



What's New?

Spring is in the Air!

With longer days and milder temperatures, we are clearly moving from Winter to Spring. As flowers and trees are close to blossoming, it is apparent that the season of change is here. Spring signifies renewal, revitalization and rejuvenation. Are there any changes that you would like to make this season?

Spring clean your home, focus on a new exercise regime, detoxify your body, or plant your garden. All are therapeutic ways to cleanse your mind and body.

We hope you enjoy our April Newsletter!

Please read below to find a nutritious recipe, an informative health tip, and information on a breast screening clinic coming soon.

Garibaldi Health Clinic would like to wish you and your family a healthy, happy Spring!

Yours in Health,

Dr. Ashely Gordon



The Clinic's Team:

- Dr. Ashely Gordon
Naturopathic Physician
- Natalie Scopaz
Homeopathic Practitioner
- Michelle Walton
*Registered Reflexology
Therapist and Reiki
Practitioner*
- Brandy Buchanan
Registered Acupuncturist
- Barb Fredericks
Office Administrator
- Kirstin French
Vega Technician

To relieve sore, tight, tense or painful muscles

Soak in a hot bath with 2 cups of Epsom salts for a minimum of twenty minutes. This releases the build up of lactic acid and helps the muscles to repair. Epsom salts contain an abundance of magnesium, helping to relax your tired muscles. Make sure to drink water during your bath, and place a cold towel around your neck to aid in circulation.



Wellness Quote

*When you reach
for the stars, you
may not quite
get one, but you
won't come up
with a handful
of mud either.*

Dr. Gordon's New Hours:

Wednesdays:

9:00 a.m. - 3:00 p.m.

Thursdays:

11:00 a.m. - 7:00 p.m.

Fridays:

9:00 a.m. - 5:00 p.m.

Saturdays:

9:00 a.m. - 5:00 p.m.

Patients can continue to book appointments and pick-up supplement refills Mondays & Tuesdays as well.

Dr. Gordon's Clinical Specialties:

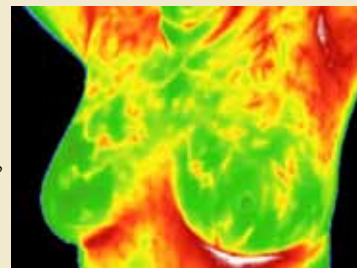
- Clinical Nutrition
- Acupuncture
- Botanical Medicine
- Intravenous Vitamin/Mineral Therapy
- Chelation Therapy
- Bowen Technique
- Hydrotherapy
- Facial Rejuvenation Acupuncture
- Homeopathy
- Lifestyle Counselling



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. In addition, 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. In addition, 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.

Monday June 20th at Garibaldi Health Clinic
To book an appointment, call 1.866.242.5554
www.medthermonline.com

Do you suffer from Seasonal Allergies? 5 natural ways to help reduce your symptoms this Spring;

1. **Vitamin C** – a natural anti-histamine to help combat the symptoms of seasonal allergies.
2. **Quercetin** – a bioflavonoid found in onions, apples, grapefruit, and green tea that has anti-allergic, anti-inflammatory and antioxidant properties. Taken as a supplement regularly during allergy season, it can help with managing symptoms of itchy, watery eyes, runny nose, and sneezing.
3. **Nettle Tea** – strengthens and supports the whole body. It is used as a spring tonic and a general detoxifying herb. Drink 1 to 3 cups of this tea daily during allergy season to help manage the symptoms of hayfever and other environmental allergies.
4. **Homeopathy** – An ancient technique of using minute amounts of natural substances to promote health by stimulating bodily energy. A number of different homeopathic remedies can be used to treat acute and chronic allergies depending on your specific symptoms.
5. **Intravenous vitamin/mineral therapy** – high doses of vitamins and minerals are injected directly into the bloodstream, bypassing the digestive system. This allows the vitamins to flow directly into the cells. For patients with allergies, intravenous delivery of essential vitamins and trace minerals can be highly effective.

Be Clean Naturally Soap Products are now available at Garibaldi Health Clinic!

More and more these days people are finding they are sensitive to chemical cleaners, fragrances and dyes. These sensitivities can show up as eczema, psoriasis, acne, dry itchy skin, headaches and many more symptoms. As our skin is a gateway to our bloodstream, it is vital for good health that we care for and nurture it.

At *Be Clean Naturally* they believe in Mother Nature's ability to provide us with all that we need to nourish our mind, body & soul. In that belief they create a variety of soaps and lip balms that are made without synthetic dyes and fragrances. All of their products are 100% natural and are made locally by hand in small batches.

Their products are unique in that minimal packaging is used to lessen our impact on Mother Earth and they offer discounted refills on all bottled products. All of their bar soaps are identified by a stamp and therefore do not require any packaging. The stamps are carved into pieces of reclaimed hardwood pallets.

Currently we carry many kinds of their bar soaps, lip balms and liquid hand soaps. At Garibaldi Health Clinic we are committed to helping our patients stay healthy, and from within that commitment we use all natural laundry soap to launder our linens and towels. Be Clean Naturally also makes refillable, biodegradable, hypoallergenic laundry soap.

Every month Be Clean Naturally offers a new health related article on their website www.becleannaturally.ca. You can also follow them on **Facebook**, search 'Be Clean Naturally'.



Recipe of the Month:

Vitamin Booster Smoothie

1/2 cup ALFALFA SPROUTS

1/4 cup STRAWBERRIES

1/4 cup MIXED BERRIES

1/4 cup MANGO

1 tbsp. FLAX OIL

1 cup PLAIN YOGURT

1 tbsp. AGAVE NECTAR or ORGANIC HONEY

1 cup COLD WATER IF FROZEN FRUIT or

ICE IF FRESH FRUIT

Add all ingredients to a blender. Blend to a smooth consistency.



Enhanced Primary Care in B.C.:

Naturopathic Doctors' (N.Ds) Scope of Practice has recently been expanded. N.Ds now are licensed to prescribe medications for their patients. This will enhance the existing care NDs currently provide and improve primary care options for patients across the province. It will also ease pressure on the health care burden, and hopefully reduce waiting times. Most importantly, it increases patient choice in the health care that can be provided to them. Naturopathic Physicians will still continue to treat patients using the same natural therapies they have always used, however this new regulation enhances treatment options to best suit the patient.

Farewell to Dr. Natasha Wrenshall

Dr. Wrenshall has changed office locations in Squamish. She is now practicing at SkyHigh Lifestyles on Cleveland Avenue. We will miss having Dr. Wrenshall at the Clinic and wish her the best of luck!

Garibaldi Health Clinic

In The Galleries

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The Goods on the Ingredients:

ALFALFA SPROUTS: A member of the pea family that contains a myriad of valuable nutrients such as calcium, folic acid, magnesium, manganese, molybdenum, phosphorus, potassium, silicon, sodium and zinc. Alfalfa has a number of health benefits that include enhancing your immune system, lowering blood pressure, and reducing symptoms of arthritis. They also are a source of antioxidants which can help with combating heart disease and cancer.

BERRIES: Rich in Vitamin C and antioxidants which can strengthen one's immune system and prevent infection. They are also rich in fiber to promote regular bowel movements and eliminate toxins. Blueberries and raspberries contain lutein which is important for proper vision. Berries also are important at preventing and treating cancer.

MANGO: A tropical, sweet fruit that is loaded with Vitamins A, B6, C, E. It is also a good source of fiber to help with many gastrointestinal diseases, as well as to reduce the incidence of heart disease.

FLAX: High in omega 3 fatty acids, which are essential fats needed for energy production, hormone balance, healthy skin, and many other vital reactions in the body. Flax can help to lower cholesterol and prevent heart disease, stroke, and cancer.

HONEY: A natural alternative to sugar. Its health benefits range from an effective antioxidant to treating upper respiratory tract infections to a topical anti-inflammatory with powerful wound healing properties.

AGAVE NECTAR: Made from the same cactus plant that produces tequila. It is a natural sweetener that doesn't cause blood sugar to spike as rapidly as sugar. A good alternative to artificial sweeteners or white sugar.

YOGURT: A great source of protein, which are the building blocks of life and essential for growth and maintenance of the body. Protein is important for energy production and for keeping blood sugar levels steady. Yogurt also contains probiotics – good bacteria that live in the intestines and can aid in proper digestion, and strengthening the immune system.

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.