



January 2014 Newsletter

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THERE'S STILL TIME...Naturopathic Weight Loss Challenge

Happy New Year! There's no better time to lose weight and start feeling great than now. Luckily there's still time to register for the 12-week Naturopathic Weight Loss Challenge starting mid-January. The program is 12-weeks long and consists of 3 individual visits with Naturopathic Doctor Tiffany Sahakian Heikkila, a 2-week guided detox, 5 group seminars and a lifetime of valuable information on healthy eating, metabolism and contributing factors to weight gain. The entire program is \$375 +HST and also comes with protein powder and a Delicious Detox cookbook. Join with a friend and each of you get 3 free 60-minute sauna visits. Contact Dr. Tiffany at tiffany@zawadahealth.com for more information and to register.

Mung Beans

Mung beans originate from India and are a member of the kidney bean family. Not only do they play a role in the traditional Indian diet but they also have an integral part in Chinese cuisine. Mung beans are considered one of the most important beans therapeutically. They are used to cleanse the heart and vascular system as well as reduce toxicity. Sprouted mung beans have cooling properties and are sweet in flavour, which helps in the detoxification of the body and treat alcoholism. They are easily accessible and can be readily found at your local grocery or bulk store. With the immense health benefits mung beans provide, it would be worthwhile to try out the following recipe "Mung Bean Stew".

Mung Bean Stew

2 cups dry mung beans, or (green lentils if you can't find mung)
6 cups vegetable broth
1 tablespoon coconut oil
1 tablespoon curry paste
1 onion, minced
2 cloves garlic, minced
1 tablespoons freshly grated ginger
1 cup coconut milk (I used the canned kind)
1 bunch chopped spinach
salt to taste



1. **Boil:** Bring the broth to a boil in a large pot. Add the rinsed mung beans and cook, uncovered, for about 40 minutes. I checked on mine every 10 minutes and added more water as needed (mine needed more water every time I checked it). You want the consistency to be like a very thick soup.
2. **Saute:** Heat the oil in a large skillet over medium heat. Saute the curry paste, onion, garlic, and ginger in the oil in a large nonstick skillet until soft and fragrant, about 3 minutes. Add to the mung bean pot and allow the mixture to simmer together for a few minutes.
3. **Mix:** Stir in the coconut milk and spinach leaves. Remove the mung bean pot from the heat. It just needs to be hot enough to very slightly wilt the leaves. Serve over rice or plain, like a soup.

Managing Mood Disorders with Massage Therapy

Laura Amato, RMT

Happy New Year, Everyone! So it's that time of year again—the holiday celebrations are winding down, mid winter is upon us and we're heading back to work and school with a renewed sense of purpose and resolution. While this month can be exciting with brimming opportunities of betterment, for a number of us, the self reflection, re-evaluation of our lives and/or big life changes can leave us feeling extremely overwhelmed, consequently, contributing to increased levels of stress, anxiety or depression. However, whether these feelings are chronic, situational or seasonal, it is important to realize there are actions we can take to improve our emotional state. Massage therapy, along with professional counselling and the guidance of a primary healthcare provider, is one such way that can help manage the symptoms experienced with these conditions.

The specific goals of massage treatment, in this case, are to decrease pain and sympathetic nervous system firing (the body's *fight or flight* response), while promoting relaxation in a safe and comfortable environment. This is achieved through the application of slow, rhythmic, and repetitive techniques to the full body, focusing on the client's specific areas of muscle tension. Pressure is applied within the client's level of comfort, being careful not go beyond their pain threshold and cause any further stress. With regular treatment, studies conducted have shown the following benefits of massage to individuals with mood or nervous disorders:

1. Improved Sleep Quality
2. Increased Sense of Well Being and Calmness
3. Reduced Anxiety Levels
4. Decreased Levels of Stress Hormones (Cortisol)
5. Decreased Blood Pressure and Heart Rate
6. Decreased Levels of Pain



Nurturing, well intentioned touch can do wonders for coping with the many problems brought on by stress induced conditions. In addition to massage, activities such as regular exercise, yoga, tai chi, meditation, deep diaphragmatic breathing and journaling can all assist in the process. We need to remember that we do have the power to help ourselves in these situations and with the support of family, friends, and professional healthcare providers we can indeed return to a state of wellbeing.

Vitamin C

Helps protect the cells from free radical damage

Reduces cancer risk

Improves iron absorption

Vitamin C would be indicated for:

Poor wound healing

Frequent colds or infections

Pick up your vitamin C to help you through the cold and flu season!

January Sale!

Receive 15% off Vitamin C and Delicious Detox cookbooks.

When you purchase a 1hr Hot Stone Massage, receive an Infrared Sauna session free!

Healthy Weight Mantras

The following list is not based on the science of sound waves or vibrations, or any mystical, far-eastern philosophy, but instead is a list of phrases that can be used to remind and reinforce the reasons for healthy eating and losing weight in the first place. Even though there is no science or mysticism to the formula of words, they might just help with that ever important willpower when it's needed most.

Mantra #1- Fat is not Funny. When you reach for that extra piece of bread or "just two" cookies, remind yourself that you find no humor in being overweight.

Mantra #2- Food is my Friend, Fat is Not. Like any friend, food can wear out its welcome. In measured quantities it is enjoyable, but overdo it and it becomes annoying.

Mantra #3- I think I can, I think I can... It worked for the Little Engine and it will work for you. Just remind yourself that it can be done and keep chugging along.

Mantra #4- One pound at a time. The great pyramids were built one block at a time, a long journey is accomplished one step at a time, and your weight loss will occur one pound at a time. Total success will be measured at the end.

Mantra #5- I can do this! Deep down you know that you can. It is important to fight the urges to give up or slip from the path. When that urge creeps into your brain, just shout it out with a hearty "I can do this!"

These can be posted around the house, on the refrigerator, on mirrors, or anywhere else that you might need a boost. Take time in the morning to repeat your favorite a few times before starting the day. Before slipping off to sleep, repeat one or two a few times.

