



What's New?

Happy New Year!

I hope you and your family enjoyed a wonderful holiday season filled with love, joy, laughter, relaxation...and of course scrumptious food!

With the start of a new year, comes reflection on the year just past and plans for the year ahead. What are your resolutions and goals for 2011?

Read below to find a useful Health Tip, a yummy winter recipe, natural alternatives to household products, and how to beat the winter blues.

Garibaldi Health Clinic would like to wish you loads of health and happiness for 2011!

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 Power of Breathing

Consciously following your breath is the simplest and often most powerful form of breath work because it puts your body and mind in harmony. If your mind starts to wander, gently bring it back to your breathing. Slow, deep, quiet, regular breathing is more efficient, delivers more oxygen to your cells and balances the nervous system.



Wellness Quote

*"Be intent upon
the perfection
of the present
day."*

- William Law

Dr. Gordon's New Hours:

Tuesdays:

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

Wednesdays:

9:00 a.m. - 3:00 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



Ways to Beat the Winter Blues:

1. Eat a balanced diet. There is truth in the saying, 'You are what you eat'. Focus on eating whole grains, lean protein, fruit, vegetables, and 'good' fats such as fish, almonds, seeds, and avocado.
2. Reduce the consumption of refined sugars – baked goods, candy, chocolate, white/brown sugar, and artificial sweeteners. This will only contribute to the low mood you are already feeling.
3. Exercise! Do something you enjoy doing, on a regular basis: walk, run, swim, ski, bike, do yoga, go to the gym. Staying active will raise serotonin levels in your body, your 'feel-good' hormone.
4. Sleep Hygiene: Try to get at least 8 hours sleep per night. Waking more refreshed, will better able you to handle the day ahead.
5. Supplement orally with vitamin D – the sunshine vitamin – and omega 3s. These can often be deficient during the winter months and can help with balancing your mood. IV (intravenous) vitamin/mineral therapy – a cocktail of different vitamins and minerals injected directly into the bloodstream- can also be highly effective in treating Seasonal Affective Disorder and Depression.
6. Spend time with family and friends. Take up a hobby. Volunteer at a local organization.



*Please contact Garibaldi Health Clinic
if you would like further information.*

EVERDAY HOUSEHOLD PRODUCTS TO AVOID AND TO PREFER

AVOID AS MUCH AS POSSIBLE

Perchloroethylene/tetrachloroethylene used in dry cleaning

Deodorants and antiperspirants containing aluminum (especially for women who shave their armpits, which facilitates penetration of aluminum)

Cosmetics, shampoo, lotions, gels, hair dye, nail polish, sunscreen containing estrogens or placental products (common in hair products for Afro hairstyles) or with parabens or phthalates. Phthalates to avoid include BBP and DEHP. Parabens to avoid: methylparaben, polyparaben, isoparaben, butylparaben.

Perfume containing phthalates (nearly all of them do)

Chemical household pesticides and insecticides.

Heating foods or liquids (coffee, tea, baby formula) in plastic containers made with PVCs (which are liberated into the food when heated), polystyrene, or Styrofoam.

Preparing food in scratched Teflon pans.

Common cleaning products such as liquid detergents, disinfectants, toilet bowl sanitizers with alkylphenonls (nonoxynol, octoxynol, nonylphenol, octylphenol, etc.)

Excessive exposure to electromagnetic fields of cell phones.

ALTERNATIVES

Air out dry-cleaning garments in fresh air for several hours before wearing, or employ wet cleaning, liquid CO₂, or silicone.

Use natural deodorants without aluminum.

Use natural and organic products free of parabens, phthalates, and estrogens.

Many “organic” cosmetics are free of parabens and phthalates.

Some companies, such as Body Shop or Aveda, make products without phthalates.

Wear no perfume, or wear only toilet water (which contains fewer phthalates).

Use pesticides made from essential oils, boric acid, or diatomaceous earth.

Use glass or ceramic containers (including when using a microwave oven).

Flawless Teflon, or else non-Teflon pans, such as stainless steel 18/10.

Use “green” or European Ecolabel products, or replace with white vinegar (for counter and floors), baking soda, or white soap.

Reduced use of cell phones with an air-tube headset.

Happy New Year!

From BodyDevotion Acupuncture

A big thank you to all of my clients in 2010. To say thank you, in the first 3 months of 2011, for every referral to *BodyDevotion*, you will receive a 30 minute complimentary massage!

Remember all new patients receive 50% off of their first combo Acupuncture Massage treatment.

Have an amazing year!

Brandy Buchanan R.Ac, R.Y.T

604-849-2849 • brandybu@mac.com

Looking for the perfect answer for troubled skin?

7 Cream is the answer. No other cream contains this unique combination of ingredients, including the highest quality Organic Manuka Honey and Organic Calendula Extract made especially for us by Gaia Herbs. *7 Cream* contains no parabens, mineral oil, lanolin, propylene glycol, fragrances and is made right here in BC!

Homeopathic Remedy kits are in stock and are 10% off in January. First Aid, Travellers, Pregnancy, and Basic 36 are available.

Natalie Scopaz, Homeopathic Practitioner

Embody Health Homeopathy - 604.848.8770

Reiki level 1

Usui Reiki level 1. Jan 15th & 16th

Energy exchange \$200, Squamish BC

Reiki is a gentle and pure energy that promotes deep relaxation and enables our body to heal. It encourages connection to self, establishing a mind/body knowingness.

In the *Usui Reiki level 1* class, you will learn the history of Reiki, what is energy and how to feel it. We will discuss the chakras and the body's energy system, as well as how to ground and protect yourself. You will receive an Attunement and learn the hand positions used in Usui Reiki with plenty of practice time so you can feel confident by the end of the weekend. I look forward to sharing with you this wonderful energy.

In Love and Light,

Tracy Weiss, Usui Reiki Master, Karuna Reiki level 2
tracyweiss93@hotmail.com • 604 898 4197

Benefits of Reflexology

Many people think if they don't have problems with their feet then reflexology won't help them. Reflexology helps many conditions. The list is ongoing but has been very effective in treating the following:

Children - growing pains, allergies, asthma

Pregnant Women - assist in reducing labour pain, recovery from cesarean section, gastrointestinal function, lactation in new mothers, post-partum health, urinary system, sleep, anxiety and depression

Adults - migraines, constipation, kidney function, sleep, intestinal and pancreatic function, circulation, diabetes, MS, sinusitis, cholesterol, high blood pressure, immune system, stress, pre and post surgery, cancer treatment recovery, frozen shoulder, depression

Women - menopause, PMS

Men - incontinence, prostate issues, fatigue, chronic pain

Winter Special

*Contact Michelle for more info
or to book an appointment at
604.389.0748*

*Reflexology \$35, Seniors rate
\$26, Reiki \$45, Reflexology &
Reiki Combo \$75*

All services +HST

Recipe of the Month:

Curry Lentil Soup

3 tbsp **OLIVE OIL**, divided
1 medium **ONION**
1 medium **CARROT**, finely chopped
2 large **GARLIC** cloves, chopped, divided
2 tbsp (or more) **CURRY POWDER**
1 cup **FRENCH GREEN LENTILS**
4 ¼ cups (or more) **WATER**, divided
1-16oz. can **CHICKPEAS**, drained, rinsed
1 tbsp fresh **LEMON JUICE**
2 tbsp **BUTTER**
2 green **ONIONS**, thinly sliced
1 **LEMON**, cut into 6 wedges

Instructions for 6 servings

Heat 1 tbsp olive oil in heavy large pot over medium heat. Add onion and carrot; sprinkle with salt and pepper. Cook until onion is translucent, stirring occasionally, about 4 minutes. Add half of chopped garlic; stir until vegetables are soft but not brown, about 4 minutes longer. Add 2 tbsp curry powder; stir until fragrant, about 1 minute. Add lentils and 4 cups of water. Sprinkle with salt and pepper. Increase heat and bring to a boil. Reduce heat to medium; simmer until lentils are tender, about 30 minutes.

Meanwhile, puree chickpeas, lemon juice, ¼ cup water, remaining 2 tbsp olive oil, and remaining garlic in food processor. Add chickpea puree and butter to lentil soup. Season to taste with additional curry powder, if desired. Add water by ¼ cupfuls to thin to desired consistency.

Divide soup among bowls. Sprinkle with thinly sliced green onions and serve with lemon wedges.

The Goods on the Ingredients:

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.

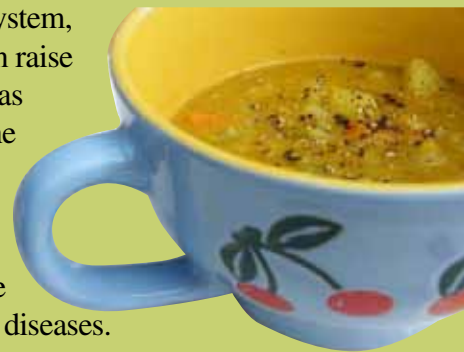
Onion and Garlic: Helps to lower cholesterol, prevent clot formation, lower blood pressure and blood sugar levels.

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.

Lentils and Chickpeas: Excellent sources 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.

Lemon: Contains high amounts of vitamin C to strengthen one's immune system. It is also very alkaline to our system, and therefore can raise our internal pH, as well as reduce the acidity in our body – a high acid environment is the cause of many chronic diseases.



Garibaldi Health Clinic

In The Galleries

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