



July 2012 Newsletter

Inside This Issue:

- ▶ Raising a Summer Reader p.1
- ▶ Healthy Popsicles p.1
- ▶ Protect your Child Outside p.2
- ▶ Baby Massage p.2

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!

Zawada Health

201 City Centre Drive, Suite
404 Mississauga, Ontario
L5B 2T4
905-804-1752
www.zawadahealth.com

 Follow Us On Facebook!

 Follow Our Blog

 Follow Us On Twitter!

Raising a Summer Reader!

When the lazy days of summer arrive and the schedule is packed with swimming, camp, and family vacations, it can be a challenge to find time for learning. But kids' reading skills don't have to grow cold once school's out. Here's how!

Explore your library. Visit your local library to check out books and magazines that your kids haven't seen before. Many libraries have summer reading programs, book clubs, and reading contests for even the youngest borrowers.

Read on the road. Make sure the back seat is stocked with favorite reads. When you're not at the wheel, read the books aloud. Get some audiobooks (many libraries have large selections) and listen to them together during drive time.

Keep in touch. Kids don't have to go away to write about summer vacation. Even if your family stays home, they can send postcards to tell friends and relatives about their adventures. Ask a relative to be your child's pen pal and encourage them to write each week.

Keep up the reading rituals. Even if everything else changes during the summer, keep up the reading routines around your house. Read with your kids every day — whether it's just before bedtime or under a shady tree on a lazy afternoon.

Healthy Popsicle Treats for the Whole Family

Blackberry, Honey and Yogurt Pops



- 2/3 cup water
- 1/4 cup agave nectar or sugar
- 3, 6-ounce containers fresh blackberries (3 1/2 to 3 3/4 cups)
- 1 cup plain yogurt
- 5 teaspoons honey
- 1 tablespoon fresh lemon juice

1. Bring 2/3 cup water and agave/sugar to boil in small saucepan over medium-high heat, stirring until dissolves. Transfer simple syrup to small bowl and chill until cold, about 1 hour.
2. Place blackberries in processor; puree until smooth. Pour blackberry puree into strainer set over medium bowl. Using rubber spatula, press on solids to extract as much puree as possible. Discard seeds in strainer. Measure 2 cups blackberry puree and place in another medium bowl for pops (reserve any remaining puree for another use). Add chilled simple syrup, yogurt, honey, and lemon juice to puree; whisk to blend.

Honey Yogurt Berry Pops



- 2 cups Greek yogurt
- 1/2 cup raw honey
- 1 cup mixed berries, washed (blueberries, strawberries, blackberries)

1. Blend yogurt and honey together in a large bowl. Fold mixed berries in. Transfer into a container with a spout so the mixture can be poured into popsicle molds. Fill popsicle molds close the top and put in popsicle sticks. Freeze for 3 hours or overnight.
2. You can use any of the remaining mixture and blend it with some ice for a yogurt berry smoothie!

Peach Pie Popsicles



- 1 cup almond milk
- 1 frozen banana, peeled and chopped
- 2 large peach, seeded and diced
- 1/2 teaspoon vanilla
- 1 tablespoon agave nectar or honey
- Pinch of cinnamon

1. Combine all ingredients in a blender and blend until smooth or desired consistency.
2. Pour into popsicle tray and freeze until set (3-6 hours).

Electric Green Popsicles



- 3 ripe bananas
- 1 medium pineapple
- 2 cups spinach
- Water

1. Blend until smooth and pour into molds.

How to Protect your Child Outside

by Tiffany Sahakian Heikkila, ND

Now that we're in the midst of a wonderfully hot and sticky summer, it's important to discuss ways to protect your little ones when spending time outdoors. Here are some common outdoor dangers to watch out for:

Sunburns & Sunscreens:

Being out in the sunshine is difficult to avoid during the summer months, so it's best to always be prepared. Your baby's skin is extremely sensitive and needs to be protected, even when outside for only a few minutes. A single sunburn in childhood nearly doubles your chance of developing skin cancer as an adult.



Sunscreens are widely known to protect the skin from sunburns. Most commercial sunscreens, however, can cause more harm than good by containing toxic chemicals that are absorbed through the skin? These chemicals can lead to hormone disruptions affecting the thyroid, nervous, immune and even reproductive systems. A top product for the whole family among sunscreens is Badger. Badger is 100% natural and provides excellent protection from the sun. Visit the Environmental Working Group website at <http://breakingnews.ewg.org/2012sunscreens/> to check out how your sunscreen measures up to the rest! This month, Badger sunscreen is on sale for 15% off at Zawada Health, so get yours today!

Mosquito and Bee Stings:



Whether you're camping in the woods or out for a quick stroll, pesky mosquitoes are just waiting to bite your child's alluring skin. Try applying apple cider vinegar, raw honey, a slice of onion or a piece of garlic to the bite to help relieve the itch. The strong scents of the latter two can also help prevent further biting. In order to decrease the inflammation, rubbing ice on the bite can help, but remember to only keep it on for 30 seconds or less to prevent frost-bite.

If you're looking for more of a preventative product for bites, why not consider making your own bug spray. Most current products contain DEET, a toxic insecticide that is readily absorbed into the bloodstream and can even cause brain cell death. This is not something you want on your baby's skin, so here is a great recipe for making your own:

1. Using an 8oz spray bottle, fill half with boiled or distilled water
2. Fill to the top with witch hazel water
3. Add 50 drops of essential oils (I prefer tea tree, eucalyptus and lavender, but you can use others)
4. Mix it around and spray on your skin

Remember that your child's skin is sensitive and more susceptible to damage than yours is. Always try to cover up when planning on being outdoors for long. Carry extra T-shirts, hats, even lip balm to ensure they're always safe and protected. Remember that it doesn't take long for dehydration to set in, so always bring lots of water along. If your child is older, teach them the importance of applying sunscreen regularly on themselves and keeping hydrated. Please contact the clinic if you have any further questions about how to keep your child safe this summer. Enjoy the weather!

Badger Sunblock

Badger proudly presents the most extraordinary broad-spectrum sunscreens we've ever seen. The SPF formulas are water resistant for at least 40 minutes, safe for children of all ages, thoroughly moisturize while they protect and are reminiscent of a holiday luau with that sweet smell. These are natural, physical barrier sunscreens and do not contain fragrances, preservatives or dyes, and they are water resistant for 40 minutes.



July Sale!

Receive 15% off
Badger Sunblock,
Badger Lip Balm and
Delicious Detox
cookbooks.

Baby Massage

by Kelly Yutronkie, RMT

When you think of massage, you may envision treatment for a repetitive strain or sports injury, or perhaps a relaxation treatment, where all of your stress and tension is massaged away by your RMT. But do you ever think of massage for your baby? Your baby, like all of us, can suffer from muscle tension (think of their little hands in fists, and their poor little sucking muscles!), and massage is one way we can release this tension, and teach them how they themselves can relax their muscles.

Touch through massage can also help your baby with colic pain, digestion (including gas and constipation), and studies have shown that it can improve weight gain for premature babies. It can help your baby sleep better, improve ease of their feedings, and suffer from fewer upset stomachs. The earlier you begin with your baby, the better, as consistency and repetition is key, since relaxation is a conditioned response for your child.

Before massaging your little one, there are a few things that you should keep in mind. Your baby should only be massaged with an edible oil, such as olive oil, grapeseed oil, sunflower oil, or apricot kernel oil, and you should always try a test patch first, to ensure your baby is not allergic to the oil you choose. Make sure you yourself are relaxed, as your baby will take his/her cues from you. Keep your face soft, pleasant, and be sure to keep eye contact with your baby during the massage, praising him/her whenever they allow an area to relax. Make sure the room is warm, as your baby should be undressed to his/her diaper, and placed on a soft blanket or towel. Keep an extra blanket close by, to cover any areas you are not massaging, if you feel your baby is cold. Your touch should be gentle, yet firm, so your child feels secure, and your strokes should be slow, and rhythmic, to help your baby relax. The massage may last only a few minutes on some days, or up to 30 minutes on others. Keep in mind that your baby, like anyone else, is in control, and he/she will let you know when the treatment is over.

If you would like more information on how you can massage your baby at home, or would like to bring your baby in for a treatment from one of our RMTs, please feel free to contact the clinic.

