



August 2017 Newsletter

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With August here and summer in full swing, try these delicious and refreshing beet salad recipes.



Raw Beet and Sweet Potato Salad

From aspicyperspective.com
Serves 4-6

Ingredients

- 2 large sweet potatoes
- 1 bunch beets (3-4)
- 4 scallions
- 1/2 cup toasted pepitas (pumpkins seeds)
- Creamy Garlic and Lime Vinaigrette (see below)

Creamy Garlic and Lime Vinaigrette

- 1/3 cup olive oil
- Zest of one lime + 1/4 cup fresh lime juice (from 1-2 limes)
- 1 clove garlic, minced
- 2 Tb. Honey
- 2 Tb. heavy cream
- Salt and pepper

Directions

1. Pour all of the dressing ingredients into the jar with 1/2 tsp. salt and 1/4 tsp. ground pepper.
2. Screw the lid on tightly and shake until smooth and creamy. Refrigerate until ready to serve.
3. Peel the sweet potatoes and beets. Then use a spiralizer to cut the veggies into long curly strips. Use a pair of kitchen shears to cut the pieces into manageable lengths.
4. Mix the beet and sweet potato ribbons together in a large bowl. Then cut the scallion tops on an angle to make long rings. Sprinkle the salad with scallions and pepitas. Add the vinaigrette.

Enjoy!

Four-Colour Slaw

From *Delicious Detox* pg 22
Serves 4

Ingredients

- 3 tbsp pumpkin seeds
- 3 tbsp sunflower seeds
- 3 medium carrots, peeled and shredded
- 1/4 head of green or red cabbage, shredded
- 2 tbsp minced fresh parsley
- 2 tbsp snipped fresh dill
- 4 medium cooked and cooled beets, peeled and shredded
- 6 tbsp sunflower oil
- Juice of 1/2 lemon
- Zest of 1/2 lemon
- 1/2 tsp sea salt

Directions

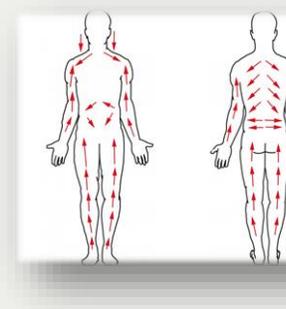
1. Heat a sauté pan over medium and add the pumpkin and sunflower seeds, stirring constantly until lightly toasted, about 3 minutes. Set aside to cool.
2. Combine the carrots, cabbage, parsley, dill, and toasted seeds in a serving bowl. Top with the shredded beets.
3. Whisk together the sunflower oil, lemon juice and zest, salt, and pepper in a small bowl, and then pour over the salad, topping to coat evenly.

Enjoy!

The Benefits of Dry Brushing

By Solange Vasquez, Dr Hauschka Esthetician

Our skin is our largest organ. When we are healthy, it's the vehicle through which environmental pollutants and toxins are eliminated from the body. When we aren't, pores become clogged and the toxins stay inside, where it can build up and cause many issues.



Benefits of dry brushing:

- It improves the body's ability to detoxify by clearing away dead skin cells and unclogging pores.
- Increases blood flow and circulation
- Reduces the appearance of cellulite
- Reduces stress
- Supports the immune system
- Increases muscle tone
- Rejuvenates your cells.
- Reduces ingrown hairs
- Improves moisture (your moisturizer will sink in better)

Tips:

- Make sure to purchase a natural bristled brush. Avoid synthetic ones because they can damage your skin.
- It's best to dry brush first thing in the morning before you shower.
- Always brush towards the heart, this way you're helping your lymphatic vessels move the lymph towards drainage area.
- Brush 7-10 times over each section
- Always brush in long strokes, never back and forth.
- Don't wet your brush or your body
- Dry skin brushing should be done daily for best results, or even twice a day if you like.

SIBO – What is Small Intestinal Bacterial Overgrowth?

By Courtney Ranieri, Naturopathic Student Intern

Just like the name implies, Small Intestinal Bacterial Overgrowth (SIBO) is an overgrowth of bacteria in the small intestine. Bacteria is found throughout the entire digestive tract – from mouth to colon. Normal amounts of bacteria are essential for gut health. In a healthy gut, almost all bacteria passes through the small intestine to the large intestine meaning that bacteria levels remain relatively low in the small intestine. When there is an issue with this movement of bacteria, we can develop SIBO. If left untreated, SIBO can lead to malnutrition due to interference with absorption of nutrients (including B vitamins) and damage to the lining of the small intestine (which can lead to leaky gut).

Causes + Risk Factors of SIBO:

- There are a number of conditions that put people at risk of developing SIBO. These include celiac disease, diverticulosis, scleroderma, gut motility issues, aging, diabetes and medications such as PPI's and immunosuppressant's.

SIBO Symptoms:

- The symptoms of SIBO effect the whole body and include nausea, bloating, cramping, burping, diarrhea, weight loss, malnutrition, acne, rashes, eczema, depression, and vomiting.

How do you test for SIBO?

- SIBO may be hard to diagnose because the symptoms mimic other digestive issues such as IBS, Crohn's and Colitis. To accurately test for SIBO, a Lactulose Breath Test is used. This tests hydrogen and methane gas levels which are produced from bacteria in the small intestine.

If you are interested or believe you have SIBO, we now offer this test at Zawada Health!