



## November 2017 Newsletter

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

### Zawada Health

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### Zawada Health is Moving!

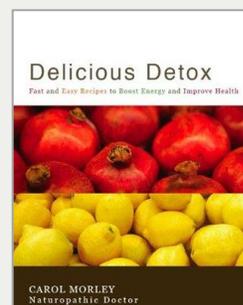
After 14 wonderful years on City Centre Drive, Zawada Health is moving to **4311 Village Centre Court, Mississauga** (just South of the 403 and East of Hurontario).

Zawada Health will be open until Dec 27<sup>th</sup> and then will re-open in the new location on January 3<sup>rd</sup>. We look forward to seeing you at our new ground level clinic with FREE parking!

With the holidays quickly approaching, it's time start thinking about gift ideas for family and friends. What better gift than the **Delicious Detox** cookbook! Naturopathic Doctor, Carol Morley, uses fresh and healthful ingredients, basic kitchen equipment and easy to follow recipes to help:

- Boost energy
- Improve digestion
- Reduce risk factors for heart disease and diabetes
- Learn to cook with superfoods

For the month of November, receive **15% off Delicious Detox** when you **buy 2 or more!**



### Gold Rush Butternut Soup

*Adapted from mynewroots.org*  
Yield: 4 servings

#### Ingredients

1 large butternut squash  
2 large yellow onions  
8 cloves garlic  
2 tsp. ghee or coconut oil, plus olive oil for garnish  
1 tsp. both sea salt and cracked black pepper (to taste)  
3-4 cups vegetable broth  
1 Tbsp. grated fresh turmeric or 2 tsp. ground turmeric powder  
2 tsp. each fresh / 1 tsp dried rosemary and thyme (optional)



#### Directions:

1. Preheat oven to 400°F.
2. Peel and cube the butternut squash and place on a baking sheet. Peel and cut onions into quarters, add to baking sheet.
3. Peel whole cloves of garlic and add to baking sheet.
4. Drizzle with melted ghee or coconut oil and toss well to coat. Sprinkle with sea salt and freshly ground black pepper.
5. Place in oven and roast for approximately 30 minutes until the squash is tender and the garlic is golden.
6. In a large blender pour 3 cups hot vegetable broth, turmeric (fresh or dried) and add the finely chopped rosemary and thyme. Carefully add the roasted vegetables and blend on high until completely smooth.
7. If the soup is too thick, add more broth to thin to desired consistency. Season to taste.
8. Pour soup into bowls and serve with a sprinkling of chickpea croutons and a drizzle of olive oil. If necessary, pour into a large pot to reheat if necessary.
9. Keeps for 3 days in the fridge. Freezes well.

## Dr. Hauschka's NEW makeup line is here!

Premium make-up products inspired by medicinal plants

By Solange Vazquez

More and more customers are opting for natural cosmetic products. This is something Dr. Hauschka stands for like virtually no other brand. With new tones and medicinal plant compositions, a wider range and a fresh design, we are now presenting our new Dr Hauschka make up range to you!

### What makes the new Dr. Hauschka Make-up range so special?

- Extracts of medicinal plants from our own dynamic organic cultivation.
- Mineral pigments, natural waxes, jojoba, avocado and macadamia nut oil.
- All products are free from chemical/synthetic fragrances and preservatives.



## Homeopathic Immune Booster

The homeopathic flu gargle is administered at Zawada Health is a combination of two homeopathic remedies that prevent infections and shorten the duration and diminish the intensity of symptoms. These remedies effectively strengthen the body's defenses as well as prevent and treat symptoms of cold and flu.

For **optimal results**, gargles are recommended during cold and flu season – ideally one in October, November and December.

1 for \$35 **OR** 3 for \$90.

## November Sale!

Receive 20% off **Green Beaver** Sunscreen, **Consonant** Sunscreen, **Bee Keeper's Natural** BLXR and any **OJA** products!

**Courtney Ranieri**, our receptionist, now joins us as a Naturopathic Intern as of January 2018, as she completes her final year of the naturopathic program. Courtney will be available for appointments on Thursdays from 10AM to 7PM and will see patients under the clinical guidance of Dr. Carol Morley, ND. For more information or to book an appointment, contact us at 905-804-1752 or at [info@zawadahealth.com](mailto:info@zawadahealth.com).

**Rates:** Initial visit - \$100, Follow-up visit - \$50

## Homemade Elderberry Syrup

This simple 3 Ingredient elderberry syrup is great to have on hand for cold, flu and coughs. Dried Elderberries are available at Zawada Health for \$10!

### Ingredients

- ½ cup dried elderberries
- 3 cups filtered water
- ¾-1 cup raw honey

### Directions

1. Add water and elberberries to a saucepan. Bring to a boil, and simmer for 30-45 minutes.
2. Remove from heat and strain the elberberries from the liquid.
3. Allow the liquid to cool (to preserve the enzymes in the raw honey).
4. Once cooled combine berry liquid with the raw honey.
5. Store in a glass jar in the fridge. Use 1 tsp daily preventatively.

