

HYDRATE

IV WELLNESS CENTRE

ISSUE 10 | SEPTEMBER 2018

We're back into the swing of things with the arrival of September! Falling back into your routine, this is a great time to focus on your health after a busy summer season. Let us help you relax, recharge, and rejuvenate, so you can live your best life this fall! As always, be sure to reach out if you have any questions about any of our services—we're here to help.

Hydrate Monthly Feature



After a quick, busy summer September is a great time to get your health back on track and to get ready for the fall and winter months.

This month we're featuring our Vitamin Boost IV for \$109. Also known as Myer's, this is a full spectrum multi-vitamin to keep your energy up and to help with the maintenance of healthy hair, skin, and nails. Our Vitamin Boost IV will have you looking and feeling your best!



Multi SAP from NHF

This is a daily multivitamin/micronutrient supplement that ensures adequate intake of several nutrients that might be lacking in processed, cooked, denatured, or overf-armed foods in today's diet.

Contains no: yeast, soy, wheat, gluten, milk, corn, sugar or starch

Be sure to pick up a container for September; we have lots in stock!

Did you know?

Naturopathic physicians can provide food allergy testing (using ELISA IgE/IgG serum)? We can test up to 240 different foods using one blood test! Signs that you may be allergic to food include:

- Tingling or itching in the mouth
- Hives, itching or eczema
- Swelling of the lips, face, tongue, and throat or other parts of the body
- Wheezing, nasal congestion or trouble breathing
- Abdominal pain, diarrhea, nausea or vomiting
- Dizziness, lightheadedness or fainting

Recipe of the month



ORGANIC LETTUCE WRAPS

The perfect grab-and-go lunch for busy September days!

Cooking Time: 25 minutes

Serves 4

Chicken

1 pound ground chicken

1/4 cup fermented tamari sauce or coconut aminos

1 tablespoon sherry cooking wine (this makes a huge difference in the flavor of the entire dish!)

Vegetables

2 tablespoons coconut oil or palm shortening, divided

6 ounces shiitake mushrooms, chopped

2 carrots, chopped

6 green onions (green and white parts), chopped

2 cloves garlic, minced

1 tablespoon minced fresh ginger
2 tablespoons fermented tamari sauce or coconutaminos
2 teaspoons sesame oil

Wrap and Toppings

1 head leaf lettuce or Bibb lettuce
1/2 cup chopped cilantro (optional)
1/4 cup chopped cashews (optional)

Place chicken, tamari, and sherry in a medium bowl. Stir to incorporate. Let the chicken marinate for 30 minutes.

Heat 1 tablespoon of coconut oil in a large sauté pan over medium heat. Swirl the pan to coat. Add the chicken and cook, stirring occasionally until cooked through and the meat starts to turn golden brown, about 5-7 minutes. Pour the cooked chicken into a bowl and set aside.

Add remaining 1 tablespoon coconut oil to the pan and swirl to coat. Add the mushrooms and cook for about 10 minutes until they release their moisture and the edges are just becoming golden brown. Add the carrots and cook for another 5 minutes, stirring occasionally, until the carrots are cooked and the edges are turning golden brown. Stir in the green onions and sauté for 3 minutes, stirring occasionally. Make a well in the center of the pan and add the garlic and ginger. Cook the garlic mixture in the middle of the pan for about 45 seconds until aromatic and then stir the garlic mixture into the rest of the vegetables. Pour the chicken back into the pan and stir in the tamari and sesame oil.

To serve: Place a lettuce leaf on a plate and spoon a few tablespoons of the chicken mixture onto the lettuce. Top with cilantro and/or cashews, if using. Serve immediately.