



JUNE 2015 Newsletter

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Kimchi

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

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News

1. **I'm BACK!!!** Carol is slowly increasing days, so give the clinic a call and we can assist you in making an appointment.
2. Gloria Gallo, RMT has returned to help us out throughout the summer on Saturday's.

Massage Therapy

There are so many other techniques to try when seeing a registered massage therapist, here at Zawada Health!

In addition to the regular Swedish massage we offer:

- Hot stone massage
- Thai yoga massage
- Indi head massage

Special Offer:

If you book a massage in June or July, receive a free 30 minute infrared sauna session. Great to use before your massage to warm up your muscles to get a deeper massage.



Refreshing Live Green soup

By: Bernadette Janczak, ND

A wonderful soup to start the day!

- 1 avocado
- 1 cup cucumber chopped
- 1 cup sunflower sprouts
- 1 cup pea shoots
- 1 cup celery chopped
- 1/2 cup white onion chopped
- 1 clove garlic chopped or minced
- 3 cups of coconut water or more depending on the size of the blender
- 1/4 cup cilantro chopped
- Juice of one lemon
- Herbamare spice to taste
- Garnish: shredded carrots or spicy radish or leave it as it is.



Put 1/2 avocado and the rest of the ingredients into a Vitamix, Blendtec or other Blender and blend on High for 30 sec.

Pour mixture into a large bowl. Chop the other 1/2 avocado into little bites and mix into the soup with a spoon.

Shred some carrots on top or garnish with green fresh herb.

You may also mix in some kelp noodles for more texture and bulk.

Optional: you may blend in some other vegetables such as: red pepper or broccoli or cauliflower, etc and create different varieties of this delicious soup.

For more spicy version: add a few chilly flakes and a thumb size ginger root.

For more texture and bulk: mix in some kelp noodles.

So what exactly are the benefits of fermented foods?

By: Shira Lenchewski

Gut health: When the protective lining of the gut is inflamed, the body is more vulnerable to allergies, infections, and yeast overgrowth. Lucky for us, lactic acid bacteria have the ability to reduce intestinal permeability, thereby restoring the net. They also create pH changes in the GI tract that make it difficult for pathogens to survive. Sayonara, leaky gut.

Digestion: Raw cultured vegetables are essentially pre-digested, meaning that the bacteria have broken down the naturally occurring sugars in the vegetables, so that you don't have to. The enzymes in fermented vegetables also assist in digesting foods eaten along with them, particularly grains, legumes, and meat.

Nutritional boost: The fermentation process makes nutrients more bio-available for the body to absorb. For instance, the amount of vitamin C in sauerkraut is significantly higher than in the same serving of fresh cabbage. This is because the vitamin C in fresh cabbage is woven into the fibrous plant walls, so it's less readily available for the intestinal cells to take in. The same goes for starches, like rice and legumes, which have significantly enhanced B vitamins post-fermentation. And in wheat-based products, like sourdough, fermentation has been shown to degrade gluten, making it less inflammatory.

Detoxification: Both the beneficial bacteria and the active enzymes act as potent detoxifiers in the intestines. Beneficial microbes ferment fiber from foods like onions, garlic, leeks, artichokes, and chicory root as a means to fuel their own growth. These foods are also called prebiotics, known for amping up the detoxification process.

Sugar cravings: Yeast and pathogenic bacteria feed off sugar. The more sugar you ingest, the more hospitable you're making your intestines for harmful microbes. This creates a less-than-ideal cycle: the more sugar you eat, the more "bad" bacteria you have...which makes you crave more sugar. The reverse, however, is also true, meaning the fewer of these "bad" bacteria you have, the less you crave sugar.

Weight: Emerging research suggests gut microbes also affect hormones that regulate our metabolism—leptin, in particular, which is known for limiting appetite. So in addition to influencing our thirst for sugar, unfavorable bacteria may also make it more difficult for some people to feel full, leading to overeating and subsequent weight gain.

Delicious Detox

Fast and Easy Recipes to Boost Energy and Improve Health



CAROL MORLEY
Naturopathic Doctor

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!"



Kimchi

(mynewroots.org)

Makes a lot!

Ingredients:

- 2 Napa cabbage (2kg total weight)
- 1 daikon radish
- 5 large carrots
- 1 bunch spring onions (about 7)
- 1 apple
- 70g fresh ginger
- 6 cloves garlic
- Scant 1/3 cup crushed red chili flakes
- 1/4 cup good-quality sea salt

Equipment:

- 1 large glass jar (mine has 4-litre capacity)
- 1 large bowl
- Knife + cutting board
- Food processor or mortar and pestle

Directions:

1. Wash all veggies. Chop cabbage into bite-sized chunks, julienne or grate carrots, daikon and apple. Slice green onion. Place all vegetables in a very large bowl.
 2. In a food processor blend ginger, garlic, and chili until well combined. Add this mixture to the bowl of vegetables along with the salt.
 3. Mix and vigorously massage all ingredients together until the cabbage begins to soften and release fluid. Continue until you have a fair amount of liquid in the bottom of the bowl, about 4-5 minutes. The vegetables at this point should have lost much of their volume. Let the bowl sit out at room temperature for a few hours, massaging once or twice more. Season to taste.
 4. In a large, sterilized jar (or several small ones), pack in the vegetables trying to avoid any air pocket, making sure to leave a few inches of space at the top of the jar for carbon dioxide. Cover the jar loosely with the lid, or make sure to open it periodically to release any pressure that may build up. Leave the jar on the counter for 2-4 days. You may see bubbles forming in the jar - this is carbon dioxide and totally normal. Taste the kimchi now and again. Once the flavour is to your liking, seal the jar and place in the fridge. Keeps for several months.
- Tip: After removing kimchi from the container to eat, push the remaining back down to keep most of the cabbage submerged in the brine (the liquid). This will help keep it fresh for longer.

