



FEBRUARY 2015 Newsletter

Inside This Issue:

- ▶ **Boost your Immune System** p.1
- ▶ **Recipe** p.1
Lentil Soup
- ▶ **Top 3 Skin Foods** p.1
- ▶ **Onions and Garlic for an Ear Infection?!** p.2
- ▶ **Food for Thought: "BRAIN FOOD"** p.2

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!

Zawada Health

201 City Centre Drive, Suite 404
Mississauga, Ontario
L5B 2T4
905-804-1752
www.zawadahealth.com

 [Follow Us On Facebook!](#)

 [Follow Our Blog](#)

 [Follow Us On Twitter!](#)

Boost Your Immune System

February is typically the peak of the flu season (October - March). If you want a little extra immune support this month, Zawada Health is offering immune boosters again to give your body a fighting chance :) This season we are offering a single immune gargle in-office for \$25. We have an adult and children's version so everyone in the family can take advantage of this combination of herbs and homeopathics.

Lentil Soup (from the Delicious Detox Cookbook) Makes 8 cups

- | | |
|---|---|
| <ul style="list-style-type: none"> 2 tbsp extra virgin olive oil ½ tsp red chili pepper flakes 1 large yellow onion, diced 2 large parsnips, diced 6 cups vegetable or chicken stock ½ tsp cumin seeds ½ cup chopped fresh parsley or 1 tbsp dried parsley ½ cup chopped fresh thyme or 1 tbsp dried thyme 1 tsp freshly ground black pepper | <ul style="list-style-type: none"> 2 cloves garlic, minced 3 large carrots, diced 2 celery stalks, diced 2 sweet potatoes, diced 1 cup lentils 1 tsp sea salt |
|---|---|



1. In a large stock pot, uncovered, on medium heat, add olive oil and red chili pepper flakes, onion, garlic, carrots, and celery. Stir occasionally for 10 minutes until everything is soft.
2. Add parsnips and sauté for additional 5 minutes.
3. Add lentils and sweet potatoes and 1 cup of the stock and cook for 10 minutes.
4. Add the rest of the stock, parsley, thyme, cumin, sea salt and pepper. Cover and simmer on low heat for approximately 45 minutes or until all vegetables are tender.
5. At this time you can leave the soup as is, or using a blender or immersion stick blender, puree until smooth.

Top 3 Skin Foods

Skin health is not just about what goes on topically. It is also about what goes inside the body! Here are our top 3 foods for great looking skin. Of course our nourishing serum (plant2body) used daily also helps ☺

1. Salmon – omega 3 fatty acids to keep skin moisturized from inside out and to keep redness and inflammation down!
2. Berries – blueberries, blackberries, acai...whatever the berry the antioxidant potential is huge! These mighty little foods are great in keeping free radical damage to a minimum and pumping up the collagen production!
3. Almonds – almonds contain protein and zinc and vitamin E – all essential building blocks for skin!



Onions and Garlic for An Ear Infection?!

By Carol Morley, ND

Acute ear infections often respond well to two natural treatments: garlic mullein ear oil drops (by St. Francis Herb Farm) and warm onion poultice. However, some ear infections do require antibiotics. The herbs in garlic mullein ear drops are antibacterial and reduce pain. You should never put anything in the ear without a doctor's or Naturopathic Doctor's approval, in case your child has a ruptured ear drum. The warm onion poultice is soothing, pain relieving, and antimicrobial. Simply cut an onion in half, steam or microwave until the juices are visible on the surface. Cover the onion with a cheese cloth to reduce the mess, and place the warm onion on the ear. Keep it there for 10 to 15 minutes, or as long as possible.

If your child's doctor diagnoses an ear infection, always probe for more details by asking questions like: "How severe is it? Does it require antibiotics, and if so, why? Can we watch and wait? Is the eardrum ruptured? Is there significant fluid buildup?" For repeat ear infections, your child might need some immune support, and you should determine if s/he has excess fluid. This is where naturopathic medicine is wonderful. One ear infection may be okay for a child as children have more horizontal ear tubes so have trouble draining away, but anything more must be looked at critically. Naturopathic Doctors will look at diet and other factors that could be the root cause of chronic ear infections and then treat the root cause and support the immune system.

Of course, if your child does require antibiotics, you should give probiotics along with them, and for two to four weeks after at least.

Food for Thought: BRAIN FOOD!

By Claire Girgis, ND

Growing up, I remember my parents telling me to eat my fish because it would make me good at math. It seemed a lot of the foods they encouraged me to eat were "brain foods", they would help my brain develop and function at its best. And, as it turns out, they were right about those foods! Here are a few examples of foods that are thought to have benefits for brain and nervous system development, cognitive function, mental clarity, memory and prevention of conditions such as Alzheimer's. Eat these and you can be a genius, like me :)

- **Fish** – The benefits of eating fish derive from its content of Omega 3 fatty acids, particularly DHA, which is known to be crucial for early brain development as well as later cognitive function. Focus on "oily" fish like salmon, tuna, mackerel, anchovies and sardines.
- **Healthy fats and vitamin E** – Healthy fats are essential for healthy circulation, a critical component of proper brain function. In particular, avocado, nuts and seeds, especially walnuts, sunflower and pumpkin seeds contain various nutrients, including Vitamin E (also found in leafy greens), which acts as a powerful antioxidant in brain cells.
- **Eggs** – Egg yolks contain choline, a substance which has been found to improve brain cell communication and memory.
- **Antioxidants** – Colourful fruits and vegetables are often rich in various forms of antioxidants like anthocyanins, chlorophyll, lycopene, and others. These antioxidants help to protect brain cells and tissues from free radical damage, the effects of aging and have also been found to stave off conditions like Alzheimer's. Focus on dark fruits like blueberries, currants, blackberries and pomegranate, tomatoes, and dark leafy greens like spinach, kale, collards and Swiss chard.
- **Cruciferous vegetables** – These are members of the brassica family and include asparagus, broccoli, kale, cabbage, cauliflower and many more. For years, we've known about the benefits of these vegetables for healthy estrogen metabolism. Now we know that their benefits extend to healthy brain function and the reduction of age-related cognitive decline. They are especially beneficial in perimenopausal women.
- **Curcumin** – Curcumin is a substance found in turmeric. It has more health benefits than I can list here (anti-inflammatory, cancer prevention, etc.) and has been found to reduce amyloid plaque formation in Alzheimer's patients.
- **Whole grains** – The nutrient profile of whole grains may have long term positive effects on brain function but can also help in the short term to improve clarity and alertness. Opt for whole, unprocessed grains that will provide you with fiber, some protein, B vitamins, and more!
- **A treat!** – As it turns out, dark chocolate, red wine, and caffeine (green tea) in moderation can also have some benefit! No need to go out and stock your bar or pantry but, when reaching for a treat, these are some options that will also act as "brain foods", enjoy!



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!"

plant2body Organics Nourishing Serum

- Minimize fine lines
- Fade scars & stretch marks
- Help skin retain moisture
- Repair dry & damaged hair
- Repair & prevent sun-damaged skin
- Ideal for all skin types including acne and rosacea

All natural & Fragrance Free:
We use only the gentlest, non-irritating and natural ingredients. We rely on nature's simplicity as the inspiration behind this blend. No harmful preservatives or irritating fragrances.

