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drjenniferbaer.com

doctor of naturopathic medicine
trained chef & holistic nutritionist
passionate advocate of REAL FOOD

February 2011

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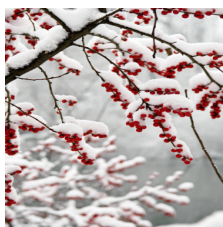
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Book an Appointment

Interested in booking an appointment with **Jennifer Baer**, Registered Holistic Nutritionist, Trained Chef and licensed [Naturopathic Doctor](#)?

[Call us](#) at: 416-783-1800 or email health@drjenniferbaer.com

WINTER NEWSLETTER 2011



Congratulations! You've made it through half of winter! After a slow and mild start, January gave way to some blustery, icy winter conditions. I sure hope the weather hasn't kept you indoors, though. As long as there isn't too much ice or a significant wind chill, bundle yourself up and enjoy all that winter has to offer! Walks, hiking, skiing, skating, tobogganing, and snowshoeing are just a few of the great outdoor activities you can participate in. So turn on that slow cooker, bundle up for some outdoors fun, and come home to a delicious hot meal to warm up!

IMPORTANT ANNOUNCEMENTS



NEW!

NEW HOURS

Tuesdays 10-7

Wednesdays 10-6

Fridays 10-6

Saturdays 10-3:30 (1-2 per month)

PLEASE NOTE: Dr. Baer will be on **vacation from February 12th through March 2nd**. Please book an appointment now for next week or early March, as timeslots are filling quickly. Dr. Baer is available until February 11th by phone or email. After that, she will do her best to return all calls and emails within a few days of her return.

NEW!

LOGO & WEBSITE

You may have noticed my beautiful new logo at the top of this newsletter. As many of you know, I moved from operating the clinic for the past four and a half years, to a solo practice this past fall, in an effort to focus more on my own practice and patients, and less on managing a clinic. I am excited for this to be reflected in my new logo, and the website which is currently in the works and will be unveiled in the next month or two.

The logo reflects my deep commitment to obeying the laws of nature in an attempt to generate healing and wellness. Like my naturopathic medical programs – The Roots of Health™ - the logo captures in image form the importance of the root system (or terrain) to the health of the whole tree (or organism). Don't worry, the old site will remain up until the new one is ready, and we will make every effort for a seamless transition. In fact, the old domain name will point you towards the new site when the time comes, and currently, the new domain name points you towards the current site.

NEW!

VISIT & FEE STRUCTURE

A big theme for me over the past few months has been about keeping things more **SIMPLE**. This will be reflected in my new fee and visit structure as of March 1st. There will be only two types of visits: Initial Consult (75-90 minutes) and Subsequent/Follow-Up Consultations (up to 45 minutes). Similar structure applies to acupuncture treatments as well. There are great program packages available at a discounted price (either 3 or 5 visit packages) if you care to take advantage of about 15% savings. All additional fees and options are clearly outlined. As always, all services and products are subject to HST by law currently. The new fee schedule is posted online and can be [viewed here](#).

NEW!

UPCOMING COURSES & PROGRAMS

Watch for more information about the Spring offerings coming up at the clinic! I've been re-vamping some of my programs – focusing on food education and healthy weight management. Expect **a new version of my Lighten Up™ Program, as well as a small group version with a weekly meeting & support**. I've had a lot of requests for **cooking demos** and am brainstorming about ways to accommodate this. Stay tuned for more details! If these are topics of particular interest to you, [shoot me an email](#) and I'll make sure to keep you abreast of any offerings.

Also, it may not feel like it yet, but Spring is just around the corner. That means it's time to renew our focus on the **immune system's last push through cold & flu season** (book an appointment for March to do so!) and gear up for a **Spring Awakening Cleanse™ - our new 3-visit Spring program** designed to clean out the cobwebs and focus on the body's elimination and detoxification systems. **Call now to book an appointment for April or May!**

ONGOING OFFERINGS

ONLINE CONSULTS AVAILABLE:

I now offer virtual consults via **Skype** (free download available). Just request an online consult at the time of booking and we'll help you to get set up! (Note: in some circumstances, where further observation or physical examination is required, an in person visit will be recommended.)

Download Skype now:



DIRECT SHIPPING OPTION: For your convenience, we offer special orders for dispensary items to be directly shipped to your home. For an extra \$12.50 per order, you can specify the desired ship to address. This option is particularly useful for patients who have dispensary items that they are taking on an ongoing basis. Order a 3-6 month supply to avoid hassles with stocking and pick-ups. (**Please note:** This charge applies to each company you are ordering from, and is reflective of our cost for special orders. For orders over \$400 before taxes, shipping is **FREE!**)

15-MINUTE CONSULT : FREE!

Interested in learning more about Naturopathic Medicine or Nutritional Counselling and how it will help you to attain optimal wellness? Want to know more about our Wellness Programs? Call the clinic for your **free 15-minute consultation**. Introductory consults can be done over the phone or by Skype (online).

Book yours today: 416-783-1800!

*Please note that this service does not include assessment, diagnosis or treatment. It is an opportunity to learn if Naturopathic Medicine is right for you and if you'd like to work with Dr. Baer.

MID-WINTER RECIPES

By: *Jennifer Baer, RHN, ND*

SAVOURY BAKED APPLES WITH QUINOA STUFFING

Feel your excitement over apples waning? Try this new twist on a baked apple that makes a great sweet and savoury side dish! I always make at least a dozen – as they freeze very well. Also, consider doubling the Quinoa Stuffing recipe to use leftovers in salads or stuffed into a hollowed out baked squash for easy and delicious meals.

Quinoa Stuffing

½ cup dry quinoa

1 ½ cup low sodium broth (or water)

4 green onions, finely chopped

¾ cup parsley, finely chopped

½ cup dried, unsweetened cranberries

½ Tbs olive oil

3 cups mushrooms, diced (can use shitake for richer flavour)

½ cup walnuts, lightly toasted in pan and chopped

S+P to taste

Toast quinoa in pan, stirring often until fragrant and starting to turn golden. Meanwhile bring broth/water to a boil, then add toasted quinoa, stir, return to boil, and reduce heat to a simmer. Cook covered for 12-15 minutes, turn off heat and allow to steam (covered) for an additional 10 minutes. Remove to a large bowl, fluff with fork and allow to cool. While quinoa is cooking/cooling, prepare other ingredients. Heat oil in pan and sauté mushrooms about 5-7 minutes or until just starting to brown. Allow to cool. Combine all ingredients with quinoa in large bowl and season well with freshly ground pepper and seasalt. Makes about 4 cups.

Savoury Baked Apples (makes 8)

4 large Macintosh apples (Spy and Spartan work well too)
2 cups Quinoa Stuffing
4 oz goat milk cheddar (or rice/soy cheese)

Preheat oven to 400F. Cut apples in half across diameter (leaving top and bottom halves) and remove stems. Using a small melon baller, remove the core and hollow out the apple (leave at least 1.5 -2 cm of flesh around perimeter) Stuff each half with ¼ cup of quinoa mix (some of it will mound up/cover the top of the apple), gently pressing into place. Bake apples on parchment lined cookie sheet or in a glass or ceramic baking dish for 15-20 minutes until fork tender. Remove from oven and top each half with ½ oz grated cheddar. Set aside any apples you wish to freeze at this point and allow to cool thoroughly before freezing in airtight container. For apples you wish to serve, broil to finish for about 2 minutes, until cheese is melted, bubbly, and beginning to brown. To use frozen apples, simply defrost as many as you like for 24 hours, then reheat in hot oven 3-5 minutes and finish on broil.

Recipe Renovation: Quinoa Stuffed Acorn Squash

Hello delicious and satisfying vegetarian main course! The baked squash is sweet, creamy and buttery, while the additions of feta and chickpeas to the stuffing add texture and protein for a truly delicious and nutritious meal!

Preheat oven to 400F. Cut acorn squash in half vertically (through the stem) and vigorously scrape out all seeds and thready bits with a spoon. (If you're ambitious, clean off the seeds and reserve for toasting with a touch of olive oil and seasoning.) Spray inside of squash lightly with olive oil spray and dust with salt and pepper and a touch of garam masala (nutmeg or cinnamon are decent replacements). Bake face down (skin up) in a 400 degree oven for 30-35 minutes until fork tender. Meanwhile, combine 2 cups of Quinoa Stuffing with 1 cup organic canned chickpeas (or cooked from dry if you've the time) and 2 oz crumbled sheep's milk Greek feta. Remove squash from oven, turn over and stuff each side with half of quinoa mixture. Return to oven for 5 minutes, then finish on broil for 2 minutes. Serve hot with a leafy green salad.

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