



April 2012 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!

Zawada Health

201 City Centre Drive, Suite 404 Mississauga, Ontario L5B 2T4  
905-804-1752  
[www.zawadahealth.com](http://www.zawadahealth.com)

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Mark Your Calendars!

Have you ever laid in bed and noticed a restless discomfort/pain in your legs? Do your knees hurt when you climb the stairs? Osteopath Catherine Cabral-Marotta will be doing a Whole Foods Lunch n' Learn for Zawada Health. This seminar will take place on **April 20 from 12pm-1pm** and will present a few common causes of general knee pain and the feeling of restless legs. The listener will come away with some basic exercises that will help make these problems history. Read this month's newsletter (page 2) for a bit of info on restless legs. Please call Whole Foods to register for the complimentary seminar at (905) 275-9393.



Join me, Naturopathic Doctor and cookbook author, Carol Morley on Saturday **April 14th** at the Bruce Street location of Fiddleheads Kitchener at 1 pm for an informative and interactive and **complimentary** cooking demonstration to find out how detox can be delicious!

From breakfast to side dishes to desserts, Carol will show you how to experience a new zest for life by gaining a better feeling of wellbeing - all by detoxing through diet. Delicious Detox will also be available for sale. Sign up by calling Fiddleheads today! (519) 745-7800 ext 2.

**Tuesday May 8th**, Zawada Health is hosting our annual open house during Naturopathic Medicine Week but with an exciting new spin! From 11-3 you will be able to learn about a variety of topics in 15 minute segment talks as well as still sampling food (from Delicious Detox) and tea. There will also be a few info tables set up by other partners in the square one community to share their info about things like body and skin care, protein powders, breast health and more! Full schedule of events in our May newsletter!

We will also be having 3, one-hour lectures in the evening (7-8 pm) done by our 3 Naturopathic Doctors on different topics to celebrate Naturopathic Medicine Week!

- **May 7th** – Everything you need to know about supplements
- **May 8th** – Waist management
- **May 9th** – Preventing and supporting diabetes naturally

**Strawberry Rhubarb Crumble Simplified**  
Serves 6



- 5 stalks rhubarb, chopped (about 2 cups)
- 2 cups strawberries, cut into halves
- 1 cup chopped pecans
- 1 cup unsweetened shredded coconut
- 3 Tbsp coconut oil
- Zest of 1 lemon
- Juice of 1/2 lemon

1. Pre-heat oven to 375 F.
2. In a baking dish ( 9 x 9), spread out strawberries and rhubarb. Mix in the lemon juice and zest.
3. In a bowl, melt the coconut oil. Mix the pecans and coconut with the melted oil.
4. Spread the nut mixture evenly across the top of the strawberry/rhubarb, like a crust.
5. Bake for about 45 minutes.
6. Serve warm or cold.
7. Enjoy!

**Baked Radish Chips**  
Makes 2 cups



- 6-10 radishes, depending on size
- 1 tbsp extra virgin olive oil
- 2 tsp finely chopped fresh rosemary
- 1/2 tsp each coarse salt and pepper

1. Preheat oven to 325°F.
2. Thinly slice radishes. In bowl, toss radishes with oil, rosemary, salt and pepper. Arrange in a single layer on greased cooling rack placed on a baking sheet.
3. Bake on middle rack of oven, one batch at a time, for 15 min. then turn radishes over and bake another 15 to 20 min. or until golden and crisp. Cool. Repeat with additional radish slices.



## Restless Legs and Sore Knees - What to Do?

By Catherine Cabral-Marotta, BSc HK, D.O.M.P., CAT(C), RMT, CSCS

These days many of us are confined to our desks for the majority of our day, and may or not be able to find the time outside of work to engage in regular daily activity. The number of people who express tension, or feelings of restlessness, in their legs, in addition to or independently of complaints of soreness in their knees has been steadily on the rise. For the purpose of this article we are not referring to individuals with *restless leg syndrome*, but more so the recurring feeling of the need to stretch, or desire to rub your thighs/legs.



Tension in the fascia is thought to decrease the movement of important fluids of the body, including blood. This can often cause decreased sensation or a pins and needles feeling in the tissue or body part. The inherent desire to rub the area (often the side of the thigh, the lower leg, or low back) is the body's attempt at self-massage, decreasing the tension and increasing circulation. Tension in the fascia will also alter the way a joint or sections of the body are able to function, eventually causing unexplained

low back, hip, or knee pain. Tight fascia can also cause something we call patellar malalignment. This term is more simply described as the sound of crunching or grinding you hear in your knees as you ascend or descend a set of stairs, or stand up or sit down in a chair. If either of these issues sound familiar, you may want to consider a visit with an osteopath, athletic therapist or massage therapist. An osteopath will assess the individual and establish what joint/part of the body is working incorrectly to cause these problems, and then use their advanced manual skills to correct this. An athletic therapist will use their in-depth knowledge of biomechanics to prescribe certain exercises and stretches that will help to rid you of these chronic and uncomfortable symptoms. If you would like further information on fascial tension, osteopathy or athletic therapy, please email or call Catherine at Zawada Health.

**Remember, you need your body at its best for a long time, so be good to it and it will be good to you!!!**

## Benefits of Radishes

Radishes are often overlooked at the grocery store. Throw it in your grocery cart the next time for the following reasons:

- Very good for the liver and the stomach.
- Great detoxifier as it purifies the blood.
- It facilitates digestion, helps constipation and can help in the relief in hemorrhoids.

## April Sale!

Receive 15% off any Cal /Mag product and 15% off Delicious Detox cookbooks.

**Allergy season has arrived! Don't forget to visit your Naturopathic Doctor to learn effective ways to help treat your allergies naturally and get out your neti-pot to rinse those sinuses!**

## Sprouting for Spring!

By Claire Girgis, HBSc, ND

Seeds are already packed with nutrients but they have the potential to be even healthier and more nutrient-dense! Locked inside each seed is a storehouse of vitamins and minerals waiting to be unlocked. When seeds are sprouted, they experience a transformation into a superfood that has a significantly higher level of vitamins, particularly vitamin B, antioxidants, enzymes, as well as other nutrients. They have also been found to be protective against disease such as some types of cancer. Not only are sprouts more nutritious than their seed origins, but the nutrients found in them are more easily and efficiently used up by the body. They're so easy to throw into a salad or in a wrap for a burst of freshness and flavor. Best of all, they're inexpensive and simple to make at home, here's how:

### Materials

1L Glass jar

Piece of mesh material (e.g. cheesecloth)

Rubber band

Water

Seeds to be sprouted (Notes: Organic seeds are best; make sure to get food-grade seeds as garden seeds are sometimes treated with chemicals; don't sprout just anything, choose seeds that are known to be good and safe for sprouting, e.g. alfalfa, quinoa, amaranth, peas, lentils, mung beans, broccoli seeds)

### Instructions

Place 1-2 tbsp of seeds in a jar.

Cover with mesh and hold in place with a rubber band.

Rinse seeds and drain.

Add 1 cup cold water and soak for about 6 hours.

Rinse and refill the jar with water twice a day.

In 3-6 days, when the sprouts are about 5cm long, you can drain them and start enjoying!

Refrigerate in an airtight container.

