



May 2010 Newsletter

Inside This Issue:

- ▶ *Delicious Detox* p.1
- ▶ *Naturopathic Medicine Week* p.1
- ▶ *What is Tempeh?* p.1
- ▶ *PMS and Menstrual Symptoms* p.2
- ▶ *Top 10 Reasons to see an ND* p.2

Discover the future of family medicine at a centre with naturopathic doctors, registered massage therapists, a psychotherapist, 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



Follow Us On Facebook!



Follow Our Blog

Delicious Detox – Check out www.deliciousdetoxcookbook.com ! (The photo gallery is still being worked on so keep checking!)

An amazing new health cookbook has finally arrived at Zawada Health. Delicious Detox is a collection of 80 recipes that will help you boost energy, ease digestion, and improve your health. Not only is it a wonderful patient detox guide, containing a grocery list and 14 day meal plan, but its easy-to-prepare recipes are great for those just wishing to cook healthier meals.

For those who have already bought the cookbook – thank you! Your interest and enthusiasm feels amazing. I love getting your emails with feedback or seeing diet diaries with my dishes in them! The cookbook is 15% off until June 1st!

Naturopathic Medicine Week (May 3rd- May 9th)

Come join us at Zawada Health for an Open House this Thursday May 6th from 11-2. It's Naturopathic Medicine Week and we're sampling tea and dishes from my new cookbook, Delicious Detox! Claire Girgis, will also be on hand to check blood pressure and body mass index and demonstrate acupuncture!

During Naturopathic Medicine Week, (May 3rd-May9th) Ontario's licensed Naturopathic Doctors will be holding events across the province to talk about their unique, more natural approach to health. Events will be held throughout Canada, check out the events in your area! Naturopathic Doctors combine standard medical training with a broad range of natural therapies to get at the "root" cause of disease and help patients to achieve optimal health. Change Your Health, Change Your Life.

What is Tempeh?

Tempeh is made from cooked and slightly fermented soybeans and formed into a patty, similar to a very firm veggie burger. Many commercially prepared brands add other grains, such as barley, and also add spices and extra flavours. Although tempeh is made from soy, it has a unique taste and is mildly flavourful on it's own, unlike tofu. If you aren't fond of tofu, tempeh is also very high in protein and calcium, as well as beneficial isoflavones, but tastes nothing like tofu. Tempeh has a textured and nutty flavour. Tempeh is found at most health food stores with a large food section, in the freezer section. It needs to be poached or boiled before marinating and cooking.

Tempeh is a great source of protein, iron, and vitamin B12, three nutrients hard to get for vegetarians or vegans. It is also easily digested and hypo-allergenic unlike other forms of soy like tofu and soymilk.

Teriyaki Tempeh

A great alternative to buying those bottled teriyaki sauces filled with sugar and sodium!

- 3 tbsp soy sauce or Braggs Liquid Aminos
- 3 tbsp orange juice (juice from 1 small orange)
- 1 garlic clove, minced
- 2 tbsp toasted sesame oil
- 2 tbsp maple syrup
- 2 tbsp sunflower oil
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 2 packages of tempeh



1. Bring a small pot of water to boil. Place tempeh in water and cook for 5 minutes uncovered.
 2. Remove tempeh and dice into cubes (1/2 inch) and set aside.
 3. Mix all other ingredients together in small mixing bowl, creating a marinade.
 4. Mix tempeh into marinade, cover and refrigerate overnight, or minimum an hour.
 5. Preheat oven to 450 C.
 6. Place tempeh on baking sheet and roast in oven for 45 minutes, mixing once half-way through baking time.
- (Instead of roasting, a quick stir-fry of the tempeh in a medium skillet, will also produce great results!)

PMS and Menstrual Symptoms

Contrary to popular belief, premenstrual syndrome (PMS) and menstrual symptoms (MS) are not a natural part of a woman's cycle. In fact, proponents of Traditional Chinese Medicine believe that a truly healthy woman should not experience any symptoms at all before or during her menstrual period. The symptoms that many women do experience such as irritability and emotional changes, fatigue, abdominal cramps, backaches, headaches, water retention, acne and in more severe cases bowel changes, nausea and vomiting, are likely the result of some form of imbalance. This unhealthy process might occur due to hormonal imbalance or may reflect an energetic shift in the system. Such symptoms might even occur as a result of inflammatory processes in the body, various diet and lifestyle factors, nutritional deficiencies or circulatory issues.

The first step in addressing PMS and menstrual symptoms is to rule out any underlying serious conditions such as endometriosis. In the absence of such conditions, PMS and menstrual symptoms can be effectively managed using various methods of naturopathic treatment. Diet and lifestyle factors can be corrected to prevent symptoms and restore a healthy menstrual cycle. Various nutritional supplements have been known to help prevent and treat PMS/MS. An energetic imbalance can be corrected using acupuncture and Chinese herbs. Inflammation and circulatory issues can be managed using various herbal and nutritional supplements as well as homeopathy and hydrotherapy. The trick is to understand the individual woman's unique experience in order to identify the root cause of her symptoms. A qualified naturopathic practitioner knows the right questions to ask in order to identify the cause and effectively treat the condition at hand. For more information or to book an appointment with one of our naturopathic practitioners, contact us at 905-804-1752 or info@zawadahealth.com.

Claire Girgis, our Naturopathic Intern, has graduated! As she works to become licensed as a Naturopathic Doctor, Claire will be accepting patients as a Naturopathic Resident under the clinical guidance of Carol Morley, ND (licensed). As a resident, Claire will continue to offer a discounted rate for Naturopathic Services.

Hours: Fridays 10 AM – 7 PM
Saturdays 9 AM – 2 PM

Rates: 15 minute consultation (no treatment provided) FREE
Initial visit (60 minutes) \$100
Follow-up visit (30 minutes) \$50

Top Ten Reasons to See a Naturopath

1. It's part of your healthy lifestyle.
2. You are taking a lot of supplements, but aren't sure if they are right for you.
3. You want advice from a specialist that is well trained in natural therapies.
4. ND's understand food as medicine.
5. You want a natural health program designed for you.
6. ND's take the time to build relationships with their patients.
7. You have vague complaints but aren't sick enough to see a medical doctor or use drugs.
8. Naturopathic treatments are often the least evasive.
9. You have an uncommon health problem which has many specialists baffled.
10. The drugs you are talking cause side effects which are worse than the original problem.

Vitamin D

You know how important it is for seasonal affective disorder and cancer prevention. Don't forget it's a key part of keeping your immune system functionally optimally!

Integra vitamin D - \$9.99

New Product at Zawada Health!

Glee Gum: made with all natural ingredients including: pure cane sugar, rice syrup, natural flavourings and colorings. The gum base has super chewy natural chicle harvested from Sapodilla trees in the rain forests of Central America.

Glee Gum is: Vegetarian, Additive Free, Lactose Free, Dairy Free, Wheat Free, Gluten Free, Casein Free, Egg Free, Yeast Free, Nut Free, and Peanut Free.



May Sale!

Receive 10% off Glee Gum (reg. \$1.50) and 15% off Delicious Detox.

