



What's New?

Goodbye Summer, Hello Fall:

I hope you all made the most out of the Summer, and that you are enjoying the beginning of the new season of Fall. Rain may not be everyone's favourite weather forecast, but with Fall comes change. Leaves turn different colours, days get shorter, and kids go back to school.

I love going out for cool, brisk walks in the Autumn when you can hear the leaves crunching underfoot. It is a beautiful season. My son just turned 2 years old, and with him I see the biggest example of change right before my eyes.

I am excited to announce some new practitioners that have joined Garibaldi Health Clinic recently. Dr Jennifer Moss is a Naturopathic Physician and a Registered Massage Therapist. She is just returning from maternity leave and I am happy to have her join our Team. As well, we have Roots Community Midwives new to the Clinic. I am thrilled that women in the Sea-to-Sky now have a choice to see a midwife for pregnancy and post-natal care. I am pleased to welcome Registered Midwives Beth Ebers, Lydia Szymanski and Leslie Gunning to the Clinic.

Read below to find out more about the new practitioners, as well as a warm delicious recipe, and recognizing the signs of unbalanced hormones.

We hope you enjoy our newsletter.

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
- Natalie Scopaz
Homeopathic Practitioner
- Brandy Buchanan
Registered Acupuncturist
- Dr. Jennifer Moss
*Naturopathic Physician,
Registered Massage Therapist*
- Beth Ebers
Registered Midwife
- Lydia Szymanski
Registered Midwife
- Leslie Gunning
Registered Midwife
- Kirstin French
Vega Technician
- Barb Fredericks
Office Administrator

The Importance of Digestion

The body is able to digest food best when you eat in a relaxed environment. Plan to take at least 15 minutes to eat each meal. Chew your food well and, if possible, try not to drink while eating as it dilutes the natural enzymes found in food. Drinking 1 tsp. of apple cider vinegar in 8 oz. of water, 15-30 minutes before each meal, can help to alkalinize your system and properly digest the food you are about to eat.

Wellness Quote

*"Happy people
work on
solutions not
problems."*

Dr. Gordon's 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 Monday through Saturday.

Dr. Gordon's Clinical Specialties:

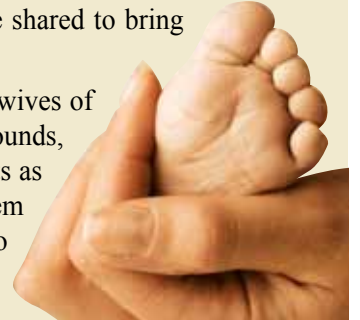
- Clinical Nutrition
- Acupuncture
- Botanical Medicine
- Intravenous Vitamin/
Mineral Therapy
- Chelation Therapy
- Bowen Technique
- Hydrotherapy
- Facial Rejuvenation
Acupuncture
- Homeopathy
- Lifestyle Counselling



Midwifery

Midwives provide maternity care that is innately holistic, woman centered, and tailored to the specific needs of each individual. We offer our clients the choice of a home or hospital birth and promote empowerment through information sharing, informed choice discussions, and growing a trusting relationship. This relationship is nurtured through continuity of care as we look after expectant mothers throughout their pregnancy, birth and up to six weeks postpartum- where in the first week with your new baby we do home visits. We are experts on normal pregnancy and birth, and feel our knowledge, and trust in the birth process can be shared to bring empowerment and joy to pregnancy and birth.

Since we are registered with the College of Midwives of BC we are able to order blood work and ultrasounds, write prescriptions and share care with specialists as needed. We are integrated into the medical system in BC, and our services are free for those who have a BC Care Card.



Meet the Team of Roots Community Midwives:

Leslie Gunning, RM

I completed my midwifery training in New Zealand in 2008. I have been a registered midwife in BC since 2009 and spent two great years working at Pomegranate Community Midwives - a busy and vibrant east Vancouver midwifery practice. I have had the privilege of attending births here in BC and all over New Zealand, but some of my most life changing midwifery experiences were in Bali, where I volunteered at a very special birth center called Bumi Sehat.

I strive to help women have empowering, joyful, and gentle birth experiences, in home or hospital, and tailor my care to the specific needs of each person.

I believe that pregnancy and birth are our most natural life events, and in that I have a deep faith in women's bodies, in babies and in nature. This faith guides me in this work, along with my heart and intuition, and I truly feel that it is a gift and privilege to do this job.

Beth Ebers, RM

The experience of pregnancy and childbirth is an incredible journey. Whether you are going through this for the first time, or consider yourself a seasoned parent, midwifery has much to offer you, and I sincerely welcome you to Roots Community Midwives.

Working as a midwife has reinforced to me that when families feel supported, safe and listened to through the childbearing process, it greatly enhances their experience of pregnancy and birth. Providing families with the knowledge they need to make informed decisions about their care allows them to enter into parenting feeling confident and capable. I have seen over and over that community based, holistic midwifery offers an opportunity to play a role in the collective empowerment of women, families and communities. I have been practicing since 1999, in a variety of settings including a rural home birth practice in the Yukon, a busy birth centre on the US/Mexico border, and community practices in Ontario and Vancouver. I am currently completing

a Master Herbalist program and enjoy incorporating the use of complementary therapies into midwifery care. It is a great pleasure to now be able to provide midwifery care to families of the Sea to Sky corridor. I look forward to celebrating the growth of your family with you!

 **Lydia Szymanski, RM**

In 2000, I was hired as a nutritionist and lay counsellor in the Healthy Pregnancy Outreach Programs in Squamish and Pemberton. I was so excited to be working with women and infants in my field, but little did I know it would change my career path. As I began supporting expectant moms around nutrition and healthy lifestyle choices, I found myself becoming interested in many other aspects of their journey to motherhood – pregnancy, labour and delivery, breastfeeding and newborn care.

I completed the Bachelor of Midwifery through the Faculty of Medicine at UBC in 2009. Over the course of my studies, I attended hundreds of births through placements in Vancouver, Duncan, Maple Ridge and Squamish, and also completed an international placement working in Uganda. After graduating, I worked in Victoria, Abbotsford and Vancouver, and am excited to finally be practicing here at home in Squamish.

It is a privilege caring for women and families through such a transformative time in their lives. Each woman, pregnancy and childbearing experience are unique and have something profound to teach me. I would be honoured to be part of your maternity care, and look forward to meeting you.

***To book an appointment please call: 604-815-0026
or e-mail: rootsmidwives@gmail.com***

Do your hormones feel unbalanced?

If so, some symptoms you may experience are:

- Weight Gain
- Fatigue
- Headaches
- Decline in libido
- Water retention
- Heart palpitations
- Low immune system
- Increased or decreased appetite
- Mood changes – irritable, emotional, depression
- Menstrual cycle irregularities
- Food cravings, especially sugar
- Decreased ability to handle stress
- Sleep disturbances
- Menstrual cramps
- Allergies
- Breast tenderness
- Hair loss or thinning
- Memory Loss
- Feeling ‘tired but wired’

To balance hormones, there are a number of treatment options. This includes dietary changes, herbs, bioidentical hormones (they mimic our own hormones), acupuncture, homeopathy, nutritional supplements, and IV vitamin/mineral therapy.

However, a good place to start is usually with testing hormones to find out your baseline levels. Saliva and urine seem to be the most accurate methods and reflect both free hormones (biologically active) and bound hormones (not active).

***For more information on hormone testing,
please contact Garibaldi Health Clinic.***

Welcome Dr. Jennifer Moss

Dr. Jennifer Moss is excited to be joining the team at Garibaldi Health Clinic. Dr. Moss has practiced Naturopathic Medicine and Registered Massage Therapy in Squamish since 2006. Earlier this year she welcomed the birth of her son Thomas. On September 1st Dr. Moss returned from maternity leave to re-open her practice at Garibaldi Health Clinic and is happy to welcome back her patients, as well as accept new patients in her new clinic space.

Dr. Moss is a graduate of Western Canada’s first naturopathic medical school, the Boucher Institute of Naturopathic Medicine located in New Westminster, BC. Her treatment interests are in Women’s Health, Naturopathic Pregnancy Care, Pain Management, Digestive Disorders, Hormone Imbalances, Sports Injuries, Preventative Medicine and Mental/Emotional Health and Wellbeing.

In her Naturopathic practice Dr. Moss provides her patients with individualized health care using a variety of treatment modalities including Clinical Nutrition, Botanical Medicine, Homeopathy, Acupuncture/Traditional Chinese Medicine, Neural Therapy, Intravenous (IV) Vitamin & Mineral Therapy, Chelation Therapy and Lifestyle Counselling.

Jennifer is also a Registered Massage Therapist, having graduated from the West Coast College of Massage Therapy. Jennifer’s massage therapy style includes Myofascial Release, Systemic Deep Tissue Therapy, Trigger Point Release, Sports Massage and Pre/Post Natal Massage.

Dr. Jennifer Moss is available for appointments on Thursdays and Fridays.

To book an appointment please call: 604.898.1999

www.drjennifermoss.com

Recipe of the Month:

Slow Cooker

Squash & Chickpea Curry

Ingredients:

2 cups cubed, peeled **BUTTERNUT SQUASH**
2 cups diced peeled **POTATOES** (white or sweet)
2 cups canned **CHICK PEAS**, drained and rinsed
1 tbsp **OLIVE OIL**
1 **ONION**, diced
2 cloves **GARLIC**, minced
1 tbsp minced **GINGER**
3 tbsp mild **CURRY PASTE**
1 can **COCONUT MILK**
1 cup **VEGETABLE STOCK**
1/4 cup natural **CASHEW BUTTER** or **PEANUT BUTTER**
1/4 tsp **SALT**
2 cups packed shredded **SWISS CHARD**
1 cup frozen **GREEN PEAS**
2 tbsp chopped fresh **CORIANDER**

Directions:

In slow cooker, combine squash, potato and chickpeas.

In large skillet, heat oil over medium heat; simmer onion, garlic and ginger, stirring occasionally, until onion is light golden, about 7 minutes. Add curry paste; cook, stirring, until fragrant, about 1 minute. Add to slow cooker.

Add coconut milk and stock to slow cooker; stir in cashew butter and salt.

Cover and cook on low for about 4 hours or until vegetables are tender.

Stir in Swiss chard and peas.

Cover and cook on high for about 15 minutes or until Swiss chard wilts. Sprinkle with coriander.

Makes 4 servings.



The Goods on the Ingredients:

Squash: A great source of fiber. High in vitamin A, which can help with vision, and maintaining a strong immune system.

Chickpeas: Excellent source of protein. Good for lowering cholesterol levels. Helpful in stabilizing blood sugar levels, and therefore good for diabetics. Beneficial for the bowels in promoting regularity due to its high fiber content.

Curry: One of the spices it contains is turmeric, which has powerful anti-cancer properties, useful as a natural anti-inflammatory, as well as being a digestive aid.

Onion and Garlic: Helps to lower cholesterol, prevent clot formation, lower blood pressure and blood sugar levels.

Olive Oil: High in omega 6 fatty acids, which are essential beneficial fats. It contains vitamins A, B, E, and many minerals. Good for lowering cholesterol and preventing heart disease, stroke, and cancer.

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.

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.

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.

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.

Cashews: High in omega 6 fats which are essential for energy production, hormone balancing, maintaining a healthy complexion, and for your mood. They 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.

Swiss Chard & Green Peas: Both are green vegetables that are rich in calcium – to keep your bones strong. They are also alkalizing to the body – which is the perfect environment to starve off chronic diseases such as cancer and heart disease.

Garibaldi Health Clinic

In The Galleries

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*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.*