



What's New?

Hello Summer!

Summer is hopefully here to stay....

It has been a long winter, and I think we are all looking forward to some sun-filled days.

With summer comes longer days, vacation-time with family and friends, outdoor activities, and BBQ gatherings.



I am excited to spend the summer in the beautiful Sea-to-Sky country and take advantage of as many local events in our amazing community of Squamish. I feel so lucky to live in a place that has so much to offer. And summer is my favourite season in Squamish – it is so much fun and there is never a lack of something to do!

I know it is enticing to maximize as much time in the sun as possible, but please be careful – try to keep covered or stay out of the sun between 11am and 2pm during the summer months. Ultraviolet rays are cancer-causing and can cause sunburn if you aren't careful. Moderation is always the best rule.

We hope you enjoy our July newsletter. Please read below to find a healthy, scrumptious recipe, some tips for a restorative sleep, and symptoms of Electro-Magnetic Field (EMF) Disease and proactive ways to reduce its incidence.

Garibaldi Health Clinic would like to wish you and your loved ones a fantastic summer!

Yours in Health,

Dr. Ashely Gordon



The Clinic's Team:

- Dr. Ashely Gordon
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

Sleep Hygiene:

Do you suffer from insomnia?

A regular schedule improves sleep. Go to bed and rise at the same time, even on weekends and holidays. Exercise, meditate or do yoga on a daily basis to calm the mind.

Stimulants are the worst offenders for disrupting sleep. After 11 a.m. eliminate all coffee, tea, cola, chocolate and over the counter medication with caffeine. Alcohol initially can be sedating, but as the night goes on it will lighten and fragment sleep.

Keep your bedroom dark. Melatonin, the main hormone for balancing sleep needs darkness. Use thick curtains, blinds or eye masks to ensure maximum darkness.

Wellness Quote

*"The man who
never made
a mistake,
never made
anything."*

- 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 Mondays & Tuesdays as well.

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



Celiac Disease: The Facts



- A chronic malabsorption disorder that affects the absorptive surface of the small intestine and is caused by an intolerance to gluten. Gluten damages the lining of the small intestine, thus preventing absorption of valuable nutrients.
- Gluten is a major protein component of the grains wheat, oats, barley, rye, triticale, kamut, and spelt
- Symptoms include: bulky, pale, greasy, foul-smelling stools with an increased level of fat; weight loss, multiple vitamin and mineral deficiencies (including iron and Vitamin B12), protein/carbohydrate/fat deficiencies, fatigue, abdominal pain, bloating, irritability, frequent infections. In infants it can cause failure to thrive.
- It is estimated that 1 in 133 people in Canada are affected by Celiac Disease; it affects children as well as adults. Symptoms most commonly appear during the first three years of life, after wheat and other cereals are introduced. A second peak incidence occurs during the third decade.
- Currently 90% of people are undiagnosed
- Celiac appears to have a strong genetic component. Although the exact cause of celiac disease is unknown, one hypothesis is an abnormality in the immune response.
- Breastfeeding appears to have a prophylactic effect – breastfed babies have a lowered risk of developing celiac disease
- Many celiac patients are also sensitive to dairy. These patients do best with avoiding dairy in addition to gluten
- Celiac Disease is diagnosed based on symptoms and bloodwork. The most definitive test however is a biopsy of the small intestine.
- There is no cure to Celiac Disease once it has been diagnosed. Treatment is strict elimination of all grains containing gluten. This must be carried on for life.
- It is of vital importance that patients read labels in order to understand what products may contain gluten. There are hidden sources of gluten in soy sauce, some food starches, some flavorings and seasonings, some ice cream, soup, beer, wine, vodka, whisky and malt (brown rice syrup has malt as well). Gluten can also be found as some binders in pharmaceutical products.
- Environmental sources of gluten can include: cosmetics, shampoo, toothpaste, playdough, glue, glue on stamps/envelopes, cross-contamination with toasters, cutting boards, colanders, wooden utensils.
- Vitamin and mineral supplements help correct underlying deficiencies, and omega 3 and L-glutamine reduce inflammation and mend intestinal damage. Probiotics ('good' bacteria for the gut) are helpful for restoring the integrity of the intestine.

Addressing Exposure to Electromagnetic Frequencies (EMF):

Electric charges radiate electric fields and the movement of charges produces magnetic fields. Although science has long known this, only recently have we come to accept that this radiation poses a significant danger to human health. It's called electric and magnetic field (EMF) disease.



The following symptoms are associated with sensitivity to EMF exposure:

Neurological symptoms – headaches, dizziness, disorientation, tinnitus, insomnia, fatigue, anxiety, irritability, depression, flu-like symptoms, weakness, difficulty concentrating, memory loss, tremors, muscle spasms, restless leg syndrome, muscle and joint discomfort, tingling and numbness in extremities

Dermatological symptoms – skin itching, burning, tingling, swelling, rashes and facial flushing

Cardio-vascular symptoms – altered heart rate, chest pain, chest pressure and shortness of breath not related to exertion

Respiratory symptoms – asthma, sinusitis, nasal congestion, bronchitis and pneumonia

Digestive symptoms – nausea, irritable bowel symptoms, gluten and dairy sensitivities

Ophthalmological symptoms – pain or burning of the eyes, unexplained deteriorating vision, pressure in or behind the eye, floaters and/or cataracts

Immune system symptoms – allergies, increased susceptibility to colds and flus, auto-immune symptoms and diseases

Miscellaneous – impaired smell, excessive thirst, enlarged thyroid, testicular and ovarian discomfort, and infertility

More severe symptoms – internal bleeding, unconsciousness, paralysis and seizures

10 ways to reduce Electromagnetic Radiation (EMR):

1. Keep all electric devices such as electric clocks, radios, TVs, answering machines, electric blankets, heating pads, computers, voltage converters and other electrical devices one metre or more from beds; choose battery operated alarm clocks instead.
2. Keep back at least one metre from operating a toaster, electric kettle, microwave oven, electric stove/oven or toaster oven when immediate attention is not required.
3. Always recharge wireless devices away from the sleeping area.
4. If possible, sleep on bed systems without any metal and ideally made of natural organic material.
5. Limit time spent on cell phones – use speaker phone away from your body; use text messages over voice calls; avoid wireless ear attachments such as BlueTooth, instead use an air-tube headset
6. Use a wired land line for Internet and phone; if not possible, unplug the wi-fi at night.
7. Avoid using a cell phone when pregnant or while carrying small children.
8. Do not carry a cell phone on your person when it is turned on as it will be transmitting signals to the base station. Keep the device in a separate area, such as a handbag or backpack.
9. Never use your laptop computer on your lap while using AC power (while plugged into an electrical outlet). Use battery power instead.
10. Do not locate a computer on a common wall with a bed, crib, sofa or reading chair.

Meters and other equipment to measure EMF exposure in your home or work can be purchased at www.safelivingtechnologies.ca. Alternately, EMR inspectors, can be found at www.buildingbiology.net.

We would like to honour you . . .

*10% Discount

10% discount:

- To Seniors and Students on Naturopathic Initial and Follow-up Appointments.
- If you refer a family member, on their Initial Naturopathic Appointment

*Summer Specials

From Reflexology by Michelle

1 hour treatments:

- Reflexology \$45 + hst
- Reiki \$50 + hst
- Indian head massage \$50 + hst

Over an hour treatments:

- Reflexology & reiki combo \$85 + hst
- Reflexology & Indian head massage \$85 + hst
- Reiki & Indian head massage \$90 + hst
- Reflexology, Reiki and Indian Head Massage combo \$135 + hst

Recipe of the Month:

Lentil Quinoa Burgers with Hemp Pesto

1/2 cup **ALFALFA SPROUTS**
1 cup **DRIED GREEN OR BROWN LENTILS**
1/2 cup **QUINOA**
1 cup **CILANTRO**, packed
1/3 cup **HEMPSEEDS**
1/3 cup **PARMESAN CHEESE**, grated
Juice of 1 **LEMON**
4 cloves of **GARLIC**, chopped
1/4 tsp **SALT**
1/4 cup **HEMP OIL**
1/2 cup **BREAD CRUMBS**
1 large **EGG**
1 tbsp **DIJON MUSTARD**
1 tsp **CUMIN POWDER**
SALT and PEPPER to taste
1/3 cup **WALNUT PIECES**
1 tbsp **VEGETABLE OIL**, such as **GRAPE SEED OIL**
4 **WHOLE WHEAT PITAS**, sliced in half
2 cups of **ARUGULA**
1 cup **ROASTED RED PEPPERS**, sliced



In a medium saucepan, bring lentils and 2 cups water to a boil. Reduce to medium-low. Simmer for 35 minutes, or until tender. Remove from heat and let cool.

In a separate small saucepan, bring quinoa and 1 cup water to a boil; reduce heat, simmer until water is absorbed, about 10 minutes. Remove from heat and let cool.

In food processor pulse together cilantro, hempseeds, parmesan, juice of 1 lemon, 2 garlic cloves, and salt. Scrape down sides of bowl. With machine running, pour in hemp oil and process until mixture is well combined but still grainy. Remove pesto. Clean processor bowl.

Add half the lentils, quinoa, bread crumbs, egg, 2 garlic cloves, mustard, cumin, remaining lemon juice, and salt & pepper to processor. Process until well combined, scraping down sides as needed. Add walnuts and remaining lentils; pulse until incorporated into mixture. Form 8 equal burgers.

Heat vegetable oil in skillet over medium heat. Cook lentil burgers for 3-4 minutes per side or until browned. Spread hemp pesto on the inside bottom of pitas. Place burgers in pitas and top with arugula and roasted red pepper.

The Goods on the Ingredients:

LENTILS: An excellent source of cholesterol-lowering fiber and protein. They also help to prevent blood sugar levels from rising rapidly after a meal.

QUINOA: A gluten-free, low allergenic grain. It is a complete protein, containing all of the essential amino acids. A great source of magnesium, iron, zinc, and manganese, as well as vitamins B2 and E.

CILANTRO: The essential oils in the seed make it an effective digestive aid. It also has antimicrobial, antianxiety, and cholesterol-lowering effects.

HEMP SEEDS/OIL: A great source of omega 3s – an essential fat needed for hormone balancing, energy production, healthy skin, and many other vital reactions in the body. Hemp is also helpful in lowering heart disease, stroke and cancer incidence.

LEMON: High in vitamin C – a powerful antioxidant and immune-enhancing vitamin.

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

GARLIC: A member of the lily family that has extensive health benefits – lowering cholesterol, blood sugar, and blood pressure, cancer-protective, antimicrobial, and much more.

CUMIN: An integral spice in the cuisines of Mexico, India and the Middle East. It can help with digestion and has powerful anticancer properties.

WALNUT: 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.

ARUGULA: A leafy green vegetable that has natural detoxifying enzymes. High in vitamins A and C, folic acid, manganese, calcium, and magnesium. It is also high in chlorophyll, making it a valuable antioxidant.

RED PEPPER: Rich in Vitamin C, to strengthen immunity.

GRAPE SEED OIL: A good antioxidant – specific for the lungs, diabetes, varicose veins, and protection against heart disease.

CHEESE: High in calcium – to strengthen the bones and prevent osteoporosis; also a good source of protein for vegetarians.

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