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*During this Holiday Season, all of us at  
The Pacific Wellness Institute wish you:*

*An Abundance of Great-Tasting, Nutritious Foods*

*The Joyful Company of Friends and Family*

*An Unlimited Supply of Enthusiasm and Energy*

*A Healthy, Peaceful Mind and Body*



Please remember to treat yourself as well as you treat your loved ones!

**Join**

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PACIFIC WELLNESS QUARTERLY promotes health and wellness by providing the latest health and nutrition news, healthy cooking recipes and important updates on insurance and office information. Please pass this newsletter along to your friends and associates so that they can enjoy the information on good health as well.

This newsletter is not to be used as a substitute for medical advice.

## *Hand Reflexology: Book Your Appointment Now!*

**Joanna Rogowska, RMT** and **Rahel Kay, RMT** have been certified in Hand Reflexology. If your hands get tired or achy from typing, texting, using your BlackBerry or iPhone, guitar playing, golfing, and so on, you can benefit greatly from this special hand treatment.

Hand Reflexology can be also incorporated within shiatsu, massage, or foot reflexology sessions. Please call 416-929-6958 to schedule an appointment.



## CLINIC NEWS

- **Naturopathic doctor Eevon Ling** has decided to extend her maternity leave indefinitely. We thank her for serving our patients at The Pacific Wellness Institute for nearly six years, and wish her a joyful time with her baby and good health to her and her family. **Naturopathic doctor Meera Dossa** is available for appointments for patients who used to see Dr. Ling.
- **Japanese Shiatsu Therapist and Acupuncturist Yoshio Toyama** has temporarily changed his practice schedule due to a family medical emergency that occurred in September. He is available for appointments on Tuesdays, Thursdays, and Saturdays. We apologize for any inconvenience this schedule change may have caused, and appreciate your understanding and cooperation during this difficult time.
- **Registered Massage and Shiatsu Therapist Emily Crown-Robinson** will be away from December 26, 2009 until February 17, 2010 as she travels through Southeast Asia. We look forward to hearing about her trip next year. During her absence, **Joanna Rogowska, Registered Massage Therapist**, will provide shiatsu, massage, and reflexology treatments.

## *Thank You for Your Comments*

Here are some of the comments we received recently from our clients. We would like to express our thanks for their positive feedback and their kind publishing permission.

*"It has been an absolute pleasure to visit Joanna over the years. Her technique is impeccable, and she has been wonderfully receptive to my unique needs. Thank you so much for your skilled treatments and our wonderful conversations - I will remember you fondly always"*  
~ D. Colic

*"I love this place! Rahel is so awesome. She takes the time to listen to my needs and takes care of me through my treatment. Her positive attitude, glowing energy, and cool & calm vibe keep me coming back. Thanks, Rahel!"*  
~ Gillian Witter

*"I have been receiving acupuncture treatments for my endometriosis for five months. I have found these sessions to be very helpful and recent ultrasounds have shown that my endometrioma has reduced in size. I find Dr. Tanaka very knowledgeable and I greatly appreciate the time he spends to fully understand the matter at hand and offer various treatment options. He also has a very pleasant bedside manner. All the staff here are excellent, especially Claudia, who is very welcoming and accommodating and always greets us with a smile."*  
~ KJ

### *Tips for Buying HOLIDAY GIFT CERTIFICATES*

- If you are buying a gift of touch for a loved one and are not sure which modality he or she might prefer, choose the most flexible option—the “One-Hour Treatment: Choice of Massage, Shiatsu, or Reflexology” certificate (\$85.00, GST included).
- If you would prefer to spend a specific amount for a gift certificate or would like to give your recipient maximum choice in wellness services, you can also purchase a gift certificate for a particular amount (for example: \$25, \$50, \$100, et cetera). The recipient can apply the gift certificate to any service at Pacific Wellness Institute.



- Make your holiday shopping less stressful: come in for your own treatment and buy gift certificates at the same time!

## DID YOU KNOW?

### *You may still have some unused Insurance Benefits*



For most extended health insurance plans, the end of the calendar year means the end of the policy year. Please keep in mind that your unused coverage dollars for this year may not carry through into the next year. We suggest that you contact your insurance company to check your current unused coverage balance. If you are planning to have therapeutic sessions that last longer than one hour, please ask your insurance company if there is a daily limit on the duration and total cost of your visit.

# Seasonal Recipe

## Curried Butternut Squash Soup

Monica Yeoh, RMT, BSc (Hons)



It's that time of year again—the days are shorter, the nights are colder, and you're yearning for a nice, warm bowl of soup. If you like curry and butternut squash, then you will love this recipe: it's healthy, delicious, and easy to make. Butternut squash is a good source of vitamin A, vitamin C, potassium, and folate. Its nutrients protect against lung cancer and emphysema; as well, the squash's fiber helps regulate blood sugar and cholesterol levels, which reduces the risk of both diabetes and heart disease. Due to its high antioxidant levels, butternut squash helps reduce inflammation in conditions such as asthma, rheumatoid arthritis, and osteoarthritis. Lastly, the folate found in squash is important for pregnant women because it prevents certain birth defects, such as spina bifida. I highly recommend this recipe—my family thoroughly enjoyed it, and I think your family will love it, too.

*Monica Yeoh holds a bachelor's degree in kinesiology from York University and completed the Registered Massage Therapy program at Sutherland Chan Massage Therapy School. To arrange a therapeutic massage session with Monica, call The Pacific Wellness Institute at 416-929-6958.*

### Ingredients:

- 1 large butternut squash, halved and seeded (2 medium squashes)
- 2 small onions, peeled and quartered
- 1 medium head garlic
- 6 cups vegetable or chicken broth
- 1 inch of finely minced ginger root
- 1 to 2 teaspoons mild curry powder
- 2 cups coconut milk
- Cayenne pepper (optional)
- Salt
- 1/4 cup chopped fresh parsley (optional)

### Directions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper or aluminum foil.
2. Place squash halves and onion on the baking sheet. Wrap garlic in foil and set it on the baking sheet, as well.
3. Roast for at least 1 hour. Remove from oven and let cool.
4. Scoop out the squash, squeeze the garlic cloves out of their skin like paste, and put them in the blender or food processor along with the roasted onion.
5. Add some chicken or vegetable broth to help blend vegetables smoothly.
6. Transfer the pureed mixture to a stockpot and stir in the rest of the broth and coconut milk.
7. Season with curry powder, ginger root, and, if you like a little kick in your soup, a dash of cayenne pepper.
8. Add salt and pepper to taste.
9. Bring to a boil and simmer gently for 30 minutes.
10. Garnish with fresh parsley if desired.