



March 2017 Newsletter

Inside This Issue:

- ▶ ZH News! p.1
- ▶ Recipes p.1
- ▶ Lifestyle tweaks for Beating Estrogen Dominance p.2

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

201 City Centre Drive, Suite 404
Mississauga, Ontario
L5B 2T4
905-804-1752
www.zawadahealth.com



Follow Us On Facebook!



Follow Our Blog



Follow Us On Twitter!

ZH News!

Meet the newest member to join our Zawada family - Sheelagh Stewart, a Manual Osteopathic Practitioner!

Sheelagh is a graduate of the National Academy of Osteopathy, a member of the Society of Osteopaths of Canada, and continues her studies in manual therapies and integrative care. She joined the 2016 class of the Whole Health Medicine Institute in California, led by Dr. Lissa Rankin (MD), and has always revered the body's innate capacity toward recovery, healing and regulation. She has a special interest in women's general health, mind-body integration and loves to hang out at the intersection of science and spirituality.

You can joyfully find Sheelagh at the clinic every **Thursday from 12-8pm.**

Bored with breakfast? Still eating zero quality refined breakfast cereals? Need more energy to start your day? Here are two NEW ideas for tomorrow.

Sweet Potato "Toast" with Avocado, Cucumber, Smoked Salmon, and Poached Egg

By Lisa Bryan

Ingredients

1 sweet potato
1-2 avocados, peeled and sliced
1 cucumber, peeled and sliced
1 4- to 6-oz. package smoked salmon
2 tbsp avocado oil
Salt and pepper
Dill, for garnish

Instructions

1. Preheat oven to 400°F. Wash and scrub the sweet potato. Slice the potato lengthwise, into even slices, using a mandolin.
2. Lightly oil both sides of the sweet potato slices, then place on parchment paper on a baking sheet. Bake for 30 minutes or until slightly toasted.
3. While the potato is baking, bring a pot of water to a simmer. Crack and poach the eggs for 3-4 minutes. Remove the eggs from the pot and place in a bowl of room temperature water (while the potato is still baking).
4. Once the potato has cooked, add to a plate and top with sliced avocado, cucumber, smoked salmon, and a poached egg.



Apples and Cinnamon Brown Rice

Delicious Detox pg.18

This is a great way to use leftover brown rice and get in your daily dose of the blood-sugar-lowering spice, cinnamon!

Ingredients

1 cup cooked brown rice
1 cup rice or almond milk (unsweet)
1 apple, diced
2 tbsp ground flaxseed
2 tbsp silvered almonds
1/2 tsp cinnamon
1/8 tsp sea salt

Instructions

1. Combine all the ingredients in a small saucepan and cook over medium-low heat for 5 minutes, stirring occasionally.



As soon as I read this online I knew I wanted to share it. A lot of women over the years have asked me how they can be proactive when it comes to estrogen dominance. Maybe they have a family history of breast cancer or endometriosis or are having a hard time conceiving.... all reasons to take a look and keep these basic things in mind. These are just some of the things I discuss with patients that are interested or need some preventative health education.

Carol Morley, ND
Clinic Owner

4 Lifestyle Tweaks for Beating Estrogen Dominance

(<http://www.worldhealth.net/>)

Due to the ubiquity of environmental estrogens, most people over the age of 35 have some form of estrogen dominance. The typical 4-step protocol for reversing estrogen dominance includes: dietary tweaks, estrogen-clearing supplements (or bioidentical hormones), weight loss, and reducing xenoestrogen exposure. If your goal is full recovery however, you'll need to also address the following 4 contributors.

Contributor #1: Stress

Stress causes the release of cortisol, which can lead to a progesterone deficiency because progesterone gets used-up in the manufacturing of cortisol. Stress also compromises adrenal gland health, reducing the adrenals' ability to produce progesterone. Low progesterone in relation to estrogen = estrogen dominance.

The Stress Fix - Eliminate all stimulants and meditate at least 15 minutes a day. Also, incorporate a range of stress reducing activities into your daily life, such as: yoga, deep breathing, tai chi, sex, cuddling, Epsom salt baths, or simply getting lost in an activity you enjoy.

Contributor #2: Sleep

Sleep is the time when your body rebalances hormones and a good night's sleep helps to dramatically reduce cortisol levels. Sleep also increases leptin, which is a hormone that helps you feel full. Extra fat cells can result without enough leptin, which is a problem because fat cells produce estrogen, and the more fat cells you have the more estrogen you will produce.

The Sleep Fix - Sleep for 7-9 hours a night, and go to bed as early as possible because peak hormonal restoration occurs between 8 pm and 4 am. Practice proper sleep hygiene, limit daytime naps to 20 minutes, avoid stimulants, heavy, fatty and spicy foods; and expose yourself to natural sunlight for at least 15 minutes a day.

Contributor #3: Exercise

Regular exercise helps to reduce stress and enhance sleep. It also helps to detoxify excess estrogens and eliminate them through your sweat. In addition, it increases sex hormone binding globulin (SHBG) levels, and SHBG deactivates harmful estrogens. Finally, exercise lowers body fat reserves, which (as referred to above) reduces estrogen levels.

The Exercise Fix - A balanced blend of cardiovascular, strength training and flexibility-enhancing exercises should be employed. High intensity interval training (HIIT) programs should be done in moderation because they place stress on your body which can upset hormonal balance. Balance out HIIT with gentler forms of exercise such as yoga and tai chi.

Contributor #4: Your Mindset

The 4 steps for overcoming estrogen dominance (mentioned in the intro) in combination with reducing stress, prioritizing sleep, and increasing exercise, is understandably overwhelming. Thoughts of resistance, such as "This protocol is way too hard," will prevent you from achieving full recovery.

The Mindset Fix - Meditation will make you feel centered and in-turn, help you to realize that everything is possible. Hypnosis and NeuroLingustic Programming are two additional powerful tools for reprogramming your subconscious mind. They help to replace negative thought patterns and belief systems with positive ones, which virtually guarantees long-term

