



July 2017 Newsletter

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Here are two delicious soup recipes for summer!

Beetroot Cleansing Soup

Serves 4

Ingredients

1 onion, chopped
2 beets (2 inches in diameter)
1 carrot in small dice 2 oz parsley
1 tbsp of miso
Salt and black pepper
1/2 tsp of apple cider vinegar
2-3 cups of water
1 tsp of soy sauce

Directions

1. Precook the beets. Cut into thin strips.
2. Combine with onions, carrots and parsley in a soup pot.
3. Boil the water in a pot.
4. Whisk the miso into the boiled water until smooth.
5. Combine the miso soup base and the remaining ingredients and cook for 5-10 min.

Enjoy!

Chilled Summer Soup

Serves 10

Ingredients

1 ½ litres chicken broth (or vegetable broth)
1 large fennel bulb, roughly chopped
1 large head of broccoli (with stems), roughly chopped
1 medium cooking onion, roughly chopped
5 cloves garlic, whole, skins removed
2 bay leaves, whole
1-2 cups water
1 ½ cups coconut milk
2 tbsp apple cider vinegar
1 tsp ground paprika
Sea salt and ground black pepper, to taste
Cayenne and chili flakes, to taste (optional)

For Garnish (per serving)

1 tbsp organic plain Greek yogurt (optional)
1 tsp extra virgin olive oil
½ tsp dried peppermint leaves, crushed
½ a green onion, finely sliced

Directions

1. In a large stock pot, over high heat, place broth, fennel, broccoli, onion, garlic, and bay leaves.
2. Add enough water so that all ingredients are submerged, with a little over the top.
3. Once it comes to a boil, lower the heat to medium and let the mixture cook until all vegetables are soft enough to mash with a fork, about 30-40 minutes.
4. Carefully fish out the bay leaves and discard.
5. Ladle the vegetables and broth into a blender (you may have to do this in 2-3 batches) and blend on high until mixture is smooth. (Important: Remember to remove the center of the blender lid and cover it with a tea towel to allow steam to escape).
6. Transfer the blended mixture into another stock pot, over medium-low heat.
7. Add in coconut milk, apple cider vinegar, paprika, and other seasonings, to taste.
8. Allow to simmer for 10 minutes, stirring occasionally, then remove from the heat.
9. Chill to serve later or ladle servings into a bowl, about 2 large ladlefuls per serving.

To garnish, put a dollop of plain Greek yogurt in the center. Combine olive oil and dried mint leaves and drizzle over the top. Sprinkle chopped green onions over the top and serve.



Constipation – Why it happens and how to treat it!

By Tanvi Tijoriwala

If you are having less than 3 bowel movement a week you are likely suffering from constipation. There are many reasons why we may experience constipation:



1. **Hypothyroidism.** The thyroid gland is responsible for our metabolism. When the gland becomes sluggish, it can play a huge role in altering digestion of food which can lead to constipation.
2. **Stress.** Stress can directly or indirectly cause constipation. During stressful times we experience cortisol hormone spikes which can cause digestive issues such as gas, bloating and constipation.
3. **Diet.** Several dietary factors such as lack of hydration, lack of adequate fiber in the diet or food sensitivities can cause constipation.
4. **Side effects of medication.** One of the most overlooked causes of constipation is the side effect of various medications. However, it is dangerous to stop taking prescription medications without consulting your healthcare practitioner.

At home-treatments

- ✓ **Castor oil packs** - applied topically on the abdomen work very well for constipation. This is because it increases blood flow and nutrition to the area to get the bowels moving.
- ✓ **Dietary changes** - Increasing water intake to 7-8 glasses and increasing fiber in your diet can help alleviate constipation symptoms. Good sources of fibers include – flax seeds, leafy green vegetables and fruits.
- ✓ **Hydrotherapy** – like castor oil packs, alternating hot and cold water applications to the abdomen can increase blood flow to the area and get the bowels moving.
- ✓ **Herbal teas** – Several herbal teas catered to treat digestive symptoms can help alleviate constipation. It is best to ask your naturopathic doctor what herbal remedies are well suited for your condition.
- ✓ **Exercise** – Cardio exercises such as going for walks daily, swimming or biking can also be beneficial to your digestive health.

Osteopathy + The Sensitive Gut

By Sheelagh Stewart, DOMP

The close connection that exists between the mind and the gut has long been acknowledged. Our 'gut feelings' and 'gut reactions' are considered part of our emotional language and viewed as a repository of both good and bad feelings. The nineteenth century physicians, William James and James Lange, believed that emotion originally came from the body. Just as the gut can upset the brain, the brain can upset the gut and it can play a major role in our human happiness and misery.

The effects of stress and adrenaline on the sensitive gut:

There are intricate links between the nervous system and the digestive system. The two realms constantly exchange streams of chemical and electrical messages, and anything that affects one will naturally affect the other. The brain-gut axis, is an increasingly hot topic. An unrelenting flood of adrenaline and stress will take its toll on our digestive systems. Adrenaline tells the body to contract its digestive muscles, which means less blood to the stomach, decreased secretions needed for digestion, inflammation of the GI tract, and a much harder time digesting food.

So, how can Osteopathy help?

In addition to a diet easy of digestion, nutritional supplementation and/or remedies to strengthen the system in every practical manner, an Osteopathic treatment will aim to relieve the abdominal plexus from any compression of muscular, nerve, blood supply, and venous drainage, while considering the origins of the great Splanchnic and Vagus Nerves. These are the visceral nerves that contribute to the innervation of the internal organs - think of these nerves as the wires that conduct the electricity to the stomach.

The intestinal tract, from the stomach to the colon, receives innervation from both the Parasympathetic and Sympathetic divisions of the Nervous System. A Manual Osteopath will often use different techniques depending on the intensity of the pathology and the patient's history to address both divisions. A local visceral approach is often only part of the treatment. A cranial approach will help recover good function of the HPA (The hypothalamic-pituitary-adrenal axis), the parasympathetic division. A structural spine treatment will consider the fibers along the spine that innervate the aspects of the intestinal viscera - from the lower seven thoracic and upper three lumbar segments of the spinal cord (the sympathetic division).

The goal of every Osteopathic treatment is to balance and recover a good homeostasis.