



## December 2017 Newsletter

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**Discover the future of family medicine at a centre with naturopathic doctors, a holistic esthetician, registered massage therapists, psychotherapist, osteopath, and a full dispensary that will change the way you think about your health!**

### Zawada Health

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### Zawada Health is Moving!

After 14 wonderful years on City Centre Drive, Zawada Health is moving to

**4311 Village Centre Court, Mississauga** - Just South of the 403 and East of Hurontario.

Zawada Health will be open until Dec 23<sup>rd</sup> and then will re-open in the new location on January 3<sup>rd</sup>. We look forward to seeing you at our new ground level clinic with FREE parking! You can contact us at the same phone number and email.

To find out where your practitioner will be in the New Year, feel free to ask us at the front desk or email us at [info@zawadahealth.com](mailto:info@zawadahealth.com).

### Thai Carrot Soup

From *Delicious Detox Cookbook*  
Yield: 4 servings

#### Ingredients

3 tbsp sunflower oil  
2 tbsp lemongrass puree  
3 tbsp sliced and peeled gingerroot  
2 garlic cloves, minced  
6 tbsp raw unsalted cashews  
8 large carrots cut into 1 inch pieces  
1 tsp sea salt  
¼ tsp cayenne  
1 box rice milk (956 mL)  
2 cups water  
½ cup loosely packed, chopped cilantro  
Juice of 1 lime

#### Directions:

1. Heat sunflower oil in a large saucepot over medium heat and add lemongrass, gingerroot, cashews and garlic.
2. Cook, stirring frequently, until the garlic is golden, about 5 mins.
3. Add the carrots, salt, and cayenne and cook for 1 min. then add rice milk and water. Reduce the heat and stir in ¼ cup of cilantro, cover and simmer for 30 mins or until carrots are tender.
4. Drizzle with melted ghee or coconut oil and toss well to coat. Sprinkle with sea salt and freshly ground black pepper.
5. Puree the soup in batches in a food processor or immersion hand blender.
6. Add the lime juice and garnish with the remaining ¼ cup of cilantro before serving.



### Healthy Avocado Brownies

Adapted from *thehealthymaven.com*  
Yield: 16 servings

#### Ingredients

1 large avocado  
1/2 cup unsweetened applesauce  
1/2 cup maple syrup  
1 tsp vanilla extract  
3 large eggs  
1/2 cup coconut flour  
1/2 cup unsweetened dutch-processed cocoa powder\*  
1/4 tsp sea salt  
1 tsp baking soda

#### Directions:

1. Preheat oven to 350 degrees F.
2. In a blender or food processor combine avocado, applesauce, maple syrup and vanilla.\*
3. Add these ingredients to a large bowl and whisk in eggs.
4. Add in coconut flour, cocoa powder, sea salt and baking soda and stir until well-combined.
5. Grease an 8 x 8 inch baking dish with coconut oil and add batter.
6. Place in oven to bake for 25 minutes (slightly less for fudgier brownies or slightly longer for more cake-like brownies).
7. Allow to cool for 20 minutes before cutting into 16 brownies.
8. Keep them on the counter in an airtight container at room-temperature for up to 2 days or for a longer shelf-life store in the fridge or freezer.



## Holiday Gifts Ideas

With the hustle and bustle of the holidays, make gift giving easy with a Zawada Health Gift Set (until supplies last)

### Anti-Aging Skin Gift Set

There is no better gift for the holiday season than the gift of healthy skin. On special for the month of December only we have paired up our P2B Face Serum and TruMarine Collagen



### Nourishing Serum

plant2body Organics

The simple yet powerful formulation brings together 3 ingredients well known for their antioxidant strength and intensive hydration and healing action.



+

### TruMarine Collagen

withinUs

To provide the highest quality of collagen possible, withinUs uses Ultra Pure TruMarine™ Collagen exclusively from fish scales, presenting unmatched advantages.



Regular Price when purchased separately - \$135

Gift Set Price - \$120

### AgeQuencher Gift Set

AgeQuencher products combine electrolytes, antioxidants to prevent signs of aging at a cellular level and leave you energized and radiant. The Intercept Serum is derived from botanical hyaluronic acid and red sea algae to instantly plump and hydrate.

### Cold + Flu Gift Set

The perfect package to help boost the immune system and keep away sore throats, colds and flus. This package contains Bee Keepers Naturals Throat Spray, Reishi Mushroom Elixir and Vitamin D to provide antibacterial, anti-inflammatory, and immunity boosting benefits this cold and flu season.

### Intercept Hyaluronic Serum + AgeQuencher Electrolyte



+

### Propolis Throat Spray + Lions Man Reishi Elixir + Vitamin D



+

+

Regular Price when purchased separately - \$138

Gift Set Price - \$120

Regular Price when purchased separately - \$44

Gift Set Price - \$35

## Holiday Season Requires Bitters

Dr. Carol Morley, ND

What is a bitter you ask? Bitters are very bitter tinctures with no sweetener added. Bitters are generally taken before a meal to stimulate the secretion of the digestive juices and bile. This increases the appetite and helps activate digestion and bowel movements. Good bitter herbs are gentian root, dandelion root, yarrow, and yellow-dock root.

The German father of natural healing, Sebastian Kneipp, a guy we learned about in first year at naturopathic college, said gentian root is one of the best aids to increase appetite, and, 'if the food is felt to lie heavy in the stomach and is troublesome, a little cordial made with a teaspoonful of the extract in a half a glass of water, will soon stop the disorder'. He also said that gentian is very good for stomach cramps. So if you have a holiday potluck take a few drops of bitters before and after your meal to help digest all of the food efficiently and prevent that heavy and bloated feeling.



Many supplement companies have bitters. I have St. Francis bitters in my medicine cabinet at home just in case <https://www.sfrancisherbfarm.com/products/canadian-bitters>

Have a wonderful holiday season everyone!