

January 2008

ZAWADA HEALTH Newsletter



This MonthChildren's Cough Syrup!

Neti Pots!

Refreshing Winter Classics

The Big Move... ..

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

Zawada Health News

*Gift baskets featuring natural facial care products are now available!

*Carol's new blog will be available on the home page of the website shortly – keep checking!

*Oprah and Dr.Oz made them famous and now they are finally available at Zawada Health – neti pots! Click http://www.oprah.com/health/oz/oz_20070426_350_106.jhtml to view neti-pots on Oprah!

*Ahhhhh... the obstacles of moving ... as many have seen we still haven't been able to get into a brand new space on the 4th floor. We will keep you updated when we officially say hello to Suite 404!

Vegan, Wheat-Free Butternut Squash and Wild Mushroom Lasagna

1 tbsp olive oil
1 small yellow onion, minced
1 small butternut squash, peeled, seeded, and coarsely grated
1 garlic clove, minced
3 cups mixed sliced wild mushrooms such as chanterelle, shiitake, or oyster
1 tsp dried thyme
salt and pepper
12 ounces brown rice lasagna noodles
¼ tsp turmeric
1 16 ounce package soft tofu, drained
1 cup soy milk or rice milk
½ cup chopped pecans, toasted
1 cup shredded vegan mozzarella cheese
¼ cup minced fresh Italian parsley leaves

Preheat the oven to 375 degrees F. Cook lasagna noodles and turmeric in a large pot of boiling salted water, stirring occasionally, until al dente, about 10 minutes. Drain noodles and spread out on a work surface to prevent from sticking together.

Heat olive oil in a large saucepan over medium heat. Add onion, squash, and garlic. Cover and cook, stirring occasionally, until softened, about 10 minutes. Add mushrooms, thyme, salt and pepper to taste and cook until softened, about 5 minutes. Transfer to a large bowl and set aside.

Combine tofu, soy milk, and salt to taste in a food processor and process until smooth. Spread a thin layer of tofu mixture over the bottom of a 9x13 baking dish. Add a layer of noodles and top with half of the squash mixture. Sprinkle with half of the pecans. Repeat the layering with the remaining squash, noodles, and tofu. Top with the vegan cheese and remaining pecans. Bake until hot and bubbly, about 30 minutes. Let rest for 5 minutes and then garnish with parsley and serve.

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Parsley Pesto

2 garlic cloves, peeled
1/3 cup walnuts, toasted
½ tsp salt
2 cups loosely packed parsley
¼ cup extra virgin olive oil

machine running, slowly add the olive oil in steady stream through the feed tube until the pesto is blended into a paste.

Transfer to a bowl, cover tightly, and refrigerate until ready to use.

Finely grind the garlic, walnuts, and salt in a food processor. Add the parsley and process until minced. With the

What You Need to Know About Children's Cold Medicines

Remember these medicines won't make your child get better faster – they may make your child feel more comfortable – and that's why naturopathic medicine is a perfect first line of defence. If your child isn't improving after a couple of day or is getting worse, and/or has a high fever, then you may need to see your family medical doctor.

The FDA (USA's Food and Drug Administration), has issued a public health advisory about children's cold medicines saying that "questions have been raised about the safety of these products and whether the benefits justify any potential risks from the use of these products in children, especially children under 2 years of age".

Ask our
Naturopathic
Doctors about
the
homeopathic flu
shot and how it
can protect you
this season!

"Some reports of serious adverse events associated with the use of these products appear to be the result of giving too much of these medicines to children. An over-the-counter cough and cold medicine can be harmful if more than the recommended amount is used, if it is given too often, or if more than one cough and cold medicine containing the same active ingredient are being used. To avoid giving a child too much medicine, parents must carefully follow the directions for use of the product in the "Drug Facts" box on the package label."

Expectorants: have guaifenesin which help loosen mucus.

Decongestants: have phenylephrine and pseudoephedrine and help relieve runny or stuffy nose; these can make children hyperactive and irritable.

Cough suppressants: have dextromethorphan and may have codeine and may cause drowsiness; turns off the part of the brain that controls the coughing response.

Antihistamines: useful for treating runny nose from allergies but can its side effects can be helpful in treating colds with dry mouth and nose and drowsiness; typically have diphenhydramine.

Cough and Cold Medicines: usually contain a cough suppressant and a decongestant.

Ok so that's the scoop on the conventional side of things.... So what would a naturopathic doctor do?

Coughing is a natural protective mechanism designed to clear bacteria, viruses, dust, and pollen out of the body. A productive cough forces sputum from the airways, clearing them and allowing oxygen to reach the lungs. It is a common symptom of diseases of the ear, nose and throat.

If a child is congested and/or has pressure in their sinuses or eyes, wearing cold wet socks always does the trick. Hot foot bath for 5 minutes, then ice cold wet socks wrung out on your feet, then warm, woolly socks on top and then go to bed.

If a child has a cough with mucus and/or has difficulty swallowing pear sauce, instead of applesauce helps lubricates dryness and eliminates mucus.

Make a tea from osha root, slippery elm bark, coltsfoot, and/or marshmallow root and give to your child 2-3 times per day to help clear mucus and soothe the respiratory tract.

When your child has a cough or any other respiratory condition, eliminate potentially mucus-forming foods, especially dairy products, and encourage fluids to help thin mucus. Hot broths and soups are particularly good.

And last but not least don't forget about your vitamin C, and your zinc – two key supplements that should be in your medicine cabinet in the fight against colds and flu. Beyond these simple guidelines there are many different herbal and homeopathic remedies that your naturopathic doctor can recommend that are specific for your child's symptoms.