



## February 2017 Newsletter

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

### Zawada Health

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### Happy February!

Family Day long weekend is coming up! What will you be doing? Whether it's something with your family or friends, be sure to make some time for self.

Still trying to decide what to make for a Valentine's Day treat? Look no more! Our Holistic Nutritionist Alexis Nilsen knows how hard it is to find allergen-free treats, plus everything she bakes is gluten, dairy, and refined sugar free. No one should go without something sweet on Valentine's Day.

DATE SQUARES / COOKIES / MUFFINS / DONUTS / GRANOLA / SWEET BREADS  
Just a taste of a few of the treat available to order.

**Email Alexis at [cowcrumbs@gmail.com](mailto:cowcrumbs@gmail.com)** for all the delicious details, it's like having a bakery on speed dial.

### Collagen Breakfast Cookies

Makes 12 cookies

These cookies are loaded with protein, healthy fats to make up the perfect fueling snack for any time of day.

#### Ingredients

2 bananas  
1/3 cup almond flour  
1/2 cup ground walnuts  
1/2 cup shredded coconut  
2 tablespoons collagen powder  
2 tablespoons maple syrup  
1 teaspoon  
Vanilla extract  
Pinch sea salt  
1/2 cup add-in options (chocolate chips, raisins, dried cranberries)

#### Instructions

1. Preheat oven to 350°F and line a baking sheet or a plate with parchment paper.
2. In a bowl smash bananas until soft and mushy.
3. Add in almond flour, crushed nuts, shredded coconut, and collagen then mix to combine.
4. Add in maple syrup, vanilla, and sea salt and mix to incorporate.
5. Add in any add-ins as desired.
6. Scoop 12 cookies onto the baking sheet and bake for 15 to 17 minutes.
7. Let cool completely before serving.
8. Lasts for up to 1 week in the refrigerator or in an air-tight container on the counter, or in the freezer for up to 1 month.



### Raw Vegan Brownies

These gems are everything you want in a brownie. Rich, dense, and super fudgy.

#### Ingredients

1 c walnuts  
1 c dates  
1/4 c cocoa powder  
2 avocados  
1/3 c-1/2 c agave nectar  
1/4 c cocoa powder  
2 tbsp coconut oil  
1 tbsp vanilla extract  
Dash salt  
Dash cinnamon

#### Instructions

1. Blend all first three brownie ingredients in food processor until dry and chunky. Press mixture into small pan and set aside.
2. Blend the rest of the ingredients in blender or food processor until smooth.
3. Spread over brownie mixture and chill in freezer for 1 hr. Cut into pieces and serve.





## Bowen Therapy

With February being Heart Health Awareness Month we wanted to highlight a great service offered here at Zawada health for Bowen Therapy. Bowen is a holistic remedial body technique that works on the soft connective tissue (fascia) of the body and can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic or organic conditions. There are even specific Bowen treatments that are great for heart health prevention or for pre and post heart surgery.

To learn more or to book an appointment with **Dr Bernadette Janczak please call 905 804-1752**

Dr. Bernadette's living foods seminars in January were a hit so we will be running another session this spring, but if you can't wait until then she will be at Goodness Me February 15th!

### Cold Wet Socks

A natural method of stimulating the immune system and zapping a cold or flu. The treatment, which is commonly prescribed by naturopathic doctors, involves putting on ice-cold socks and ... sleeping in them!!! It may sound strange, but it works because it rallies the body's defenses. And the best part about it is that it uses the healing power of nature and doesn't cost anything.

The treatment is known as a "heating compress," meaning that it's up to the body to heat the cold, wet socks. The body reacts to the cold socks by increasing blood circulation, which also stimulates the immune system. You have to 'rev up' the immune system, so it's ready for battle against the affliction or condition.

This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head and throat. It also has a calming action, and many patients report that they sleep much better during the treatment. The treatment is also effective for pain relief and increases the healing response during acute infections.

The wet sock treatment is only one component of an integrated treatment plan that includes hydration, proper nutrition and immunity-boosting supplements. It's best to start the wet sock treatment on first day of an illness, ideally repeating it for three nights in a row.



#### COLD Wet sock treatment

- 1 pair of very thin socks
- 1 pair of thick wool socks
- 2 sets of sweats or pajamas
- 1 bowl of ice water



#### Directions:

1. Soak the pair of thin socks in the bowl of ice water. Then wring the socks out thoroughly so they do not drip.
2. Take a hot bath for 5-10 minutes. This is very important for the effectiveness of the treatment. In fact, it could be harmful if your feet are not warmed first.
3. Dry off feet and body with a dry towel.
4. Place ice-cold wet socks on feet. Then cover with thick wool socks. Put on the first set of pajamas. Go directly to bed. Place the second set of pajamas next to the bed. Avoid getting chilled.
5. Wear the socks overnight. During the night, you may wake up with your whole body wet from sweat. If so, change into the dry pajamas, but leave on the socks. You will find that the wet cotton socks will be dry in the morning.

### Heart Healthy Herb - Garlic, *Allium Sativa*

By Dr. Claire Girgis, ND

Garlic, we all have it in our homes, probably consume it on a daily basis, but you may not be aware of the many benefits it has on heart health. With adequate consumption of garlic (in the right forms and doses) garlic can help reduce elevated blood pressure, correct cholesterol levels by lowering bad cholesterol (LDL) and triglycerides, and raising good cholesterol (HDL). Garlic can also be used as part of a plan to address atherosclerosis, intermittent claudication, and prevent blood clots. In addition to its effects on heart health, garlic is also known for its antimicrobial action, effective against bacteria, viruses, and parasites. It further helps fight infection by stimulating the immune system. Garlic can also be used for its liver protecting properties and to help manage blood glucose.

