



Oasis Health & Wellness

Focusing on mind, body & spirit

Parabens

Parabens are synthetic preservatives used in foods, pharmaceuticals, cosmetics and personal care products such as deodorants, moisturizers and shampoos. Common parabens include methylparaben, ethylparaben, propylparaben and butylparaben.

Parabens allow skin care products to survive for months or even years in your medicine cabinet; however, they also enter your body through your skin when you use these products. According to Dr. Mercola, the body can absorb as much as five pounds of cosmetic chemicals every year.

So why should we be concerned?

Hormone Disruptors

Parabens can mimic hormones in the body and disrupt functions of the endocrine system. Cornell University reports that a high lifelong exposure to estrogen can increase breast cancer risk. Estrogen, and synthetic chemicals that act like estrogen, play a role in stimulating the division of breast cells and affect other hormones that stimulate breast cell division. Your body does not easily break down synthetic estrogen, and it can accumulate in fat cells, including breast tissue. In 2004, a study by the University of Reading in the United Kingdom found concentrations of parabens, particularly methylparaben, in human breast tumors.

What products should concern you the most?

The greatest potential risk comes from so called "leave on" products... ones that remain on your skin. These have more time to penetrate and enter the bloodstream. Some examples are moisturizers, body lotions, skin creams, lipstick, lip balms, make-up, deodorant and sunscreens.

What can you do?

The good news is that many manufacturers are listening to the public and eliminating parabens from their products. If you're still concerned about parabens and cancer, it's easy enough to avoid this controversial chemical. Read labels... look for ingredients such as ethylparaben, butylparaben, methylparaben, propylparaben, isopropyl and isobutylparaben, or parahydroxybenzoate. They all indicate the product contains this dangerous preservative.

An alternative is to find companies that sell only 100% all natural skin care products. Natural brand skin care such as Aubrey Organics, Dr. Huaschka Skin Care, and Weleda Skin Care are widely available at your local health food stores.

All Natural

Lip Balms & Scrubs Class

Learn to make your own
natural lip balms and
scrubs

Saturday, February 11th

1pm to 3pm

\$ 35 per person

*pre-registration required

Mardi Gras—Cooking Classes

Chickpea Gumbo

Tomatoes, plenty of onion & garlic, fresh thyme, & of course, okra!

Southern Style Collard Greens

A vegetarian twist on traditional southern style collard greens

Cornbread

Tasty cornbread to accompany your favourite soup or stew.

Sweet Potato Pie

A wholesome gluten free pie made with pecans and baked sweet potato



TUESDAY, February 21st

Cost : \$ 35

Location: Oasis Health & Wellness

- pre-registration required

ALL CLASSES ARE WHEAT-FREE & DAIRY-FREE



TV Appearance

Wednesday, February 1st

6pm—7pm



Richmond Hill
Cable 63

Baked Cinnamon Swirl Pancake

PANCAKES:

- 1 cup almond or rice milk
- 1 tbsp. vegetable oil
- 1 tbsp. agave syrup
- 1 large egg, lightly beaten or egg substitute
- 1 tsp. vanilla extract
- 1 cup rice flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt

CINNAMON FILLING:

- 1/4 cup coconut oil, room temperature
- 2 tbsp. agave syrup
- 1 tsp. ground cinnamon

Egg Substitute—Combine 1 tbsp. ground flax with 3 Tbsp. water. Stir and let mixture sit for 5 minutes or until thickened.



Preheat oven to 425F

Grease and flour a pie plate or line with parchment paper.

In a medium bowl, add milk, oil, agave syrup and egg or egg substitute. Sift in flour, baking powder and salt just until batter is moistened.

Pour batter into prepared pie plate.

In a small bowl, make the cinnamon filling by mixing coconut oil, sugar and cinnamon. Scoop the filling into a small piping bag and set aside.

Pipe the cinnamon filling in a spiral over the pancake batter.

Bake for 15 minutes.

Serve with toasted pecans and any remaining cinnamon filling.



Movie & Cooking Class

A “must see” for anyone suffering from heart disease
or any other chronic condition



What has happened to us? Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure.

Heart disease, cancer and stroke are the country’s three leading causes of death, even though billions are spent each year to "battle" these very conditions. Millions suffer from a host of other degenerative diseases.

Could it be there’s a single solution to all of these problems? A solution so comprehensive but so straightforward, that it’s mind-boggling that more of us haven’t taken it seriously?

FORKS OVER KNIVES examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

The idea of food as medicine is put to the test. Throughout the film, cameras follow "reality patients" who have chronic conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole foods plant-based diet as the primary approach to treat their ailments – while the challenges and triumphs of their journeys are revealed.

**Join me as we watch this movie together
followed by**

- *group discussion &*
- *Vegetarian cooking class hosted by Pampered Chef*



Saturday, February 25th

10:30am to 12:30 am (*movie, refreshments & group discussion*)

1pm to 3pm (*cooking class*)

COST : FREE EVENT