



## February 2016 Newsletter

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### Zawada Health

201 City Centre Drive, Suite 404  
Mississauga, Ontario  
L5B 2T4  
905-804-1752  
[www.zawadahealth.com](http://www.zawadahealth.com)



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Happy February everyone! Our first long weekend of 2016 is coming up in a couple of weeks! Take a moment to pause and ask how those New Year's resolutions are coming along. Take another moment to plan your spring detox :)

This newsletter has a few bean tips and tricks and recipes. With good quality meat hard to find and afford, it's a great time to fall in love with beans again. They are cheap and healthy and so versatile.

Quick notes: Dr. Tiffany Heikkila will be in from 3-6 pm on Feb 9 and Feb 23.

### Hummus *Delicious Detox Cookbook pg. 86*

- 1 can chickpeas, drained (reserve the liquid) and rinsed
- 2 garlic cloves coarsely chopped
- 1 tablespoon Tahini (sesame seed butter)
- Juice of 1 small lemon
- 1 teaspoon (5ml) dried parsley
- 1 teaspoon (5ml) paprika
- ½ teaspoon (2ml) sea salt
- 1 teaspoon (5ml) freshly ground pepper
- ¼ cup (60ml) extra-virgin olive oil



#### Directions:

1. In a food processor, combine the chickpeas, garlic, tahini, lemon juice, parsley, paprika, salt and pepper. Pulse until combined.
2. With the processor running, slowly add the olive oil through the feed tube, continually pulsing until the mixture is smooth. If after a couple of minutes the hummus is still chunky, add some of the reserved chickpea liquid and process until the hummus is smooth.

Enjoy!

### Lentil Soup *Delicious Detox Cookbook pg. 33*

- 2 tablespoon (30mL) extra-virgin olive oil
- ½ teaspoon (2mL) chilli pepper flakes
- 1 large yellow onion, diced
- 2 garlic cloves, minced
- 3 large carrots, diced
- 2 celery stalks, diced
- 2 large parsnips, diced
- 1 cup (250 mL) lentils
- 2 sweet potatoes, diced
- 6 cups (1.5L) vegetable or chicken stock
- ½ cup (125 mL) chopped fresh parsley, or 1 tablespoon dried parsley
- ½ cup (125 mL) chopped fresh thyme, or 1 tablespoon dried thyme
- ½ teaspoon (2 mL) cumin seeds
- 1 teaspoon (5 mL) sea salt
- 1 teaspoon (5 mL) freshly ground pepper



#### Directions:

1. Heat the olive oil in a large stockpot over medium heat. Add the chilli pepper flakes, onion, garlic, celery and carrots. Stir occasionally for 10 minutes until the vegetables are tender.
2. Add the parsnips and cook, stirring, for an additional 5 minutes.
3. Add the lentils and sweet potatoes and 1 cup (250 mL) of the stock and cook for 10 minutes.
4. Add the rest of the stock, parsley, thyme, cumin, salt and pepper. Cover and simmer over low heat for about 45 minutes, or until the vegetables are tender.
5. At this time you can leave the soup as is or, using a food processor, blender or immersion hand blender, puree until smooth.

Enjoy the delicious soup on a cold winter day!

## Interview with Ayla and Yashar of MINDSHIFT Ninja.

Oprah Winfrey once said you become what you believe. I think this speaks to what MINDshift Ninja is trying to accomplish with all its clients. The brain is a muscle that needs to be trained. For you that might mean becoming a better leader in your work place or it could mean working towards weight loss goals or natural childbirth.

There is no health without mental health -WHO

### 1. What is MINDSHIFT Ninja?

**MINDSHIFT Ninja** is a brain-based coaching and leadership development company. We focus on optimizing human performance, empowering teams, and inspiring leadership. We create accessible, tangible, and sustainable brain-based programs to support our client's growth.



### 2. Why the mind?

Your mind is your most powerful tool for breakthrough.

We focus on the mind because it is a muscle, it can be trained and strengthened. You can transform your mind. Your world is shaped by your thinking. That is why **MINDSHIFT Ninja** focuses on empowering your thinking and helping you shape and sharpen your mind.

### 3. Who do you work with?

We offer dynamic, individual and group, coaching and workshops, for executives, entrepreneurs, creatives, and go-getters. We work with various clients from those interested in change management, leadership programs and starting new enterprises - all the way to relationship support, child labour and brain foods. In other words, brain-based coaching can empower your thinking and actions - for anyone, anywhere.

### 4. You two have very different backgrounds how do you come together?

We are both trained Brain-Based Executive Coaches. Our backgrounds in medicine and management help us combine the neurosciences, strategic planning, and mindfulness techniques to empower individuals and groups. Combining our talents allows us to help our clients do better by thinking better.

Want to find out more? Learn more about [Ayla](#) and [Yashar](#) and [MINDSHIFT Ninja](#).

Check out Yashar's [spotlight interview](#) conducted last month.

Stay tuned for Ayla's spotlight on Feb 25th.

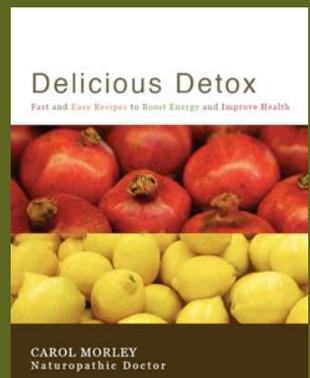
## Beans: How to cook them

- Rinse well and drain beans before you cook them.
- Beans cook faster if soaked overnight (12 – 24 hours).
- Make sure beans are always covered with ample water when cooking.
- For a quick soak, bring beans to a boil, let sit 2 hours.
- To improve digestibility of beans – after first boil, drain & rinse off foam (produced by gases being released from the beans). Add new water.
- Turn a pot of beans into a stew by adding chopped vegetables for the last ½ hour.
- Experiment with herbs. Dill weed, bay leaves and celery seed are great with beans.
- Cooked beans will keep 4 to 5 days in the refrigerator.
- 1 cup of dry beans yields 2 ¼ cooked beans.



### ADZUKI BEANS

	<u>NUTRITIONAL BENEFIT</u>	<u>TO COOK (1 CUP) WITH:</u>
<b>Adzuki</b> 	Good source of protein and minerals. Reported to be useful for kidney ailments. More digestible than most beans.	4 c. water 60 min. Yield 3 cups. Excellent with rice, bean salad, as side dish, or in chili. 



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!"