



July 2013 Newsletter

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Dr. Tiffany Going on Maternity Leave

Dr. Tiffany is expecting her first baby and will be going on maternity leave starting August 5th. She will be continuing on with her normal schedule of working Monday to Friday until this time and is planning on returning to Zawada Health early in the New Year. In her absence, Dr. Claire Girgis will be increasing her hours at the clinic and seeing Dr. Tiffany's patients.



For more information or to book your appointment with Dr. Tiffany before she heads off, contact the clinic at 905-804-1752.

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!

These recipes are from Gwyneth Paltrow's new cookbook, *It's All Good*. Both are easy to make and flavourful AND perfect for the hot days of July.

Banana "Ice Cream" with Sweet-and-Salty Roasted Almonds



Creamy ice cream with no dairy or sugar!

- 4 ripe bananas, peeled and sliced into thin rounds
- ¼ cup finely chopped roasted almonds
- 2 tsp plus 2 tbsp good quality maple syrup, divided
- A pinch of sea salt
- ½ cup unsweetened almond milk
- 1 tsp pure vanilla extract

1. Freeze the banana slices in a single layer on a tray or plate lined with parchment or wax paper. Once the slices are frozen, use them immediately or keep frozen in a zip-top plastic bag or airtight container for up to a month.
2. Meanwhile, in a small bowl, combine the almonds with 2 tsp of the maple syrup and the pinch of salt and set the mixture aside.
3. Combine the frozen banana slices, the almond milk, the remaining 2 tbsp of the maple syrup, and the vanilla in a food processor and pulse until the mixture is the texture of soft-serve ice cream, scraping down the sides as necessary. Don't worry if the mixture is not totally smooth at first – once the bananas start to break down and defrost in the food processor, they'll give in and the 'ice cream' will take shape quickly.
4. Spoon the banana 'ice cream' into bowls immediately and sprinkle each serving with a bit of the almond mixture.

Lentil Salad with Mustard + Tomatoes

- 1 cup lentils (preferably French lentils du Puy)
- 1 tbsp Dijon mustard
- 1 tbsp coarse seeded mustard
- Juice of ½ juicy lemon
- 2 tbsp white wine vinegar
- ¼ cup extra virgin olive oil
- Coarse sea salt
- 1 small red onion, finely diced
- 1 cup halved yellow cherry tomatoes
- ¼ cup roughly chopped Italian parsley

1. Bring a large pot of salted water to a boil, add the lentils, turn the heat to medium, and cook just until the lentils are cooked through, about 20 minutes. Drain the lentils, place them in a large mixing bowl, and set them aside.
2. In a smaller bowl, whisk together the mustards, lemon, vinegar, olive oil, and a large pinch of salt. Add the vinaigrette to the lentils along with the onion, tomatoes, and parsley. Season the salad to taste with salt and more lemon or olive oil if you like. This salad is best if it's allowed to sit for at least ½ hour and served at room temperature.



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Be Kind To Every One, Including Yourself.

Catherine Cabral-Marotta, DOMP, CATA, RMT, CSCS

When was the last time you truly felt that you had balance between your work life and your personal life? Since the invention of the smartphone, it has become increasingly more difficult to escape the constant demands of our career. Not only are we turned on and tuned in mentally 24/7, but there is also a significant physical demand on our bodies, and many of us struggle to meet the minimum requirements of exercise. According to the *Centre for Disease Control and Prevention, for important health benefits the average individual requires 2.5 hours of moderate intensity aerobic activity (ex. brisk walk), and 2+ days of muscle strengthening for large muscle groups per week. Below you will find a few creative ways you can sneak a little exercise into your every day work regime, improve your posture and clear your mind – even if for just a few minutes. Have fun!

- 1. Walk for 10-30 minutes on a break/lunch:** The warm summer weather is here, and what better way to exercise our bodies and our minds than to take a stroll. Even if you aren't able to commit to 30min consecutively, 10min intervals three times per day are also effective, and the fresh air will work wonders for your productivity.
- 2. Stretch out those computer screen chasing muscles**
 - a. Chest
 - b. Neck
- 3. Exercise your back:** This easy to do *reverse fly* will improve posture, ease breathing, and increase the lifespan of your spine. Try 3 sets of 8 with a light band! It can even be done without a band if you don't have one, by simply squeezing your shoulder blades together behind you for a count of 6.



Lastly, I would like to share this fantastic video with you by Toronto-based physician Dr. Mike Evans – it will certainly give you a different perspective on how to fit exercise into your daily regime!

<http://www.youtube.com/watch?v=aUalnS6HIGo>

*<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Weight Loss Challenge Update!

Tiffany Sahakian Heikkila, ND



Even with the hot weather and tempting BBQ parties, all of our participants have successfully made it to the last month of the challenge. They've already successfully completed a 2-week food detox, 8 weeks of healthy eating and exercise, and a mid-challenge weigh-in. Most importantly, all participants have achieved their mid-challenge weight goals and are feeling great! The 4 group seminars and individual visit that we've had so far have helped them stay on track and able to continue on with their personal goals. One last seminar awaits them next week and will consist of discussing common factors that affect weight and how to overcome them. These factors include sex hormones, thyroid glands, sleep, mood and of course stress!

Due to the great interest in keeping these Weight Loss Challenges going, Dr. Tiffany is looking to start her 3rd group in early January. For all those interested, contact the clinic to get more information and to reserve your spot. The group filled up quickly last January, so make sure you follow through with your New Year's resolution this year!

Herb of the Month – Alfalfa

Claire Girgis, HBSc, ND

Medicago sativa, better known as alfalfa, is one of those herbs that do it all. It has a wide range of actions and can be used to address various different conditions. It is known as a nutritive herb due to its significant nutritional value, providing B-vitamins, vitamins A, D, E and K and is a source of iron, folic acid, calcium, magnesium, phosphorous, potassium, chlorophyll, and amino acids, the building blocks of protein.

In addition to being nutrient dense, alfalfa has estrogen-like effects which make it useful in conditions of hormone imbalance or insufficiency. Depending on the individual person and condition, alfalfa leaf can help to address symptoms or menopause, PMS and menstrual irregularities.

Alfalfa leaf also has positive effects on the urinary tract. It acts as a diuretic (promotes urine production) and can be used in various kidney, bladder, and prostate conditions.

This herb, particularly the seed, is also effective at lowering cholesterol (LDL or "bad cholesterol") and blood sugar. Therefore, it is useful as part of a plan to address dyslipidemia and diabetes. It also has benefits in bone health and can be used in osteoarthritis, rheumatoid arthritis and osteoporosis. Alfalfa also helps to alleviate indigestion and can help to address conditions of the digestive tract such as peptic ulcers.

Alfalfa is available in various forms including tinctures, tablets and as a tea, available at Zawada Health. Although alfalfa is generally well tolerated, it is important to consult with a healthcare provider before beginning use as it can interact with certain medications and conditions, particularly due to its estrogen-like effects.



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