

JULY 2016 Newsletter

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Discover the future of family medicine at a centre with naturopathic doctors, a holistic nutritionist, registered massage therapists, psychotherapist, osteopathic athletic therapist, esthetician, 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
905-804-1752
www.zawadahealth.com

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Have you lost track of what Zawada Health can do for you? **Do you want to feel healthy again?** Here is a list of all the services offered at Zawada Health that you can take advantage of:

- Naturopathic Medicine
- Massage Therapy
- Holistic Nutrition Consulting
- Osteopathy
- Holistic Esthetician
- Psychotherapy
- Breast Thermography



Book an appointment today and let us help you be your best self!

5-Ingredient Vegan Fudgesicles

Makes 10

Recipe By: My New Roots

Ingredients:

½ cup / 75g unroasted, unsalted cashews
1 14-oz can / 400ml full-fat coconut milk
1 large, ripe avocado
1 cup / 250g pitted, packed soft dates
½ cup / 55g raw cacao powder
(Cocoa powder will also work)



Optional add-ins:

Sea salt

Vanilla (seeds from 1 pod, powder, or extract)

Finely diced fresh fruit (strawberries, blueberries, raspberries, mango etc.)

A pinch of cayenne pepper

Finely chopped toasted nuts (cashews, hazelnuts, almonds, pistachios etc.)

Optional toppings:

Cacao nibs

Finely chopped toasted nuts (cashews, hazelnuts, almonds, pistachios etc.)

Dried fruit

Citrus zest (lemon, orange, lime)

Hemp seeds

Unsweetened desiccated coconut

Directions:

1. Place cashews in lightly salted water and let soak for 4-8 hours (overnight is fine).

2. Drain the cashews and rinse well. Add to a blender (a high-speed blender is highly recommended) with the remaining ingredients (and any flavourings, if using) and blend on high until as smooth as possible. Add water only if necessary – you want to mixture to remain quite thick.

3. Spoon mixture in Popsicle molds. Firmly knock the molds on the counter a few times to remove any air bubbles. Insert a Popsicle stick into each mold and place in the freezer until set – at least 6 hours. To remove popsicles, run the mold under hot water until you can easily pull a fudgesicle out.

4. If you want to decorate your fudgesicles, dip or drizzle them with melted chocolate and sprinkle with desired toppings. Eat immediately, or place back in the freezer to set until ready to enjoy.

Beauty from the Inside Out

By Holistic Nutritionist Alexis Nilsen, CNP

Wouldn't it be great if there was a simple recipe you could whip up to get beautiful, glowing skin? Or what about a list of foods high in nutrients that could help your skin look its best at any age?!

With summer upon us and as we start to unpeel the layers of clothing and come out of our winter shells, now is the time to start working on our health from the inside out, but with our busy lives, it can be hard to eat right all the time plus spoil yourself with a well-deserved facial, but now you can do both.

For the Month of July put your best face forward and take advantage of our **Healthy Skin from the Inside Out SPECIAL OFFER!!!**

SPECIAL INCLUDES:

30 MINUTE RELAXING FACIAL

30 MINUTE HOLISTIC NUTRITION CONSULTATION + 1 WEEK MEAL PLAN TO PROMOTE HEALTHY SKIN

Because instead of just covering a blemish or hydrating a dry patch, why not head them off entirely by tossing some power foods into your grocery bag, because as the saying goes, "You are what you eat." So make a promise to your skin today to keep it nourished and rejuvenated from the inside out so you can show it off every season of the year.



Dealing with pests, naturally!

By Dr. Claire Girgis, ND

Summer is here and the insects are out in full force! Those bites can be a real nuisance and, with increased warnings this year about the risk of tick bites, it's more important than ever to protect ourselves. Of course, one way to prevent insect bites is to avoid areas where they tend to gather, deep woods and standing waters, for example. It's also a good idea to cover up if you are going into an area where you might be exposed. However, exposure is often unavoidable, so here are a couple of recipes for homemade insect repellent spray and after bite ointment that might come in handy this summer!

Insect repellent spray

8 oz. distilled water
1 tbsp neem oil (optional)
10 drops each essential oils
(Eucalyptus, peppermint, lavender, rosemary, tea tree, clove)

In a small spray bottle, combine all ingredients.

Shake well before each use.

When not in use, store in a box, or dark bag, in the refrigerator.



After bite ointment

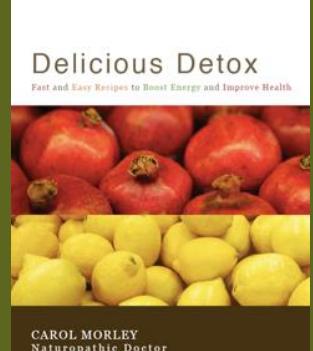
1 tbsp apple cider vinegar
2 tbsp aloe gel
2 tbsp coconut oil
1 tbsp calendula cream
Baking soda

In a small bowl, combine vinegar, aloe, coconut oil and calendula.

Add enough baking soda to form and spreadable paste.

Apply a thin layer to insect bites.

Store in a small, airtight container in the refrigerator.



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!"