



August 2012 Newsletter

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Zawada Health welcomes its latest member! Baby Owen Walter Morley was born on Saturday, July 7th at 2PM, weighing 7lbs and measuring 20 inches. Carol, baby, and family are doing great! We look forward to welcoming Owen to the clinic as soon as he finds time in his schedule ☺

We suspect that Carol Morley, new mom and owner of Zawada Health, planned to deliver when she did so she'd make sure she was off on maternity leave in time to watch the Olympics with her new baby. She and the Zawada Health team are big Olympics fans and want to wish good luck to all of our talented athletes on the Canadian team. Go Canada! In honour of the Olympics, this month our goal is to nurture the athlete in each of us. This month's newsletter is full of information on sports medicine, supporting physical activity and fitness. Enjoy!



Zawada Health at the London 2012 Olympic Games

By: Catherine Cabral-Marotta, Osteopathic practitioner & Athletic Therapist

As a child I dreamed of competing at the Olympics one day. Every four years I would be glued to my television, sitting no more than 2 feet from the screen, because of course the view was better from there. The excitement for me began with the opening ceremonies, each sport equally as thrilling, and didn't end until the flame was finally extinguished. It seemed like a lifetime until the next games would roll around! Enrolled in years of competitive gymnastics and show jumping, those quickly became my favourite sports. "One day I'll go to the Olympics", I told my mum at the age of 10. As life would have it, twenty-two years later I would find myself packing my bags and heading for Heathrow. Not as an athlete but as a supporter of the Canadian Olympic team, specifically trampoline. Over the last several years I have had the great honour and incredible pleasure of working with some of the most talented athletes in Canadian gymnastics history, and these fine individuals will be representing Canada in London in just a few days.

Let me introduce you....

Jason Burnett – 26 years old; student at the University of Toronto; holds the world record for the most difficult routine to be completed in a competition; silver medalist at the Beijing 2008 Olympic games.

Karen Cockburn – 31 years old; most decorated Canadian female trampolinist – London 2012 will be Karen's 4th Olympic games (bronze – Sydney 2000, silver – Athens 2004, silver – Beijing 2008),

Rosannagh MacLennan – 23 years old; master's student at the University of Toronto; gold medalist 2011 Pan American games and 2012 London Olympic test event; 7th place finish at the Beijing Olympic games 2008

The men's competition will take place August 3rd, followed by the women's competition August 4th, and Canada is sure to come out all systems go! Check out their website and leave some encouraging words, but more importantly, tune in and support some of Canada's best medal hopefuls!

~ See you in London!!!

No-bake Energy Bars

¾ cup combined raw unsalted almonds, walnuts, pumpkin and sunflower seeds
¼ cup pitted dates
¼ cup dry figs
¼ cup almond butter
2 tbsp ground flax seeds
1 tsp cocoa powder
¼ tsp cinnamon powder
1 tsp olive oil
¼ cup shredded unsweetened coconut

- Combine raw nuts, dates and figs in a food processor to desired consistency
- Empty into a bowl and add the almond butter, ground flax seeds, cocoa powder and cinnamon and mix to combine
- Grease the bottom of a 8x8" square pan with the olive oil
- Spread the bar mixture in the pan and cover with shredded coconut
- Keep refrigerated and Enjoy!

Homemade Electrolyte Drink

1 Liter fresh, filtered water
6 teaspoons pure honey
1 teaspoon sea salt
1/2 cup freshly squeezed lemon juice

Combine ingredients, chill and Enjoy!

Intravenous Therapy for Athletes

By: Claire Girgis, Naturopathic Doctor

Athletes, at any level of training, have an increased demand for nutrients to sustain and support optimal health. If your body is more active and exposed to more physical stress in the form of exercise and long-term training, you have to pay special attention to provide it with the right combinations and amounts of vitamins, minerals and amino acids. This may not always be possible with oral supplements. For one thing, the ideal doses of certain nutrients may produce unpleasant side-effects if taken orally. Furthermore, the nutrients may not be readily available to the cells and tissues that need them. When supplements are taken orally, they go through various obstacles such as digestion and absorption, before reaching their destination. By administering natural substances directly into the bloodstream, intravenous therapy allows you to bypass these obstacles. It allows you to supplement nutrients in the proper doses in a way that will deliver them to the body quickly and efficiently.

One type of IV solution that is commonly administered is the Myer's cocktail. This solution is a combination of B vitamins, vitamin C, magnesium, and calcium. This cocktail can be tailored and adjusted to meet the needs of a particular athlete based on their specific demands. It is a great way to boost energy and physical stamina and to promote endurance during training. As any athlete likely knows, amino acids, the building blocks of protein, are an essential part of a proper sports supplementation/nutrition regimen. A comprehensive combination of amino acids is important for muscle building as well as various processes that occur in the body before, during and after exercise. However, another important role of amino acids that is often overlooked is their effect on hormones. A few amino acids to note are Arginine, which stimulates growth hormone and testosterone, having an effect on muscle building and the management of body fat. Valine, an amino acid that helps the body use B vitamins and glutamic acid, is also essential in boosting muscle mass. A proper IV therapy protocol can be an indispensable tool to any athlete by providing the right combination and amounts of amino acids, vitamins and minerals to support the increased demand imposed by regular exercise and physical training.

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Badger proudly presents the most extraordinary broad-spectrum sunscreens we've ever seen. The SPF formulas are water resistant for at least 40 minutes, safe for children of all ages, thoroughly moisturize while they protect and are reminiscent of a holiday luau with that sweet smell. These are natural, physical barrier sunscreens and do not contain fragrances, preservatives or dyes, and they are water resistant for 40 minutes.



August Sale!

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Acupuncture for Athletes

By: Tiffany Sahakian Heikkila, Naturopathic Doctor

Athletes push themselves to limits far beyond what we would consider normal. They strive to get better, be stronger and finish at the top. They train for long hours, often with painful injuries, so they can compete to their highest potential. Preventing and reducing injuries is of top importance for athletes of all sporting events, which is why acupuncture should be an integral part of their wellness training programs.

Acupuncture is the insertion of very thin needles into specific points along the body. Naturopathic Doctors follow the teachings of Traditional Chinese Medicine (TCM), where disease is believed to be due to an imbalance in the flow of energy (or qi) which normally flows smoothly throughout the body. Acupuncture can be applied for all conditions, both acute and chronic, including injury recovery and enhancing athletic performance.

According to TCM, athletic injuries and pain are caused by the blockage of qi to the area. Once qi cannot flow freely, inflammation occurs leading to pain, muscle spasms and decreased athletic performance. Acupuncture helps to increase range of motion post-injury as well as accelerate healing time. It decreases overall pain and inflammation, along with the need for pain medication, by slowly removing the blockage and allowing blood circulation to the area, further promoting healing. It helps reduce scar tissue after surgery, allowing athletes to start training again more quickly!

Athletes are always looking for ways to boost their performance and acupuncture is the answer. By increasing circulation to certain areas, studies show that acupuncture improves athletic performance and endurance. Athletes are able to handle a higher workload at a lower heart rate and have a quicker heart rate recovery. Finally, acupuncture revs up energy and I've yet to meet an athlete that does not want a natural energy boost!

Contact the clinic for more information on how acupuncture and Naturopathic Medicine can help treat your acute or chronic injury and help boost your athletic performance.