

*Greetings from Carrie, Sara
& Marilyn!*

Our newsletter has exciting information about upcoming events, the natural flu shot and an introduction to our new colleague, Sara Bradford, Registered Holistic Nutritionist and owner of Nourish.



<http://alturl.com/fhqzv>

We've updated our FaceBook group to a page. Please "like" our page and suggest it to your "Friends!"



We appreciate your feedback. Call or email us to let us know what you think of our newsletter.

To subscribe to (or unsubscribe from) this newsletter, email Marilyn at reception@carriemeszarosn.d.ca with your request.

Boost Your Immunity This Fall!

Chiropractic and Naturopathic views on boosting
your immune system!



Guest Speakers...

**Dr Tanya Chambers, Dr Pip Penrose &
Carrie Meszaros, Naturopathic Doctor**

Please share with us any questions or topics of interest that you would like to see covered, vitamins, flu vaccination, prevention of the cold/flu...

Take a slip of paper and write down your question or topic and place in suggestion box!

Thursday, October 27th

7:00 – 9:30pm

At Stratford Chiropractic & Wellness Centre
288 Wellington St. 519-273-9200
info@stratfordchiropractic.com



The Natural Flu Shot

Those of you who choose to protect yourself in natural ways will be happy to know that The Naturopathic Care Centre now has the 2011–2012 Influenzinum to help with flu prevention. Influenzinum is an oral homeopathic flu vaccine—no shots required, no harmful additives. Influenzinum is the only homeopathic flu product that is updated each year based on the flu strains predicted by the World Health Organization.

It is specially formulated to stimulate the body's own defence system to resist the onset of the season's flu strains and shown year after year... (continued...)



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to be highly effective to prevent the flu. Safe and natural, this helps your immune system, not depress it as other methods do, to prevent the flu.

In previous years, we also recommended Thymuline as a less specific immune support to help increase immunity for colds as well as the flu. This year Thymuline is unavailable so we are recommending taking Oscillocoquinum for general immune support. Oscillocoquinum can also be taken at the onset of a cold or flu or to treat an existing infection.

Dosage: take $\frac{1}{4}$ - 1 vial of each Oscillocoquinum and Influenzinum, dissolved under the tongue and away from food, once weekly for five weeks. Children take $\frac{1}{4}$ to $\frac{1}{2}$ tube of each. One kit can be used for one to four people.

Call Marilyn at 519-271-2440 or email reception@carriemeszarosnd.ca to arrange pick-up if you would like to try this natural flu prevention. Please specify if you would like to pick up just the Influenzinum or both the Influenzinum and Oscillocoquinum.

Wellness Info Fair

f Come and meet 20+ wellness professionals offering a variety of services! Get information, learn about services, set-up appointments, receive free samples!

Commit to living a balanced life.

FREE@ Knox Church
Corner of Ontario & Waterloo in Stratford
Saturday, November 12th 10-4pm

To participate or for more info contact
melaniek@fourrooms.ca

Wellness Info Fair
Draw prize proceeds will go to Perth County Greenworks

Carrie & Sara will both be at the Wellness Info Fair at Knox Church Saturday, November 12th, 10am-4pm.



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Welcome Sara Bradford

We would like to welcome Sara Bradford to our clinic. Sara graduated, with honours, from the Canadian School Of Natural Nutrition as a Registered Holistic Nutritionist. For the past three years she has practiced In-Home Consulting with clients while managing McCully's Hill Farm, running a household full of kids and animals, volunteering in the community, and co-founding Slow Food Perth County. During that time "NOURISH ~ Whole Food Nutrition" has been created. Sara is very excited to finally join Carrie in her office and the rest of the group at the Stratford Chiropractic & Wellness Centre.

Sara takes a unique approach to nutrition by working with clients in the kitchen to educate them in the "art of food." She believes healthy food can do amazing things - especially when it tastes great. She does this with her super-charged, healthy ingredients and delicious recipes.



Sara offers the following services:

- ✓ One-on-one consulting (in her office and kitchen at the clinic)
- ✓ Consulting Packages: General Nutrition, Weight Loss, Family Pack, Mommy Pack A (consult through pregnancy & beyond), Mommy Pack B (consult + 2 weeks prepped meals)
- ✓ Home visits & Fridge/Pantry Makeovers
- ✓ Grocery Store Tours
- ✓ "NOURISH To Go" Food Prep Service (choice of 6 to 12 whole food family meals, prepped and ready to go, offered bi-weekly)
- ✓ Group Baby Food Workshops (in your home)
- ✓ Group Whole Food Cooking Classes (upcoming AND/OR in your home)
- ✓ Corporate Wellness (cooking classes, lunch & learn seminars, half day programs)

To book an appointment with Sara or to register for one of her seminars, please call Marilyn at (519) 271-2440.

Sara's Coming Events:

8-Week Weight Loss Program – first session starts soon!

People on the journey of weight loss have better success in a group. The key to this program is not only its group environment but also its delicious, personalized meal plans and weekly, weight-loss targeted food and spirit education seminars - including food preparation seminars.

- 8 consecutive Tuesdays from 7:00 - 9:30 pm
- groups start Tuesday, October 25, 2011 and January 10, 2012
- cost is \$250 (which equals \$31.25 per week), includes initial personal consultation (\$90 value), recipe book, customized meal plans
- 8 group meetings/seminars (in a small group setting)
- no calorie counting, no weigh-in, no fad diets



Nourish Your Belly Seminar

Demystify prenatal nutrition. This one-night seminar will put your mind (and belly) at ease, as you learn ways to nourish your unborn baby - while nourishing yourself, to keep you at your optimal health through pregnancy to nursing to a post-natal healthy super mama.

Gain knowledge for you and your little one, presented in a fun, informative way.

- *Thursday, November 3rd, 7-10 pm*
- *\$35/person*
- *3 hour seminar*
- *includes handouts, piles of recipes, samples*

Family Eating Gone Good - *Changing bad food habits for good*

November 17, 7-10pm



This informative seminar includes: Packing kid lunches with LOTS of ideas and samples, sabotaging sugar, effectively hiding the good stuff (so they'll never know), super healthy ingredient substitutions, eating to boost immunity and get through Christmas and winter.



“Dreaming of a Gluten-Free Christmas”

December 1, 7-10pm

How to survive the Christmas Bulge *and* turn gluten-free holidays into delicious fun.

Featured Recipe: Grandpa Meszaros' Southwest Salsa

- 1 large sweet red onion (and/or Vidalia onion, sweet white) peeled and diced
- 3 Jalapeno peppers de-seeded (de-veined if heat is not desired); sliced and finely diced
- 2 large tomatoes
- 1 large red sweet pepper cored, (add green and or yellow sweet) finely sliced and diced
- 2-3 large ripe avocado chunky, diced
- 4-5 tablespoons of Extra Virgin Olive Oil
- A healthy handful of Italian or Hungarian parsley leaves, diced, or cilantro if preferred.
- Zest and juice of a large lemon and/or 2 limes

Mix all ingredients. Season with salt and pepper to taste, mix in container and refrigerate. Tastes best after chilling in the refrigerator overnight.



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