



August 2010 Newsletter

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Delicious Detox Author Appearances

A quick thank you to everyone that has bought my cookbook and to those who have bought it as a gift for others. Hopefully you have introduced a few new healthy recipes into your life or have discovered the benefits of detox! I've just ordered a second print to keep spreading the word of healthy and clean eating! Look to www.deliciousdetoxcookbook.com under "Where to Buy" for a current list of stores, clinics, and yoga studios across Canada where it is being sold.

Mark your calendars for the most up-to-date list of media and appearances for me and the cookbook:

1. On Thursday August 5th in the morning I will be chatting detox with Billie Jo and Jay from 102 ClearFM in Winnipeg.
2. On Thursday August 19th (6 pm), Friday August 20th (noon and 6 pm), and Saturday August 21st (noon) I will be in Port Carling at Wellpath Clinic for a detox seminar and cooking demo. http://www.wellpathclinic.com/img/pdf/Muskoka_CookingClasses.pdf for more information.
3. Saturday September 11th I will be at the annual health fair for The Apple Market here in Mississauga to chat and sign books. For more information: <http://www.theapplemarket.ca/>
4. Saturday October 23rd I will be at The Five Tibetans Boutique in Kitchener for a 2 hour detox seminar and book signing. For more information: <http://www.fivetibetans.ca/main.cfm?id=B08532CB-BEB0-18B1-AB7923B5C8B461FB>

Mangoes! Mangoes! Mangoes! Here's a refreshing summer salad to tickle your taste buds!

Mango Salad

- 1 green mango, julienned
- 1 carrot, julienned
- 1/2 red onion, julienned
- 1 Granny Smith apple, julienned
- 2 scallions, green only, sliced
- 1/2 tbsp chopped fresh mint
- 1 tbsp chopped fresh cilantro

Mango Salad Dressing

- 1/4 cup fresh lime juice
- 1/4 tsp cumin
- 2 tbsp sunflower oil
- 2 tbsp rice vinegar
- 1 tsp honey
- Pinch of salt to taste

1. Whisk together all dressing ingredients in a small bowl until well combined. Adjust seasoning to suit your taste.
2. Combine the other ingredients in a large bowl and toss with dressing.

Dirty Dozen

You've probably heard of or seen the list of the 'Dirty Dozen'. It's a list by the Environmental Working Group of the 12 fruits and veggies most likely to be contaminated with pesticides. Here it is being presented alongside a list of the 'Clean 15' - foods with the lowest pesticide risk. Both lists were just updated this past June and a few foods have shifted in the rankings.

Dirty Dozen (buy these organic)

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries
6. Nectarines
7. Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard Greens
11. Potatoes
12. Grapes (imported)

Clean 15 (lowest in pesticides)

- | | |
|------------------|--------------------|
| 1. Onions | 13. Watermelon |
| 2. Avocado | 14. Grapefruit |
| 3. Sweet Corn | 15. Honeydew Melon |
| 4. Pineapple | |
| 5. Mangos | |
| 6. Sweet Peas | |
| 7. Asparagus | |
| 8. Kiwi | |
| 9. Cabbage | |
| 10. Eggplant | |
| 11. Sweet Potato | |
| 12. Cantaloupe | |

Farmers Markets in Toronto

August is prime-time for many different fruits and veggies. Blueberries and peaches are beautiful right now. Pick them now when they are fresh and local and freeze them so you will have 'fresh' fruit for your morning smoothies all winter long! Now that you have the Clean 15 list (see page 1), you can check out these farmers markets and purchase for the remainder of the season!

Monday - Sorauren Market, 40 Wabash Ave off Sorauren Ave, Open Mon 3pm -7pm

Tuesday - East York Market, 850 Coxwell Ave, Open Tue 8am – 2pm

Wednesday - Bloor- Borden Market, Lippincott and Bloor St W, Open Wed 3pm – 7pm

Thursday - East Lynn Market, 1949 Danforth Ave. west of Woodbine Ave. in East Lynn Park, Open Thu 3pm-7pm

Friday - Birchcliff Village Market, 1512 Kingston Rd, Open Fri 3pm-7pm

Saturday - Evergreen Brick Works Market, 550 Bayview Ave, Open Sat 8am-1pm

Sunday - Distillery District Market, East of Parliament St. South of Front, Open Sun 10am -4pm

PMS ... before you reach for that pain medication, read this:

Cramps, backaches, mood swings ... we've all been there, but with a regular yoga practice, PMS doesn't have to be debilitating. In fact, in some cultures still today the term PMS is unheard of. Matriarchal wisdom in the West has been repressed, and the special menstrual/menopausal/fertility rituals that once nourished women, have practically disappeared. This negative response to our essence as women has had detrimental effects and consequences on our self image and on our physical health. We know that our thoughts have power. By honoring our bodies and changing our thoughts about our monthly cycle from negative to positive, we can greatly reduce the pain & discomfort that accompanies it.

One way to achieve this acceptance is through the practice of meditation, featuring:

The Breath Rhythm to Regulate the Menstrual Cycle.



Sit in easy pose, with wrists resting on the knees. Palms of the hands facing upwards. Inhale through the nose in 4 parts; pressing the index finger to the thumb on the first sniff, the middle finger to the thumb on the 2nd sniff, ring finger to thumb on the 3rd sniff, and little finger to thumb on the 4th sniff. Meditate on the sounds ... Sa Ta Na Ma in rhythm with the breath and finger movements. The exhalation is made in one long stroke. Continue breathing in this manner for 3 minutes. Eyes remain closed. The spine & neck should be kept straight. **For more information, or for a free consultation about Kundalini yoga and its benefits, please contact Certified Kundalini Yoga Teacher & Fertility Yoga Specialist, Christine Schuler @ 647 225 1148.**

www.cobrayoga.com

Top 6 Things You Can Do Naturally for PMS

Not everyone's premenstrual symptoms are the same. Some women may experience more physical symptoms whereas some may experience more mental/emotional symptoms. There are a lot of naturopathic options when it comes to treating premenstrual symptoms. Call to speak with one of our naturopathic doctors today. Carol Morley is available Monday to Thursday and Claire Girgis is available Fridays and Saturdays.

1. Magnesium to reduce mood changes and bloating.
2. Evening Primrose Oil to reduce pain and inflammation.
3. B complex or B6 complex to help irritability and fatigue.
4. Eliminate caffeine which can aggravate anxiety and depression.
5. Reduce sugar and salt intake which contributes to bloating, swelling, and water retention.
6. Exercise every day. More research says frequency is more important than intensity of exercise in decreasing symptoms.

Top Food Sources Containing Vitamin B6

Spinach, bell peppers, turnip greens, garlic, tuna, cauliflower, mustard greens, banana, celery, cabbage, asparagus, broccoli, kale, collard greens, brussels sprouts, cod and chard.



B6 Complex

Vitamin B6 is important in amino acid metabolism, haemoglobin or red blood cell formation, nervous system support, and hormone synthesis.



August Sale!

Receive 15% off Pure Encapsulations B6 Complex and B Complex and 15% off Delicious Detox.