



## October 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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October brings cooler weather and along with it colds and flus. Check out some natural immune boosting ideas and recipes in this newsletter!

It's also a great time for parents to bring their kids in to see one of our Naturopathic Doctors to get some tips for keeping their immunity strong. It's also not too early to start thinking about your proactive winter plan for spring allergies and asthma. Call today ☺

### Sweet Potato Almond Butter Muffins

Adapted from [minimalistbaker.com](http://minimalistbaker.com)  
Yield: 9 Muffins

#### Ingredients

- 1 flax egg – 1 tbsp flax meal, 2.5 tbsp water
- 3/4 cup sweet potato puree
- 1/4 cup coconut sugar
- 2 Tbsp coconut oil
- 1 tsp pure vanilla extract
- 1 cup unsweetened almond milk
- 1 cup spelt flour
- 1/2 cup oat flour (ground from rolled oats)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/4 cup almond butter

#### Directions

1. Preheat oven to 375 degrees and line muffin tin with paper liners.
2. Prepare flax egg in a large mixing bowl and let set for a few minutes.
3. Add sweet potato puree, sugar, oil, and vanilla extract and mix. Add almond milk and stir once more.
4. Carefully place flour, baking powder, baking soda, salt and cinnamon into a sifter and sift over wet ingredients. Then add oat flour on its own and stir until just combined.
5. Spoon batter into muffin tins until filled almost to the top. Then drop about 1 tsp almond butter onto the center of each muffin and gently swirl around with a toothpick or knife.
6. Bake for 20-22 minutes (or more) until golden brown and a toothpick in the center comes out clean. Remove from oven and let rest in tins for 5 minutes. Transfer to a cooling rack to let cool completely.
7. Store in an air-tight container and refrigerate to ensure freshness. Will keep in the freezer for up to a few weeks.

### Ginger-Pear Amaranth Porridge

(Delicious Detox Cookbook)  
Yield: 2 servings

#### Ingredients

- 3/4 cup (185mL) uncooked rinsed amaranth
- 1/4 tsp sea salt
- 1 1/4 cups (310mL) water
- 1 small pear, diced
- 1/4 cup (60mL) walnut halves
- 1 tsp grated fresh gingerroot
- 1/4 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1/4 cup (60mL) unsweetened rice or almond milk

#### Directions

1. Rinse the amaranth in a saucepan and drain as much water as you can. Using a sieve will not work with this tiny, fine grain.
2. Add amaranth, sea salt and water to a small saucepan and place on high heat. Bring to a boil uncovered. This should take around 3 minutes.
3. Reduce heat to medium-low and simmer covered for approximately 20 minutes, stirring occasionally, until almost all the water is absorbed.
4. Stir in diced pear, walnuts, ginger, vanilla, cinnamon, and milk and simmer covered for another 5 minutes. Let sit for another 5 minutes before serving.



## Homeopathic Immune Gargle – Do Something Proactive and Safe this Cold + Flu Season

In the case of colds and flus, a therapy that is available to both young and old, people on one medication or five, pregnant women or athletes, is homeopathy. There is an extensive list of all of the possible homeopathic combinations that could be of use in different illnesses, however there are a few that possess distinct beneficial properties in treating infections and especially in helping bolster the immune system.

The homeopathic immune gargle administered at Zawada Health is a combination of two homeopathic remedies that support the killer activity of white blood cells to prevent infections and when there is infection to shorten the length and intensity of symptoms.

For optimal results, three gargles are recommended once a month during cold and flu season.



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## Change of Seasons Soup

In Traditional Chinese Medicine the fall and winter seasons are thought to be more 'yin' times, where we turn inwards to reflect and nourish ourselves. Naturopathic Doctors love prescribing this soup to prepare for this shift in seasons and to strengthen our immune systems and prevent the cold and flu. The following 4 herbs can be found and bought separately, or for a limited time, bought together at Zawada Health to make a tea or a soup.



1. **Codonopsis root:** helps tonify and strengthen "qi" (energy) and helps to build blood and nourish body fluids. (3 sticks needed)
2. **Astragalus root:** helps strengthen protective defenses, strengthen qi, nourish the spleen, and tonify the blood and lungs. (4 sticks needed)
3. **Dioscorea (Chinese yam) root:** tonifies and balances the lungs and the kidneys. (2 sticks)
4. **Chinese Lycii berries:** strengthens the liver and the kidneys. (3 Tbsp)

Fill a large stock pot with water (2-4L). Add the above herbs to the pot and place the lid on. Bring to a boil and simmer for 2 hours. If the water level boils down, add water to refill if necessary.

Using a slotted spoon, or strainer, remove the herbs from the pot. You can drink it as a broth, use it as a base for soup recipes, or place it in a mug or thermos (with some raw, organic honey) and sip it throughout the day.

**\*\*Do not use this soup if running a fever\*\***

The above herbs can be found and bought separately, or for a limited time, bought together at Zawada Health for \$15 for a package of all 4 herbs.

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## All-Natural Sore Throat Remedy: Bee Propolis Throat Spray

Bee propolis is a substance that bees make to protect their hive. It is antibacterial, anti-inflammatory, immunity boosting and has been used to help with sore throats for hundreds of years. There are 300 beneficial compounds in propolis including vitamins, minerals and anti-oxidants. Bee Propolis Throat Spray is great for anyone with a sore throat, travelling, suffering from cold and flus or just wants to boost their immune system.

We have Bee Keeper's Naturals Bee Propolis Throat spray available at Zawada Health for \$14 + HST!

