



Oasis Health & Wellness

Focusing on mind, body & spirit

Flu Protection

It's that time of year again! The deluge of advertisements and media blogs encouraging flu shots has begun. This year a plethora of propaganda encouraging H1N1 (swine flu) vaccinations dominate the media.

Influenza, commonly known as "the flu" is a respiratory infection caused by a variety of viruses. Unlike the common cold (*a respiratory infection also caused by viruses*) the flu can cause fevers, headaches or extreme exhaustion. Body aches, especially in the muscles, joints and ligaments can be severe enough to force complete bed rest. Other flu symptoms are chills, a dry cough, body aches, stuffy nose and a sore throat. Secondary bacterial infections in young children, immune suppressed adults and the elderly can lead to pneumonias, septicemias and death. The flu, however, does not manifest itself equally in all people. In the majority of cases, symptoms are mild and a generally healthy individual usually recovers quickly.

How do you protect yourself without getting a Flu Shot?

For most people the flu shot does not make you healthy; it does just the opposite and weakens your immune system. (*A recent study published in the October 2008 issue of the Archives of Pediatric & Adolescent Medicine found that vaccinating young children against the flu had no impact on flu-related hospitalizations or doctor visits during two recent flu seasons. The researchers concluded that "significant influenza vaccine effectiveness could not be demonstrated for any season, age, or setting" examined.*)

The best way of maintaining good health is to ensure the body has an adequate supply of vitamins and minerals. Nutrient requirements vary from one individual to the next but any formula for the immune system should contain vitamin A, beta carotene (provitamin A), vitamin C, vitamin D, vitamin B6 and zinc.

For more information on building a healthy immune system join me for a

FREE workshop - 20 Natural Cold & Flu Remedies

Thursday, October 15th at 7pm

(pre-registration is required—space is limited)

Holistic Approach to Flu Prevention

1. Wash your hands frequently.
2. Avoid close contact with those who are sick.
3. If you are sick, avoid close contact with those who are well.
4. Cover your mouth if you cough or sneeze.
5. Drink plenty of fluids, especially water.
6. Get adequate sleep.
7. Eat a healthy diet rich in vitamins and minerals, especially foods containing vitamin C
8. Increase your vitamin D intake during the winter months
9. Exercise regularly when you are well.
10. Consider holistic alternatives in your wellness or healing plan, such as acupuncture, homeopathics, vitamins, minerals
11. Decrease your stress levels by exercising, yoga, meditation or receiving massages regularly



Providing you with natural, relaxing therapeutic methods for a **healthier** and **happier** you !

Accelerated 30 Day Detoxification Program

Have you been feeling run down and tired?

Would you like to lose weight and fit more comfortably into your favorite pair of jeans?

Have you tried dieting in the past but haven't had much success?

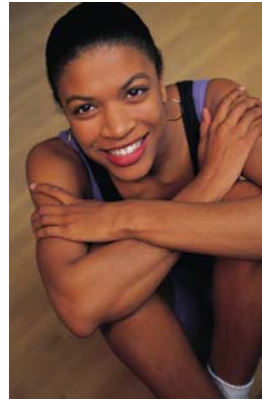
Do you suffer from chronic pain, arthritis, joint pain or fatigue?

Has your doctor mentioned that you should try to lower your cholesterol or blood pressure with diet and lifestyle?

Would you like to have clearer and brighter skin, reduce your food cravings, and feel more energetic?

If you answered yes to any or all of these questions, then it is time for a Detox !

Fall is an excellent time to detox the body and prepare if for the long cold winter season.



The Easy-to-Follow Program includes:

- 30 Day diet plan
- Detoxing Guide
- Supplement Guide
- Shopping List
- Meal ideas

Book your appointment today for more information or to start your detoxification program



Happy Thanksgiving

An autumn classic, pumpkin pie makes a perfect ending to a holiday meal. This version is **DAIRY FREE** with pecans

Pumpkin Pie

- 2 cups fresh or canned pumpkin puree
(other squash may also be used)
- 1/4 cup unsweetened applesauce
- 1 egg
- 1/4 cup blue agave syrup or pure maple syrup
- 1/4 cup ground almonds
- 1/2 tsp. each of cinnamon, allspice and nutmeg
- 1 cup pecans
- 1 wheat free pie crusts



Preheat oven to 350F. Place the pie crust into a pie dish. Put into oven to bake for 10 minutes or so, just to brown the crust.

Combine all ingredients except pecans into a large bowl until you have a smooth mixture. Pour into a pie baking dish, and cover with pecans.

Bake at 350 for about 45 minutes. Cool and serve

Wheat Free Pie Crust

- 1 1/2 cup spelt flour
- 1/3 cup coconut oil
- 1 tsp. baking powder
- 1 tsp. Salt
- 1 tsp. agave syrup
- 1 tsp. water
- 1 tsp. apple cider vinegar

In a food processor add flour and coconut oil and mix until it resembles course crumbs.

Mix water and vinegar together. Slowly fold into dry ingredients until it forms into a ball shape. (don't over-handle). Refrigerate 1 hour before rolling out to fit a 8" pie plate

Upcoming Cooking Classes

30 Minute Meals

Tired of dried out rubber chicken and salty supermarket rotisserie chicken? Spice up drab chicken meals with easy and exciting meals the family will love.

Join me Monday, October 19th

As we create

5 Main Dishes /1 main ingredient

Each dish includes:

Recipe booklet, serving suggestions, and variations of the recipe, explanations of ingredients that might be unfamiliar and a tasting of all dishes created

Location : Oasis Health & Wellness

Date: October 19, 2009

Time: 7pm

Cost: \$ 25

Pre-registration Required (space is limited)

416-312-7617 or rita@oasishealth.ca

Girl's Night Out

Sip on fruit cocktails while chatting with your girlfriends and learning to create new and exciting recipes for everyone to enjoy

We do all the shopping and clean up the mess, because we know girls just wanna have fun.

Each dish includes:

Recipes, serving suggestions, and variations of the recipe, explanations of ingredients that might be unfamiliar and a tasting of all dishes created

Location : Oasis Health & Wellness

Date: Friday, October 16, 2009

Time: 7pm

Cost: \$ 30

Pre-registration Required (space is limited)

416-312-7617 or rita@oasishealth.ca

* please mention any food allergies or sensitivities when booking

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Fall Detoxing Special



3 Ionic Detoxing Footbaths \$99
(regular price \$ 135)

Take our Survey

help us serve you better

www.oasishealth.ca/survey.php

We are constantly working on improvements and would like to get your opinions on what areas we need to work on.

Please take a few moments to fill out this short survey so we can help improve your next experience at Oasis Health & Wellness.