



June 2014 Newsletter

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'Be Well, Live Deliciously' wellness retreat

Thank you to all who participated in our first 'Be Well, Live Deliciously' wellness retreat. Catherine Cabral-Marotta and I were thrilled with the group that opened their minds and their bellies to our fun-filled relaxed getaway. Each participant was able to attend 2 medical sessions, a 90 minute yoga session, and take part in a group hike through the beautiful Caledon area. Attendees also enjoyed some butternut squash lasagna, kale poppy seed salad and collard wraps and quinoa salad for lunch and dinner.

Nature cooperated and we had sunshine for the whole day while people answered health and lifestyle questionnaires and did some goal setting. Thank you to the Ecology Retreat Centre and to the health food stores, yoga studios, and healthy food companies who donated items for the goody bags! Until next year :)=

Totally Tahini Cups with Coffee Cream Filling

YIELD: 6 cups

TAHINI SHELL

1/3 cup (80 g) tahini 1/3 cup (79 ml) melted coconut oil

1. Combine the ingredients by hand or in a food processor until smooth. It will be a bit watery but the coconut oil will harden up in the fridge.
2. Pour half of the mixture into the bottom of 6 cupcake liners and put in fridge for 20 minutes, or until solid. Set aside the other half of the tahini mixture.

COFFEE CREAM

1cup (175 g) pitted dates 1/2 cup (118 ml) strong brewed coffee, or as needed salt

1. Put the dates into your food processor and process until smooth and very thick, adding the coffee as needed. This could take a few minutes, and you may have to stop the food processor to wipe down the sides a few times so everything continues to combine evenly.

ASSEMBLY

1. Scoop a dollop of the filling into each of the hardened bottoms in your cupcake papers. Pour enough of the remaining tahini mixture on each to cover the dollop.
2. Put back in fridge for about 20 minutes, or until solid, then sprinkle with salt and enjoy!



Raw Pad Thai

Adapted from My New Roots (www.mynewroots.org)

Serves 6-8

1 package kelp noodles (12 oz./340 g)
 ½ head purple cabbage

2 carrots

1 zucchini

1 bunch green onions

1 each red and yellow bell pepper

1 bunch cilantro (reserve a little for garnish)

Raw Pad Thai Sauce (see below)black sesame seeds (or almonds, pumpkin seeds, cashews etc.)

Lime wedges for serving

1. Remove kelp noodles from package and rinse very well under cold running water. Set aside and let drain.
2. Prepare all the vegetables. Slice the cabbage as thinly as possible (a mandoline is helpful). Using a vegetable peeler, slice the carrots into ribbons. Julienne the zucchini, or use a mandoline or spiralizer to obtain long, noodle-like strips. Slice the bell peppers, green onions, and chop the cilantro, including the stems. Toss all together in a very large bowl.
3. Just before serving, pour the dressing over and fold to coat. Garnish with sesame seeds (or any nut/seed you like), extra cilantro and lime wedges.

Raw Pad Thai Sauce

1 ½ cup cashews, soaked

1 inch ginger root, peeled

1 clove garlic

½ red chili pepper, seeds removed

1 Tbsp. maple syrup

1 ½ Tbsp. tamari

juice of 2 limes

1 tsp. ground turmeric

10 coriander seeds

1 Tbsp. cold-pressed olive oil

2 cups/500ml water (or as needed)

1. Soak cashews for at least 4 hours, overnight is best.
2. Drain and rinse cashews well. Place in a blender (Vitamix is best if you have one). Add all other ingredients and only 1 cup water. Add the remaining cup of water as needed until desired consistency is reached. The sauce should be thin enough to pour, but thick enough to coat the vegetables and kelp noodles. Season to taste. Store leftovers in the fridge.

BBQ'ing your Way to Health

By Dr. Tiffany Sahakian Heikkila, Naturopathic Doctor

The summer weather is here and there's no better way to celebrate than firing up the ol' barbecue. As many of us grill our food 7 days out of 7 during the summer months, below are some tips to ensure you're BBQ'ing safely and keeping your food healthy.

The main concern about using the BBQ is the formation of potential cancer-causing compounds, known as heterocyclic amines (HCA) and polycyclic aromatic hydrocarbons (PAH). These chemicals are formed when grilling meats and fish over an open flame and are worsened by increased fat content in the food, increased cooking temperature and increased cooking time. The second concern is the issue with the 'type' of food being consumed. It seems like once BBQ season starts, people forget their healthy habits and overindulge in higher fat meats like steaks, sausages and hamburgers. These unfortunately lead to more calories, higher cholesterol and, sadly, larger waistlines.

The best way to keep your BBQ'd food healthy is to buy leaner cuts of meat. This prevents the fat from dripping down during grilling, only to be deposited back onto your food by the flame. Consider grilling more chicken and fish like rainbow trout or cedar-plank salmon. Reduce cooking time by grilling smaller portions of meat and eating it medium rather than well done. This will reduce those crispy charred pieces from forming on your food, indicating the presence of HCAs and PAHs. Flipping your meat often can also help reduce the formation of these chemicals. Finally, studies show that marinating your meat and fish prior to grilling can significantly reduce the formation of harmful chemicals on your food. Just make sure you're using fresh herbs and spices rather than store-bought marinades which are full of sugar and artificial ingredients.



Delicious Detox

Fast and Easy Recipes to Boost Energy and Improve Health



Delicious Detox is your guide to easy recipes that will change the way you think about your family's health.

The recipes in the cookbook prove that there is a way to eat healthfully without sacrificing taste.

"I use fresh and healthful ingredients, basic kitchen equipment and simple to follow recipes to help people take control of their health!"

Natural Insect Repellent

By Claire Girgis, HBSc, ND

Why protect yourself?

From mosquitoes, black flies, and horse flies, to ticks, mites and fleas, we have to deal with these critters throughout the spring and summer months. Biting and stinging insects are all around us. This year, we've had to deal with a particularly dense population of black flies, these having emerged from wooded areas to swarm even the streets of Mississauga and downtown Toronto! Many of these bugs have the potential to carry and transmit diseases such as West Nile or Lyme. They can also result in mild to severe allergic reactions and unpleasant skin reactions (from itching to sores and skin infections). One way of preventing these bites is to be cautious when spending time outdoors, avoiding areas with standing water, wearing light colours and covering exposed skin. In addition to this, a good insect repellent can help protect you and your family this season.

What's wrong with commercial insect repellents?

Most insect repellent products on the market rely heavily on the ingredient DEET. DEET is a type of toluene chemical, used in the production of plastic/rubber products as well as paint thinner. This chemical has been found to be absorbed through the skin at a significant rate and is believed to pose a risk of damage to the nervous system.

Natural insect repellent recipe

If you've decided to forego the DEET, DEET-free products are also available. These usually include a combination of herbal ingredients known to repel insects while remaining safe for the user. You may also choose to make your own spray, see below for a recipe for homemade insect repellent made from ingredients found at your local health food store.

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| ½ cup water, boiled and cooled | 1 tsp neem extract |
| ½ cup witch hazel extract | 1 tsp lemon balm extract |
| ¼ cup aloe vera gel | ½ tsp eucalyptus oil |
| 1 tsp tea tree oil | ½ tsp lavender oil |

Combine ingredients in a spray bottle and mix well. Keep in a cool, dark place and shake before each use. Avoid inhaling spray during application. For use on infants, apply over clothing only.

