



## What's New?

### Autumn is here!

A season of change – back to school; leaves changing colour and falling; fresh, crisp air; shorter days; Thanksgiving.

It can also be a great time to do a Cleanse – detoxify, recharge, revitalize, and renew your mind and body!

Read below to find a health tip, a scrumptious recipe, and ways to keep your immune system strong this season.

Garibaldi Health Clinic would like to wish you and your family a wonderful Fall.

Yours in Health,

*Dr. Ashely Gordon*



### The Clinic's Team:

- Dr. Ashely Gordon  
*Naturopathic Physician*
- Dr. Natasha Wrenshall  
*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*

### The Importance of Sleep

Sleep regenerates every cell of your body. Proper quality and quantity of sleep has many benefits including improving your memory, learning, and mental clarity. It is also vital to improving your immune system, as well as stabilizing your mood and increasing your metabolism. Try to get 8 hours of sleep per night, preferably going to bed by 10pm – it is the hours before midnight that make a difference.

### Wellness Quote

*“One man  
with courage  
makes a  
majority.”*

*– Andrew Jackson*

## Dr. Gordon's New Hours:

### Tuesdays:

9:00 a.m. - 7:00 p.m.

### Wednesdays:

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

### Thursdays:

9:00 a.m. - 7:00 p.m.

### Saturdays:

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

## 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



## Top 10 Ways to Keep your Immune System Strong during the Cold and Flu Season:

1. Keep hydrated. Drink at least 8 x 8oz. glasses of water per day.
2. Reduce refined sugars in the diet – baked goods, candy, chocolate, soda pop, juice, white/brown sugar, and artificial sweeteners. These will feed the bacteria and viruses.
3. Make sure to eat enough protein. Good sources include: fish, poultry, legumes, nuts, seeds, quinoa, eggs, and yogurt. Protein helps to increase your antibody production – part of your immune system that fights against infection.
4. Get adequate sleep. At least 8 hours per night will reduce the incidence of colds and flus.
5. Minimize stress. Stress can raise the hormone cortisol in the body, which can lower one's immune response. Meditation, yoga, tai chi, breathing exercises, massage, acupuncture, and counselling are some coping mechanisms.
6. Stay active.
7. Supplementation of vitamins and minerals (either orally or intravenously) can be helpful to correct any deficiencies. Examples include: Vitamins A, B, C, D and the minerals calcium and magnesium. Some homeopathics can also be helpful to prevent any colds/flus, as well as certain botanicals such as Echinacea and Goldenseal.
8. Take time for yourself – a balanced lifestyle. Enjoy your hobbies. Vacation time.
9. Wash your hands regularly.
10. Laughter! Having fun is known to keep one healthy.

## Calling Entrepreneurs - special event

Do you need to connect with other values-based entrepreneurs and learn business strategies to increase your career fulfillment?

**Tuesday, November 2nd, 2010, 9 a.m. – 4:30 p.m.**  
**Heritage Hall, 3102 Main Street, Vancouver, BC**

Participants and case studies will walk away with: *Connections* with both high-level mentors and peers with whom you will want to stay in touch. *Practical strategies*, opportunities and clear action steps that can be implemented right away. *Inspiration* to make a difference. *Buzzing enthusiasm* from the contagious energy and collective wisdom in the room.

[www.changemakerstoolbox.com/ubizo](http://www.changemakerstoolbox.com/ubizo) Twitter: [ubizovancouver](https://twitter.com/ubizovancouver)

Contact Lisa Prinic for more information:

Phone: 604.628.7902, cell 604.780.1700, Twitter: [lisaprinic](https://twitter.com/lisaprinic)

*Don't miss the business think-tank of the year for changemakers.*



## How many calories are in common foods and what does it take to burn them off?

### *Calories Burned Exercising (in minutes)*

	Calories	Walking	Swimming or Jumping rope	Cycling
10 plain potato chips	105	26	12	15
Raisins, 1/4 cup	110	28	12	15
Banana	105	26	12	15
Chicken breast (no skin, broiled)	155	39	17	22
Chocolate bar (plain, 40 g)	215	54	24	31
Pork tenderloin (100 g, roasted)	145	36	16	21
Beer (341ml)	145	36	16	21
Broccoli (3 spears broiled)	30	8	3	4
Bagel (100 g)	275	69	31	39

## Reflexology and its benefits

In addition to a healthy diet and exercise, those seeking to boost their immunity against seasonal illnesses should consider adding Reflexology to their wellness plan. If the cold or flu has already settled into the body a session of Reflexology can help give relief to uncomfortable symptoms. One client had been suffering with symptoms of the common cold for a couple of days – headaches, sinus congestion, body aches, sore throat and chest. He went for a Foot Reflexology session and found his symptoms subsided for a couple of days.

Evidence shows that reflexology can assist with post-operative care not only physically, but also psychologically. Stress, anxiety and tension all affect the body, so it makes sense that relaxation treatments like reflexology might aid in recovery. A tensed body tends to feel more pain. That's why you might have heard that you should exhale while ripping a Band-Aid off a wound -- holding your breath makes you tense. Along those lines, studies suggest that patients who receive regular reflexology may experience less pain than their counterparts who are not receiving treatments.

*Michelle Walton of Reflexology by Michelle is a Certified Reflexology Therapist as well as a Reiki Practitioner. There is a promotion right now to receive both services for \$85.*

## Recipe of the Month:

### *Creamy Sweet Potato Soup*

2 tbsp (25 mL) **OLIVE OIL**  
1 cup (250 mL) chopped **ONIONS**  
1 cup (250 mL) chopped **CARROTS**  
4 cups (1 L) peeled, chopped **SWEET POTATOES**  
(1 1/4 lbs/625 g)  
3 cloves of **GARLIC**  
1 tsp (5 mL) chopped **FRESH GINGER**  
1 tsp (5 mL) ground **CUMIN**  
1 tsp (5 mL) ground **CORIANDER SEEDS**  
1 tsp (5 mL) mild **INDIAN CURRY PASTE**  
4 cups (1 L) **CHICKEN OR VEGETABLE STOCK**  
1/2 cup (125 mL) **COCONUT MILK** (note: does not contain dairy)  
Salt and freshly ground **PEPPER**  
2 tsp (10 mL) **LEMON JUICE**  
2 tbsp (25 mL) chopped **CORIANDER**  
To make the soup spicier, add some **RED CHILLI FLAKES**. For an extra hit of protein, add 1/4 cup (50 mL) of **RED LENTILS** to the chicken stock.

#### Directions

Heat oil in a pot over medium heat. Add onions and sauté for 2 minutes or until they start to soften. Add carrots and sweet potato and sauté for 5 minutes more.

Add ginger, cumin, coriander seeds and curry paste and sauté for 1 minute or until fragrant.

Add chicken stock and coconut milk and bring to a boil. Cover, turn heat to low and simmer for 18 to 20 minutes or until vegetables are very soft.

Puree with an immersion blender, food processor or in a blender until smooth.

Season with salt and pepper to taste and stir in lemon juice and coriander.

Makes 4 to 6 servings.



## The Goods on the Ingredients:

**Onion and Garlic:** A good source of vitamins C, B6, biotin, chromium, and fiber. Helps to lower cholesterol, prevent clot formation, lower blood pressure and blood sugar levels.

**Carrots:** High in Vitamins A, C and fiber. Valuable nutrient for your eye health. Helps strengthen your immune system and has cancer fighting properties. Powerful antioxidant to prevent free radical damage – the cause of many chronic diseases.

**Sweet Potato:** An excellent source of carotenes (vitamin A). They are also high in vitamins C and B6, have antioxidant properties and are classified as an 'antidiabetic' food.

**Ginger:** Powerful immune-enhancing properties. Used to treat nausea and motion sickness. Helpful in pregnancy to relieve morning sickness. A very warming herb that is liver protective and comforting to the digestive system.

**Cumin:** A spice to relieve digestive and respiratory disorders. It also has anti-cancer properties.

**Coriander:** The essential oils in the seed make it an effective digestive aid. It is anti-inflammatory in nature. It can be used to fight off bacterial/viral infections, as well as reduce anxiety levels and lower cholesterol.

**Indian curry:** a mixture of different spices – commonly cardamom, turmeric, cumin, mustard seed, coriander, ginger, fennel, and fenugreek. All of the herbs share a similar property of being a digestive aid.

**Coconut Milk:** Anti-viral and anti-bacterial. Good for energy production. High in saturated fat, but can be used to promote weight loss. Can prevent heart disease, stroke, and osteoporosis. It is high in potassium and calcium.

**Olive oil:** High in omega 6 fatty acids – which give us energy, and are building blocks in our body. It contains vitamins E, A, B vitamins, and many minerals. Good for lowering cholesterol and preventing heart disease, stroke, and cancer.

**Lemon:** Contains limonene, which can be used to dissolve gallstones. It also has anticancer activities, as well as containing vitamin C to strengthen one's immune system.

**Lentils:** An excellent source of cholesterol-lowering fiber. They also prevent blood sugar levels from rising rapidly after a meal. Lentils are abundant in protein. They appear to lower the risk of breast cancer.

## Garibaldi Health Clinic

In The Galleries

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