



*After a short break, Natdoctor Naturopathic News is back with the latest news you can use.*

### **News Update**

It is with mixed emotions that I have decided to leave Burlington Family Chiropractic after 3 years of practice. I will miss the great team and patients that have treated me like family. This September I will be getting married and have decided to concentrate my time on one practice that will be closer to home in Thornhill. I have searched for a great naturopathic doctor to replace me, and it is with enthusiasm that I introduce Dr. Philip Lee, ND who has begun accepting new patients. Dr. Lee brings his experience of IV Therapy, Cosmetic Acupuncture, and special training in Pain Management. He will be joining the rest of the team as they move to their new location across the street. The clinic will change its name to Burlington Natural Health Centre, and will be open at the end of this September. I encourage you to book an appointment with me and Dr. Lee this summer. My last day will be August 26<sup>th</sup>, and I will be available each Tuesday and Wednesday until then.

### **Tip of the Month: Natural Insect Repellant**

Did you know that there are natural insect repellants that can safely be used without the strong chemical called DEET? Certain essential oils naturally repel insects and prevent their annoying bites. One that I like to use contains lavender, rosemary, geranium, cyprus, and thyme essential oils. This formula is called Solvarome, and can be ordered here at the clinic. Not only does it repel insects, it is also antiseptic, heals wounds, and soothes skin, making it a great addition to your first aid kit.

### **Food of the Month: Quinoa**



Quinoa (pronounced keen-wa) is one of the most nutritious grains that I recommend to my patients. This South American grain is a staple for many cultures, and can easily substitute any rice dish. The reasons that it is one of my favourite grains, is that it is gluten-free (safe for people with celiac

disease or wheat sensitivity), hypo-allergenic, and it has all 8 essential amino acids, making it a complete protein. This grain should be consumed by every vegetarian regularly, along with beans, legumes, and nuts (also rich in protein).

### **Curried Quinoa Salad**

Recharge with this fuss-free, nutrition-packed meal. It can be eaten warm or cold.

Dinner in a flash!

2 cups quinoa, cooked

2 boneless, skinless chicken breasts, cooked and cut into bite-size pieces

3/4 cup thinly slice dried apricots

2 green onions, thinly sliced

1/2 cup toasted walnut pieces

1/4 cup chopped fresh cilantro

2 tbsp curry powder

1/4 cup rice vinegar

1/3 cup canola oil

2 tbsp grated, fresh ginger

1. In a bowl, combine quinoa, chicken, dried apricots, green onions, walnut pieces and cilantro
2. In a separate bowl, whisk together curry powder, rice vinegar, canola oil and ginger until combined
3. Drizzle over quinoa and stir to combine. Season with salt and pepper

Serves 6

Nutrients/serving:

474 calories

22 g fat

20 g protein

52 g carb

6 g fibre

Excellent source of vitamin A, iron

### **Available For Speaking at Seminars on Health & Wellness**

If you or someone you know is on a Health, Wellness, and Safety Committee at work, or you have a group that needs speakers, I am available. Please contact me for specific topics or any questions you may have.

Stay tuned for quarterly natdoctor newsletters, a brand new website design, and more information on how a naturopathic lifestyle can help you to eliminate bothersome symptoms, prevent disease, and most importantly, keep you well inside and out!

The greatest compliment that you can give is a referral. If you know somebody that you think can benefit from natural medicine, please send this email to them. I am available for consultations at Innervate Health Care Centre in Thornhill. Innervate Health is located on Yonge Street, just south of Hwy 7 and Hwy 407. We are easily accessible by car, VIVA, and York Regional Transit, and we are one bus away from Finch Station on the TTC. We service Thornhill, Richmond Hill, Vaughan, Markham, and the Greater Toronto Area (GTA). Email me at [info@natdoctor.com](mailto:info@natdoctor.com) for more information, or call 416-894-0621.

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