



This Month...

Simple Salads
Pitcher This
Breast Thermography
Summer Chiropractic Promotion!!!

Discover the future of family medicine at a centre with naturopathic doctors, registered massage therapists, a chiropractor, an infrared sauna, and a full dispensary that will change the way you think about your health!

Simple Salads

No one wants to spend oodles of time in a hot kitchen in the summertime (even though this summer is cooler!). One of the easiest things to throw together quickly is a salad, whether it's for a light dinner or a picnic. Now this doesn't mean the traditional lettuce with some cucumber and a few tomato slices.... I'm talking about a heartier salad with greater nutritional qualities.

Here are 10 ideas:

1. Sliced tomatoes, sliced peaches, sliced red onion, red pepper flakes, cilantro, olive oil, lime juice, salt and pepper.
2. Grated carrots, roasted sunflower seeds, fresh blueberries, olive oil, lemon juice, salt and pepper.
3. Sliced radish, sliced mango, lime juice, and cilantro.
4. Shredded carrot, shredded kale, shredded cabbage, toasted pumpkin seeds, sunflower oil, balsamic vinegar, soy sauce or Braggs, salt and pepper.
5. Arugula, shredded beets, diced avocado, walnuts, and goat cheese.
6. Shredded beets, minced garlic, walnuts, orange juice, and olive oil.
7. Dandelion greens, chickpeas, feta, lemon juice, and olive oil.
8. Canned salmon, capers, celery, plain yogurt, and lemon juice on mixed greens.
9. BBQ asparagus and red pepper, mixed greens, red wine vinegar, dijon mustard, parsley, olive oil, and salt and pepper.
10. Sliced cucumbers, sliced red onion and salt. Let sit for 20 minutes, then add apple cider vinegar and dijon mustard.

PITCHER THIS!!!

Plain water's refreshing, but for a hydrating treat, stir up a pitcher of naturally flavoured water.

DOUBLE APPLE:

1 small green and red apple sliced with 1 tbsp of lemon juice.

WATERMELON MINT:

2 cups cubed peeled seedless watermelon and ½ cup fresh mint leaves.

CUCUMBER LIME:

1 cucumber and 2 limes sliced.

CITRUS SPLASH:

1 grapefruit, 1 orange, 1 lemon and 1 lime sliced.

In a pitcher, mix 4 cups filtered water with flavorings; cover and refrigerate for at least 5 hours for flavours to infuse.



Inside this issue:

Simple Salads	1
Breast Thermography	2
Chiropractic Summer Promotion	2

On September 23rd, Zawada Health will be hosting Lynn Schott, a registered nurse, to provide breast thermography scanning. Call the clinic to book an appointment or to find out more information. www.prohealthimaging.com

Digital Infrared Thermal Imaging 'DITI' is a 15 minute non invasive test of physiology. It is a valuable procedure for alerting your doctor to changes that can indicate early stage breast disease.

The benefit of DITI testing is that it offers the opportunity of earlier detection of breast disease than has been possible through breast self examination, doctor examination or mammography alone.

All women can benefit from DITI breast screening. However, it is especially appropriate for younger women (30-50) whose denser breast tissue makes it more difficult for mammography to be effective. Also for women of all ages who, for many reasons, are unable to undergo routine mammography. This test can provide a 'clinical marker' to the doctor or mammographer that a specific area of the breast needs particular close examination.

Unlimited
monthly
Infrared
sauna
membership
\$70 + GST

And if you've recently had a baby or over the summer find yourself thinking bring on the sun baby!!! Come in to the clinic and pick up your olive baby www.olivebaby.ca and badger sunscreen products. Mention the newsletter and receive 15% off all your badger products.

Shin Splints

Do you suffer from lower leg pain? Is the pain usually worse at the beginning of a run and then it gradually eases?

You may be suffering from a common condition called Shin Splints, also known as Medial Tibia Stress Syndrome. Shin splints are usually caused by inflammation of the periosteum of the tibia (sheath surrounding the bone). This occurs when traction forces on the periosteum from the muscles of the lower leg cause inflammation and shin pain.



Signs and Symptoms:

- Pain over the inside lower half of the shin and or pain at the start of exercise which often eases as the session continues.
- Lumps and bumps on the inside of the shin bone.
- Pain when the toes or foot are bent downwards.
- A redness over the inside of the shin.

Common causes include: Running downhill or on a slanted/tilted surface, engaging in sports that involve frequent starts and stops (eg. tennis, basketball), or training too fast and too hard.

Risks include: Flat arches and pronation (rolling inward of feet).

Diagnosis and Treatment: Your chiropractor can provide an accurate diagnosis through medical history and proper physical examination. Chiropractic care can help to relieve your symptoms and prevent re-occurrence.

SUMMER CHIROPRACTIC PROMOTION!!!

Order one pair of Orthotics and receive a complimentary second pair.

Order one pair of Orthotic Wear (Sandals, Running Shoes etc.) and receive 50% off the second pair.

And for each referral receive a FREE pair of VeBA blister free microbial socks. (Value \$18)

To book an appointment or for a complimentary consultation with Dr. Lisa Ramsackal call our office at (905) 804-1752