disorder, or, S.A.D., as the winter months settle in. One of the simplest ways to manage S.A.D. is by getting active in the fresh air. Exercising outside gives you better oxygen which helps you feel better. Exercise also increases blood flow and heart rate. We thus feel warmer and more energetic.

Some people feel too discouraged to exercise outside when it's cold. Staying inside where it's warm and cozy appears to be a better option. One of the BEST things to do is get some warm winter wear and get outside! Layering up before heading outside can create more body heat than usual and can cause you to sweat more. Staying hydrated while being active outdoors is, therefore, essential.

Once you're all bundled up and start moving you'll be warm and can start burning a great number of calories. It's more of a work out when you're outside too because there's not a machine to lean on. As a result, our muscles have to work harder, which forces them to adapt and get stronger. Activities such as snowshoeing, jogging, skiing, sledding and even just walking with a group of friends are some great ways to burn calories, build muscle and help the winter months pass by. Even if it is dark outside, snowing, or raining, the best thing to do is to keep moving indoors. Chores or exercising inside using your own body weight or with home equipment such as a treadmill, free weights, or even climbing your stairs can be an excellent way to get a great workout.



To learn more about how to get fit in 2011, please call Carla Pagniello @ 416-550-2277. To learn helpful tips on exercises visit our Blog at: www.inspirationfitness.ca. Carla is the owner of Inspiration Fitness, an In-Home Personal Training Company.