



April 2017 Newsletter

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Discover the future of family medicine at a centre with naturopathic doctors, a holistic esthetician, registered massage therapists, psychotherapist, osteopath, and a full dispensary that will change the way you think about your health!

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Spring please come soon!!

Here are a couple of green recipes to brighten up our day!

Asparagus & Fennel Slaw

Fennel is a crunchy and slightly sweet vegetable that can be eaten cooked or raw and is helpful for indigestion. It is common practice in India to chew on fennel seeds after dinner to help digestion and keep bad breath away.

Ingredients

1 bunch of thin asparagus
Juice of 1 lemon
1/4 cup (60 mL) extra-virgin olive oil
1/4 teaspoon (2 mL) sea salt
1 teaspoon (5 mL) freshly ground pepper
1/2 teaspoon (2 mL) fennel seeds
2 tablespoons (30 mL) chopped fresh mint
1 large fennel bulb, thinly sliced
1 red bell pepper, seeded and thinly sliced
1/2 small red onion, thinly sliced

Directions

1. Bring a medium saucepan of water to a boil over high heat.
2. Break off the bottom tough ends of the asparagus, put them in the saucepan, and boil for 2 minutes.
3. Drain the asparagus and immediately rinse under cold running water until cool and drain again. Cut into 2-inch pieces and place in a large serving bowl.
4. To make the dressing, whisk together the lemon juice, olive oil, salt, pepper, fennel seeds, and mint in a small bowl.
5. Add the fennel slices, bell pepper, and onion to the asparagus, pour the dressing over top, and toss to coat evenly.



Parsley Pesto

Parsley is a wonderful chelator and detoxifier! The addition of kale is a great twist on this already delicious pesto.

Ingredients

2 garlic cloves, coarsely chopped
1/2 cup (125 mL) walnuts, toasted
1/2 teaspoon (2 mL) sea salt
2 cups (500 mL) chopped fresh parsley
1/4 cup chopped kale leaves
1/4 cup (60 mL) extra-virgin olive oil

Directions

1. Put the garlic, walnuts, and salt in a food processor.
2. Add the parsley and kale and process until finely minced.
3. With the machine running, slowly add the olive oil in steady stream through the feed tube and process until the pesto is blended into a paste.
4. Transfer to a bowl, cover tightly, and refrigerate until ready to use.



Manuka Honey Facial



Manuka honey is produced in New Zealand by bees that pollinate the native Manuka bush, and has been found to have higher therapeutic benefits than other varieties. It is packed with vitamin B, C and live enzymes.

This facial benefits all skin conditions including the following:

- **Heals acne:** Due to its anti-inflammatory properties, Manuka honey reduces redness and heals congested or inflamed skin and eczema. Additionally, Manuka oxygenates pores to draw out bacteria, drastically improving acne-prone areas.
- **Repairs skin:** Manuka promotes skin regeneration, repairs cellular damage and lessens scarring.
- **Hydrates:** When applied to your skin, Manuka will hold in moisture and absorb moisture from the air for a dewy, glowing complexion.

Length of Facial: 60 minutes

Cost: \$110.00

Call the clinic today to book your appointment with our Esthetician Solange (905) 804 1752

Stress and Osteopathy

By Sheelagh Stewart, DOMP

What if the body doesn't entirely shape us, what if it's a reflection for how we live?

This month is stress awareness month - an ideal time to discuss how our body reacts to chronic stress, its significant effect on the immune and internal systems, and how Osteopathic treatment can help.

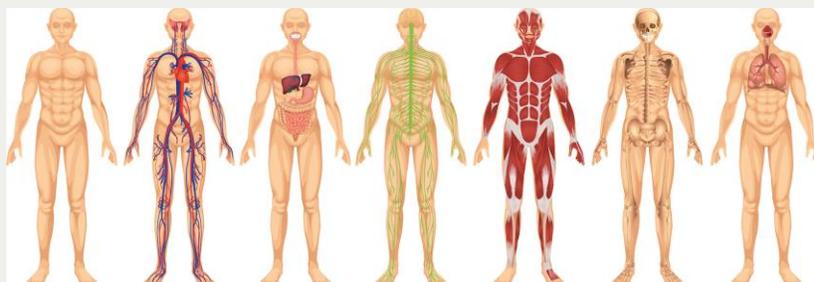
The relationship between stress and illness has long been complex and the susceptibility to stress has always varied from person to person, and with varying factors (genetics, coping mechanisms, personality, socio-economics, and social support). Not all stress is bad, of course. In regular life, we're supposed to have these quick stress activations, and then the stress response is meant to shut-off, lingering only as long as the external situation exists. But, the medical literature has shown on average that many of us have more than 50 stress responses per day, and if we're lonely, depressed, pessimistic, unhappy at work or in an unhappy relationship, that number can rise to twice as many.

So how can Osteopathy help with stress?

We've had great results in this field by approaching the issues from the body side of the mind body connection, concentrating on 4 areas:

1. Helping to alleviate the onset of pain (addressing structural issues of the body)
2. Dampening down the sympathetic nervous response (your adrenal fight/flight response: healing + repair occur on the parasympathetic side of nervous system).
3. Boosting immune system response (by working on lymphatics - drainage precedes supply)
4. Supporting the muscle of the Diaphragm (the diaphragm is of huge importance to our respiratory system, how we breathe, and the condition of this muscle will strongly influence our mental state and vice versa - not to mention it's vital openings and passageways of the esophagus, phrenic and vagus nerves, descending aorta, and inferior vena cava through the Diaphragm.

Stress, anxiety, depression – Osteopaths see all of these on a regular basis in clinics. Some patients come to us directly for assistance with these issues and others discover that Osteopathy can help only after presenting initially with a specific physical issue or injury.



Sheelagh Stewart (DOMP) is a Manual Osteopath and available at the clinic every Thursday from 12-7pm.