



February 2018 Newsletter

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As I write this I am looking out the window of my new office, grateful for everyone that has made this relocation after 14 years so smooth. I am grateful for the practitioners that have come along with me and for my "staff" that made this transition easy. We are all looking forward to having you visit us here at 4311 Village Centre Court in 2018 and for many years to come!

We are open Monday-Saturday as always and we have reception 9:30am-4pm daily, except for Tuesdays, 9:30am-1pm.

Enjoy the rest of the winter! Get outside daily, even if it's for 5 minutes, breathe and think of something you are grateful for or something you want to accomplish in the next month.



(From left to right: Olena (Registered massage therapist), Helene (Registered massage therapist), Sheelagh (Manual osteopathic practitioner), Carol (Naturopathic Doctor and Clinic owner), Bernadette (Naturopathic Doctor), Sabrina (Office Manager), Courtney (Reception, CCNM Student and 4th Year Intern))

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

Chocolate Cookies (Raw)

Ingredients

- 1 1/2 cup almonds
- 1 cup cashews
- 1 cup dates
- 2 Tbsp coconut nectar
- 1Tbsp coconut oil
- 1Tbsp vanilla extract
- 1/2 cup cacao powder
- 1pinch sea salt



Directions

1. Process almonds and cashews in a food processor until they almost resembles flour like consistency (more or less.)
2. Add dates, coconut nectar, coconut oil, vanilla extract and process again until dough like.
3. Add cacao powder and salt and process again.
4. Form cookies and refrigerate.
5. You could dehydrate them as well. They are delicious warm too!

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From Origin to Destination: Constipation + Osteopathy

By Sheelagh Stewart, DOMP

People don't always associate Osteopathy with helping to ease digestive concerns, but we do! Just as we approach every concern – we look at the whole body organism and assess where there may be physical and nervous system restriction. From the cranium, spinal cord, solar plexus of nerves which supply the structures of the abdomen as well as to the arterial supply, venous drainage, and lymphatic system/drainage of the abdominal viscera; We ask ourselves, where is the shut-off that is interfering with the function? What are the possible obstructions, mechanical constrictions of nerve supply from head to spinal column, from which they branch off?

So how can Osteopathy help?

Constipation can be helped by addressing the hard and soft tissue structures that make up the framework and house the neurovascular structures of the body – by incorporating gentle visceral osteopathy, joint articulation and myofascial release of the spine, pelvis and abdominal viscera. Treating both vertebrae and ribs in order to assist that the splanchnic nerves as well as blood vessels in this region are unimpeded. The supply of nerves from the lower thoracic and upper lumbar segments help the nervous distribution to the intestinal tract and colon as well as the parasympathetic system from head to sacrum (where the parasympathetic supply regulates digestion). The diaphragm is also important as the vagus nerve (which connects head to stomach), also travels thru. If the nervous system is in a chronic sympathetic state of "fight/flight", there will naturally be a lack of blood supply to the digestive area as well.



Our wee ones:

With children, the culprit areas that can slow down transit can oftentimes be physical constraints/restriction (ie) tight umbilicus, hips, pelvis (restrictions around physical corners) - in utero positions, and/or nervous system charges incurred in childbirth, in utero or interventions that may have happened during labour that could be contributing to the tensions or blockages.

As we are more than the summation of our parts, the aim of every Manual Osteopathic treatment endeavours to enhance the total capacity of unity within the structure-function relationship.

Diaphragmatic Breathing

By Olena Jacyla, RMT

Are you breathing right? Take a deep breath and notice what happens to your body. Did your chest expand and shoulders rise? Or was it your belly that was expanding?

If your chest was the first to expand when taking a deep breath, then you are breathing all wrong! You've been breathing since you were born, so you probably think you have it figured out by now, but years of stress, bad posture, and poor habits may have turned you into a chest breather. Chest breathing is not the most efficient way to get oxygen into your body and contributes to neck and should pain, anxiety and overall poor health.

So how did nature intend for you to breathe? Belly breathing, also known as diaphragmatic breathing, uses your primary breathing muscle called the diaphragm (located under your lungs and above your stomach). As you inhale, your belly should expand and push forward, allowing the lungs to fully expand and get the maximum amount of oxygen to energize your body. Getting enough oxygen is crucial to good health so retraining your body to breathe efficiently should be a priority on your health journey.

How can you make belly breathing natural again? Practice! You can train your diaphragm just like any other muscle. It may be difficult at first, since the muscle is weak from disuse, but if you keep up the exercises it will eventually become an unconscious habit again.

Breathing exercise:

Put one hand on your belly. As you inhale, your belly should expand out into your hand. As you exhale, your belly should contract back in. Inhale for a count of 4, hold for 4, then exhale for a count of 8. Repeat 2 more times.

Do this breathing exercise (3 breaths, 4-4-8 count, using your belly) at least 5 times a day.

