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Paleo Diet 101 – excerpt from <http://paleodietlifestyle.com/paleo-101/>

At the cottage this weekend I picked up the latest edition of Elle magazine and discovered Amanda Beard, an Olympic swimmer was doing the Paleo diet after the birth of her son to lose weight. Earlier this month I was in Calgary for an environmental medicine conference where a colleague and friend also mentioned she was trying the Paleo diet. I've never looked at a Paleo cookbook or any recipes but when my friend mentioned it recently, I became curious and tried a couple of pancake recipes out... Here are some of the basics of the Paleolithic Diet, a.k.a the caveman diet!

1. The Paleo diet should be high in fat, moderate in animal protein and low to moderate in carbohydrates. Calorie counting is not encouraged, neither is portion control.
2. Eat unlimited amounts of saturated fats like coconut oil and butter or clarified butter. Beef tallow, lard and duck fat are also good, but only if they come from healthy and well-treated animals. Beef or lamb tallow is a better choice than lamb or duck fat.
3. Eat generous amounts of animal protein. This includes red meat, poultry, pork, eggs, organs (liver, kidney, heart...), wild caught fish and shellfish. Don't be scared to eat the fatty cuts and all meals with proteins should contain fat as well.
4. Eat good amounts of fresh or frozen vegetables either cooked or raw and served with fat. Starchy vegetables like sweet potatoes and yams are also great as a source of non-toxic carbohydrates. Eat low to moderate amounts of fruits and nuts. Try to eat mostly fruits low in sugar and high in antioxidants like berries as well as nuts high in omega-3, low in omega-6 and low in total polyunsaturated fat like macadamia nuts.
5. Cut out all cereal grains and legumes from your diet. This includes, but is not limited to, wheat, rye, barley, oats, corn, brown rice, soy, peanuts, kidney beans, pinto beans, navy beans and black eyed peas.
6. Eliminate sugar, soft drinks, all packaged products and juices (including fruit juices). As a rule of thumb, if it's in a box, don't eat it.

excerpt from <http://paleodietlifestyle.com/paleo-101/>

Original Paleo Pancakes Recipe

- 1 egg
- 1 banana
- 1 tbsp almond butter

This is enough for 1 person. It can make 3 medium size pancakes or 4 small silver dollar sized pancakes. Coat your pan with coconut oil or grass-fed butter. On medium-high heat, cook for a few minutes and then flip. Depending on the heat and what else you add to these (see below), you may want to lift the side of the pancake up using a spatula and see how done they are. They do cook quickly so keep an eye on them. Also do not flip too early or they could split in the middle.

1. Mash the bananas, add the egg and mix well.
2. Stir in the almond butter, adding more than a tablespoon if you want a more pancake-like texture.
3. Warm butter in a pan and pour batter into small cakes.

Alternate Version 1

- 1 cup almond flour (finely ground and blanched is best)
- 3 eggs
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- Handful of blueberries or diced apples

Summer Truffles



- 1 avocado
- 1 lime and zest
- 1/4 cup honey
- 1/4 cup coconut oil
- 1/4 cup shredded coconut

1. Combine ingredients in food processor then freeze for an hour.
2. Form into balls then roll in shredded coconut then freeze again!



Electromagnetic Frequencies (EMFs) and Some Basic Suggestions

Radiofrequency radiation involves not just cell phones but includes other sources such as cell phone towers, wi-fi networks, and some baby and security monitors. Unlike cell phones where the concerns involve exposure to the head, these emissions encompass whole body exposure and chronic low level exposure.

Exposure to this radiation has demonstrated negative effects on sleep, memory, and learning, cells of the immune system and behavior. Children are particularly susceptible because they are still in their growth phase.

Last year the CBC reported that Ontario families were concerned about wi-fi installations in schools since their children were experiencing headaches, dizziness, nausea, and loss of balance. An emerging illness is electromagnetic hypersensitivity disorder which is characterized by the above symptoms. Here are some tips to keep your family a little more protected!

Appliances – Extremely low EMF

- o Avoid the use of electric blankets, heating pads or water beds
- o Stand back at least one metre from operating a toaster, electric kettle, electric stove or over or toaster oven when immediate attention is not required
- o Avoid the use of microwave ovens or stand away by one metre when in use
- o If you choose to use a wireless device, recharge away from the sleeping area
- o If possible, sleep on bed systems, without any metal and ideally made of natural organic material

Cell Phones, Cordless Phones and Wireless devices – Radio and Micro wave frequencies:

- o Limit time spent on cell phones – use speaker phone away from your body; use text messaging over speaking
- o Avoid wireless ear attachments such as Blue Tooth – instead use an air-tube headset – the air portion of the wire interrupts transmission of RF to the head
- o Do not carry a cell phone on your person when it is turned on as it will be transmitting signals to the base station – keep it in a separate area – hand bag, backpack, etc.

Computers:

- o Never use your laptop computer on your lap while using AC power (while plugged into an electrical outlet) – use battery power instead
- o Locate the computer tower, surge protectors, voltage converters, cables and wires as far away from your person as possible – at least one metre
- o Do not locate a computer on a common wall with a bed, crib, sofa or reading chair

Dr. Bronner's Magic Soaps

Dr. Bronner's Magic Soaps are certified organic soaps that can be used for a multitude of different reasons. They are renowned for their quality, versatility and eco-friendliness. It is preferable to all harsh soaps. The soaps contain only the best ingredients, including organic coconut, olive and hemp oil. It is the mildest, most pleasant soap you will ever use!



July Sale!

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Intravenous Therapy for Athletes

By Claire Girgis, HBSc, ND

Athletes, at any level of training, have an increased demand for nutrients to sustain and support optimal health. If your body is more active and exposed to more physical stress in the form of exercise and long-term training, you have to pay special attention to provide it with the right combinations and amounts of vitamins, minerals and amino acids. This may not always be possible with oral supplements. For one thing, the ideal doses of certain nutrients may produce unpleasant side-effects if taken orally. Furthermore, the nutrients may not be readily available to the cells and tissues that need them. When supplements are taken orally, they go through various obstacles such as digestion and absorption, before reaching their destination. By administering natural substances directly into the bloodstream, intravenous therapy allows you to bypass these obstacles. It allows you to supplement nutrients in the proper doses in a way that will deliver them to the body quickly and efficiently. One type of IV solution that is commonly administered is the Myer's cocktail. This solution is a combination of B vitamins, vitamin C, magnesium, and calcium. This cocktail can be tailored and adjusted to meet the needs of a particular athlete based on their specific demands. It is a great way to boost energy and physical stamina and to promote endurance during training. As any athlete likely knows, amino acids, the building blocks of protein, are an essential part of a proper sports supplementation/nutrition regimen. A comprehensive combination of amino acids is important for muscle building as well as various processes that occur in the body before, during and after exercise. However, another important role of amino acids that is often overlooked is their effect on hormones. A few amino acids to note are Arginine, which stimulates growth hormone and testosterone, having an effect on muscle building and the management of body fat. Carnitine is another important amino acid; it plays a role in metabolizing fat and providing energy for muscle function. Valine, an amino acid that helps the body use B vitamins and glutamic acid, is also essential in boosting muscle mass. A proper IV therapy protocol can be an indispensable tool to any athlete by providing the right combination and amounts of amino acids, vitamins and minerals to support the increased demand imposed by regular exercise and physical training.

Claire Girgis is a naturopathic doctor licensed in the administration of IV therapy, offering this service at Zawada Health. For more information on this topic or to book an appointment with a naturopathic doctor, please contact us at 905-804-1752 or at claire@zawadahealth.com.