



November 2012 Newsletter

Inside This Issue:

- ▶ Baby and Kids Week p. 1
- ▶ Top 5 Herbs p. 2
- ▶ Olive Baby p. 2
- ▶ What is Bioimpedance Analysis (BIA)? 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!

Happy and Healthy Baby and Kids Week – Nov 19-24

**Complimentary Lectures Featured Throughout the Week! Samples given throughout the week from great companies like Olive Baby, NFH, Square Snacks, and Seroyal.**

Sign is required. Please call Hellena at reception to put your name on the list. Each lecture limited to 10 people and is 45 minutes long.

**“Give Your Kids the Health Advantage” – Claire Girgis ND, Nov 19<sup>th</sup>, 7 pm**

Whether they're off to school, daycare, or grandma's house, you want to make sure your kids have a health advantage. Find out how to give your kids a good start by optimizing their diet and other factors affecting their health, the natural way. This info session will provide practical information on everything from healthy school lunches to keeping your children physically active and much more! "

**“Building a Healthy Immune System From the Ground Up” – Tiffany Heikkila ND, Nov 20<sup>th</sup>, 7 pm**

It's inevitable...kids will get sick! They like to play in the dirt, stick things in their mouths and pass germs to each other at school. Luckily, Naturopathic Doctors are well equipped to deal with everything from your typical winter cold to more significant conditions. Learn the best NATURAL and EFFECTIVE ways to boost your child's immune system, whether they only get sick once or year or are chronically ill. Topics of discussion will include the importance of gut health and probiotics, dealing with fevers (are they good or bad?), treating colds and flus, simple diet changes and the 'must-haves' to make your own remedy kit at home.

**“Osteopathy and Childhood Concerns” – Catherine Cabral-Marotta, Nov 21<sup>st</sup>, 7 pm**

This seminar will focus on the benefits of osteopathic manual treatment for the pediatric patient. Information on the benefits of treatment for colic, sleep disturbances, and biomechanical development (specifically toe-in/toe-out gait) will be emphasized.

**“Food Introduction for Infants” – Carol Morley ND, Nov 22<sup>nd</sup>, 12 pm**

Are you curious what current trends and acceptable practises are for introducing first foods to your infant? Join new mom and Naturopathic Doctor Carol Morley in a discussion of what are the best first foods and why your choices could result in a healthier immune system and fewer allergies, eczema, and other common childhood concerns for your infant. A draw for an Olive Baby gift basket valued at \$35.00.



**Winter Squash Soup**

- 2 table spoons unsaltd butter
- 1 table spoon good olive oil
- 2 cups chopped yellow onions (2 onions)
- 1 (15- ounce) can pumpkin puree (not pumpkin pie filling)
- 1 1/2 pounds butternut squash, peeled and cut in chunks
- 3 cups homemade chicken stock or canned broth
- 2 tea spoons kosher salt
- 1/2 tea spoon freshly ground black pepper
- 1 cup half- and - half OR almond milk OR coconut milk

Heat the butter and oil in a heavy - bottomed stockpot, add the onions, and cook over medium - low heat for 10 minutes, or until translucent. Add the pumpkin puree, butternut squash, chicken stock, salt, and pepper. Cover and simmer over medium - low heat for about 20 minutes, until the butternut squash is very tender. Process the mixture in a food processor or blender. Return to the pot, add the half - and - half, and heat slowly. If the soup needs more flavour play around with a bit more salt and pepper.

**Zawada Health**

201 City Centre Drive, Suite  
404 Mississauga, Ontario  
L5B 2T4  
905-804-1752  
[www.zawadahealth.com](http://www.zawadahealth.com)

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## My Top 5 Herbs for Colds and Flus

Carol Morley, ND

I love what I do! Everytime a friend, family member, or patient comes down with a cold, I love being able to suggest a few easy things to do (like cold wet socks!), take a couple of herbs or homeopathics, and then hearing about how quickly and easily they recovered from their bug. The most common immune herb that everyone thinks about is Echinacea; and although it's one of my favourites it's not the only one that can pack a powerful punch for a nasty bacteria or virus.

**Licorice** – This herb tastes great! It is multi-purpose herb – soothes the digestive system, nourishes your adrenals AND helps the immune system, especially the respiratory system. Add a little licorice glycerite in warm water or purchase licorice mint tea, fill a thermos and bring it to work or school. \*If you have high blood pressure, heart failure, kidney disease or liver ailments, licorice is something you should not take or should discuss with your ND\*.

**Hawthorne** – This herb has been used to treat heart disease as far back as the first century. However I love to use it for kids and adults with chronic asthma or even acute asthma attacks that are brought on by stress and emotion. Hawthorne is available in capsules, and solid extracts but should also be discussed with your ND if you are taking some medications.

**Elderberry** – Back at naturopathic school when we learned to make tinctures and salves and poultices in first year botanical medicine class I loved putting elderberry in my cough syrups. It's great in the early stages of coughs, colds and flus. Kids love the taste and it is ideal for any feverish child. You can use a little elderberry syrup mixed in water and sip it throughout your sick day.

**Eyebright** – This herb is great when there are thick secretions from the eye. Mix a few drops in warm water and then dip a clean cloth into the mixture and wipe the eye – towards the outer corner – where you tear.

**Echinacea** – Of course I can't say enough about this one. This is a staple in most of my herbal immune medicine combinations. If you are one of my patients you have probably encountered my favourite cold liquid tincture by St. Francis called Echinaseal or Echinacea Combo. The root contains most of the medicinal parts. It is antimicrobial – anti viral, anti bacterial and anti fungal and anti-inflammatory. Not the best tasting herb but it is very powerful.

## AVAILABLE AT ZAWADA HEALTH: Olive Baby Products

Olive baby is a line of truly natural skin care products designed for babies. Formulated by a Naturopathic doctor (and mother) with sensitive skin in mind.

Only the gentlest, non-irritating and natural ingredients; relying on nature's simplicity as the inspiration behind the formulations. Oils are infused with healing botanicals and anti-oxidants to extend the shelf-life of the products. No harmful preservatives.

Olive Baby products are not fragranced, making them the ideal choice for infants, babies with eczema and individuals with sensitivities.

Olive Baby products contain:

- NO harsh chemicals
- NO fragrances or essential oils
- NO petroleum
- NO nut oils



**Don't forget about your homeopathic immune booster!**  
**Available at Zawada Health now! 1 for \$35 or a package of 3 for \$90.**

## November Sale!

Receive 15% off Olive Baby body butter and Delicious Detox cookbooks.

## What is Bio-Impedance Analysis (BIA)?

BIA provides a non-invasive analysis of body composition over time. It is a simple in-office test that converts easily obtained electrical measurements into information about the patient's body composition (lean tissue, fat tissue and body water), fluid distribution (intracellular water versus extracellular water) and a quantifiable value for tissue health or survivability.

## What is the Clinical Relevance of Bio-Impedance Analysis (BIA)?

Recently it has been demonstrated that body fat is more than just the storage of excess calories. Body fat stored within the fat cell has been shown to be metabolically active. Fat tissue produces inflammatory signals in the body that may contribute to the origins of heart disease, insulin resistance, hormonal challenges and other chronic disease. The inflammation process may also contribute to the loss of muscle protein.

BIA may provide for an indirect marker of inflammation-related chronic disorders associated with increased body fat and reduced body protein stored in muscle and organs.\* Given the strong associations between health and body composition, BIA represents a primary tool for assessing the trajectory of health for the individual and an invaluable tool in personalizing a program to the individual needs of the patient.

Here at Zawada Health we have brought in a new BIA tool to help our patients not only achieve smarter weight loss but to be able to better track results over time. A printout will be given and explained to you after the 15 minute appointment. Current patients can book a 15 minute appointment for the testing. \$20 for the test or \$55 for a package of 3. Booking is available with one of our naturopathic doctors after November 26<sup>th</sup>.

\*Holmes McNary M. Nuclear factor kappa B signaling in catabolic disorders. *Curr Opin Clin Nutr Metab Care*. 2002;5:255-263