

MARCH 2015 Newsletter

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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!

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WELCOME!

Zawada Health would like to welcome a wonderful addition to our team, **Bernadette Janczak, ND**. Bernadette has been a practicing Naturopathic Doctor for 15 years, proficient in a wide range of healing modalities. Prior to Naturopathic medicine, Bernadette studied to become a doctor in Poland, when she came to Canada she worked as a nurse for ten years. During this time unable to envision any long term healing effects from drugs and believing that good health had to be more than just surviving and functioning, Bernadette followed her instincts and entered the Canadian College of Naturopathic Medicine.

Bernadette believes "good health is a continuum, a journey we all travel. Sickness is a sign that we're out of balance, lost on the continuum of health and disease. The symptoms of illness are how the body talks to us."

Please help us in welcoming Bernadette to our team.

Also... taking a short hiatus

Tiffany Heikkila, ND will be on maternity leave starting March. We wish Tiffany, Andrew and Lily a safe delivery of their new little one.

We will let you know when Tiffany will be returning to the clinic.

Laura Amato, RMT will be taking four months away from the clinic and travelling in South East Asia. We wish Laura a very safe trip, yet exciting adventures. We will welcome her back at the clinic in July.

Treating Headaches Naturally - Claire Grgis, ND will be doing a seminar at Goodness Me, Mississauga on Wed. March 25, from 6:30 – 8:00pm. This is a free seminar, please go to Goodness Me website and sign up.

Delicious Detox Seminars – Carol will be doing the following seminars at various Goodness Me locations, so Register quick as spots fill up quickly.

March 28th - Barrie Goodness Me; Delicious Detox talk

April 7th - Webinar on Delicious Detox

April 9th - Mississauga Goodness Me; Delicious Detox

April 18th - Guelph Goodness Me; Delicious Detox

For those ladies who are curious about food introduction to their babies, Carol will be tweeting every day in the month of April what she is introducing to Ben, as he will be turning 6 months. So, follow her on twitter @carol_morley.

Carol also has an instagram account you can follow, Instagram carol.morley

Raw Hemp Bites

By The Simple Veganista

<http://thesimpleveganista.blogspot.ca/2012/08/raw-healthy-happy-hempy-cookies.html?m=1>

Ingredients:

1 cup oats, rolled or quick
 ½ cup hemp hearts
 6 dates, pitted and chipped
 3 tbsp maple syrup (agave is fine too)
 ½ tsp vanilla extract
 ½ tsp cinnamon, optional
 Pinch of salt
 ¼ cup water, as needed



Place all ingredients in food processor, except for the water, and blend until combined. Use the water one tablespoon at a time if mixture isn't clumping up. I used about 1 tbsp, use at your discretion. Don't worry if it seems a little too sticky, it will become a bit stiffer once refrigerated. And if it's a little sticky it will help when you roll the balls in a coating. If the mixture is too wet, try adding a pinch or two of oats. Next, roll bits of dough into one inch balls. If dough seems too sticky to roll, refrigerate the dough for about 20 minutes before rolling. You can roll them in a variety of ingredients, hemp seeds, coconut, cinnamon, cocoa powder

Benefits of Walking and Digestion

By Catherine Cabral-Marotta, DOMP, RMT, CATC

"Yes, exercise is the catalyst. That's what makes everything happen: your digestion, your elimination, your sex life, your skin, hair, everything about you depends on circulation. And how do you increase circulation?" ~ J. LaLane

The benefits of walking on digestion are countless. Not only does taking a short stroll post-meal help you to burn off some of the consumed calories, but studies have suggested that even a short 15 minute walk can help you curb sugar cravings and blood sugar spikes. A study published in the journal Appetite described how the cravings of chocolate lovers were decreased by almost 50% by adding a 15min burst of walking into their day. Several studies including one published in Diabetes Care suggests that a 15-minute walk about 20-minutes after a meal helps to improve daily blood sugar levels, and prevents development of Type 2 diabetes.

Not only does a short walk effect what happens in your body from a physiological perspective, but when we look at the anatomy it's easy to understand how walking helps move food through the gastro-intestinal tract more quickly. The main movers of walking include the gluteus group, hamstrings, quadriceps, adductors, and psoas, etc. The psoas muscle travels behind our gastro-intestinal system in the abdomen, connecting our lumbar spine to our pelvis. The action of walking causes a winding contraction of the gut similar to when we wring out a sponge. This winding and unwinding is thought to stimulate movement of food through the GIT. Not only does walking work to increase metabolism, but it acts directly on the contents for quicker, more optimal elimination.



In short, head for a brief walk about 15-minutes after a meal to increase metabolism, improve elimination, blood sugar control and digestion!

Changing the Way We Walk!

Cindy Catton , R. Kin. and Personal Trainer

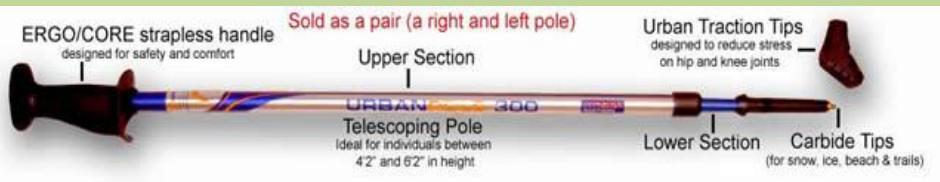
Urban Poling, also called Nordic Walking is a great way to change the intensity of your walking workouts by improving your cardiovascular endurance and muscular strength.

Urban Poling combines the aerobic and strength building benefits of cross-country skiing with the convenience of walking. By using the poles you take your walking workout up to the next level, engaging as much as 90% of the body's muscles while improving posture, balance, and stability.

So why do I need special poles for walking? Specialized equipment makes the sport of walking more enjoyable. Urban Poles provide stability, minimize vibration, have a strapless ergonomic handle, and a boot like tip to reduce noise. These qualities set the urban pole above all other styles of poles.

Key Facts about Urban Poling:

- 25% increased cardio workout
- Burn up to 46% more calories
- Core muscle strengthening
- Reduces stress on hips, knees, & ankles
- Provides stability & balance
- Improves posture
- Provides resistance training
- Easy to learn & suitable for people of all ages & fitness levels!



Learn to Urban Pole: March 27, 2015
Contact Cindy at cindy@citrusroutept.com
Cindy also offers private personal training sessions

Herb of the Month: Passiflora incarnata (Passion Flower)

By Claire Girgis, HBSc, ND



Passion flower is a perennial, climbing vine with beautiful red and purple flowers. It is native to tropical climates but is now grown all over the world as it is in high demand for its many health benefits and therapeutic effects.

Indications: A great remedy for anxiety, including childhood anxiety and related conditions. Anxiety, insomnia, ADHD, agitation, seizure disorders, tension headaches, restless leg syndrome, muscle twitches and spasms. Other indications include menstrual cramps, asthma, hypertension, and low libido.

Administration: This herb is available in tincture form, herbal liquid extract and can be found in capsule/tablet form for easy use. For use in children, it can be taken as a tea (cooled) or in homeopathic form and dosing. The form and dose is determined based on the condition treated, and the age/size and health status of the individual. Passion flower is often used in combination with other herbs with similar or complementing actions such as peppermint, lemon balm, oat, chamomile, etc.

Safety & Interactions: Passion flower has a good safety profile and low risk of side effects. However, patients should consult with a naturopathic doctor to determine if this herb is the best option for treatment and to determine the appropriate form and dose. Passion flower should not be used during pregnancy and should not be combined with psychotropic medications such as antidepressants (e.g. SSRIs) or sedatives (e.g. benzodiazepines), among others.

Delicious Detox

Fast and Easy Recipes to Boost Energy and Improve Health



CAROL MORLEY
Naturopathic Doctor

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!"