



What's New?

Fall – A Season of Transition and Transformation

I hope that you all are enjoying this fantastic extension of summer weather that we are having. Although the days are still seeming sunny and warm, the signs of autumn are definitely here. Shorter days; leaves changing to vibrant colours and falling; chillier mornings and evenings; Halloween approaching; transitioning from cool, raw foods to warm, comforting foods; and moving from outdoor to more indoor activities. As we move from summer to fall, it is a great time to do a Cleanse! Clear toxins, recharge our batteries, revitalize our mind, and prepare for the winter season ahead by nourishing our bodies.

Thanksgiving allows us to reflect on what we are grateful for in our lives. My son just celebrated his 3rd birthday, and it reminds me how thankful I am to have him in my life, and how lucky I feel to re-live the youth and innocence that he represents all over again. I cherish my family, my health, my wonderful support network of friends, and my community that I live in that allows me to live the balanced lifestyle that I strive for.

What are you thankful for at this point in your life?

We hope you enjoy our Fall newsletter. Please read below to find a useful health tip, a tasty recipe, some immune-enhancing ideas, and some dirty cleaners that are best to avoid.



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

Yours in Health,
Dr. Ashely Gordon

The Clinic's Team:

- Dr. Ashely Gordon
Naturopathic Physician
- Natalie Scopaz
Homeopathic Practitioner
- 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



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Clinic' on Facebook to
receive our latest updates!**

Freedom to Express

Negative thoughts and emotions can be harmful to your health when they are suppressed. Find safe, healthy outlets to express your emotions. Learn to communicate honestly with friends and family, laugh, keep a journal, draw, or speak with a counsellor.

Wellness Quote

*"Kindness is
the oil that
takes friction
out of life."*

Dr. Gordon's Hours:

Wednesdays:

9:00 a.m. - 4:00 p.m.

Thursdays:

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

Fridays & Saturdays:

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

Office Hours:

Monday – 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
- Prolotherapy


Online Booking for Dr. Moss


Dr. Jennifer Moss now has online booking available. Visit the link below to book your appointment!


Click here for Dr. Moss




Dirty Cleaners: what to be aware of when buying cleaning products


 If a cleaner is labelled as 'safe', 'non-toxic', or 'green' they can still contain hazardous ingredients. For eg, 'Simple Green Concentrated All-Purpose Cleaner' is labelled as 'non-toxic' and 'biodegradable' but contains 2-butoxyethanol, a chemical that is absorbed through the skin and damages red blood cells and irritates eyes. Read labels carefully and don't buy any products labelled 'poison', 'danger' or 'fatal' if swallowed/inhaled.


 Drain cleaners (eg. 'Drano') can burn the skin and eyes, and even cause blindness. If you have a plugged drain, try a drain snake or plunger first.


 Oven cleaners emit toxic fumes. They contain large amounts of sodium or potassium hydroxide which can burn the skin, lungs and eyes. Sprinkle baking soda to cover the bottom of the oven, spray with water, wait 8 hours and then wipe clean.




 Ingredient labels are mandatory for cosmetics, drugs and foods, but not for cleaners. No information could mean that the company is trying to hide something. For eg. 'Walmart's Great Value' cleaning products only list a few of their ingredients on the packaging, or use vague terms for them. This is despite the company's commitment 'to sell products that sustain people and the environment'. Look for products that list most or all of the ingredients on the label or website.

 Dryer sheets or anti-static sprays ('Static Guard') stop static in clothes by using large amounts of ammonium compounds that can irritate lungs as well as cause asthma and contact dermatitis (skin rash/hives). Add vinegar to the rinse cycle to prevent static cling, run a damp cloth over clothing, or use a humidifier if your indoor air is dry.

 Many of the chemicals in cleaning products can cause asthma, cancer, hormone disruption, infertility, and are toxic to the nervous system. Vinegar and water can be all that is needed to clean windows, bathrooms, and floors...and has disinfectant properties too!

 Air fresheners (eg 'Air Wick') do not clean or purify the air. They cover up odours by releasing hidden mixtures of fragrant chemicals. These chemicals can cause allergies, asthma, or affect reproductive health. Some inhalants also contain chemicals that are addictive and mis-used. A bowl of baking powder in the bathroom can absorb odours, or use a bathroom spray made from essential oils, such as one with lavender oil from Be Clean, Naturally.

 Phosphate compounds found in dishsoap and laundry detergent enter waterways and can damage fish, the environment, and other sea life.

Choose detergents that are 'phosphate-free' and protect the environment.

For more information, please checkout:

<http://www.ewg.org/cleaners/hallofshame/>

10 Ways to a Stronger, Healthier Immune System:

- 1. Sleep Hygiene** – Try to get 8 hours of sleep every night, and get to bed at a reasonable hour. It is the hours that we sleep before midnight that really count. Sleep is important to balance hormones such as cortisol and growth hormone that are both necessary to keep our immune system strong.
- 2. Reduce refined sugars** in the diet. Baked goods, candy, chocolate, sugar all feed the bacteria or viruses that are the causes of flus and colds.
- 3. Increase the intake of protein** in your diet. Protein is the basis of antibodies – the immune-fighting cells of our body. Good sources include: fish, poultry, legumes, nuts, seeds, eggs, quinoa and yogurt.
- 4. Eat lots of fruits and veggies.** They are packed with vitamins, minerals, and antioxidants that are great at fighting off infection.
- 5. Keep hydrated.** Drink 8 x 8oz glasses of water and/or herbal teas per day.
- 6. Minimize stress.** Stress can raise the hormone cortisol in the body, which can weaken the immune system. Breathing exercises, meditation, yoga, massage, acupuncture, tai chi, journaling, and counselling are some ways to manage your stress levels.
- 7. Keep active.** Regular exercise will increase your circulation and reduce the incidence of colds and flus.
- 8. Wash your hands** regularly, and especially after being in public places, such as grocery stores and banks.
- 9. Supplementation of vitamins and minerals** (either orally or intravenously) can be helpful to correct any deficiencies and strengthen your immune system. Vitamins A, B, C and D are some examples, as well as herbs such as Echinacea and Goldenseal which have powerful anti-viral/bacteria properties.
- 10. Take time for yourself:** read, take a soothing bath, enjoy a deserved vacation, and find time to laugh – all are known to keep one healthy.

Immune Boost Day

Tuesday October 23rd, 2012

10:00 am to 2:00 pm

Physician for the day:

Dr. Jennifer Moss, ND

Come in for your seasonal immune booster! No appointment necessary. Adults and kids all welcome on a first come first serve basis and get your homeopathic immune booster. Vitamin injections for immune support are also available upon request.

Another flu season is approaching. The best way to prevent any flu or complications is through prevention. The main focus of prevention needs to be on healthy daily lifestyle choices that ensure overall health. A strong immune system is the most effective prevention strategy against the flu or any virus. Addressing diet, sleep, exercise and stress are the lifestyle pillars for a resilient robust immune response.

The homeopathic immune booster offered at GHC increases the body's natural defenses against the flu virus. Get a head start and be prepared for the long winter season.

Make an appointment to see your naturopathic doctor for individualized immune support solutions.

Diagnostic Access for B.C. Naturopathic Doctors:

The current government made a Throne Speech commitment in 2008 to give licensed Naturopathic Doctors the ability to access labs and other diagnostics (ie ultrasound, x-ray, Ctscan, etc.). This is key to extending the scope of practice to Naturopathic Physicians so that we can practice as primary care physicians. Supporting a collaborative approach to health care is the only way to improve B.C.'s health care system and protect the needs and choices of patients.

Presently, if a patient under the care of a Naturopathic Physician needs blood work or other diagnostic tests, they need to be sent back to their M.D., which is redundant and costs the health care system money, or a patient's blood is sent to Alberta or the U.S. as blood labs in B.C. are currently closed to Naturopathic Doctors. N.D.s are trained in safe, effective, science-based care and many patients are tired of not having a choice in the delivery of their health care.

If you feel strongly that Naturopathic Doctors should be able to practice to their full scope of practice to include diagnostic access, please write a letter to our Minister of Health and/or our MLA to express your concerns and beliefs. You are also welcome to stop by Garibaldi Health Clinic and we have postcards that you are able to sign, in which we will mail to the government on your behalf.

Hon. Dr. Margaret MacDiarmid, Minister of Health
Room 346, Parliament Buildings
Victoria, BC, V8V 1X4

Joan McIntyre, MLA
East Annex Parliament Buildings
Victoria, BC, V8V 1X4

Recipe of the Month:

Almond Hemp Crackers

You can find almond flour at most health food stores or make your own by grinding up skinless, blanched almonds into a fine powder in a food processor.

Ingredients:

2 Tbsp (30 mL) **HEMPSEEDS**
1 1/2 cups (350 mL) **ALMOND FLOUR**
1 large **EGG WHITE**, lightly beaten
1 Tbsp (15 mL) **EXTRA-VIRGIN OLIVE OIL**
1/4 tsp (1 mL) **SEA SALT**
6 Tbsp (90 mL) **HEMPSEED BUTTER**

Directions:

Preheat oven to 350 F (180 C).

In dry skillet, toast hempseeds over medium heat for 2 minutes, stirring often, or until golden.

In bowl, combine hempseeds, almond flour, egg white, olive oil, and sea salt until everything is slightly moist.

Transfer mixture to parchment- or silicone-lined baking sheet. Cover mixture with a piece of parchment paper and roll out to an 8 x 12 in (20 x 30 cm) rectangle, being careful that the edges are as thick as the middle to prevent burning. Remove top sheet of parchment paper and carefully cut into 12 crackers with paring knife.

Bake until golden brown, about 13 minutes. Let cool before handling. Spread crackers with hempseed butter.

Makes 12 crackers.



The Goods on the Ingredients:

Each serving contains:

213 calories; 10 g protein; 17 g total fat (1 g sat. fat, 0 g trans fat); 6 g carbohydrates; 2 g fibre; 58 mg sodium

Hemp (seeds and butter): 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.

Almonds: This nut is packed full of nutrition. They are an excellent source of 'good', unsaturated fats, protein, potassium, magnesium, calcium, iron, zinc, and vitamin E. Almonds are helpful in fighting against heart disease, lowering cholesterol, and have anti-cancer properties. They are also high in fiber and therefore can be used to promote bowel regularity.

Eggs: A great source of protein, as well as vitamin K and the B vitamins. They are also rich in choline, a key component of many fat-containing structures in the membranes of cells, providing integrity. During pregnancy and

breast-feeding, choline is important for normal brain development. In traditional Chinese medicine, eggs are recommended to strengthen one's blood and energy by enhancing digestive and kidney function.

Olive oil: The olive tree is an ancient symbol of wisdom and peace. It is an essential fatty acid that can help to lower heart disease and cholesterol. Olives and olive oil may also be important in the prevention and treatment of asthma, arthritis, and cancer by having anti-inflammatory properties.

Prolotherapy

Read about the benefits of Prolotherapy - a technique to help heal damaged tendons, ligaments, and joints - in the latest issue of Fruition, written by Suzanne Jolly on behalf of Dr. Ashely Gordon:

<http://seatoskyfruition.com/2012/09/12/prolotherapy/>

Garibaldi Health Clinic

In The Galleries

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