



May 2017 Newsletter

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Discover the future of family medicine at a centre with Naturopathic Doctors, a holistic esthetician, registered massage therapists, psychotherapist, osteopath, and a full dispensary that will change the way you think about your health!

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Its **Naturopathic medicine week** from May 8th to May 13th 2017! Naturopathic Medicine week celebrates the power of Naturopathic Medicine. It is a week when Naturopathic doctors across Canada teach members of their community about naturopathic medicine, healthy living and disease prevention!

Drop by the clinic any time from May 8 to the 12th and enjoy some tea (David's Tea), test out our new sunscreen (Consonant Skincare), taste some Green's First (Doctors for Nutrition), try a nourishing oil to combat aging and scarring (plant2body), get your blood pressure checked between 11:30 am – 12:30 pm throughout the week, or pick up some tips and tricks our wonderful Naturopathic Doctors have put together to share

On Wednesday May 10th Dr. Carol's power packed seed balls will be here to sample and if you drop by Friday May 12th, Dr. Bernadette will be sampling some sprouts along with demonstrating Bowen therapy from 12 – 1:30 pm.

Also enjoy 15% off any supplement* and 20% off Delicious Detox* cookbook during the week! (*excluding bars and in person only)

Yummy Butternut Berry Smoothie

By Dr. Bernadette Janczak, ND

Ingredients

- 1 cup butternut squash
- 120 ml vanilla or coconut yogurt
- 120 ml almond milk
- ½ cup strawberries
- ½ cup blueberries
- 1 tsp coconut nectar

Directions

1. In a high speed blender blend butternut squash, yogurt, almond milk until smooth
2. Add the remaining ingredients and blend a little more. May add ice if need it
3. You may leave some chunks of berries and change it into a morning cereal.



Healthy Pecan Muffins

By Dr. Bernadette Janczak, ND

Ingredients

- 2 bananas, mashed
- 1 ½ cups pecans ground in a blender
- 1/3 cup coconut, shredded and unsweetened
- 2 TBSP vanilla extract
- Pineapple juice (no added sugar) or 2 tsp coconut nectar
- ½ tsp gluten and aluminum free baking soda
- 1 egg (optional)

Directions

1. Place dough in small silicone muffin liners and bake in the oven at 350F for 20 minutes (or adjust to your oven temperatures)
2. Raw version: I make these muffins without an egg and I dehydrate them in a dehydrator at 110 F for 24 hours.

They taste delicious and smell divine!



Healthy Mothers, Healthy children

The health of our children depends largely on a healthy pregnancy, but also what happens a few months before conception while planning to get pregnant.

These days many young women are having difficulties getting pregnant, so the focus for a healthy pregnancy should be on getting as many nutrients into your body as possible.



Steps to take:

1. Detoxify your body at least 3 months before conception
2. Avoid the most risky activities or substances such as: tobacco including second hand smoke, hot tubs, saunas, radiation, household cleaners, paint thinners(try not to have home renovations before conception), avoid cat litters (Toxoplasmosis)
3. Avoid eating or drinking risky foods such as: caffeine, some herbs and supplements i.e. excessive doses of Vitamin A, fish (high mercury content), raw fish (sushi), deli meats, hot dogs and undercooked meats, artificial colours, nitrates, MSG, cheese and milk-they are high in sulphur and phosphorus that make them acid and mucous forming foods, **excessive wheat and gluten** (synthetic opiates have addictive and sedative effect on the brain), grains cause fermentation in the gut and demineralise the body (make body more acidic).

General Healthy Nutrition for the Future Parents:

1. Fruits and vegetables
2. Fruit and vegetable juices
3. Smoothies
4. Sprouted Nuts and seeds.
5. Limit the amounts of animal protein
6. Avoid dairy
7. Limit or avoid grains especially wheat and gluten
8. Have nothing to eat for 3 hours before bed time - a cup herbal tea is fine, consider having Ashwaganda tea (parents)
9. Sleep 8 hours at night

Naturopathic Prenatal Support

By Dr. Claire Girgis, ND

As naturopathic doctors, we have the privilege of supporting our patients through many milestones and stages of life, one of these being pregnancy, delivery, and postpartum. Naturopathic medicine offers a variety of tools to help support expectant mothers through the prenatal experience, to complement prenatal care they may be receiving from an obstetrician, midwife or other healthcare provider.

At Zawada Health, we offer the "Baby & Me" program, whereby we offer advice and support to help optimize health during pregnancy. This program includes a visit at the start of each trimester to assess health and address any concerns. During these visit, we discuss issues that are pertinent to each trimester, conduct physical exams, review dietary guidelines, recommend supplements as needed, answer questions, and address specific concerns that may exist. Dietary counseling is provided to help identify foods that may help alleviate symptoms, as well as unhealthy or unsafe foods to avoid during pregnancy. Supplement counselling may include discussing the pros and cons of certain prenatal vitamins, reviewing current supplements for safety, and recommending safe supplements to help address common issues such as morning sickness, congestion, heartburn, constipations, hemorrhoids, and headaches. Some women may also choose to have an additional visit closer to their due date to review naturopathic support for labour and delivery. This may include homeopathics, hydrotherapy and other techniques to help manage pain and tissue damage.



Naturopathic medicine also offers techniques, such as acupuncture, to help induce labour when it is safe and appropriate to do so. Following labour and delivery, we offer follow-up visits to assess postpartum health and to address issues such as mood disturbances, lactation issues as well as recovery from labor and delivery. Diet and supplementation may be used to help support a new mother's milk production. All supplements are selected with breastfeeding safety in mind. And, of course, we are always honoured to offer naturopathic care to newborns at their very first stages of life!