



## What's New?

### Happy New Year to you and your family!

I hope you enjoyed a wonderful holiday season, and are looking forward to the year ahead. What are your resolutions and goals for 2010?

I will be starting back at the clinic in January after a lovely maternity leave with my now 3 month old son Reed. I would like to thank Dr. Natasha Wrenshall for covering my patients while I was away. She has brought much wisdom, care and vitality to Garibaldi Health Clinic. I am pleased that she will be continuing to see patients at the clinic on Fridays.

I look forward to seeing you for naturopathic appointments on Tuesdays, Thursdays, and Saturdays. Please, call Marion or Kirstin to schedule an appointment at 604.898.1999.

With the start of the year, I would like to welcome a few new health practitioners to the clinic. I am excited for them to be part of Garibaldi Health Clinic's team. Please, read below to find out more about these great health providers.

May 2010 bring you much health & happiness!

In Health,

*Dr. Ashely Gordon*

### Garibaldi Health Clinic's Team:

- Dr. Ashely Gordon  
*Naturopathic Physician*
- Dr. Natasha Wrenshall  
*Naturopathic Physician*
- Colleen Griffin  
*Registered Clinical Counsellor*
- Natalie Scopaz  
*Homeopathic Practitioner*
- Carol Zuckernick  
*Registered Massage Therapist*
- Daniela Dutto  
*Registered Physiotherapist*
- Michelle Walton  
*Registered Reflexology Therapist*
- Brandy Buchanan  
*Registered Acupuncturist,  
Masters of Traditional  
Chinese Medicine*
- Marion Abramo  
*Office Administrator*
- Kirstin Pears  
*Vega Technician and  
Office Administrator*

### Health Tip of the Month:

With shorter days in winter, and hence less sunlight, increase your Vitamin D intake to 2,000 IU per day. This will boost your immune system, strengthen your bones, prevent cancer, and combat Seasonal Affective Disorder.

### Wellness Quote:

*"In order to be irreplaceable one must always be different."*  
- Coco Chanel

**Welcoming  
Dr. Ashely Gordon  
Back to the Clinic**

**Dr. Gordon's  
New Hours:**

**Tuesdays:**

9:00 - 3:00 pm

**Thursdays:**

9:00 am - Noon  
and 4:00 pm - 7:00 pm

**Saturdays:**

9:00 - 3:00 pm

**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



**Michelle Walton, R.C.R.T.**

*Reflexology by Michelle*

Michelle Walton is a Registered Canadian Reflexology Therapist based in Squamish. She is a graduate of the Reflexology Therapist program through RAC. As well, Michelle is a member of the Reflexology Association of Canada, BC Chapter of RAC, and Squamish Chamber of Commerce. Michelle is available at Garibaldi Health Clinic Wednesdays and Fridays. Mobile service is available. Hours are flexible, just let her know your needs.

Reflexology is a natural, non-invasive healing art that is based on the principle that there are reflexes in the feet, hands and ears that correspond to every part of the body. The body has the ability to heal itself. Following illness, stress, injury or disease, it is in a state of "imbalance" and vital energy pathways are blocked, preventing the body from functioning effectively. When one part of the body is not functioning well, the effect is felt throughout the entire system. Reflexology can be used to restore and maintain the body's natural balance and encourage healing.

*www.reflexologybymichelle.com*

*E-mail: reflexologybymichelle@gmail.com*

*Phone : 604.389.0748*

**Dr. Natasha Wrenshall**

*Naturopathic Physician*

Over the past four months my family and I have thoroughly enjoyed all that Squamish has to offer, most notably the vast array of walking, hiking and cycling trails! The sunshine of late summer and early autumn was paramount to none (we just didn't get that in Ireland!). As winter comes into full effect, I will be expanding my hours in Whistler! I am looking forward to all that 2010 has to offer and wish you much success and health!

**HOURS:** Garibaldi Health Clinic – Fridays 8:30 am - 7:00 pm  
Solarice Wellness Centre and Spa – Wednesdays 9:30am - 3:00 pm,  
Thursdays 9:30 - 7:00 pm and Saturdays 9:30 am - 4:00 pm in Whistler.

*Phone: 604.898.1999 for a Friday appointment with Dr. Wrenshall*

*E-mail: drwrenshall@gmail.com*

**Brandy Buchanan, R.AC, M.TCM**

*Registered Acupuncturist, Masters of Traditional Chinese Medicine*

Brandy has been practicing all over the world for over 10 years. She draws from her years of experience working in the spas of Europe, studying with the doctors of Asia, and learning yoga in the Americas.

She integrates the effectiveness of acupuncture and the relaxation elements of massage to bring about a complete and effective form of therapy. She specializes in back pain and spinal rehabilitation, as well as pain relief for tight muscles and distressed joints.

Brandy will be available on Mondays at Garibaldi Health Clinic and welcomes new patients.

*E-mail: brandybu@mac.com*

## **Daniela Dutto**

*Registered Physiotherapist*

Traditional Physiotherapy – Western Acupuncture (AFCD) – Dry-needling (IMS/GTT)

Daniela has over 10 years of experience as a physiotherapist and treats many acute and chronic conditions, from sports-related tendonitis to chronic TMJ pain and migraine sufferers. Her special interest over the last five years has been treating chronic and complicated pain conditions, nagging injuries, nerve entrapment syndromes and work/sports-related overuse conditions. As a previous sufferer of chronic pain, she has been active in furthering her knowledge, assessment, and treatment techniques in this field. Her needling technique uses various methods to desensitize treatment areas and is well tolerated by many patients. Restoring musculoskeletal balance through manual therapy, needling, acupuncture and exercise is her aim. She also likes to work closely with other health professionals to provide an optimal environment for the client's body to regain balance and to heal.

Daniela will be available for assessment and treatments on Thursdays at Garibaldi Health Clinic.

*Chronic pain:* TMJ disorders, migraines and headaches, fibromyalgia, frozen shoulder, whiplash

*Sports overuse/repetitive strain injuries:* Tendonitis, IT band syndrome, athletic stiffness, plantar fasciitis

*Nerve entrapment syndromes:* thoracic outlet syndrome, carpal tunnel syndrome, pinched nerves

Enhanced athletic performance and flexibility

Body balance and wellness

*Phone:* 604 898 1999

*E-mail:* [balancephysio.blogspot.com](http://balancephysio.blogspot.com)

## **Kindergarten Ready? Setting Kids up for Success**

Chandra Kipfer & Helen Tilley, Occupational Therapists

**Mantra Living Inc.**

Chandra@mantraliving.ca

**778.970.0003**

Your child has grown so fast! They will be starting school before you know it! But, is he or she ready for Kindergarten? Do they have the functional physical skills necessary to learn to print, learn to use scissors proficiently, sit still long enough for listening & learning, or dress for the outside independently?

We are two Occupational Therapists who have worked extensively with children in preschool, home and school settings. As occupational therapists, caregivers and teachers frequently come to us when a child is not meeting developmental expectations. It may be a child already identified to be facing unexpected challenges, or they may have difficulty in just one particular area. We use developmentally appropriate, evidence based strategies for all kids – not just those with identified delays.

Come join us & learn about the physical skills your child will need and how you can facilitate the development of these skills for ALL ability levels. Help them get ready to meet the challenges of an exciting year ahead in kindergarten.

**Squamish Public Library, 37907 Second Ave**

**Jan 21, 2010, 7 - 8 pm**

**Call 604-892-3110 or check out the website [squamish.bclibrary.ca](http://squamish.bclibrary.ca)**

## Recipe of the Month:

### *Curried Ginger and Carrot Soup*

2 tsp (10 ml) **EXTRA-VIRGIN OLIVE OIL**  
2 **CLOVES GARLIC**, finely chopped  
1 medium **YELLOW ONION**, chopped  
2 tbsp (30 ml) **GINGER ROOT**, grated or minced  
1 tsp (5 ml) **GROUND CORIANDER**  
1/2 tsp (2 ml) **GROUND CUMIN**  
1/4 tsp (1 ml) **CURRY POWDER**  
1/4 tsp (1 ml) **SALT**  
1/4 tsp (1 ml) **PEPPER**  
4 cups (1 L) **CARROTS**, chopped  
3 cups (750 ml) **VEGETABLE STOCK**  
2 cups (500 ml) **LOW FAT MILK**  
or **ENRICHED SOYMILK** or **COCONUT MILK**  
1/4 cup (60 ml) chopped **FRESH CILANTRO**

In a large saucepan, heat **oil** over medium heat and cook the **garlic, onion, ginger root, coriander, cumin, curry powder, salt, and pepper**. This releases the aroma of the curry.

Cook until onions are soft, five to 10 minutes. Stir in the **carrots** until well coated, add the **stock**, and bring to a boil. Reduce heat, cover, and cook until carrots are very soft, 20 to 30 minutes.

Turn off heat. Using a hand blender, carefully blend the soup until creamy. (If no hand blender is available, transfer the soup in batches to a blender. This gives best results when you are having company over.)

Return pot to heat and add **milk** or **soymilk**, reheating gently until just hot. Serve in bowls and decorate with **cilantro**. Serves 4.

## The Goods on the Ingredients:

**Olive oil:** High in omega 6 fatty acids – which give us energy, and are essential building blocks 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.

**Garlic and onions:** Great for reducing cholesterol and blood pressure. Also wonderful to keep your immune system healthy and strong.

**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.

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

**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.

**Cilantro:** A good source of magnesium, iron and fiber. It is anti-bacterial and helps to chelate (or bind and remove) heavy metals from the body such as mercury. It can also be helpful to ease digestive complaints.

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

**Cumin:** A spice to relieve digestive and respiratory disorders.

## 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

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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.*