



June 2017 Newsletter

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5-Ingredient Vegan Magical Fudgesicles

Makes 4 cups / 1 Liter / 10 fudgesicles

By Sarah Britton of MyNewRoots

Last summer this was my family's go-to popsicle recipe. Creamy and delicious and you can't even tell it's a vegan version of a fudgesicle!

Ingredients

½ cup / 75g unroasted, unsalted cashews
1 14-oz can / 400ml full-fat coconut milk
1 large, ripe avocado
1 cup / 250g pitted, packed soft dates
½ cup / 55g raw cacao powder (cocoa powder will also work)

Directions

1. Place cashews in lightly salted water and let soak for 4-8 hours (overnight is fine).
2. Drain the cashews and rinse well. Add to a blender (a high-speed blender is highly recommended) with the remaining ingredients (and any flavourings, if using) and blend on high until as smooth as possible. Add water only if necessary – you want to mixture to remain quite thick.
3. Spoon mixture in popsicle molds. Firmly knock the molds on the counter a few times to remove any air bubbles. Insert a popsicle stick into each mold and place in the freezer until set – at least 6 hours. To remove popsicles, run the mold under hot water until you can easily pull a fudgesicle out.
4. If you want to decorate your fudgesicles, dip or drizzle them with melted chocolate and sprinkle with desired toppings. Eat immediately, or place back in the freezer to set until ready to enjoy.



Berry-Almond Slam Smoothie

Makes 1 serving

From the Delicious Detox Cookbook pg 15

If you have never made a smoothie and don't know where to start this is a great intro to basic smoothie making. This makes a great breakfast and should satiate for a few hours because of a nice balance of protein and fat!

(The almond butter in this smoothie makes it an ideal meal replacement. If the almond milk is too sweet for your taste buds, feel free to add water instead)

Ingredients

½ cups frozen mixed berries
½ cups almond milk
1 tablespoon almond butter
1 serving protein powder

Directions

1. Put all ingredients in a food processor or blender and pulse until smooth, adding more liquid if necessary



Why toning is important. Especially during the summer months

By Solange Vazquez, Holistic Esthetician

Toners are formulated to remove sebum, oil and dirt from the pores, they help clear pores to minimize breakouts and blackheads. They also soothe, repair and smooth the skins surface minimizing signs of redness and inflammation.

You can use toner during your morning regime, throughout the day (keep a mini misting toner in your purse and spray even on top of make-up). If you are planning on spending a lot of time outdoors, toners are also a perfect after sun care.

At night after cleansing, I recommend using it on a cotton pad to remove any excess dirt that the cleanser might have missed. Toners also make the rest of your products absorb better.

Always make sure you read labels and avoid any unnecessary irritants such alcohol or fragrances. These ingredients may potentially give you an allergic reaction and end up drying your skin instead.

Dr Hauschka's facial toner

Facial Toner supports the skin's natural processes of cleansing and renewal, minimizing the appearance of pores, balancing moisture and oil content, and leaving skin looking and feeling healthy, toned and radiant.

Formulation: Anthyllis extract helps skin remain balanced and healthy. Witch hazel extract supports tone and elasticity, refining pores.

Skin Condition: For normal, dry, mature and sensitive skin.



I am so excited to be able to have this product on our Zawada Health shelves. Formulated by a fellow ND, it is a smart formulation to aid in rehydrating not only your muscles but your skin. ESSENTIAL for being proactive about your aging skin!

Age Quencher® HYDRATE™ Beauty Electrolyte

The Fountain of Youth!

INTENSE HYDRATION FOR RADIANT GLOWING SKIN.

By Dr. Holly Fennel, ND



Proper hydration is vital to your health and made easy with Age Quencher's HYDRATE electrolyte. Mild dehydration is one of the most common causes of daytime fatigue, decreased endurance and premature aging of the skin.

Your brain is composed of 95% water, your blood is 82% water; and your lungs are nearly 90% water and lean muscle tissue contains more than 75% water.

Why choose AQs HYDRATE®?

HEALTHIER SKIN START WITH AQ HYDRATE BEAUTY ELECTROLYTE

- Want to help prevent deep wrinkles? HYDRATE® Beauty Electrolyte promotes cellular regeneration and enhances the fatty acid content of your skin leaving you with a dewy glow and increased energy.

LIFESTYLE CHOICES

- Caffeinated and alcoholic beverages should be avoided as they can leave you at risk of dehydration causing lethargy and water retention. AQs HYDRATE® Electrolyte can help increase your energy and balance the bloat!

WEIGHT LOSS AND HYDRATION

- AQs HYDRATE® can help maintain a healthy body weight by supporting kidney and liver health. Studies have shown that dehydration can decrease your ability to metabolize body fat.

SUPPORTS INCREASED LEAN MUSCLE MASS

- AQ customers report increased energy and endurance and decreased cramping during workouts. Every muscle in your body needs electrolytes to contract and recover and to decrease lactic acid build up.

SUGAR FREE/CARBOHYDRATE FREE/CHEMICAL FREE