



September 2010 Newsletter

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Tips for School Lunches

I love this time of the year. I always loved going back to school in September, eager to get back and learn and eager to stop working on the farm :) Talking to moms in the last week of August, reminds me of all the anxiety related to packing school lunches.

1. Let your kids help pack their lunches - they'll be more likely to eat them.
2. Make lunches colourful and explain to kids how important it is to eat different colours every day.
3. Easier for you if you make a schedule so your kids can anticipate what they are going to get. For example, every Monday is homemade chicken nuggets and cherry tomatoes, every Tuesday is homemade chicken soup and celery sticks, etc.
4. I recently saw my friends' garden and how her kids knew all the different vegetables and just picked a green bean off the stalk and ate it. It's too late this year but planting a small garden or having planters on a patio for next year will help kids understand where food actually comes from and will in turn be more likely to eat it if they have to help care for them. For a couple of months for the next school year they'll have some fresh vegetables in their lunches!
5. Kids love dips. They'll be more likely to eat veggies if there is hummus or salsa to add in the mix.
6. Lead by example and start early with your kids. If they know how important eating fruits and vegetables when they are 2 years old, they will more likely to eat a variety of healthy foods when school starts.



Crunchy Chicken Nuggets

Yield: 2 servings

- 1/4 cup (60 mL) brown rice flour
- 20 sesame brown rice crackers
- 1 teaspoon (5 mL) dried parsley
- 1 teaspoon (5 mL) garlic powder
- 1/2 teaspoon (2 mL) onion powder
- 1/2 teaspoon (2 mL) sea salt
- 1/2 teaspoon (2 mL) freshly ground pepper
- 2 boneless, skinless chicken breasts
- 1/4 cup (60 mL) extra-virgin olive oil

1. Preheat the oven to 450°F (230°C).
2. In a food processor or blender, combine the flour, rice crackers, parsley, garlic powder, onion powder, salt, and pepper and pulse until the mixture looks like coarse bread crumbs.
3. Put the flour mixture in a large Ziploc bag.
4. Rinse and pat the chicken breasts dry, and cut into nugget-sized pieces.
5. Coat the nuggets with the olive oil, and then place the pieces in the bag with the flour mixture and coat thoroughly.
6. Place the nuggets on a baking sheet or shallow glass baking dish and bake in the oven for 12 to 15 minutes, depending on the thickness of the chicken.

Berry Red Rooibos Cooler

- 2 tbsp Rooibos nourishta
- 1/2 cup raspberries, crushed
- 1 tsp honey
- 1 sprig of fresh mint leaves
- 4 cups of water
- 1 cup of ice

1. Steep the tea in 2 cups of hot water for 15 minutes.
2. Add the two other cups of water, crushed raspberries, and honey.
3. Place in the fridge and chill for 2 hours.
4. Add 1 cup of ice to the liquid and garnish with fresh mint.



New Product at Zawada Health – OJA Castor Oil packs

Makeover of a Health Promotion Therapy.

Castor oil packs are one of the best kept self-care secrets of naturopathic medicine that can transform your life. This treatment includes warming up cotton flannel that is then saturated with castor oil and attached to your body. Using castor oil packs can improve your quality of life when practiced regularly. If your doctor hasn't already prescribed a castor oil pack, here are some of the reasons he/she would do so:



- to enhance liver detoxification, immune system and circulation function;
- to cleanse the bowels, relieve constipation, gas, bloating and baby colic;
- to treat fibroids, ovarian cysts, scars and adhesions; and/or
- to treat swelling, lower back and joint pain.

As you can see, these packs have many benefits and utilities. How you prepare and apply the pack is as important as doing the therapy itself. Make sure you use an organic cotton flannel that is not bleached with chlorine or processed with flame retardant chemicals. No one wants to add chemicals to their body.

So to make your self-care practice easier this fall detox season, the traditional castor oil pack has gotten a makeover. New at the Zawada Health Clinic is the OJA Organic Body Compress. This compress is designed and engineered to closely fit and attach to the curves of your body, making castor oil packs easy. It can be heated, cleaned and reused without the mess. This fall get into some great health promoting habits and 'Get your OJA on'™.

By Marisol Teijeiro BA, ND (candidate)
Co-founder of Ecoqol Inc and Medical Advisor for Heel Canada Inc.

Douglas Labs Vita-Kids

Vita-Kids by Douglas Labs lemon-lime flavour, chewable multi-vitamin designed for children ages four and up. Unique teddy-bear shaped chewable tablets provide 27 vitamins, minerals and trace elements in bioavailable forms and nutritionally meaningful amounts. Vita-Kids uses only the purest, most hypoallergenic ingredients and contains no artificial colors, flavours or preservatives.



September Sale!

Receive 15% off
Douglas Vita-Kids and
Genestra DHA
Pediaburst and 15% off
Delicious Detox.

Back to School with DHA

Well, those Staples commercials are on high rotation, it must be back to school once again! This year, give your kids a step up by helping them to be their best and healthiest selves. Whether your children are in great health or dealing with a particular health concern, a naturopathic doctor can guide you and your child to choices that can help optimize their health and well-being.

Particularly important with the start of the new school year is to address brain function and development. DHA (docosahexaenoic acid) is a form of omega 3 fatty acid that is especially important for growing children as it contributes to proper brain development. In addition, it is the omega 3 found in highest concentration in the brain and continues to have a crucial role in cognitive function after brain development is complete. It acts both in communication between brain cells as well as an important structural component in the brain.

DHA is not easily produced in the human body and should therefore be obtained through dietary sources and supplementation. DHA is found primarily in algae and coldwater fish, particularly salmon, tuna, and sardines. To supplement these sources, numerous products can be found on the market, but choosing the right one is key. Pediaburst DHA by Genestra is a chewable DHA supplement suitable for children ages 4 and up. This month at Zawada Health, take advantage of our discount on this product as well as Vita-Kids, a children's multivitamin. To book your appointment to consult with a naturopathic doctor on how best to prepare your child for the upcoming school year, contact us at 905-804-1752 or info@zawadahealth.com.

By Claire Girgis, ND (candidate)

