



# GARIBALDI

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## HEALTH CLINIC

## What's New?

### Spring has Sprung!

With the change of season comes rejuvenation, revitalization, and renewal. Springtime is a great time for change – spring clean your house, your body, and your mind. Declutter, spend time in your garden, cleanse, begin a new exercise regime.

We hope you enjoy our April newsletter. Read below to find health tips, a yummy and nutritious recipe, information on breast screening, and the latest news about Garibaldi Health Clinic.

Garibaldi Health Clinic would like to wish you and your family a wonderful spring!

Yours in Health,  
*Dr. Ashely Gordon*

### Spring Cleansing

On a daily basis, most of us tend to eat a lot of foods that put a strain on many of our organs. Sometimes our digestive system, liver, and kidneys need a break from the aggravating foods we put into our bodies. Cleansing and detoxifying these organs allows them to function more optimally and to absorb nutrients more efficiently, thus achieving stronger, healthier bodies.

#### Why do a Cleanse?

- Low energy
- Digestive Concerns (abdominal pain, bloating, gas, heartburn, diarrhea, constipation)
- Possible food sensitivities
- Mood swings
- Sleep disturbances
- Weight gain • Headaches
- Food cravings • Skin problems • Need a boost!

If you are interested in more information,  
please contact us at Garibaldi Health Clinic.

### Wellness Quote:

*"Life is not measured  
by the number of  
breaths we take, but  
the moments that take  
our breath away..."*

### The Clinic's Team:

- Dr. Ashely Gordon  
*Naturopathic Physician*
- Dr. Natasha Wrenshall  
*Naturopathic Physician*
- Colleen Griffin  
*Registered Clinical Counsellor*
- Natalie Scopaz  
*Homeopathic Practitioner*
- Daniela Dutto  
*Registered Physiotherapist*
- Michelle Walton  
*Registered Reflexology Therapist*
- Brandy Buchanan  
*Registered Acupuncturist,  
Masters of Traditional  
Chinese Medicine*
- Marion Abramo  
*Office Administrator*
- Kirstin Pears  
*Vega Technician and  
Office Administrator*

### Health Tip:

Treat and prevent osteoporosis by including calcium-rich foods in your diet. This includes almonds, green-leafy vegetables, soy, fish, blackstrap molasses, sesame seeds, and dairy foods. As well, cut back on caffeine, animal-protein, sodium, alcohol, and tobacco which can contribute to the disease.

## Dr. Gordon's New Hours:

### Tuesdays:

9:00 - 1:00 pm

### Wednesdays:

9:00 - 3:00 pm

### Thursdays:

9:00 am - Noon  
and 4:00 pm - 7:00 pm

### Saturdays:

9:00 - 3:00 pm

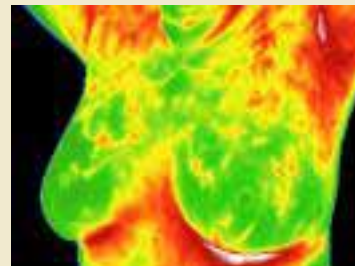
## Dr. Gordon's Clinical Specialties:

- Clinical Nutrition
- Acupuncture
- Botanical Medicine
- Intravenous Vitamin/  
Mineral Therapy
- Chelation Therapy
- Bowen Technique
- Hydrotherapy
- Facial Rejuvenation  
Acupuncture
- Homeopathy
- Lifestyle Counselling



## Thermography - at the Clinic in June *Non-Invasive Breast Screening*

Thermography is an approach to breast screening using digital infrared imaging. This type of scan shows the function, physiology, and metabolism of breast tissue. Abnormal cells tend to be hotter in temperature because a malignant tissue mass develops a network of blood vessels to feed it. A thermogram shows the heat difference between normal breast tissue and problem areas. It provides the earliest evidence of breast disease. The test is very sensitive – in 90% of cases, the scan accurately indicates the presence or absence of disease. Thermography permits the monitoring of one's breast health, while seeking to improve one's overall health.



Digital Infrared Imaging (Thermography) does not replace an ultrasound, MRI or a mammogram. These diagnostic imaging tools have their own place in one's health care. Mammograms show the physical anatomy of the breast. They are useful to detect a mass once it has already developed, but it cannot tell a patient if there is a tumour starting to form. Thermography, on the other hand, is a proactive approach. Mammograms work best for soft post-menopausal breast tissue, and for slow-growing tumours. Mammograms do not view the whole chest wall and are not effective for certain types of breasts.

The only definitive diagnosis for breast cancer is a biopsy. All other methods are investigative and adjunctive diagnostic tools.

### The Benefits:

**Timely:** Problems can be found before abnormalities are seen with mammograms. Early detection provides the best outcome.

**Inclusive:** Examines the whole chest, breasts, and armpit areas.

**Good for All Ages & Stages:** From puberty to pregnant, breastfeeding, pre-menopausal, and post-menopausal individuals.

**Good for All Breast Types:** Dense, pregnant, breastfeeding, fibrocystic, enhanced (implants), and women on oral hormone medication (birth control pills and hormone replacement therapy)

**Painless:** No squeezing, no pressure, no touching

**Risk-free:** No harmful rays emitted. Digital infrared imaging scans can be done as often as needed to monitor breast health and to guide treatment.

**Risk Indicator:** Digital infrared imaging results are a better indicator of future breast disease, than a family history of disease.

**Cost:** \$250. No referral is required.

**Tuesday June 8th at Garibaldi Health Clinic**  
**To book an appointment, call 1.866.242.5554**  
**[www.medthermonline.com](http://www.medthermonline.com)**

## Natural Products for sale

### ***Himalayan Crystal Salts***

Contains 84 minerals and trace elements. Can be used as an alternative to sea salt, as well as to help with certain health concerns. Some of its benefits include:

- Helps to balance the pH of the body
- May prevent muscle cramps
- Can help with skin problems
- May support a better night's sleep
- Helps to regulate blood pressure
- Can help with respiratory health problems
- Can support bone density

### ***Hand-made Soap***

New to the display case at Garibaldi Health Clinic, we now have locally made, all natural soap. Our skin is our largest organ and needs to be taken care of just like the rest of us. Healthy skin comes from good nutrition, regular cleansing and natural skin care products.

Soap is made from a chemical reaction between a fat (oil) and a base (lye or potash) called saponification. Many other things are commonly added to soap including artificial colour and fragrance, salt, sugar, etc. Most drug store type hard soaps are made with animal fat which clogs pores and contributes to oily or excessively dry skin. Our new line of natural soap is made with olive oil and is free of any dye's and artificial perfumes. The soap is scented with 100% pure essentials oils and is an off white colour, the natural colour that occurs during the saponification process. And for those of you who are trying to minimize your footprint you'll be happy to know that it is sold with minimal packaging and is manufactured in Brackendale. We currently carry 3 scents; cinnamon, patchouli and lemon grass with geranium. Custom orders are welcome with 4 weeks lead time and scrubbing agents can be added such as oats, coffee grounds, poppy seeds or ground cinnamon sticks. Many other scents are available – some ideas include tea tree, grapefruit, cloves, peppermint and jasmine. Soap is \$4.50 per bar or 5 bars for \$20.



## Reiki and Reflexology

Michelle Walton is a trained Practitioner in Reiki as well as a Certified Therapist in Reflexology. These two modalities are excellent examples in natural healing.

### ***What is Reiki?***

Reiki is a Japanese holistic, energy-based relaxation and healing technique. The word derives from Rei (Universal) and Ki (life energy). Through a series of hand positions either directly on, or just above the body, the practitioner allows for the flow of ki through their body, out their hands and into the client's body. The experience is very relaxing and quite often clients may fall asleep during the session. In a state of complete relaxation, Reiki can work its healing on deeper levels as it does not require conscious effort to heal. The more relaxed the client and practitioner, the greater the benefits. Call Michelle to book your appointment today.

[www.reflexologybymichelle.com](http://www.reflexologybymichelle.com)

E-mail: [reflexologybymichelle@gmail.com](mailto:reflexologybymichelle@gmail.com)

Phone : 604.389.0748

## Recipe of the Month:

### *Oatmeal Protein Smoothie*

1/4 cup **DRY, UNCOOKED OATMEAL**  
1 tbsp **NUT BUTTER** (eg. Cashew or Almond)  
1/2 cup **MIXED BERRIES**  
1/2 **BANANA**  
1 scoop **PROTEIN POWDER**  
or 1/2 cup **PLAIN YOGURT**  
1 tbsp **HONEY**  
or **AGAVE NECTAR**  
1 tbsp **GROUND FLAXSEEDS**  
1 cup **ALMOND, RICE,**  
or **SOY MILK**

Blend above ingredients, adding ice to adjust consistency of thin, smooth pureé.

## Naturopathic Medicine Week is May 3-9!!

*\*Health Promotion\**

*\*Disease Prevention\**

## Farewell to Carol Zuckernick, RMT

Carol will be leaving Garibaldi Health Clinic as of April and working at the new Paradise Valley Wellness Centre, as well as seeing clients for massage out of her home. We will miss having Carol at the Clinic and wish her the best of luck!

**Call Carol at 604.815.7139  
to schedule an appointment.**

## Garibaldi Health Clinic

In The Galleries

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## The Goods on the Ingredients:

**Oats:** High in fiber – good for lowering cholesterol and managing blood sugar levels. Keeps your bowels regular and your digestive system happy.

**Almond butter and milk:** High in omega 6 fats which are essential for energy production, hormone balancing, maintaining a healthy complexion, and for your mood. Almonds are a great source of protein, and have lots of calcium to prevent osteoporosis. They are good food for your heart and can help to lower cholesterol.

**Berries:** Rich in antioxidants, which are free radical scavengers in your body. Can help to prevent cancer, strengthen your immune system, maintain visual health, and treat diabetes.

**Bananas:** High in fiber and potassium. Good for your heart and lowering cholesterol levels.

**Protein powder and/or plain yogurt:** Protein is important to strengthen your immune system, help with achieving a healthy weight, and increasing energy levels.

**Honey:** a natural alternative to sugar for a sweetener.

**Agave nectar:** made from the same plant that produces tequila. It is a natural sweetener that doesn't cause your blood sugar to spike as rapidly as sugar. A good alternative to artificial sweeteners.

**Flaxseeds:** High in omega 3 and 6 fatty acids, as well as a good source of fiber. Helps maintain bowel regularity and can bind to toxins and remove them from your body. They are good for lowering cholesterol levels and keeping your heart healthy. Flaxseeds are known as phytoestrogens – plant-based estrogen, and so they are helpful for balancing hormones. They need to be ground for proper absorption.

**Rice milk:** A good alternative for people having trouble digesting dairy. A source of protein, calcium and B vitamins.

**Soy milk:** An alternative to dairy milk. High in calcium, protein, and beneficial fats. Soy is a plant-based estrogen and therefore can help balance hormones. Soy can help to reduce the risk of osteoporosis and is helpful for certain cancers.

## Our newsletter is published quarterly.

*If you wish to be removed from our  
e-mail list, please send us an e-mail  
and we'll be happy to remove you.*