



WELLNESS NEWS SUMMER 2019



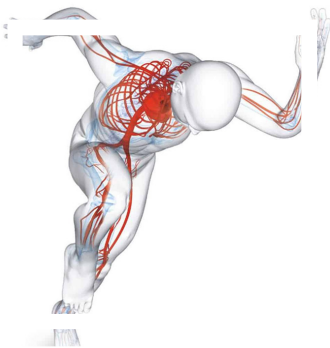
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Understanding Seasonal Allergies

by Allison Ziegler N.D.

Summer is in the air! The same factors that make summer such a pleasant time of year, can also be a source of aggravation for many who experience seasonal allergies. Blooming flowers, spores, pollen, and dust and mold that surface after the snow, are common triggers for those not-so-pleasant allergy symptoms.

Seasonal allergies, also known as hay fever and allergic rhinitis, affect approximately 25% of Canadians each year with symptoms ranging from mild to severe. An allergy is an inflammatory immune reaction triggered by a variety of substances called allergens (particles foreign to the body). In seasonal allergies, airborne pollen, dust, mold and spores are the allergens that typically trigger the immune system. The first time the immune system is in contact with an allergen, it produces an antibody toward that specific allergen, known as IgE. Production of antibodies is a way the immune system tries to neutralize the foreign substance. Once IgE is produced, it binds to an immune cell called a mast cell. A mast cell contains several chemical messengers, one of which is called histamine. Upon binding of IgE to the mast cell, the histamine and other chemical messengers, such as leukotrienes, and prostaglandins, are released from the cell into the body. The release of such a powerful immune cocktail causes the classic allergy symptoms: sneezing, watery eyes, itchiness, hives, congestion, runny nose etc. Histamine can cause a constriction of the blood vessels, leading to difficulty breathing, as in asthma, or a dilation of the blood vessels leading to leakage of fluid (swelling and congestion) and hives. Leukotrienes, on the other hand, cause an increase in mucus production leading to a runny nose and increased phlegm.

With each subsequent exposure to the allergen, the above process happens more rapidly as antibodies have already been produced toward the specific allergen. As a result, allergy symptoms can appear more rapidly and/or they can be more severe.

The Gut Connection

When dealing with allergies, it is important to consider the health of the gut. The exposed surface of the intestinal walls is under constant challenge by ingested foreign antigens, products of food digestion, bacteria and viruses, and drugs. It is not a surprise then, that 2/3 of the body's immune system resides in the gut. The intestines have the largest accumulation of lymphoid tissue in the body, known as Peyer's patches. The lymph tissues in the gut catch debris and present it to the immune system.

Additionally, the intestines have a large amount of healthy bacteria, which not only help digest and absorb nutrients from the food, they also play an essential role in immune reactions by balancing out inflammatory markers produced by the immune system. The amount of microflora can be compromised by several different factors including antibiotic use and food sensitivities.

Finally, in a healthy gut, the cells of the intestinal wall, known as enterocytes, are tightly packed together. This alignment of the cells prevents viruses, bacteria, metabolic wastes or toxins, and undigested food particles from escaping into the body. If the integrity of the gut is compromised, gaps between the enterocytes form (“leaky gut”) and the toxic substances are able to pass through the digestive tract into the blood stream. Once in the bloodstream, these toxins are foreign to the body and the immune system becomes more active as it tries to protect itself. The heightened immune reaction contributes, not only to inflammatory bowel disease and autoimmunity, but also to the development of seasonal allergies.

Improving/Optimizing Gut Health

The following tips can help restore and optimize gut health and decrease seasonal allergies.

- Identify and avoid food sensitivities: Avoiding sensitive foods helps repair leaky gut, decrease inflammation and decrease the exposure of the immune system to toxins entering from the digestive tract.
- Probiotics: Help re-establish the natural microflora in the gut to balance out the allergic response.
- Dark green, leafy vegetables: Promotes growth of healthy bacteria in the gut and is a good source of vitamin B and vitamin A to increase the immune system.
- Deep yellow and orange vegetables: Good source of vitamin A and is a natural fighter of histamine.
- Ginger: Improves digestive function, decreases inflammation in the gut, helping it to repair.
- Cabbage: Soothing to the gut, decreases inflammation and promotes the production of antioxidants.
- Beet tops and beets: High in vitamin A, vitamin C and Magnesium. Vitamin C is natural anti-histamine. Magnesium can improve breathing by helping to dilate the blood vessels (vasodilation).

Nutrients and Herbs to Reduce Allergies

- Vitamin C and Bioflavonoids: Natural anti-histamine.
- Vitamin A: Boosts the immune system.
- Vitamin B Complex: Can reduce allergy symptoms but improving the immune response.
- Quercitin : Natural anti-histamine.
- Butterbur: A herb that reduces the production of leukotrienes and histamine.
- Goldenseal: A herb that has anti-microbial and immune boosting properties.

Lifestyle Factors to Reduce Allergies

- Nasal Rinse: Using a Neti pot or nasal flush bottle. Rinse daily to remove dust, pollen and spores from the nasal cavity. Also helps to improve sinus congestion.
- Eucalyptus Essential Oil: Add few drops to boiling water, place towel over your head and inhale or apply a drop to a cotton ball and sniff several times a day. Eucalyptus is healing to the mucous membranes and can decrease congestion.



Remembering Rosemary

by Cristina Harabor N.D.

Herb gardens are a favourite and they are at their best at this time of the year. The rich fragrance of sage, mint, thyme, rosemary and other herbs imparts deliciousness to homemade culinary endeavours and delights our senses.

This year the rosemary in my garden proved her hardiness over the harsh winter and came back in the spring. Her surprising vitality inspired this article where I am honouring this cherished woody evergreen while extolling some of its medicinal virtues.

Since ancient times, rosemary has found culinary, medicinal and fragrance uses, far beyond the countries of its native Mediterranean region where the shrub grows wild. Its strong and spicy fragrance speaks for itself about the vigour it sends to those who use it. This herb's preference for growing along the rocky seashore is where its name is coming from; the Latin "ros marinus" means "dew of the sea".

Culinary use

Rosemary is one of the most common herbs in our gardens and pantries. The needle-like leaves have a bitter, astringent taste which compliment a variety of dishes, such as soups, vegetables, lamb, fish and egg, as well as dressings and fruit salads. The herb can be used fresh or dried.

Medicinal use

Rosemary was a symbol of everlasting love and friendship for the ancient Greeks and Romans, and it was believed to improve memory. The Middle Ages practice of burning rosemary for the purification of air in European hospitals, especially in France, has been preserved until the 20th century.

Rosemary was once believed to cure poor digestion, migraine, joint and muscle aches. It is mentioned by ancient physicians such as Dioscorides and Galen. The story goes that Queen Isabella of Hungary created in the 14th century AD what is known as Hungary water - an alcoholic extract of rosemary - to ease her headaches. Nicholas Culpeper, a 17th century herbalist, called rosemary the “sovereign balm” and an herb of great use.

It is not surprising that nowadays there is an increasing body of scientific research that is supporting these therapeutic properties of the rosemary, and more.

The essential oils contained in the herb play a vital role in its fragrance and culinary properties; these aromatic compounds are also responsible for the antioxidant and antimicrobial actions, as well as for its cancer-inhibiting properties.

Rosemary diterpenes are another important group of compounds. They have shown promising potential in improving depression, cloudy thinking, and headache. The results of a study suggest that the carnosic and rosmarinic acids found in rosemary may have a brain protective action against inflammation and lower the risk of stroke and neurodegenerative diseases such as Alzheimer's.

Rosemary is also high in iron, calcium and Vitamin B6. It is used as a circulatory and digestive stimulant and for easing excessive menstrual flow.

In external treatments, rosemary has proven its effectiveness in strengthening and regenerating hair and in activating scalp circulation. It is known to help treat insect bites.

How to use rosemary as a medicine

Rosemary can be used as a tincture (an alcohol extract), a glycerite (a non-alcoholic glycerine extract) or a tea, in accordance to the Naturopathic doctor's recommendations.

In preparing a tea, it is recommended to use a small amount of dried herb (half a teaspoon) steeped in a cup of hot water for 15-20 minutes, and consumed once or twice a day for a couple of weeks.

The essential oil of rosemary diluted in a carrier oil is useful as a massage oil to relieve the muscle pain and sprains.

Daily scalp massages with a mixture of essential oils of thyme, rosemary, lavender, and cedarwood in jojoba oil as a carrier have been proven successful in promoting healthy hair growth in alopecia.

Precautions

Rosemary is generally safe in culinary or therapeutic doses; however, it should be used cautiously if one is known to have an allergy to the herb, or if there is a history of epileptic seizures.

Rosemary essential oil is potentially toxic if ingested. One should avoid consuming large quantities of rosemary if pregnant or breastfeeding, although the small quantities used to season foods are considered safe.





The Skinny on Intermittent Fasting: One size fits all?

by Dr. Marika Geis, BSc, ND

Even if you're remotely interested in clean living and whole foods, you've probably come across the concept of intermittent fasting. It's all the rage these days and with good reason. It balances hormones, improves sleep, boosts mood and mental clarity, promotes weight loss and increases energy. What's not to love? But it's also not for everyone, and the method of intermittent fasting might look differently from one person to the next. One need only to consider the various spiritual traditions that use it as a practice to get a sense of all the different ways it can be implemented. The B'hai faith requires a 19-20 day fast from sunrise to sundown, similar to the Muslim holiday of Ramadan which requires a 30 day fast. In Judaism, we have many obligatory fasting days, the most notable being Yom Kippur. As Roman Catholics we are familiar with the season of Lent which evolved from a one week fast prior to Easter to a month with no meat on Fridays.

Beyond some of the assumptions we can make about what it was like to live thousands of years ago, clearly, we have a long historical record of fasting. Yet we have been conditioned to believe that fasting is something to avoid at all costs. It presumably poses a significant challenge to maintaining health in that the 'starving' state poses an unnecessary stress on our bodies. We've thus trained our bodies to eat every 2-3 hours out of perceived 'necessity'. I ask you, how well would that strategy have served us as we evolved as bi-pedal primates over 2 million years? We certainly didn't have Safeway, corner stores, refrigeration and semi-truck-trailers bringing food from around the globe. Yet we survived and thrived. How? We needed a metabolic strategy to keep us going when food was scarce and one when food was plentiful. Intermittent fasting allowed for the metabolic flexibility required to survive the ever-changing landscape that was our home. Simply put, we are built for intermittent fasting and by training our bodies as we have done in modern times, we lose that metabolic flexibility and herein lies one of the root causes of the so called 'diseases of civilization', but I digress.....

Intermittent fasting loosely defined is any period of time without eating lasting more than 14 hours and no more than 24 hours with a 'feeding window'- the amount of time within 24 hours not occupied by fasting (eg. 16 hours of fasting with 8 hours of 'feeding'). The easiest way to do this is to simply skip breakfast (as hours spent sleeping are included in the fast) and gradually work up to the desired interval. HOLD THE PHONE!!! WHAT?! You say? Breakfast is the most important meal of the day! It well might be if you've trained your body to rely solely on carbohydrates for fuel (like most of us). Your body does not have the metabolic framework to access the energy rich fats in your body and diet and relies on regular doses of carbohydrates to keep going.

Skipping breakfast might very well feel like dying for some, however, once a few of the obvious imbalances have been addressed (a little farther down), intermittent fasting can curb cravings, restore energy, promote deeper sleep, correct inflammation and destroy bacteria and viruses otherwise refractory to treatment. Add to this list the following:

- Improves longevity
- Improves insulin sensitivity – Dr. Jason Fung, nephrologist and co-founder of the 'IDM Program' in Toronto, routinely gets insulin dependent type 2 diabetics OFF their insulin injections.
- Lowers cholesterol, triglycerides and glycosylated hemoglobin (HbA1c): a 3-month measure of blood sugar regulation.
- Fighting/preventing cancer. There is some evidence that fasting before chemotherapy can help reduce side effects.
- Increasing growth hormone secretion (which builds muscle/bone and burns fat).
- Normalizes expression of the 'hunger' hormone ghrelin, thereby reducing appetite.
- Promotes brain and nervous system health by increasing neuronal plasticity (adaptation) and promoting neurogenesis (creation of new nerves), thus boosting mood, memory, and mental clarity.
- Increases dopamine production. This boosts mood and increases anticipation and response to rewards (meaning we get more enjoyment from less food).

So, how does intermittent fasting work, anyway? 'Autophagy' is the process by which weak cells break down dysfunctional components. Remnants are reallocated to neighboring cells and recycled making cells healthier and more efficient. This process of autophagy is what allows for the destruction of bacteria and viruses that would otherwise have either gone undetected or were refractory to pharmacological treatments. Autophagy plays a critical role in managing both the beneficial and detrimental effects of inflammation as mediated by the immune system. In other words, it protects us against infectious disease, autoimmune and other inflammatory conditions.

There are many options to intermittent fasting. There are even benefits to doing it occasionally. Regardless of what you choose, generally speaking, it can be done once to three times weekly safely (barring confounding health concerns, discussed below). Clear fluids are allowed, including bone broth (without the fat- for FASTING ONLY. Otherwise, drink it all up). Intermittent fasting daily is no longer an intermittent fast; your body will adapt to the caloric intake of 'the season' and the benefits will be dulled. More isn't necessarily better either. Play it by ear and see how you feel.

Who SHOULD NOT intermittent fast?

- 1) Anyone with a history of disordered eating: anorexia nervosa, bulimia, orthorexia. Any kind of restriction can trigger old patterns, especially if they are in recovery.
- 2) Absence of menses. It's very important to realize that the mind needs to register 'safety' in order to carry out its housekeeping functions. Having a period is no different. So, if you've experienced extreme, rapid weight loss, excessive calorie restriction or if you have a known hypothalamic disorder (part of the brain that orchestrates hormone function), then intermittent fasting should wait.
- 3) If you have to 'push' yourself to do it. Feeling hungry is a normal part of fasting, however if you start manifesting symptoms of hypoglycemia (low blood sugar), then this problem needs to be corrected prior to starting any type of fasting program, intermittent or otherwise.
- 4) Adrenal dysfunction. Adrenal glands (the guys that rule our stress response) require a *tremendous* amount of nourishment. They need to be stable and well functioning, in other words – register 'safety' – in order NOT to be a factor when fasting. Fasting can worsen adrenal issues if the body doesn't first have capacity for this physical stress. Likewise, if you're experiencing unusual amounts of stress, intermittent fasting should probably wait.
- 5) Breastfeeding
- 6) Pregnancy
- 7) Thyroid dysfunction - as this is tied to adrenal function. They work in tandem to manage energy and metabolism in the body.
- 8) Sleep changes – this likely indicates a hormonal imbalance or may point to the need for a 'carb up' if you're following a high fat, low carbohydrate lifestyle.
- 9) Gut imbalances (egs: leaky gut, bacterial overgrowth, allergies) – simply MUST be corrected first as too many health issues that destabilize the body stem from this crucial system. Remember that in order for intermittent fasting to be successful, the body must first have all it's needs met. In other words: safety.

You may have the impression, after reading this list, that no one has the capacity to fast intermittently. I would agree that MANY people struggle with stress, gut, and hormonal issues such that health appears to be the exception and not the rule. However, when we align our body with how it wants to live, not how we think it should live, many of these problems can be repaired given the right intervention. For the lay person, fasting might feel extreme, but I'm wondering if there might be a little room for perspective.

Intermittent fasting requires that we remove 1 (sometimes 2) meals a day 2-3 times a week. Out of 21 meals (and for some, more), this style of fasting requires you to limit a grand total of 14% less food in a week (this is if you're doing it three times weekly, at one meal/fast). Not a big deal. If you're the person that does intermittent fasting 1-2 times per month, then that number is even less. Intermittent fasting allows you to simplify your schedule, correct insulin resistance, promotes weight loss, and boosts cognitive function. So, if you've got the green light, what are we missing, really? And what do we gain? I'll let you decide.

The graphic features the BEMER logo at the top, followed by the tagline 'For Health · For Life · For Your Whole Family'. Below this is a paragraph describing the device's purpose: 'BEMER is designed to improve circulation supporting the body's natural self-regulating processes.' A smaller paragraph states: 'We can be healthier and more productive when our cells, tissues and organs are adequately nourished and our metabolic waste products are removed.' To the right, a list titled 'BEMER ENHANCES:' includes: General Bloodflow, The Body's Nutrient And Oxygen Supply And Waste Disposal, Cardiac Function, Physical Fitness, Endurance Strength And Energy, Concentration, Mental Acuity, Stress Reduction And Relaxation, and Sleep Management. The visual elements include a 3D anatomical model of a human body with red lines representing the circulatory system, a circular inset showing a person using the BEMER device, and a photograph of the device itself.

BEMER THERAPY

Dr. Michelle Sthamann, ND.

Whether you experience any aches or pains, have a chronic disease or illness, have any acute or chronic injuries, or are just wanting to focus on anti-aging and being proactive with your health, this is for you!

What is Bemer therapy?

Cardiovascular disease describes conditions that negatively affect the circulatory system as the blood vessels can become narrowed or blocked which can lead to a heart attack, chest pain (angina), or stroke. Heart disease is the number one cause of death in America and the recognition and treatment of this condition is of utmost importance to our health. However, we primarily focus on the heart and its great vessels, but did you know that 74% of the circulation is made up of smaller blood vessels in the rest of our body which acts as the main source of nutrient, oxygen, and carbon dioxide transfer. In fact, erectile dysfunction is now considered the first sign of heart disease, as the smaller blood vessels located further away from the chest cavity are most easily affected by plaques and blockages due to their small size compared to the great vessels of the heart. Diagnostic tools have not been developed for this peripheral area of the body, and therefore 75,000 feet of microvessels inside the human body are being overlooked. These small blood vessels are not only limited to symptoms of heart disease and the associated ailments, but the impact on the circulatory system will affect almost all other conditions. Therefore, this treatment is beneficial for almost everyone.

The FDA/Health Canada approved Bemer pulsed electromagnetic fields (PEMF) device developed by scientists in Switzerland has a patented signal that is scientifically proven to cause dilation and pulsation of the blood vessels to enhance the blood flow of the micro circulation. This will contribute to detoxification due to improved nutrient and oxygen supply to tissue and metabolic waste disposal. The positive impact on cardiac function will contribute to improved physical fitness, endurance, strength, and energy. Mental benefits include a heightened mental acuity, stress reduction, improved concentration and sleep quality, and relaxation. Both acute and chronic healing of tissues can be positively affected by increasing the bloodflow to and from the area of interest.


Diet and lifestyle will always be of utmost importance in achieving and maintaining optimal health, but because we are not perfect, it is therapies such as this that will provide our bodies the natural boost they need to achieve even greater health success. Whether you are an athlete recovering from an injury, or a person struggling with a chronic illness, this is a product that should be integrated into every single person's life to help with the aging process, and allow the body to function as it is meant to without any invasive procedures while allowing for simultaneous rest and relaxation.

Cautionary Note: **Patients on blood thinner medication, or that are currently on chemotherapy, or are currently pregnant should not use this therapy as it improves the function of the circulatory system. **

- Science:
- Peer- Reviewed medical Publications (pubmed.gov)
- Ambassadors:
- USC (Tennis team)
- Chris Byrd (Professional boxer and trainer)
- Robert Karlsson (PGA Golfer)
- Marc Giradelli (Five-time World Cup Ski Champion)
- Linda Tellington-Jones (The Horse Whisperer)
- Medical Affiliations:
- University of Rome
- University of Budapest
- Technical University of Dresden
- Bernie S. Siegal, M.D. (Medical professional and book author)
- Dietrich Klinghardt, M.D. (Medical professional and book author)

- Strategic Partnerships:
- Nasa
- IPO (International ORganization)
- Institute for microcirculation
- IMIN (International Microvascular Net)
- Awards:
- Reddot Design Award
- German Design Award
- If Communication Award
- Tekom doku award
- Science award
- Werte award
- testlabor EU

Classes & Support Groups



got guts?

Unhappy guts can lead to unhappy daily living.

IF YOU SUFFER FROM:
GERD, Crohn's Colitis, SIBO, Ulcers, IBS, Gall Bladder Disease, Persistent Gas/Bloating/Pain, Diabetes, PCOS, Autoimmune Disorders. **Then this group is for you.**

every tuesday night

We'll get together for a fun session of information, shared experiences, recipes, and community support.

Classes are ongoing and offered on a drop-in basis, starting April 23rd, 2019.

COST: Drop-in fee is \$20.00
WHERE: Cathedral Centre for Wellness 2A-2146 Robinson St., 2nd Floor
TIME: Tuesday Nights, 6-8pm
FACILITATOR: Dr. Marika Geis, Bsc, ND, CGP (Certified CAPS practitioner)

TOPICS DISCUSSED:

- + Therapeutic Diets (Paleo, Keto, AIP, GAPS, low-histamine, Low FODMAPS, SCD)
- + Importance of gut microbiome
- + The gut-brain-skin and gut-brain connection
- + Deciphering your food sensitivity test (have you ever wondered why you haven't found your smoking gun?)
- + What's a lectin?
- + Organic or no?
- + Fermenting foods a la Weston A. Price

daziran.ca | 2146 Robinson St. Regina, SK | 306.747.4325

Gut Health with

Dr. Marika Geis, BSc, ND, GAP

If you suffer from: GERD, Crohn's Colitis, SIBO, Ulcers, IBS, Gall Bladder Disease, Persistent Gas/Bloating/Pain, Diabetes, PCOS, Autoimmune Disorders then this group is for you!

Join Dr. Marika Geis ND, on Tuesday evenings from 6-8 pm in the boardroom at the Cathedral Centre for Wellness 2146 Robinson St. for helpful advice, discussion, and an opportunity to ask questions about your gut health.

Classes are ongoing and are offered on a drop in basis on Tuesday evening's.
Drop in fee: \$20.00.

Enjoy these Great Summer time Recipes

Blueberry*-coconut popsicles

Ingredients

- 360ml / 1½ cups coconut milk (use canned for creamier popsicles)
- 2 tbsp maple syrup or agave nectar
- 1 tsp vanilla extract
- 1 cup blueberries (fresh or frozen)*

Instructions

Mix the coconut milk, maple syrup and vanilla in a blender until smooth. Add the blueberries and pulse until they've been "smashed" but not completely blended. Pour the mixture into popsicle molds and freeze for at least 5 hours or overnight.

* Substitute any other fruits for blueberries, as desired. Strawberries, raspberries, mango or a combination are all delicious choices.



Chocolate Chia Pudding

- 2 Tbsp. chia seeds
- 1 Tbsp. raw cacao powder
- 1 Tbsp. pure maple syrup
- ¾ cup almond or coconut milk

Add all ingredients to a jar. Combine well and let stand in the fridge for at least 3-4 hours. Optional: top with shredded coconut or fresh fruit before serving.



Almond butter-banana popsicles

Ingredients

- 4 bananas
- ¾ cup California almond butter
- ½ cup + 2 tbsp. unsweetened California almond milk
- 1 tbsp. maple syrup
- ½ teaspoon vanilla extract

Instructions

Place all ingredients in a blender and puree until very smooth and creamy. Taste and adjust sweetness as needed. Pour the batter into 8-10 popsicle molds (will vary depending type of mold used) and freeze for at least 6 hours, until solid. Enjoy! Store in a sealed container in the freezer until ready to serve.



Enjoy these Great Summer time Recipes

Green Ginger & Lime Smoothie

- 1/2 cucumber, peeled and cut into chunks
- 1 apple, cored and cut into chunks
- 1 Tbsp fresh ginger, minced
- 2 handfuls baby spinach
- 1 Tbsp maple syrup (or 2-3 pitted medjool dates)
- Juice of 1 lime
- water, coconut water, unsweetened non-dairy milk

Blend, using as much liquid as you like depending on the consistency you prefer. Serves one.

Dr. Julie Zepp
Inspired Health

Beet Smoothie

- 1 beet
- 1/2 cup frozen strawberries
- 1/2 banana
- 2 Tbsp. coconut or coconut oil
- 1/2 cup coconut or almond mylk

Blend. Serve. Cleanse.

www.mindbodygreen.com

Dr. Julie Zepp
Inspired Health

Iced Turmeric Latte

- 1 cup cashew (or almond or coconut) milk
- 4 tsp. finely grated fresh turmeric
- 2 tsp. coconut sugar, maple syrup or honey
- 1 tsp. finely grated ginger
- 1 tsp. fresh lemon juice
- 2 pinches of ground cardamom
- Pinch of flaky sea salt
- Lemon wedge (for serving)

Whisk milk, turmeric, sweetener, ginger, lemon juice, cardamom, and salt in a small bowl; let sit 5 minutes to let flavors meld. Strain through a fine-mesh sieve into a measuring cup, pressing on solids to extract juices; discard solids.

Fill a glass with ice. Pour latte over ice and serve with lemon wedge. Serves one. (www.bonappetit.com)

Dr. Julie Zepp
Inspired Health

Chlorophyll-Mint Refresher

- 1/2 cup cubed watermelon
- 1-2 cups spinach, chard or kale
- 1 cup coconut water
- 1 large green apple, cored and chopped
- 1/4 avocado
- 1/2 lime, peeled
- 5 large mint leaves
- 1 tsp liquid chlorophyll

Blend, serve & enjoy!

Dr. Julie Zepp
Inspired Health



Healthy Energy Bites

- 1/2 cup of ground almonds
- 1/2 cup of ground dates or cranberries
- 1/2 cup of almond or seed butter
- 1/4 cup of cacao powder
- 1/4 cup of pure maple syrup
- 1 tsp cinnamon
- 1/2 tsp nutmeg

Mix all ingredients and form into 1 tbsp. balls.

Refrigerate up to 3 weeks.

Optional: adding sesame, chia or hemp seeds is an excellent added source of protein.

Follow us:



Cathedral Centre for Wellness
Dr. Julie Zepp Inspired Health
Ziegler Integrative Health
Dr. Michelle Sthamann ND



@cathedralcentreforwellness

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Dr. Michelle Sthamann, ND



Dr. Cristina Harabor, ND



David Fernandez, BodyTalk Practitioner



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Thank you for taking time to read our newsletter and invest in YOU!