

### The Basics of Healthy Cooking

With Dr. Claire Girgis, ND

Wednesday, January 20, 2016

6:30 – 8:00pm

GoodnessMe

720 Bristol Road W.

Sign up in store, call 905-712-8402  
or online : [goodnessme.ca](http://goodnessme.ca)

**Happy New Year!** One of my 2 favourite times of the year! I love September and January for the sole reason that these are great times to start new and get into new routines. I have always loved school and starting a new school year always was exciting... maybe it was the shopping trips to get new outfits and new backpacks and pencils etc. :) And of course January. Reflection. Resolutions. Goal setting. New to-do lists. All things I love. Reflection at the end of December, especially this year for me, was very important. I feel blessed. My husband always making me laugh and supporting me personally and professionally; and of course my two boys, Owen, and Ben, even though they still don't sleep through the night.

I also want to say thank you to all of you who have come to Zawada Health for one service or another or picked up product or just stopped by to say hello because you were in the area. It's your support of my small business that has kept me going over the years. To all my patients: I learn from you just as you learn from me. I love listening to your health concerns, your struggles, all the stories. It all weaves together to make your story. Thank you for trusting me with your health. I wish everyone a beautiful 2016, filled with good health and happiness.

*Carol*

### WALNUT HUMMUS SPREAD by Dr. Bernadette Janczak, ND

2 cups raw walnuts (previously soaked for 2-6 hrs)  
4 Tbsp. lemon juice  
1 medium clove of garlic  
1/2 small onion (or to your taste)  
2 tsp. raw tahini  
1 Tbsp. extra virgin olive oil  
1 tsp. Herbamare spice, or Himalayan sea salt  
1/4 c water or more if needed  
1 tsp. cayenne pepper (optional)



Put 2 cups of walnuts in a high speed blender. Pulse the nuts first just to break them into smaller pieces. Add the rest of the ingredients and blend on high speed to a smooth pudding mixture. Add a little more water during blending if needed. The hummus will thicken after being refrigerated. This is a great spread on crackers, pitas or healthy bread such as Ezekiel bread, add some pesto on top, a slice of tomato and chopped onion to have a tasty sandwich with your lunch salad. Wrap in lettuce or collard greens with addition of sprouts and chopped vegetables.

Enjoy.

### Heartburn

by Dr. Claire Girgis, ND

Heartburn, also known as reflux or a condition referred to as GERD (gastro-esophageal reflux disease), is that uncomfortable, burning sensation in your throat and chest that follows a meal. Some of you may have experienced it for the first time after a heavy holiday meal this season, and some of you may be dealing with it every day! Very often, it is just assumed that heartburn happens because there is too much acidity in the stomach, but this is not always the case. In fact, too little acidity in the stomach can also be a cause. The acidity in the stomach acts as a trigger for a small muscle called the esophageal sphincter to tighten and close the esophagus, to prevent stomach contents from coming back up. If there isn't enough acidity to trigger this muscle, it doesn't close properly and heartburn may result. This example is meant to highlight the importance of determining the root cause of a condition like heartburn. Most heartburn medications are aimed at reducing acidity, however, if low acidity is the root cause, these medications may be ineffective or even aggravate the condition. Your naturopathic doctor can help you to determine the cause of your heartburn by asking the right questions, performing physical examination and referring you for testing, where necessary. Once a cause has been determined, your ND can counsel you on diet and lifestyle to manage heartburn, and recommend appropriate treatments, including herbal and nutritional supplements, homeopathics and acupuncture to help treat the root cause for a long term resolution to your heartburn.

### Zawada Health

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



Follow Us On Facebook!



Follow Our Blog



Follow Us On Twitter!

## Dry Skin Brushing Techniques

by: Carol Morley, ND

This is something that I used to love to do and with the start of a new year I am reminded to get back to doing this nightly. Wonderful for getting your skin to glow, cellulite trouble spots, and water retention. Dry skin brushing improves the lymphatic system (the waste removal system). Use a natural-bristle brush with a long handle (this way you can get at your back) or even a hand-held loofah mitt. These can be purchased in your local health food store, some beauty supply stores, or your favourite big box store ;)

Brush the whole body except the face. It is best to do this in the morning prior to taking a bath or shower. Some people skin brush again before bed. Make sure to brush skin when it is dry and never expose the brush to water. The bristles may seem very stiff at first, but this is because your skin is not yet accustomed to this method of detoxification.

Do this for a period of 3 to 5 minutes on a daily basis. You may notice a white powder that comes off of your skin during the process. These are crystals of uric acid as well as other waste products which were produced during any perspiration.

Start at your feet and brush up your legs. Proceed to your hands and arms. Brush your entire back and abdomen area, shoulders and neck. Use circular counter clockwise strokes on the abdomen. Lightly brush the breasts and finish by brushing upwards on the back and down from the neck. Just always remember to move toward the heart.

### Tips and Tricks

- Always dry brush your dry and naked body before you shower or bathe because you will want to wash off the impurities from the skin as a result of the brushing action.
- Always brush towards the heart- moving away from the heart puts extra pressure on the valves within the veins and lymph vessels and can cause ruptured vessels and varicose veins.
- Use light pressure in areas where the skin is thin and harder pressure on places like the soles of the feet.
- You can also dry brush areas of cellulite 5 to 10 minutes twice a day to achieve cellulite dissolving but the technique needs to be done consistently for a minimum of five months.
- After getting out of the shower, dry off vigorously and massage your skin with pure plant oils such as olive, avocado, apricot, almond, sesame, coconut, or cocoa butter.
- Clean your skin brush using soap and water once a week. After rinsing, dry your skin brush in an open, sunny spot to prevent mildew.

Any well designed program will take about 30 days to see and experience the changes. Be patient, and keep up the program!

## ENZYMES AND YOUR HEALTH

By Dr. Bernadette Janczak, ND

Nature designed food to break ITSELF down in our digestive tract. However, our modern diet is far from helping our body to digest food properly, as it is deficient in enzymes. Almost everyone has experienced bloating, constipation, gas, acid reflux and swelling (fluid retention) after consuming certain foods. These are all symptoms of low enzymatic activity.

Enzymes play a very important part in our gut health and our overall health.

Dr. Edward Howell, the author of "Enzyme Nutrition" demonstrated conclusively that using digestive enzymes could improve digestion, regulate weight and eliminate the symptoms of variety of chronic conditions. Essentially, every process in our body needs enzymes to perform chemical and biological functions. Naturally, our body produces variety of about 3000 enzymes. The only external source of enzymes come from the foods we eat. Most of the foods we consume now, though are devoid of enzymes, because of the way they are grown, processed and transported. We also consume mostly cooked foods, because it is easier and faster to eat them, they are tastier for some as well. We swallow food instead of chewing it. Chewing on raw fruits, vegetables, nuts and seeds releases natural enzymes and helps the body to utilize them in the chemical and biological processes inside our cells. Research demonstrates that any food heated to above 118 degrees Fahrenheit loses all of its enzymes. In other words all cooked foods are deficient in enzymes. The chemically-laden processed foods, grown with pesticides and chemical fertilizers further strain our digestive system and drain our essential enzyme reserves even more. Dr. Howell suggest that the body has a limited "Enzyme Bank Account" that gets drawn down as we age - which contributes to the degeneration associated with aging. In his book "The Enzyme Factor", world-renowned colon expert Dr. Hiromi Shinya, suggests that undigested protein, particularly from milk products, fast foods and red meat - can become "food" for "bad" bacteria. The bad bacteria create all kinds of toxins that leak into the blood stream causing inflammatory conditions that lead to chronic diseases long term.

**Try to always add fresh green vegetables, green smoothies, vegetable juices, fruits and whole unprocessed foods to your diet.**

### **The reasons to add extra enzymes to your diet are many:**

1. Enzymes improve your digestion and complete breakdown of foods.
2. Improve assimilation of nutrients from the food you eat.
3. Enzymes prevent auto-intoxication from the toxins in our food and environment.
4. Extra Enzyme intake replaces the enzymes lost during food processing, irradiation and cooking.
5. Increase Energy.
6. Assist the Immune System and are considered "extra workers" for the Immune System.
7. Reduce environmental and food sensitivities.
8. Prevent muscle loss associated with aging and degenerative conditions.

Finally, maximizing on enzyme intake may improve quality of life and potentially extend your life. There is many enzymes available on the market. Ask your Health care provider at Zawada Health for assistance to choose the right ones for you.

## 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!"