



November 2010 Newsletter

**November News at Zawada Health**

Zawada Health has two new additions! Catherine Cabral-Marotta, an osteopathic athletic therapist, joins us to share her passion and knowledge and field experience to help you achieve better health. Erin Chaisson, a registered massage therapist, who has worked as a kinesiologist over the last few years will be at the clinic Tuesdays and Thursdays. Read more about their services on our website [www.zawadahealth.com](http://www.zawadahealth.com).

As you start thinking about the gift giving season, remember that we will be doing our annual food drive. Feel free to bring in a non-perishable food item and we will deliver to the less fortunate this season.

Next time you are at the clinic take some time to look at some of the gift ideas we have in our reception area. plant2body Nourishing Serum, the Olive Baby skin care line, the new all-natural gum and mints we have available, and of course Delicious Detox ([www.deliciousdetoxcookbook.com](http://www.deliciousdetoxcookbook.com)) and Zawada Health gift certificates. We can also package these items up in cellophane and ribbon to take home!

**Sulphites**

Sulphites are a naturally occurring substance in some foods and the human body, but are also added to prepared foods, beverages, and medications as preservatives, and to enhance colour.

Preservatives in packaged foods and beverages are notorious for worsening a wide range of health concerns. Fatigue, depression, and asthma are just a few that can be helped by removing sulphites from the diet. Starting with raw ingredients and cooking from scratch will usually result in better health or fewer symptoms. You can't eliminate sulphites but you can dramatically reduce your exposure.

Choosing real foods from the outside aisles of the supermarket is usually the safest way to cook. That's where the fruit, vegetables, dairy and meats can be found. Another important thing to keep in mind is how to read packaging. A good rule of thumb is the fewer ingredients, the safer it is. Some foods that contain sulphites to watch for are bottled lemon juice, dried fruits, shake-on meat coatings, vinegars, deli meats, frozen potatoes like french fries or hash browns and condiments like mustard. The list isn't complete but it does remind us that fresh is always best.

**Garlic**

Used medicinally since ancient times, garlic is constantly being studied by scientists. It may fight cancer and heart disease, and lower blood pressure. Garlic contains sulfur compounds that may speed the breakdown of carcinogens or cancer-causing substances. It has also been shown to lower blood pressure and blood cholesterol, and to inhibit clotting. Because of garlic's blood-thinning qualities, be careful not consume too much if on blood-thinning medications, such as warfarin. Here is a smart alternative to a cream cheese or sour cream dip that uses beans and garlic.

**Garlic Bean Dip**

Yield: 1 ½ cups

- |                             |                           |
|-----------------------------|---------------------------|
| 10 cloves of roasted garlic | 1 can of cannelloni beans |
| 1 Tbsp lemon juice          | 2 tsp sesame oil          |
| ½ tsp ground coriander      | ¼ tsp salt                |
| ¼ cup chopped parsley       | 1 tsp paprika             |

1. In a food processor, combine 10 cloves of roasted garlic, 1 can of cannelloni beans, and process to a smooth puree.
2. Add 1 Tbsp lemon juice, 2 tsp sesame oil, ½ tsp ground coriander, and ¼ tsp salt and process to blend.
3. Transfer the mixture to a small serving bowl.
4. Serve sprinkled with ¼ cup chopped parsley, and 1 tsp paprika.

This hearty dip can be served with raw vegetables or crackers and has only 2 grams of fat and 71 calories per ¼ cup.

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

**Zawada Health**

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## New at Zawada Health – Osteopathic Manual Techniques and Athletic Therapy

*"To find health should be the object of the doctor. Anyone can find disease."* ✓ A.T. Still D.O.

**What is a Certified Athletic Therapist** - A Certified Athletic Therapist assesses injuries and conditions, utilizes contemporary rehabilitative techniques, therapeutic modalities, soft tissue mobilization, physical reconditioning, and supportive strapping procedures to promote an environment conducive to optimal healing in preparing the individual for safe reintegration into an active lifestyle.

**What is an Osteopathic Manual Practitioner (OMP)** – OMPs use their in-depth knowledge of the body's anatomy and physiology, as well as their highly refined palpatory skills (their hands) to determine how disease and/or dysfunction has affected the body and its systems. Osteopathy is a holistic noninvasive means of health care that can be applied to individuals as young as newborn infants, and as old as elderly seniors. OMPs view the individual as

### How can I benefit from these health practices?

Osteopathic manual techniques and athletic therapy can treat a variety of conditions including:

- ✓ Musculoskeletal pain (ie. neck, back, knee pain, etc.)
- ✓ TMJ/jaw pain
- ✓ Headaches
- ✓ Sciatica
- ✓ Respiratory conditions (ie. asthma, bronchitis, allergies, etc)
- ✓ Digestive problems (ie. IBS, bloating, gas, constipation, etc)
- ✓ Ear, nose, and throat (ie. chronic ear infections, tinnitus, sinusitis, etc)

### Osteopathy, Pregnancy and Pediatrics

As you move along through your pregnancy, your body must adapt to the varying needs of your growing baby. These include hormonal, postural, and emotional modifications, all changing as you grow from trimester to trimester. The OMP will work to balance the aches and pains caused by postural adjustments (ie. sciatica, back pain, heart burn, swelling, etc). Post-pregnancy the OMP works with the patient to heal the body from the birthing process, and assist it in adjusting to its new environment. Infants and children can also greatly benefit from osteopathic manual techniques. Structural changes as a result of the process of delivery, trauma after birth, or as a result of accidents in every day life can cause problems such as difficulty sucking or vomiting, recurrent infections/allergies, or musculoskeletal problems such as scoliosis and malocclusion. The objective is to help the child function at an optimal level, and grow in to a happy and healthy adult.

### About our new osteopathic athletic therapist...

Catherine Cabral-Marotta is a recent graduate of the Canadian College of Osteopathy, and is currently working on completing the research component of this seven-year program to obtain her osteopathic designation. Catherine became a certified athletic therapist in 2004, and is currently working on completing her massage therapy certification (June 2011). Catherine is a team therapist for the Canadian Trampoline team, with a broad patient base ranging from the young children to high performance Olympic medalists. Catherine is thrilled to be a part of the Zawada Health team and looks forward to teaching the Zawada Health community about the world of osteopathy and athletic therapy.

### Boosting Your Immune System Throughout Your Day *By Claire Girgis, HBSc, ND*

We've all heard of Vitamin C for boosting the immune system but there are so many additional ways of supporting your body's defences and preventing infections. Here are a few ways to support your immune system as you go about your busy day:

**In the shower...** Ending your shower by briefly alternating hot and cold water creates a pump-like action in your body's circulatory and lymphatic systems which in turn improves the production and circulation of immune cells in the body, helping to support the body's defences.

**Before breakfast...** Drinking a glass of water with the juice of half a lemon squeezed in it has long been suggested as a way to cleanse the liver and improve digestion. In addition to these benefits, the added boost of Vitamin C found in lemon juice will help to strengthen the immune system while providing a great energy boost in the morning.

**During your breaks...** Step outside and get some fresh air and sunshine! A bit of Vitamin D goes a long way towards improving immune function. And when the Canadian weather makes it impossible to get enough, consult with your ND about a proper supplement regimen tailored to your own needs.

**At every meal and snack...** Making sure you get a full array of fruits, vegetables and whole grains is the first step to ensuring your body has all the building blocks for a healthy immune system. Colourful orange, red and dark green vegetables and fruits will provide various vitamins and minerals, including Vitamin C. Zinc, another important factor in immune function is abundant in pumpkin seeds. Brazil nuts are a great source of selenium. Vitamin D, in addition to being produced in the skin with sunlight exposure, can be found in fish such as tuna and salmon!

**At bedtime...** Making sure you get enough good quality sleep is a crucial factor in ensuring that your immune system functions at its best. Taking steps such as sleeping and waking at the same time every day, avoiding caffeine, and sleeping in a dark, quiet environment can help to improve sleep quality.

**Note:** Please consult with a qualified naturopathic doctor for more information on how to properly implement some of the suggestions listed above. For questions or to book with an appointment with an ND today, call 905-804-1752 or email us at [info@zawadahealth.com](mailto:info@zawadahealth.com).

## CleanEssentials

### All Natural Cleaning Spray

This natural, antibacterial cleaning spray is great for any area of your home or office. Made with distilled water and pure essential oils, it is gentle, safe and smells wonderful. It is great for many uses such as counter tops, sinks, floors, cupboards, and it will even shine baseboards!

I love having this spray around to quickly spritz door knobs during the cold and flu season!



### October Sale!

Receive 15% off  
CleanEssentials All  
Natural Cleaning Spray  
(500 mL) and 15% off  
Delicious Detox  
Cookbook.