



This Month .....Vitamin D!

Recipes

Acid-Alkaline Balance

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!

### Time To Think About Your Vitamin D Levels Again!

The Canadian Cancer Society is now recommending minimum 1,000 IU per day in fall and winter for adults living in Canada. This dosage is based on a growing body of research pointing toward its profound effects of reducing risks of colorectal, breast, and prostate cancers.

Food sources include cod liver oil, salmon, mackerel, herring, eggs, and of course all of your dark-green leafy vegetables like kale, collards and swiss chard. Required amounts from sun exposure depend on skin pigment. A fair-skinned person may only need up to 45 minutes per week versus a darker-skinned person, who could need up to three hours per week to meet requirements in summer months.

For the entire winter season, Zawada Health is helping you achieve optimal vitamin D levels by introducing Alpha Science Laboratories' Vitamin D Liquid for only \$9.99. 1 dropperful of this tasty lemonade flavour vitamin is all you need!

### Curried Butternut Squash Soup

1 tbsp olive oil	1½ cups organic milk or soy milk or rice milk
1 large onions, chopped	½ tsp salt
2 garlic cloves, minced	Pinch pepper
2 tbsp fresh parsley, chopped	
1½ tsp curry powder	Chopped red pepper
5 cups butternut squash, peeled and cubed	Raw almonds, chopped and toasted
2½ cups vegetable or chicken flavoured broth	

In large saucepan, heat olive oil over medium heat. Add onion, garlic and curry powder. Cook, stirring frequently, about 8 minutes or until onions are soft. Add squash and continue stirring for 2 minutes

Add stock and bring to a boil. Cover, reduce heat to medium-low, simmer and cook until squash is tender.

Remove from heat and allow to cool.

In food processor or blender process soup in batches until smooth. Transfer back to saucepan, stir in milk, salt, and pepper. Re-heat over medium heat. Serve garnished with almonds and chopped red peppers.

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### Big Barley Bowl

½ fennel bulb, sliced  
2 carrots, cut in sticks  
1 parsnip, sliced  
3 tbsp olive oil  
1 cup pearl barley  
1 red onion, sliced  
4 cups stock  
1 tsp thyme

2/3 cup fresh green beans, sliced  
1 15oz can pinto or kidney beans, drained and rinsed  
Fresh parsley, chopped to garnish  
Salt and freshly ground black pepper

(cont'd on reverse)

### Big Barley Bowl (Cont'd)

In a large pot, sauté the onion, fennel, carrots and parsnip gently in the oil for 10 minutes. Stir in the barley and stock. Bring to a boil and add the herbs and seasoning. Cover and simmer gently for 30-40 minutes. Stir in the green beans and pinto beans and continue cooking, covered, for a further 20 minutes. Serve warm, garnished with chopped parsley.

### Acid-Alkaline Balance

What does your Naturopathic Doctor mean when they say you are too acidic?

It's widely accepted that disease develops in an alkaline environment. In other words, "over-acidification" is a major factor of inflammation leading to disease. No matter what type of medicine is being administered on a patient (vitamin, mineral, homeopathic or botanical) in a balanced acid-alkaline state the remedy will work more effectively, as the body itself functions more efficiently. The human body is an alkaline organism living in an acidic environment. The blood acts as the life-stream of the body at a constant pH of 7.4 which means it is slightly alkaline. Under conditions where the body becomes acidic, it is inevitable that the individual is either ill or soon will become ill. If the build up of acidity in the body is a leading cause of all degenerative disease processes, the answer involves eliminating these toxic acids from the body to combat such disease states.

The main factors that cause the body to become acidic:

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**unhealthy diet** – fried foods, artificial chemicals, alcohol, coffee, dairy and sugars along with too much protein, not enough fruits and vegetables  
**stress** – can be physical and / or mental emotional  
**pharmaceuticals** – taking pharmaceuticals on a daily basis causes blood acidity  
**toxic accumulation** – from environmental (exogenous) and internal (endogenous) toxicity

Processed foods, protein, fast foods, milk, coffee, alcohol with little fruits and vegetables and not enough water make the body very acidic. When these foods are broken down the acidic by-products further acidify the blood. Stress and other lifestyle factors cause acidity as they overtax the elimination system with excess acid. Since the body's acidity is kept constant, when confronted with excess toxic acids, the blood stream acts to defend itself by transporting these acids to the ligaments and connective tissues for storage. There they cause pain and inflammation. At night, the body transports these stored acids to the liver and the kidney for processing and elimination. As a result, the urine should be acidic first thing in the morning, but the rest of the day it should be alkaline.

Signs and symptoms of acid accumulating and being stored in the body:

- Fatigue
- Constipation
- Frequent headaches
- Pain particularly in the neck and shoulder muscles
- Halitosis (bad breath)
- Susceptibility to colds and bronchitis with phlegm
- Women may have pale, heavy or irregular periods
- Sour stomach and indigestion
- Heartburn (due to low stomach acid from high blood acidity)
- Gas and bloating

Green vegetables and nutrient dense fruits are the key optimal health and alkalinity ... but let's be honest, it's not always easy to fit them into our daily diet in sufficient quantities. Many "green products" on the market either taste horrible, are of questionable quality or are incomplete in their nutritional profile. What makes GreensFirst different?

- 10+ servings of fruits and vegetables in one serving.
- 49 superfoods, extracts and concentrates including probiotics, fibre, enzymes and lecithin.
- Alkalinizes the body and assists in weight loss by promoting the breakdown of fat in the body.
- It can be taken with just water! It's DELICIOUS....no joke!
- Mixes easy without a blender
- Only 45 calories and contains no wheat, dairy, preservatives and no added sugar.



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