



GARIBALDI

HEALTH CLINIC

What's New?

Welcome to Summer!

A season of warmth, longer days, outdoor activities, and vacationing. Ahhhh, sounds lovely!

We hope you enjoy our July newsletter. Keep reading to find a yummy summer salad recipe, health tip of the month, the benefits of homeopathy, as well as information on pregnancy health care at Garibaldi Health Clinic.

Garibaldi Health Clinic would like to wish you and your family a safe, healthy, and fun Summer!

Yours in Health,
Dr. Ashely Gordon

The Importance of Breakfast

Wake-up with Breakfast! Your body, including your brain, needs a boost in the morning to prepare for the day ahead. Try to include a meal that incorporates protein – to give the building blocks necessary to nourish every cell of your body. Some ideas for a healthy, wholesome breakfast include: eggs, granola with nuts and seeds, quinoa, yogurt or cottage cheese with fresh fruit, whole grain toast with nut butter, or a protein smoothie.

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,
Masters of Traditional
Chinese Medicine*
- Barb Fredericks
Office Administrator
- Kirstin French
Vega Technician

Reflexology – Special Offer!

Michelle has extended her hours. Now available Tuesday, Wednesday, Friday 8 a.m. to 8 p.m. and Thursdays 8 a.m. to 2 p.m. Reflexology and Reiki treatments are available. All patients of the Clinic will now receive a **discounted rate**. Beat the HST by buying your packages now and use later.

Contact Michelle at 604.389.0748 or
e-mail: reflexologybymichelle@gmail.com
website: www.reflexologybymichelle.com

Wellness Quote

*“Natural forces
within us are the
true healers of
disease.”*

– Hippocrates

Dr. Gordon's Hours:

Tuesdays:

9:00 a.m. - 1:00 p.m.

Wednesdays:

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

Thursdays:

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



Pre-conception, Pregnancy and Post-partum Care

Proper nutrition, supplements, exercise, and stress management are essential in order to make a strong, healthy baby. Your baby's health depends on *your* optimal health. Naturopathic Doctors are trained as primary care practitioners and can support you through the different phases of your pregnancy journey. After a thorough intake, we can suggest diagnostic tests and recommend a variety of different modalities (such as nutrition, acupuncture, botanical medicine, IV vitamin therapy, homeopathy, hydrotherapy, and bower technique) to guide you through your pregnancy in a non-invasive fashion.



We can help with:

- Increasing fertility
- Reducing stress and anxiety
- Supporting a woman's body through a healthy pregnancy
- Helping you establish a health care team for your pregnancy (for example, midwives, medical doctors, and doulas)
- Looking at your diet to make sure you are getting the proper balance of nutrients that you and your baby need
- Suggesting any vitamin, mineral, herbal, and homeopathic treatment to correct any deficiencies, as well as treat any acute or chronic conditions that may come up. This can include varicose veins, hemorrhoids, insomnia, morning sickness, fatigue, and more.
- Using physical medicine to help with any aches and pains during pregnancy
- Assisting to achieve a smooth labour and delivery
- Treating and preventing post-partum depression
- Breast-feeding support
- Wellness visits for you and your baby
- Pediatric care
- Providing health care to address any physical, mental, or emotional problems

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



Sunshine – *The Good & Bad*

Try to keep covered or stay out of the sun between 11 a.m. and 2 p.m. in Summer. Ultraviolet rays are cancer-causing and can cause sunburn if you aren't careful. If you do go outside between these hours, wear a sunscreen with at least SPF 30. It is beneficial to let some sun rays directly hit your skin (at least 30 minutes per day) as it produces Vitamin D. This sunshine vitamin can help to treat depression, cancer, autoimmune diseases – such as Multiple Sclerosis and Rheumatoid Arthritis – and has a great effect at boosting one's immune system. The sun has lots of benefit, as long as you are sensible during peak hours in the Summer.

Homeopathy – *Holistic Care*

Homeopathy takes into account the whole person vs. just the individual parts or pathology that may be present. We believe that the person does not function as various parts put together, but rather as one organism functioning simultaneously. If a person endures stress of any kind, whether mental stress from work, emotional stress from a relationship, or physical stress from sporting injuries – each person's body will respond in their own individual way.

Homeopathy looks to correct these individual disturbances from within, thus resulting in a more balanced, heightened well being. Our treatment provides a truly holistic and therapeutic approach, that results in permanent, gentle restoration of the physical, mental and emotional self.

Homeopathy – SPECIAL OFFER!

All Garibaldi Health Clinic patients receive a \$25 gift certificate off their Initial Consultation.

Farewell to Colleen Griffin, RCC

Colleen will be leaving Garibaldi Health Clinic this month, and working at the new Paradise Valley Wellness Centre, as well as continuing her private counselling practice in the fall. We will miss having Colleen at the Clinic and wish her the best of luck!

*To schedule an appointment with Colleen,
call 604.849.2338 or
e-mail colleen_griffin@shaw.ca*

Summer Hours:

Michelle Walton, Reflexology and Reiki Practitioner

Tuesday, Wednesday, Friday 8 a.m. - 8 p.m.

Thursdays 8 a.m. to 2 p.m.

Brandy Buchanan, Registered Acupuncturist

Monday 8 a.m. - 8 p.m.

Wednesday and Thursday 2 p.m. - 8 p.m.

Natalie Scopaz, Homeopathic Practitioner

Tuesday 2 p.m. - 8 p.m.

Saturday 8 a.m. - 2 p.m.

Dr. Natasha Wrenshall, Naturopathic Physician

Solarice Wellness Centre: Whistler - 604.935.1222

Wednesdays 9 a.m. - 7 p.m., Saturdays 9 a.m. - 4 p.m.

Garibaldi Health Clinic: Squamish - 604. 898.1999

Fridays: 8:30 a.m. - 6:00 p.m.



Embody Health
Homeopathy

"Balancing your whole health naturally"

Treat injuries Successfully

- Increased Recovery time
- Reduces Pain & Inflammation
- Specialized Acute individual treatments for as low as \$20.00

Call for more details on our
Summer Price Promotion

604-848-8770

www.embodyhealth.ca

Natalie Scopaz, DCH
Homeopathic Practitioner

106-41105 Tantalus Rd. Galleries Building, Garibaldi Estates

Recipe of the Month:

Sugar Snap Pea Salad with Quinoa and Citrus Vinaigrette

1 cup of dry **QUINOA**- cooked
3 tablespoons **EXTRA-VIRGIN OLIVE OIL**
3 tablespoons **APPLE CIDER VINEGAR**
3 tablespoons **ORGANIC RAW HONEY OR AGAVE NECTAR**
Juice from 1/2 medium-size **LEMON**
Juice from 1/2 medium-size **ORANGE**
1/4 teaspoon **SALT**
Pinch of fresh **GROUND PEPPER**
1/4 teaspoon **SESAME SEEDS**
8 oz. **SUGAR SNAP PEAS**, rinsed and de-stringed
Segments from 1 medium-size **ORANGE**, skin and pith removed



Instructions

1. Cook one cup quinoa in two cups water. Once water is boiling, reduce heat and simmer for 15-20 minutes (until water is all absorbed). Fluff with a fork and let cool completely.
2. While quinoa cooks, make citrus vinaigrette: whisk together olive oil, vinegar, honey, lemon juice, orange juice, salt, pepper and sesame seeds in a small bowl; set aside.
3. Toss snap peas with quinoa and orange segments. Drizzle citrus vinaigrette over salad and serve.

The Goods on the Ingredients:

Quinoa: A South American grain that is a complete protein (contains all of the essential amino acids, the building blocks of protein) and therefore is great for vegetarians and vegans. It also has a low glycemic index, and so doesn't cause a huge spike in blood sugar levels. Quinoa is an excellent source of fiber, as well as being packed with magnesium and iron.

Olive Oil: High in omega 6 fatty acids – which give us energy, and are necessary for many vital reactions in our body. It contains vitamins E, A, and many of the B vitamins. Also, it is loaded with many minerals. Good for lowering cholesterol and preventing heart disease, stroke, and cancer.

Apple Cider Vinegar: Helps to alkalize (increase the pH) the body. This can be useful for reducing inflammation, and thus preventing and treating a long list of health concerns, including arthritis, asthma, cancer, digestive ailments, low immune function, and much more.

Sesame Seeds: High in omega 6 fatty acids and lignans – good for lowering cholesterol levels, as well as good food for your skin. They have large amounts of antioxidants for cancer prevention, and phytoestrogens for hormone balancing. These seeds are also rich in iron, magnesium, calcium, manganese, copper, and vitamins B1 and E.

Lemon and Orange: Contains a substantial amount of Vitamin C which can strengthen your immune system.

Snap Peas: A green veggie rich in calcium, iron, magnesium, and Vitamin C. They also contain fiber to keep your bowels regular and lower cholesterol and blood sugar levels.

Honey: a natural alternative to sugar for a sweetener.

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

Garibaldi Health Clinic

In The Galleries

#106 - 41105 Tantalus Rd

Squamish, BC V8B 0N3

Phone **604.898.1999** • Fax 604.898.1986

inform@garibaldihealthclinic.com

www.garibaldihealthclinic.com

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.