



January 2017 Newsletter

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Liver Loving Borscht

By Dr. Carol Morley, ND

Can't "Beet" a borscht soup to keep healthy and warm during the colder months.

Ingredients

2 carrots
2 stalks of celery
1 yellow cooking onion
2 cloves garlic
1 cup dried porcini mushrooms
2 cups chicken stock
1 tablespoon olive oil
4 beets, medium sized
4 cups of water
1 can of diced tomatoes
1 tablespoon fresh dill & parsley
1 russet potato (optional)

1. Scrub the beets and chop off both the ends. Do not peel, bring to a boil then simmer for 45 minutes. Scoop out the beets and peel but be sure to save your beet water.
2. Clean the carrots, celery and onion, chop them into a sauté pan. Cook vegetables in olive oil and garlic until fragrant. In a separate small sauce pan place your porcini mushrooms in your warmed chicken stock and soak for about 10 minutes.
3. Remove mushrooms from stock, chop, then add to your vegetable sauté.
4. Shred beets then add into your sauté pan with the stock and beet water.
5. Add in the can of diced tomatoes and if the soup seems a bit too watery you can always add in a shredded russet potato to thicken.
6. Top with fresh dill and parsley before serving.



Quinoa Crispbread (Delicious Detox page. 69)

By Dr. Carol Morley, ND

To make the rolling of the dough for this recipe easier, try placing a piece of parchment paper on top of the dough before rolling it with the rolling pin. The thickness of the dough should be less than ¼ inch. To keep the crispbread fresh for two weeks, store in a stainless steel tin.

Ingredients

2 cups quinoa flour
2 cups flaked or rolled quinoa
1 cup roasted sesame seeds
½ cup, heaping, sunflower or pumpkin seeds
½ cup, heaping, grated almonds or hazelnuts
¼ cup flaxseeds
2 teaspoons sea salt
6 tablespoons sunflower oil
1 ½ cups cold water

1. Preheat the oven to 475°F (240°C).
2. Combine the quinoa flour, flaked quinoa, flaxseeds, and salt in a large mixing bowl.
3. Add the oil and water and mix to make a thick dough. Divide the dough in half.
4. Dust a rolling pin with flour and roll out each half of the dough onto separate baking sheets lined with parchment paper.
5. Cut the dough into 4-inch (10cm) squares, without cutting all the way through.
6. Place the baking sheets in the oven and bake for 7 minutes.
7. Reduce the heat to 350°F (180°C) while the dough is still in the oven and bake for another 20 to 25 minutes, until the crispbread is lightly browned around the edges
8. Remove the crispbread immediately from the baking sheet and cool completely on a wire rack before storing.

Healthy Meal Plans

By Alexis Nilsen, RHN, Holistic Nutritionist

Planning meals is hard, but what if you let me do the hard work for you?!? I've taken the guesswork out of eating for what ails you. **BONUS!!!** Not only will you feel great, but you will save time, you'll be less stressed, have less waste, and the plans are catered to your specific needs. Whether it be weight loss, lowering inflammation, or maybe you just want more variety in your life.



Call now to book your appointment with me, Alexis Nilsen, Holistic Nutritionist, and let's get cookin'! (905 804 1752)

Rumina Naturals

A story of two Mamas – who over a cup of warm tea on a crisp Canadian morning – birthed an idea that would blossom into a passionate company, dedicated to helping families prepare for and welcome their new bundles of love.

Their thoughtfully crafted formulas are pure, natural and sourced with great care, and their great admiration for Mama Earth is reflected in each of our mindful products. Using only the best of the best, they have researched and refined their formulations to work fast.

Totally Tallow

Keep calm and tallow on! Organic, grass-fed beef tallow rapidly heals dry, irritated skin – from head to toe.

Goat Rue

Stimulates mammary tissue to safely increase milk supply.

Milk Aplenty

Effectively boosts breast milk production naturally.



Satisfy your New Year's Resolution: Naturopathic Weight Loss Program

Start 2017 the right way and join Dr. Tiffany's Naturopathic Weight Loss Program. In 10 weeks you will learn how to lose weight and keep it off, including proper liver detoxification, food sensitivities, hormones, chronic inflammation and stress. You will have 3 individual visits with Dr. Tiffany and 5 one-hour educational group seminars. The program also includes healthy protein powder, a detox-friendly cookbook and a binder full of invaluable information.

Let us be part of your New Year's Resolution this year and see positive results! The program is set to start mid-January. Contact the clinic for more information at 905-804-1752.

