



November 2011 Newsletter

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MOvember!

During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces, in Canada and around the world. With their "Mo's", these men raise vital funds and awareness for men's health, specifically prostate cancer.



On November 1st, guys register at Movember.com with a clean-shaven face. For the rest of the month, these selfless and generous men, known as 'Mo Bros', groom, trim and wax their way into the annals of fine moustachery. Supported by the women in their lives known as 'Mo Sistas', Movember Mo Bros raise funds by seeking out sponsorship for their Mo-growing efforts.

Mo Bros effectively become walking and talking billboards for the 30 days of November. Through their actions and words, they raise awareness by prompting private and public conversation around the often ignored issue of men's health. Go to

<http://ca.movember.com/?home> to get more information and to support all the gentlemen in your life!

Roasted Butternut Squash Soup and Curry Condiments

(adapted from "food network.com")

3 to 4 pounds butternut squash, peeled and seeded
2 yellow onions
2 McIntosh apples, peeled and cored
3 tablespoons extra virgin olive oil
Kosher salt and freshly ground black pepper
2 to 4 cups chicken stock, preferably homemade
1/2 teaspoon good curry powder

1. Preheat the oven to 425 degrees F.
2. Cut the butternut squash, onions, and apples into 1-inch cubes. Place them on a sheet pan and toss them with the olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper.
3. Divide the squash mixture between 2 sheet pans and spread in a single layer.
4. Roast for 35 to 45 minutes, tossing occasionally, until very tender.
5. Meanwhile, heat the chicken stock to a simmer.
6. Place the roasted vegetables in batches in a food processor fitted with the steel blade. Add some of the chicken stock and coarsely puree.
7. When all of the vegetables are processed, place them in a large pot and add enough chicken stock to make a thick soup.
8. Add the curry powder, 1 teaspoon salt, and 1/2 teaspoon pepper. Taste to ensure there's enough salt and pepper to bring out the curry flavor.
9. Reheat and serve hot with condiments either on the side or on top of each serving.



Kale and Brussels Sprout Salad

(adapted from "bon appétit")

1/4 cup fresh lemon juice
2 tablespoons Dijon mustard
1 tablespoon minced shallot
1 small garlic clove, finely grated
1/4 teaspoon kosher salt plus more for seasoning
Freshly ground black pepper
2 large bunches of Tuscan kale (about 1 1/2 lbs total), center stem discarded, leaves thinly sliced
12 ounces brussels sprouts, trimmed, finely grated or shredded with a knife
1/2 cup extra-virgin olive oil, divided
1/3 cup almonds with skins, coarsely chopped
1 cup finely grated Pecorino

1. Combine lemon juice, Dijon mustard, shallot, garlic, 1/2 tsp. salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld.
2. Mix thinly sliced kale and shredded brussels sprouts in a large bowl.
3. Spoon 1 tablespoon oil into a small skillet; heat oil over medium-high heat.
4. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt.
5. Slowly whisk remaining olive oil into lemon-juice mixture. Season dressing to taste with salt and pepper.
6. Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.

Pediatric Naturopathics – Why the children in your life need our help too!

By Tiffany Sahakian Heikkila HBSc, MSc, ND

“A healthy adult starts as a healthy baby”

It is no surprise that health starts in infancy and paves the way for the rest of our life. We now know that healthy babies are more likely to become healthy toddlers, who are more likely to become healthy teenagers and then healthy adults. Recognizing this simple, yet vital link can help prevent even the most common adult illnesses such as diabetes, heart disease, obesity, high blood pressure and cancer.

Whether your child is 10 days old or 10 years old, Naturopathic pediatric care focuses on helping parents give their children the healthiest possible start in life and ensures they are receiving the proper nutrition and healthcare that they require. Naturopathic Doctors not only work to optimize health and prevent future illness, but may also perform complete physical exams and monthly well-baby checks. Common childhood illnesses including eczema, asthma, colic, colds and flus, diarrhea, chronic ear infections, attention deficit hyperactivity disorder (ADHD) and respiratory illnesses may all be treated successfully with Naturopathic Medicine. Combining gentle therapies such as homeopathy, herbal medicine, acupressure and acupuncture, nutritional supplements and dietary changes can be extremely effective for all the youngsters in your life.

The body has a natural ability to heal itself. Our goal is to stimulate your child's inherent healing processes and ultimately direct them down the path to future health. The health of your child is in your hands. Book an appointment to see a Naturopathic Doctor at Zawada Health today!



Olive Baby Bottom Cleaner

As a new product at Zawada Health, we are offering 15% off Olive Baby Bottom Cleaner. It gently cleanses baby's bottom with every diaper change. With the healing benefits of aloe and chamomile our Bottom Cleaner soothes baby's bottom and is safe to use on sensitive and irritated skin. Throw it in your diaper bag or purse as a quick hand cleanser or for diaper-changes when travelling!

November Sale!

Receive 15% off Olive Baby Bottom Cleaner and 15% off Delicious Detox

Biological Contributors to Autism

By Catherine Cabral-Marotta, BSc HK, Dip SIM, CATC, RMT Osteopathic manual Medicine (TW)

The following is an excerpt from an article written by Shawn Centres for the Osteopathic Centre for Children and Families. "Studies done by Viola Frymann, DO and the Osteopathic Center for Children & Families in San Diego, have demonstrated that children with compression to the delicate bones that make up the infant skull can result in neurological dysfunction. As the baby descends into the mother's pelvis during birth, the pubic bone can exert pressure on the presenting part of the skull. If these forces exceed the limit of the tissue, the tissue may be strained. Instrumentation such as forceps or vacuum extraction can further put the baby at risk for cranial bone dysfunction. It is indeed recognized however that such instrumentation may be a life-saving measure when certain problems are present. If these babies can be evaluated and treated by an osteopath as soon after birth as possible, the long-term effects will be minimized. Many times forceps are used to achieve a live baby when problems with labor exist. Yes, even well applied forceps or suction may be somewhat traumatic, but they may nevertheless be life saving."



"Research has found that these strains can alter the soft tissue underneath which can change blood flow patterns to the brain itself. These changes have been correlated with increased risk of neurological dysfunction such as autism and cerebral palsy. Gentle manipulation by a physician trained in cranial osteopathy can significantly improve the symptoms in children with these problems. In a 3-year study of 286 children, Dr. Frymann demonstrated that osteopathic treatment improved sensory, intellectual, and motor performance in children with neurological problems. Research conducted at Michigan State University further corroborated Dr. Frymann's findings."

To learn more about how Osteopathy can help with Autism please contact us with your questions or to book an appointment. We can be reached at 905-804-1752 or via email at info@zawadahealth.com.

Reference: <http://www.osteopathiccenter.org/autism.html>