



## March 2019 Newsletter

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Be sure to check out our very own, Dr. Courtney Ranieri . She will be at Nature Source (Highway 10 & Eglinton) Giving a talk on "Optimizing Digestion" March 27<sup>th</sup> @ 7pm!

### **Beetroot Cleansing Soup** **Dr. Bernadette Janczak**

This soup is great for cleansing the liver. Comprised of beets and parsley long revered for their cleansing properties plus the acid of vinegar and the potassium and Vitamin A laden sweet carrots. It is a nutritious broth which will satisfy hunger while keeping caloric intake low. Oil have been eliminated from the cooking, as it takes the calorie count up unnecessarily by 124 calories.

#### **Ingredients**

- 1 onion, chopped (20 calories )
- 2 beets ( 2 inches in diameter ) 44 calories
- 1 carrot in small dice ( 17 calories )
- 2 oz parsley (8 calories )
- 1 Tbsp of miso (24 calories)
- salt and black pepper
- 1/2 tsp of apple cider vinegar
- 2-3 cups of water
- 1 tsp of soy sauce



Optional garnishes: olive oil for drizzling, nutritional yeast flakes

#### **Directions**

Precook the beets. Cut into thin strips. Combine with onions, carrots and parsley in a soup pot. Boil the water in a pot. Whisk the miso into the boiled water until smooth. Combine the miso soup base and the remaining ingredients and cook for 5-10 min. Enjoy.

### **Curried Black Bean Hummus** **Dr. Courtney Ranieri**

If you're looking for an alternative to your standard hummus, this Curried Black Bean Hummus is delicious and can be made in under 5 minutes. Use it as a dip for veggies, as a salad topper or as an appetizer!

#### **Ingredients**

- 1 can of black beans, drained and rinsed
- 4 tbsp extra virgin olive oil
- 1-2 cloves garlic, peeled and minced
- 1-1/2 teaspoons salt
- 1 tbsp curry powder
- Juice from 1/2 lemon or 1 lime
- 2 tbsp tahini (sesame seed paste) or more olive oil
- 1/4 cup fresh parsley (optional)



#### **Directions**

Add all to food processor or blender and blend until smooth. Store in sealed container for up to 5 days.

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## Got the Winter Blues?

By Dr. Carol Morley, ND

SAD, or Seasonal Affective Disorder, may be quite common here in Canada, but that doesn't mean you have to endure and struggle. Mental health is important — let's talk about it and let's peel apart some of the layers of the 'Winter Blues'.

SAD typically occurs in the winter months and shows up as what are commonly associated with symptoms of depression. It is often treated with pharmaceutical anti-depressants but as a Naturopathic Doctor, I always take a step back, look at the person's symptoms and the underlying bio-chemical considerations, and explore all the dynamic factors at play.

What are some of the causes of SAD? And why does it most commonly occur in the winter months?

- sub-optimal Vitamin D is a common cause
- with decreased hours of sunlight, we produce less serotonin (happy mood neurotransmitter!)
- lack of exercise
- 'winter hibernation' may leave us with less community or social joy

### What are the symptoms?

- Feeling depressed
- Anxiety
- Fatigue or low energy
- Trouble focusing
- Loss of joy and sense of fulfillment
- Trouble with sleep
- Changes in appetite or weight
- Craving carbohydrate-rich foods
- Oversleeping
- Loss of purpose



### Naturopathic Treatments

- Drink enough water - our brains are 70% water. It sounds simple but hydration can have a profound effect on our messaging system in our brain. Start your day with a BIG glass of water and carry a water bottle with you throughout the day. Set an alarm to remind yourself to drink water or make a checklist or a game out of it.
- Get enough protein. Foods like salmon, cashews, eggs, turkey, and seeds are all high in l-tryptophan, a precursor to making serotonin! Protein balances blood sugar, which keeps energy levels more stable throughout the day.
- Omega 3's - these powerhouse essential fatty acids nourish the brain. Fish, walnuts, flaxseed, chia seeds, and of course there is supplementation that we can chat about :) Our brains are mostly fat so we need to feed it to optimize our brain function and increase serotonin and dopamine levels.
- Vitamin D3 - most people are deficient here in Canada. It is crucial for mood. Get your levels measured and ask one of our NDs about optimal supplementation.
- Herbal teas like chamomile, passionflower, and oat are wonderful at calming the mind. Try having a cup of tea as part of an evening ritual.
- Meditation or Mindfulness - Starting the day with a 5 minute grounding exercise like deep breathing or some downward dogs/sun salutations may set your day up for success.
- Exercise - you just have to move. Even if it is 15 minutes a day, you have to move your body to get those endorphins (feel good hormones!) moving! Three times a week has been shown to decrease symptoms of depression
- Challenge winter hibernation - get out more often. Talk to people, join a club or learn a new language - anything to engage and promote joy in your life!

Of course if these are all things you are consistently doing and are still struggling, Naturopathic Medicine offers many herbs and other treatments that may help you with your winter blues!

## Rhodiola Rosea

- What is it? Termed the "golden root," this medicinal herb supports adaption to stress
- Applications:
  - Burnout
  - Exercise Performance & Recovery
  - Anxiety & Depression

If you're curious to know if Rhodiola Rosea is suitable for you, contact one of our Naturopathic Doctors today.