

Inspired Health

A HEALTHY NEWSLETTER BROUGHT TO YOU BY WORK WELL HEALTH CANADA

December, 2010



Take a Deep Breath... 'Tis the Season

Yes, it is that crazy time of year again, when there are millions of things to do and people to meet and places to go. We hope this issue of Inspired Health will help you enjoy the Holiday Season and give you some tips to keep you in optimal form through these winter months. In this issue, meet Romi our STAR client feature, she has lots to be happy about! Find out how she stopped her out-of-control eating binges and is now beaming with her new found energy and keeping fit and trim.

WINNING THE BATTLE OF THE BINGE!

Meet Romi, a successful Real Estate Agent, she is in control of her life, and is enjoying her renewed energy and healthy body.

A few months ago Romi was not such a happy Camper. She was feeling exhausted and grumpy all the time with zero energy. Her out of control food cravings kept her up by the fridge all night and left her feeling angry at herself for losing control. She was putting on weight feeling sluggish was just plain angry with herself. She knew she needed to make changes but just couldn't find the discipline to do it.

A friend told her about a Natural Weight Loss Program at Work Well Health Canada. Romi had tried fad diets and many weight loss program in the past and she knew the drill! If you fail at these programs, you end up feeling even worse. Hoping to feel good about herself again, she signed up for the program.

Romi says the program was easy to implement into her life and she made changes right away. "I significantly changed how I ate and altered my relationship to food and eating and started to practice mindful eating". Romi says there were so many people involved in trying to change her life for the better, she couldn't help but be inspired and motivated to succeed. And succeed she did.

"I know how to

CLIENT TESTIMONIAL

ROMI, IS KEEPING SLIM, TRIM AND BEAMING WITH HEALTH!



In 6 weeks, Romi has lost 9 pounds and her body feels stronger and healthier.

manage my cravings and I have control of myself again", says an exuberant Romi. To top it off, she says the precise nutritional guidance provided really helped her acid reflex "I am so thrilled know longer suffer from this annoying condition".

Romi also received blended therapies including hot stone detoxification massage, lymph drainage and laser therapies to stimulate her body, break down cellulite and reduce her cravings. "Wow this was incredible, says Romi, I felt exuberant after each treatment, and was having a solid good nights sleep waking up with bounds of renewed energy - finally!"

"I am absolutely enchanted with the program", says a beaming Romi. "No other weight loss program I have tried covers all aspects of lifestyle management, physical fitness and amazing body therapy treatments to lose weight naturally and makes you feel so healthy".

Romi says she is looking forward to her Caribbean beach trip planned for February and "can't wait to show off the new me".

The 10 Week Total Weight Loss Program™ is a highly effective weight loss program designed by a team of Doctors and Fitness Experts. By blending Western Laser Technology and Eastern Medicine with a customized Dietary, Lifestyle and Physical Management System, rapid and healthy weight loss is achieved. For information contact: Work Well Health Canada: Phone: 416-646-6783 or info@wwhcan.com. The next Total Weight Loss Program™ Group Session starts Tuesday January 11th.



FREE EVENTS

DID YOU KNOW....

For lung cancer, a British team found almost 23,000 mutations or one mutation for every 15 cigarettes smoked and so on and so on....

The National Non-Smoking Week is January 17-22nd www.nnsw.ca

Join us to kick off the week and discover how thousands of people have benefited from laser therapies to become calm slim non smokers for good!

How To Quit Smoking Drug Free

When: Tuesday, January 18th 2011

Where: Work Well Health Canada, 401 Bay Street Suite 1600

Time: 12PM – 1PM

RSVP REQUIRED: info@wwhcan.com or call 416-646-6783 *Lunch is Provided*

Invite a friend and a colleague and help them Quit Today!



ANNOUNCEMENTS

Work Well Health Canada has added some great new Wellness programs and extended our hours to keep you feeling great. Monday's to Wednesday's we are open 8AM- 7PM.

Information Sessions



The Total Weight Loss Program™

The next Total Weight Loss Program™, group session is starting Tuesday January 11th.

For further information contact info@wwhcan.com, or call 416-646-6783.

DO YOU HAVE A HEALTH TOPIC THAT IS INTERESTS YOU OR YOUR COLLEAGUES?

Ask us about our Corporate Seminar Topics ranging from "Healthy Heart and Lifestyle Choices", "Stress Reduction" and "Nutrition on the Run".

Contact us today and receive our full range of Topics: 416-646-6783, info@wwhcan.com



QUINOA THE HIP NEW CARB

Quinoa (pronounced Keen-wa) is a grain that is extremely healthy and good for you. You can use it to make salads, use it for soups (instead of rice or noodles). Quinoa has been used in South American countries for years and has just recently been arriving to North America and fast becoming the Hippest Carb around. **Here are 5 cool reasons to give it a try (yes! it passes the taste test).**

1. Quinoa is a good source of protein.
2. Price - Quinoa is inexpensive.
3. Quinoa is easy to cook.
4. Quinoa is gluten free
5. Quinoa is loaded with minerals

QUINOA VEGETABLE SALAD

*Prep Time: 10 minutes Cook Time: 15 minutes
Total Time: 25 minutes*

Ingredients:

- 4 cups of vegetable broth
- 1 ½ cups raw whole grain quinoa
- 1 sweet potato (baked or boiled)
- 1 can of drained & washed chick peas
- Handful of cherry tomatoes
- ½ cup Dried cranberries
- 1 ripe avocado
- ½ cucumber, sliced

Dressing:

- ¼ cup of olive oil
- 1/3 cup of fresh lemon juice
- 1 tbs of Dijon mustard
- 2 tbs of balsamic Vinegar

Preparation:

Bring vegetable broth to a boil, add Quinoa, stir, bring back to a boil then immediately turn down to simmer, let cook on low for 12-15min until it fluffs up with fork. (Cook Quinoa like rice, try not to lift the lid until done). When done, stir, let stand and cool. Add all above ingredients and dressing mix, stir and chill before serving. Enjoy!

WORK WELL HEALTH CANADA

is pleased to welcome Dr. Jaty Tam, ND to our team of dedicated Health Practitioners.

Dr. Jaty Tam, ND



Jaty Tam is a licensed Naturopathic Doctor (ND).

Got a health concern? Not feeling as energized as you wish, or do you simply want to make sure you are doing all the right things to stay healthy? As Special Introduction until January 31st, receive a complimentary FREE 20 MIN assessment with Dr. Tam.

Call us today to book your appointment: 416-646-6783, or email info@wwhcan.com.

Naturopaths treat conditions (but not limited to) Weight management, Heart Health (high blood pressure, cholesterol, diabetes, etc.), Women's health (PMS, fertility, menopause, etc.), Headaches / Migraines, Allergies / Asthma, Digestive complaints, Sleep disorders, Pain management & Stress management



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TIPS TO HELP YOU STAY IN OPTIMAL FORM THROUGH THE WINTER MONTHS

Darting the flu, staying energized and feeling good through the hectic holiday months and through those grey cold months sometimes feels like an impossible aim.

Here are some quick tips you can do right away to keep you healthy:

1. Getting enough Vitamin D?

Ask your doctor to check your Vitamin D levels. The test is called 25-OHD. If your tests come back less than 80nmol/L you should be taking up to 2000 IU of Vitamin D daily. A great source of food rich in vitamin D include: Fish (Herring, Salmon, Halibut, Sardines and Tuna).

2. Nothing Like a Good Nights Sleep!

We have all heard we should get 7-8 hours sleep a night. But did you know if you get less than that you are not effectively shutting down Melatonin, the night cycle hormone. Thereby losing out on getting enough Serotonin – the feel-good chemical. You know very well when you don't have enough of this feel-good chemical, does grouchy and crabby sound familiar...?

3. Snack on Almonds and Apples between meals

Apples are always a delicious source of vitamins and fibre, and almonds are a great source of the good fats (we need to stock up more on these good fats throughout the winter months). Good fats play a key role in your mental and emotional health! Good Bye Winter Blues.



HEALTH FACT

Why you can't eat just one...

Eating foods high in sugar or foods with refined carbohydrates (aka white flour) can actually make you hungrier, causing you to eat more. This is especially true for those who have diabetes or are overweight, where eating a donut, white bagel, or non-whole-grain cereal can increase total food intake by a whopping 80%!!! Just by controlling the TYPES of foods we eat, we can actually affect our hunger levels and our feelings of fullness during a meal, which can cause you to overeat.

Choose meals and snacks that include a combination of complex carbohydrates (whole grains), protein, and a bit of healthy fat (avocados, nuts, seeds, etc) to keep your hunger from getting out of control.

Let us help you!

Relief from Pain
Stress Management
Weight Loss

Quit Smoking
Detoxification Program
Nutritional Counselling
Herbal Consultations

Our services include:

Laser Therapy for all programs, Acupuncture, Needle Free Acupuncture, Registered Massage Therapy, Tuina Massage, Swedish Massage, Lymphatic Drainage Massage, Naturopathic Medicine, Nutritional Counselling Western & Eastern, Herbal Medicine, Aromatherapy, Hot Stone Therapy, Jade Cold Stone Therapy, Reflexology, Mindful Meditation courses, Reiki

Ask about our Holiday Gift Certificates. Give your friends and Family the gift of health today!