



What's New?

Welcome to Garibaldi Health Clinic's Summer newsletter!

I think we are all grateful for some long overdue sunshine to restore our physical, mental, and emotional well-being. Now that summer seems to be here, I hope it sticks around for awhile!

Our gardens, although they appreciate some rain, also look forward to the sun in hopes of our flowers flourishing.



Summer is a perfect time to get together socially with family and friends for picnics and BBQ gatherings. It is also a time to take advantage of all of the outdoor activities that are at our fingertips – swimming, running, hiking, climbing, biking, kayaking, kite boarding, paddle boarding...the list goes on. Make sure you take part in all of the amazing events that Squamish has to offer this time of year – the Farmer's Market, live music, bike races, the Squamish triathlon...and much more!

I am looking forward to spending time with my family this summer – camping and exploring new hiking terrain during our vacation. We are also going to embrace all that Squamish has to offer, and try to be tourists in our own town.

We hope you enjoy our newsletter. Read below to find a tasty recipe, a health tip, and some tips to stay Sun Smart this summer.

Garibaldi Health Clinic would like to wish you and your family a fantastic Summer!

Yours in Health,

Dr. Ashely Gordon

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

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Wellness Quote

*A wise man
ought to realize
that health is his
most valuable
possession.
– Hippocrates*

Label Reading:

Read labels and take the time to understand what you are eating.

A good rule of thumb – if an ingredient seems foreign to you, don't eat it, until you look into it further. Be wary of marketing that promotes 'fat-free', 'sugar-free', and 'cholesterol-free'. These products are often more harmful to health than natural choices.



Dr. Gordon's Hours:

Wednesdays:

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

Thursdays:

11:00 a.m. - 7:00 p.m.

Fridays & Saturdays:

9:00 a.m. - 5:00 p.m.

Dr. Moss's Hours:

Tuesdays:

11:00 a.m. - 6:00 p.m.

Thursdays & Fridays:

9:30 a.m. - 7:00 p.m.

Office Hours:

Monday - 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
- Prolotherapy



Be Sun Smart:

Before heading out into the sun this summer, consider the following:

- Keep your skin covered when possible to shield your skin from the sun's harmful ultraviolet (UV) rays. Wear shirts, hats, and shorts to protect your skin from the sun.

- Find shade: have a picnic under a tree, read a book under an umbrella, take a canopy to the beach. Keep infants in the shade – they lack tanning pigments to protect their skin.

- Try to stay out of the sun between 11am and 2pm in the summer, when the UV rays are the strongest. Ultraviolet rays are cancer-causing and can cause sunburn if you aren't careful.

- It is beneficial to let some sun rays 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.

- Sunglasses are essential. They aren't just a fashion accessory – sunglasses protect your eyes from UV radiation, a cause of cataracts.

- If you must be in the sun during peak hours, wear a sunscreen that is SPF 30 or 50. Look at: www.ewg.org for a list of the best and worst sunscreens (according to overall UV protection as well as being low in chemicals that can be harmful to the body).

- Be aware of sunscreens that contain Vitamin A (retinyl palmitate) as it can accelerate the formation of tumours and lesions. Avoid the sunscreen chemical oxybenzone, a synthetic estrogen that penetrates the skin, contaminates the body, and is a hormone disruptor.

- Moderation is key! Spend some time in the sun, but don't overdo it.



Tune into Living Proof Radio

“What is Naturopathic Medicine?”

Hosted by Tammra Broughton,
with her guest Dr. Ashely Gordon.

Originally aired on Tuesday May 8th @ 5pm.

Click this link to listen now:

[Dr. Gordon on Living Proof Radio - May 8th @ 5 pm](#)

origins nutrition & wellness

At **Origins Nutrition & Wellness**, we help clients achieve optimal health and

wellbeing through a holistic approach to nutrition. Our services include one-on-one consultations, hosting nutrition workshops for private and community groups and we specialize in developing personalized meal plans to help clients achieve their health goals. We inspire people to change their lives through education, motivation and support.

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– Fruition – Holistic Newsletter

Fruition is a free, monthly holistic health newsletter designed for Sea-to-Sky residents. Once a month, there will be an article dedicated to naturopathic medicine, alongside other health articles featuring discussion and ideas about other alternative health options. If you wish to sign up for the newsletter, your email address will not be shared, and you will only receive the newsletter, nothing else.

To register for the newsletter to come to your email go to:

<http://bit.ly/RegisterForFruition>

Thanks for considering it!

Please feel free to share with family and friends.

On Our Shelves – Be Clean Naturally Soaps

Did you know that we carry locally made, all natural soaps?



Next time you are in check out the hand soap in the bathroom, it's available in 3 scents, comes with a convenient pump and is refillable. It's all made in Brackendale by Kirstin of Be Clean Naturally Soap Products. Choosing all natural soaps helps us lessen the impact on our water resources but it is also a healthy choice for our bodies. These soaps are free of sodium laurel

sulfate, triclosan, synthetic fragrance, preservatives and colour. We carry a small selection at the front desk so that you can try them at home. Visit www.becleannaturally.ca for the full product line.

You are what you Eat

Even in Canada, a nation of virtually unlimited resources of affordable food, poor health is often the result of bad nutrition. Taking time to prepare and enjoy healthy meals, and being aware of your reactions to different foods, is an important step in improving and maintaining health.

7 Simple Steps to build health nutritiously:

1. Choose seasonal and local foods as they have more nutrients than foods that have been stored, and they taste better too!



2. Reduce or eliminate red meats, cold cuts, excess fatty and rich foods, refined sugar, salt, caffeine, alcohol and nicotine.

3. Whole foods like fruits, vegetables, nuts, seeds, legumes, grains, organic eggs, and lean protein (wild fish, organic poultry, game) provide the optimum mix of nutrients.

4. Add 'good' fats to your diet: Fish (wild), nuts (not peanuts), seeds, avocado, olive oil, and coconut oil.

5. Eat in a relaxed environment. Take a proper amount of time to eat your meal. Chew your food thoroughly.

6. Small, more frequent meals throughout the day are easier on the body and assist in balancing out energy levels.

7. Try not to drink while you eat as it can decrease the digestive enzymes needed to properly break down food and can hinder the absorption of nutrients.

Recipe of the Month:

Leaves and Grains Dinner Bowl

DRESSING:

1/2 small **GARLIC** clove, minced

1/8 tsp **SEA SALT**

1/2 tbsp **FRESH LEMON JUICE**

1/2 tbsp **APPLE CIDER VINEGAR**

1/2 tsp grainy or regular **DIJON MUSTARD**

1/3 cup **EXTRA-VIRGIN OLIVE OIL**

Freshly **GROUND BLACK PEPPER TO TASTE**

SALAD:

3 **BELL PEPPERS**, coarsely chopped

1 **RED ONION**, cut into wedges

EXTRA-VIRGIN OLIVE OIL for grilling

1 cup **COOKED QUINOA**

1 tbsp **CRUMBLED GOAT CHEESE** or **FETA**

8 cups **ARUGULA**

To make dressing, sprinkle garlic with salt on cutting board. Using flat side of chef's knife, grind salt into garlic to make a paste. Scoop into small bowl. Whisk in lemon juice, vinegar, and mustard. Gradually whisk in oil until emulsified. Taste and season with pepper. Recipe makes approximately 1/3 cup.

Preheat barbecue to medium-high. Lightly toss peppers and onion with oil in separate bowl, then grill, turning over occasionally, until lightly charred about 6 to 8 minutes.

Place grilled peppers and onions in salad bowl and add quinoa. Toss with dressing and cheese (if using).

Let cool slightly, about 2 to 3 minutes. Add arugula, and toss to mix.



The Goods on the Ingredients:

GARLIC: Native to Central Asia, garlic is one of the oldest cultivated plants in the world. It is an excellent source of vitamins B6 and C, manganese, and selenium. Garlic provides protection against heart disease by lowering blood pressure and cholesterol. It is also beneficial to one's immune system.

LEMON: A great source of vitamin C. Lemons have anti-cancer properties, and can also be useful in dissolving gallstones.

APPLE CIDER VINEGAR: Helps to alkalinize (increase the pH) the body. This can be useful for reducing inflammation, and thus preventing and treating many chronic diseases including arthritis, asthma, cancer, digestive ailments, and much more.

MUSTARD: Mustard plants are cruciferous vegetables related to broccoli, brussel sprouts, and cabbage. It has anti-cancer benefits, as well as being one of the oldest home remedies as a mustard plaster to help decongest the chest and airways.

OLIVE OIL: Good for lowering cholesterol and blood sugar levels. It can also be helpful in reducing systemic inflammation, and therefore can be vital to treating skin conditions (eczema, psoriasis), arthritis, digestive disorders, and asthma.

BELL PEPPER: A member of the nightshade family of plants, which also includes potatoes, eggplant, tomatoes, and tobacco. Elimination of nightshades can often help symptoms of arthritis. They are high in vitamin C and beta carotene, contributing to their protective effect against cataracts.

ONION: Like garlic, onions are a member of the lily family. There are numerous forms and varieties of onions, as they are cultivated worldwide. They are a good source of Vitamins C and B6, biotin, chromium, and dietary fiber. Onions have been shown to reduce blood sugar, and lower cholesterol levels.

QUINOA: A South American grain that is a complete protein, and is therefore great for vegetarians and vegans. It is a fantastic gluten-free choice, and the least allergenic of the grains. Quinoa is very high in magnesium, and an excellent source of fiber.

GOAT CHEESE: A good alternative to cow's milk/cheese. It is a good source of protein, calcium, and vitamin D.

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

Garibaldi Health Clinic

In The Galleries

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and we'll be happy to remove you.*