



This Month... School Lunches
Plant 2 Body Organics
Flu Shot
Breast Thermography
Shoe shopping for back to school

It's That Time of The Year Again - School Lunches!

General Tips:

- Try to expose your children to at least one new food or flavour every week. Maybe it's a food that didn't pass a year ago or one they've never eaten before.
- "Mini" anything can be fun - sandwiches, wraps, rolls in rice wrappers, sushi.
- Successful lunches may be something your child has to assemble, dip, or spread; small amounts of a variety of foods; fun shapes of pasta, or fruit or sandwiches; including a cartoon or joke or a note.

Ideas:

- Whole grain or kamut flour tortillas spread with pumpkin seed butter or sunflower seed butter, banana, and dried cherries, rolled up and cut in two.
- The above tortilla spread with blended beans and salsa and some red peppers.
- Mediterranean theme of hummus, olives, celery sticks, cherry tomatoes, and yogurt.
- Mexican theme of chips (healthy kale chips or veggie chips), salsa, cheese wedges, and black beans.
- Thai theme of rice stick noodles mixed with diced chicken breast sugar snap peas, sliced mango, and a fortune cookie.
- A mixed tuna and salmon spread with grated carrots, diced cucumber, and diced celery, served in a whole grain pita
- Grilled veggie kebabs.
- Grilled chicken and pineapple skewers.
- Vegetarian or chicken chilli in a thermos.
- Any soup that your child loves.
- Yogurt, granola, and fruit.
- Chickpea salad with feta and cucumbers.



Children need to be exposed to a variety of foods early-on, before school starts. Bring your kids grocery shopping and make healthy foods a focus at home. Kids need to see that meal-time is important and that their parents love eating a variety of foods. Here's a website that may inspire you: <http://veganlunchbox.blogspot.com/>

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

Inside this issue:

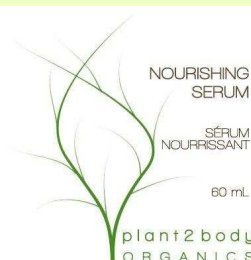
Plant 2 Body Organics

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For all of you who love the camellia oil as a moisturizer, you are going to love the new and improved version! Plant2Body Organics has launched a new Nourishing Serum to keep your skin looking great! The Serum is a mix of camellia oil, perilla seed oil and vitamin E. It's all organic and natural with no parabens or chemicals.

The Nourishing Serum is an organic treatment for wrinkles, stretch marks and scars. It's a blend of oils that penetrates deep into the skin and protects from free radical damage. Used once a day before bed, it moisturizes your skin overnight and helps your skin retain moisture.

Plant2Body Organics is a new skin care product-line developed by Naturopathic Doctors Carol Morley and Anna Falkowski.



Breast Thermography Clinic

On September 23rd, Zawada Health will be hosting Lynn Schott, a registered nurse, to provide breast thermography scanning.

Digital Infrared Thermal Imaging is a 15 minute non invasive test of physiology. It is a valuable procedure for alerting your doctor to changes that can indicate early stages of breast cancer. Spots are filling up quickly, so be sure to take advantage of this great opportunity to be proactive and preventative.

Call the clinic to book an appointment, or to find out more information. Breast scan \$225
www.prohealthimaging.com

Book in for
your flu
shot \$35 or
a set of
3 for
\$90 + GST

Immune Booster

This year it is important to make sure your immune system is working optimally **before** the traditional cold and flu season. As always Zawada Health is making available an immune booster shot; however we are starting the shots earlier (in September) due to the increased number of new viruses like the H1N1.

Our homeopathic immune booster/flu shot is a combination of homeopathic remedies that will help strengthen your immune system and prevent infections that can lead to a cold or the flu. With the two remedies contained in Zawada Health's flu shot, infection-fighting white blood cell activity increases by 41%.

Call today to book your immune shot (\$35) or set of 3 (\$90).



Olive Baby has a new product! The skin-saver balm and body butter has been a hit at the clinic and now Zawada Health is bringing in their newest product, a 'Head-to-Toe' body wash that is a pure castile soap made with 100% olive oil (unlike most other soaps that use nut or seed oils). It's gentle on the skin and hair and makes an excellent hand soap. The other fantastic thing is that the soap comes out beautifully as a soft foam, making it easy to use. www.olivebaby.ca

BACK TO SCHOOL SHOPPING FOR SHOES

Tips for choosing the right shoe:

- Take your children shopping in the afternoon or evening, as feet tend to accumulate fluid and swell throughout the day.
- The same shoe sizes can have different fits depending on the maker. Make sure to have them try several sizes to find the most comfortable shoe.
- Avoid buying shoes that may need a break-in period.
- Select a running shoe store with knowledgeable staff.
- And lastly, to prevent injury, don't forget to replace your their shoes frequently as children's feet tend to grow fast.

Tips for choosing the right fit:

- The toe box should have a ton of room; make sure they can wiggle your toes
- Your forefoot should never be wider than the shoe.
- Your heel should be stable within the heel counter.
- The shoes should feel comfortable the moment you try them on.

Did you know.... Chiropractors can help you prevent running-related problems by assessing your gait, as well as the mobility of the joints in your feet, legs, pelvis and spine. Should you suffer stress and strain from running; a chiropractor can also provide treatment for your pain.

Fact: 80 per cent of Canadians will suffer from back pain in their lifetime. If required, a chiropractor can treat your pain through a variety of methods including spinal and joint adjustments, modalities such as ultrasound or TENS, soft tissue ther-



To book an appointment or for a complimentary consultation with Dr. Lisa Ramsackal call our office at (905) 804-1752