



## What's New?

### Happy New Year!

I hope that you enjoyed a great Holiday Season with good friends and family. It seems to be the time of year of indulgence – so hopefully you indulged in not only yummy food, but also pampered yourself with rest, relaxation, outdoor winter activities, and fun-filled days with loved ones.

I enjoyed a quiet holiday with close family. It is times such as Christmas break, that I truly appreciate the importance of family.

Now that 2012 is here, what are your goals and resolutions for the upcoming year? Improving one's health and wellness seems to be near the top of a lot of people's lists...which isn't necessarily a bad thing! Sometimes it helps to think of one or two specific, realistic goals, rather than choosing a resolution that is quite difficult to attain. Often just lowering your expectation even slightly, can set you up for success!

Read ahead to find a useful health tip, a scrumptious recipe, chemicals in personal care products, and testing/treatment options for environmental allergies.

Garibaldi Health Clinic would like to wish you and your family many good wishes for the year ahead!

Yours in Health,

*Dr. Ashely Gordon*



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### 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*

### Health Tip: Friendly Fevers

To reduce a fever, drink a couple of glasses of water, apply a cold wet compress to the forehead and chest and take a long tepid bath or sponge bath. Rest, drink plenty of fluids and limit food intake until the fever breaks. Fevers below 39C (102F) are seen as "friendly" and a normal reaction of the body to eliminate toxins.



### Wellness Quote

*"Love is letting go of fear."  
- unknown*

## 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.

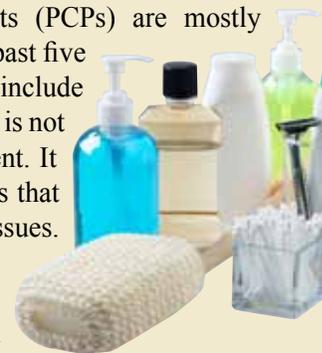
## Dr. Gordon's Clinical Specialties:

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



## Chemicals in Personal Care Products

The chemicals used in Personal Care Products (PCPs) are mostly unregulated and untested. It has only been in the past five years that it has been mandatory for companies to include a list of ingredients on product labels – however, it is not a requirement to list the *amount* of each ingredient. It is this low-level, long-term exposure to chemicals that is being linked to more and more chronic health issues.



### *Some Facts – did you know?*

- It was found in a recent report titled “Heavy Metal Hazard” from the Environmental Defence, that cosmetic products contain heavy metals, even though this has been banned. The main metals present include arsenic, cadmium, lead, and mercury.
- The average consumer (including teens) uses 15-25 cosmetic PCPs a day, which amounts to an exposure rate of approximately 200 chemicals per day!
- Side effects of synthetic PCPs include: mild to severe allergic reactions, disruption of hormonal, nervous, respiratory and immune systems, and cancer-causing properties with long-term exposure.
- Many of the toxic chemicals in PCPs are acidic (low pH). When the pH of the body is disrupted, minerals will be pulled from nearby sources in order to balance the pH. This creates a deficiency of minerals in the body.

### *What to avoid:*

The chemicals that are the most important to avoid are those that have a name ending in ‘acid’, as well as alcohol, parabens, phthalates, sodium laureth (and its derivatives), propylene glycol and synthetic colours and fragrances.

### *Other concerns about chemicals in PCPs:*

- Medicated soaps destroy beneficial bacteria on the surface of the skin
- Alcohol in products contribute to skin dehydration. Some mouthwashes contain even higher concentrations of alcohol than beer, wine, or liquor. Long-term use of alcohol-based mouthwash has been linked to increased risk of oral and throat cancer.
- Oils in bathing products and moisturizers clog the skin pores reducing waste transport from the tissues.
- Petroleum-based ointments (ie Vaseline) coat the skin surface with an insulating film which prevents evaporation of secretions and the release of heat.

### *The Bottomline:*

It is of utmost importance that consumers learn to understand labels in order to choose products that contain few or no harmful chemicals. It is beneficial to support the health of the skin by drinking adequate water, maintaining a regular exercise regime, dry skin brushing, and consuming ‘good’ fats (avocado, nuts, seeds, fish, olive oil) to keep the skin hydrated from the inside out.

### *For more information:*

The Skin Deep Cosmetics Database: [www.ewg.org/skindeep](http://www.ewg.org/skindeep)

The Environmental Defence: [www.environmentaldefence.ca](http://www.environmentaldefence.ca)

## Allergy Testing and Treatment offered at Garibaldi Health Clinic

Do you suffer from seasonal allergies? Itchy, watery, red eyes; runny nose, sneezing, sinus pressure/pain, itchy throat, blocked ears, headaches, and fatigue? Are you tired of taking antihistamines and not getting to the root of the problem? Garibaldi Health Clinic is now offering allergy testing (via diagnostic scratch testing) to determine if you have allergies (and the severity) to the following: **GRASSES, TREES, WEEDS, RAGWEED, DUST MITE, CATS, DOGS AND/OR MOLD.**

### *Treatment using SLIT (Sublingual Immunotherapy):*

Sublingual immunotherapy, given as drops under the tongue, treats the cause(s) of allergies by giving low doses of the allergen (for eg. cat dander) to the patient. Repeated exposure over time to these small doses, increases one's tolerance to the allergens and reduces allergy symptoms. SLIT re-trains your body not to be allergic in the first place.

SLIT is similar to allergy shots in that they both change the body's ability to react to allergens. Allergy shots are very effective but they need to be given in a physician's office which is often inconvenient for patients resulting in not finishing the treatment course. SLIT is more convenient than shots as the patient can self-administer the drops at home.

Patients that undergo SLIT treatment report a better quality of life - fewer sick days from work and school, improved sleep, and a drastic reduction or elimination of allergy symptoms. Many patients are dependent on antihistamines to function, and are happy to not need them anymore.

SLIT has been studied in over 60 clinical trials over the past 15 years proving efficacy, safety, and tolerance to the treatment. It is now the most widely prescribed form of allergy immunotherapy in Europe. SLIT is Health Canada and FDA approved, and is recognized by the World Health Organization as an effective treatment for allergies. Research shows that committing to the full therapy can result in permanent symptom relief – no more suffering from allergies! It is suggested to start SLIT 30-60 days prior to allergy season. In B.C. tree pollen comes out as early as February and so treatment can begin in January.

For more information or to make an appointment, please contact Garibaldi Health Clinic – 604.898.1999. Dr. Ashely Gordon & Dr. Jennifer Moss are trained to perform the scratch testing and write patient prescriptions for SLIT drops.



## What is Neural Therapy?

Neural therapy is the injection of local anaesthetics into peripheral nerves, scars, acupuncture points, trigger points and other tissues to relieve pain and dysfunction throughout the body. Neural therapy's healing effect is believed to work by normalizing the function of the nervous system. It is based on the theory that any trauma, infection, or surgery can produce long-standing disturbances in the electrochemical or electromagnetic function of tissues.

### *What conditions can Neural Therapy treat?*

- Scar disturbances
- Joint & Muscle pain
- Sports injuries
- Headache & migraine
- Post-surgical pain
- Digestive disturbances
- Chronic fatigue
- Allergies
- Asthma
- Dizziness & Vertigo
- Sinusitis & Tonsillitis
- Chronic pain/infections
- Menstrual pain & irregularity
- Hormone imbalances including thyroid, adrenal & ovarian hormones

### *What can I expect from a treatment?*

After an initial assessment the patient lies on the treatment table while the doctor uses small needles to inject local anaesthetic into the identified areas of dysfunction. The effect of the treatment often produces immediate relief of symptoms. The patient can experience a feeling of euphoria, energy going to the head ('lightening reaction'), and/or emotional release. All responses are important in the healing process.

One of the beautiful things about neural therapy is that it can go directly to the site of the problem and clear it out, relieving toxic burden that can build up. A typical course of neural therapy treatment is about six sessions.

*Dr. Jennifer Moss has received specialized training in Neural Therapy and sees patients at Garibaldi Health Clinic on Thursdays and Fridays. [www.drjennifermoss.com](http://www.drjennifermoss.com)*

## Recipe of the Month:

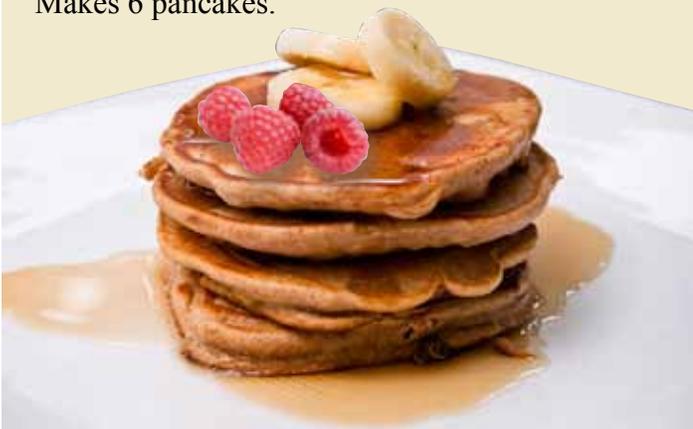
### *Banana Spelt Pancakes*

1 cup (250 mL) **RASPBERRIES**  
1/4 cup (60 mL) **MAPLE SYRUP**  
1 cup (250 mL) **SPELT FLOUR**  
1 tsp (5 mL) **BAKING POWDER**  
1 ripe **BANANA**, mashed  
1 tsp (5 mL) **CINNAMON**  
1/2 cup (125 mL) **MILK** or  
**UNSWEETENED RICE** or **SOY MILK**  
1/3 cup (80 mL) chopped **WALNUTS**  
1 large **EGG**, beaten

In blender, combine raspberries and maple syrup. Blend until smooth, set aside. In bowl, mix together spelt flour and baking powder. Add banana, cinnamon, milk, walnuts, and then egg. Mix until smooth with no clumps. If needed, slowly stir in more milk until you get desired consistency.

Heat nonstick skillet over medium heat. Drop batter onto skillet with 1/3 cup (80 mL) measuring cup and cook for about 2 to 3 minutes per side or until nicely browned on both sides. Top with raspberry syrup. Save extra syrup and stir into yogurt.

Makes 6 pancakes.



## The Goods on the Ingredients:

**RASPBERRIES:** Rich in Vitamin C and antioxidants which can strengthen one's immune system and prevent infection. They are also rich in fiber to promote regular bowel movements and eliminate toxins. Raspberries contain lutein which is important for proper vision. Berries also are important at preventing and treating cancer.

**MAPLE SYRUP:** Contains manganese – for energy production and antioxidant defence – and zinc, important for men's reproductive health. Maple syrup is a good alternative to refined sweeteners such as white sugar, or artificial sweeteners.

**SPELT FLOUR:** A glutinous grain that can be used as an alternative to wheat. It has a nutty flavour and is high in protein and fiber. Spelt can be helpful to reduce heart disease and protect against colorectal cancer.

**BANANA:** High in fiber and potassium. Good for your heart and lowering cholesterol levels.

**CINNAMON:** A very warming herb that can be used to help with circulatory disorders as well as balance blood sugar levels for those suffering from insulin resistance or diabetes. In Chinese medicine, this herb is used for colds, digestive disorders or painful menstrual periods.

**WALNUTS:** Considered to be the oldest tree food known to man. They are extremely nutrient-dense: high in antioxidants, vitamin E, magnesium, monounsaturated fats ('good' fats), protein, and fiber. Walnuts can help with lowering cholesterol and reducing heart disease.

**RICE MILK:** A good alternative for people having trouble digesting dairy. A source of protein, calcium and B vitamins.

**EGGS:** A high-quality complete protein, and an excellent source of vitamins K, D, and the B vitamins.

## Garibaldi Health Clinic

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## Our newsletter is published quarterly

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