



September 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!

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September means back to school! Here are 2 nut-free and school-safe snack ideas to pack for lunches.

Crunchy Baked Granola Bars

From minimalistbaker.com
Serves 8

Ingredients

- 1 cup rolled oats
- 1/3 cup sunflower seeds
- 1/4 cup ground flaxseeds
- 2/3 cup unsweetened coconut
- 1/4 tsp sea salt
- 1/3 cup (~ 5 dates or 35 g) chopped dates
- 2 Tbsp sunflower seed butter
- 2 Tbsp melted coconut oil
- 1/4 cup maple syrup

Topping - optional

- 1/2 cup chopped dark chocolate
- 1 Tbsp coconut oil
- 1 tsp sea salt or hemp seeds



Dr. Carol's School-Safe Seed Balls

Makes approximately 10 seed balls

Ingredients

- 20 pitted dates
- 2 tbsp sesame seeds
- 2 tbsp hemp seeds
- 2 tbsp chia seeds
- 2 tbsp raw cacao powder
- 2 tbsp cacao nibs

1. Preheat oven to 350 F and toast oats and seeds for 10 minutes. Reduce heat to 325 F.
2. Add flaxseed meal, coconut, and sea salt, oats, seeds and dates to a mixing bowl, stir and set aside.
3. Add almond butter, coconut oil, and maple syrup to a small saucepan and bring to a low boil over medium heat, stirring occasionally. Remove from heat and immediately add to the oat mix.
4. Mix thoroughly, ensuring that the dates and almond butter cover all of the dry ingredients.
5. Add the mixture to a parchment-lined 8x8-inch baking pan and spread into an even layer. Top with another layer of parchment paper and press down with something flat into a uniform layer.
6. Bake at 325 F for 20-25 minutes or until the edges are golden brown. Remove from oven and let cool in the pan. Transfer to the freezer to speed cooling time.
7. Once cooled, lift out of the pan and slice into desired number of bars.
8. Optional: Melt dark chocolate and coconut oil and drizzle on top with salt or hemp seeds.
9. Bars can be stored for 5 days in a sealed container or in the freezer up to 1 month.



Directions

Combine all ingredients in a food processor and pulse until crumbly and a bit sticky. Can add a dash of vanilla and/or a dash of coconut milk to soften if necessary. Roll into inch balls and freeze for a couple of hours!

Study Hard with Bacopa

By Dr. Claire Girgis, ND

Bacopa monnieri, a perennial flowering herb, is best known for its extensive effects on the nervous system. From mood disturbances such as anxiety and depression, to neurodegenerative diseases such as Parkinson's and Alzheimer's, bacopa is used as part of a plan to address a variety of health conditions. With back-to-school season here, we look to bacopa for its wonderful effects on cognitive function, attention, memory, learning, and integration of information. Bacopa is a great herb for addressing "mental fog" and improving mental clarity, focus and concentration. These effects make it ideal for students to help support efficient brain function and learning. It may also be used as part of a plan to address attention deficit hyperactivity disorder (ADHD).

Bacopa can be used on its own but is also found in many formulas along with other brain function boosters such as ginkgo, ginseng, rosemary, and choline. It is important to speak to your healthcare provider before starting a treatment plan. Ask your naturopathic doctor about bacopa and find out if it might be a safe and effective course of action for you or someone headed back to school!

Brain Fog? How Bees (+ Herbs) Can Help Using B.LXR by BeeKeeper's Naturals

B. LXR Brain Fuel by Beekeeper's Naturals helps supports enhance memory, performance, and cognition through these plant-based adaptogens and superfoods. Whether you have a big test, presentation, need to finish a work project, want to feel more awake and or just experience less brain fog without caffeine, B.LXR comes in the form of an ampule (single shot dose) and contains royal jelly, bacopa monnieri plant extract (see above!) and ginkgo biloba leaf extract to invigorate, nourish and support brain functions throughout the day and while on the go!

Benefits of B.LXR:

- Increased memory & Focus
- Adaptogenic
- Better Concentration
- Fights Brain Fog
- Anti-inflammatory
- Energy Support
- Productivity Hack
- Antioxidant



Well-Child Visits at Zawada Health

Did you know that our Naturopathic Doctors offer well-child checkups for pediatric patients at Zawada Health? Childhood is a time of rapid growth both physically and mentally therefore it is important to ensure that you are checking in with your child's health regularly.

Our well-child checks address:

- Developmental progress
- Physical exams
- What to expect as your child grows
- Diet
- Sleep
- General health
- Track Height/Weight
- Illness prevention

