



What's New?

Fall is a season of transition and transformation – a beautiful time of year!

The leaves change to vibrant, rich colours and fall from the trees, days get shorter, and we move to more indoor activities as the weather changes. We are drawn to warmer foods that provide us comfort and balance out the chillier weather that fall brings. Fall is actually a great



time to do a Cleanse! A time to detoxify the body physically and mentally, and prepare ourselves for the seasons of fall and winter.

I hope you have all had a wonderful Thanksgiving. A time of year to reflect on what we are grateful for in our lives and appreciate the amazing community that we live in full of family, friends, and breath-taking nature.

In August, we welcomed the arrival of our newest addition to our family - our daughter Quinn. We have enjoyed getting to know her and see her develop over the last couple of months. Our son is adjusting to being a big brother and is doing a great job! I look forward to seeing patients mid-November as I step back into the office, after being on maternity leave.

Read below to learn about the benefits of IV (intravenous) vitamin therapy, foods to nourish your child's brain, nutritional supplements to support your baby during pregnancy, and a decadent, yet nutritious, dessert!

Garibaldi Health Clinic would like to wish you and your family a healthy, happy Autumn!

Yours in Health,
Dr. Ashely Gordon

The Clinic's Team:

- Dr. Ashely Gordon
Naturopathic Physician
- Dr. Jennifer Moss
*Naturopathic Physician,
Registered Massage
Therapist*
- Natalie Scopaz
Homeopathic Practitioner
- Beth Ebers
Registered Midwife
- Leslie Gunning
Registered Midwife
- Elizabeth Morrison
Registered Midwife
- Summer O'Neill
Registered Midwife
- Kirstin French
Vega Technician
- Barb Fredericks
Office Administrator



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receive our latest updates!**

Eliminating Toxins

To aid the elimination of toxins through the skin, induce perspiration by taking long baths, using an infrared sauna, or sitting in a steam room. Increasing sweat production is one of the safest and most effective ways of detoxifying via the skin.

*Life is not
measured by the
number of breaths
we take, but by the
moments that take
our breath away.*

Dr. Gordon's Hours:

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

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

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



Pregnancy Health

What supplements are important to take to ensure mom & baby's health?

1. Folic Acid – 1mg per day to prevent neural tube defects in baby. Most prenatal multivitamins have the proper amount of folic acid in it, but check the label.

2. DHA – an omega 3 essential fatty acid, that can help with visual and neurological development in the baby. It is also beneficial to take for mom-to-be too, as it can help with skin changes, altered mood, and enhancing energy. Omega 3s may also help to reduce the risk of food allergies and eczema in babies.



3. Prenatal multi-vitamins – when a good quality prenatal vitamin is chosen, it can ensure that mom and baby are getting the proper nutrients needed to support development of baby in the womb. Of course supplements should merely *supplement* the diet, and should not replace a balanced diet.

4. Probiotics – ‘good’ bacteria can help to boost the body’s immune response if it is impaired. They can also be helpful to regulate bowel movements (constipation can often be a concern with pregnancy). During the last trimester, probiotics can be taken to ensure adequate amounts of ‘good’ bacteria as the baby passes through the birth canal. Probiotics are great for baby to take right from birth to support their immune and gastrointestinal systems, as well as reduce the risk of developing eczema.

5. Vitamin D – taken during pregnancy, this sunshine vitamin can help to support mom’s immune system, strengthen bone health, and elevate one’s mood. Some believe vitamin D may reduce the risk of certain diseases that can be passed onto baby in utero. Vitamin D can be given in a dose of 400 IU per day from birth to prevent rickets (brittle bones), especially during winter months when there is limited sunshine to produce vitamin D.

6. Calcium – most prenatal vitamins have extra calcium to support the additional needs during pregnancy. However, muscle cramps (often in the calves, at night) can be a concern of pregnant women, and taking additional calcium/magnesium before bed can alleviate this pain.

Most Extended Medical Plans cover for
Naturopathic Medical treatment and Acupuncture.

Benefits usually finish at the end of the calendar year.
A friendly reminder to book your treatments before
your plan expires!

Nourishing your child's brain:

Now that children have returned back to school, it is more important than ever that their diet is packed full of the ultimate building blocks to support learning and development.

Proteins and fats are the most important food sources to nourish a child's brain and nervous system.



Proteins – an adequate intake is essential for proper childhood growth and development. Amino acids (the smallest component of proteins) are needed to produce enzymes (needed for many important reactions in our body), immune compounds such as antibodies to fight off infection, and neurotransmitters (which regulate our nervous system, including affecting mood, energy, sleep, appetite, focus, concentration, and memory). A continual delivery of protein throughout the day is needed for steady brain and nervous system function. Many packaged 'kids meals' and snacks are loaded with sugar that cause spikes and drops in blood sugar levels, leading to mental/emotional waves. This can cause children to be irritable, fatigued, feel shaky and have 'brain fog'. Examples of good proteins are wild salmon, nuts, seeds, hummus, eggs, and yogurt.

Good Fats – loaded with omega 3s to promote healthy nervous systems and brain function. Kids with behavioural problems frequently have lower amounts of omega 3s in their diet. Increasing these fats in your child's diet will help kids to feel full for longer and be more energized between meals. Nuts/nut butters and seeds (hemp seeds, chia, ground flaxseeds) and fatty fish such as wild salmon, as well as avocado and coconut oil can ensure adequate amounts of 'good' fat in the diet.

Antioxidants – berries, apples, beets, carrots, and peppers provide a good amount of antioxidants to the diet. These can help to fight free-radicals (the cause of many diseases), as well as improving memory, focus, and concentration by increasing blood flow to the brain.

The Benefits of Intravenous (IV) Vitamin/Mineral Therapy:

When a drug or nutrient is injected directly into the bloodstream, the digestive system is by-passed, allowing the medication to flow directly into the cells. For patients with particular conditions, intravenous delivery of essential vitamins and trace minerals can be highly effective.

IV vitamin/mineral treatments can be highly beneficial for people in a run-down condition, whose immune system may be weakened, lowering their resistance to disease and infection. The formula varies according to the individual and their health concerns, but generally includes: vitamin C, calcium, magnesium, vitamins B5, B6, B12, B complex, and trace minerals (zinc, selenium, manganese, chromium, copper).

IV Therapy can treat:

- Asthma
- Migraines
- Colds/Flus
- Depression
- Fibromyalgia
- Chronic Fatigue Syndrome
- Hives
- Acute/Chronic Stress (Adrenal Fatigue)
- Seasonal allergies
- Weakened immune systems

And much more....including helping to boost energy levels and endurance in athletes, thus improving their performance.

For more information on IV therapy and how it can benefit you, please contact Garibaldi Health Clinic at 604.898.1999



Recipe of the Month:

Chocolate Mousse with Pistachio Cream



Chocolate Mousse

- 1 1/2 very **RIPE AVOCADOS**
- 1/2 cup **COCOA POWDER**
- 2 Tbsp **LEMON JUICE**
- 6 Tbsp **HONEY**
- 1 tsp **TAMARI**
- 1 Tbsp **VANILLA EXTRACT**,
or seeds of 1 **VANILLA BEAN**
- 1 tsp **BALSAMIC VINEGAR**
- 1 cup **GREEK-STYLE YOGURT**

Pistachio Cream

- 1/4 cup unsalted, **SHELLED PISTACHIOS**
- 1/4 ripe **AVOCADO**
- 2 tsp **HONEY**
- Pinch **SALT**
- 1/8 tsp **LEMON JUICE**
- 1/4 cup **GREEK-STYLE YOGURT**

Combine all ingredients in chocolate mousse, and blend until smooth in blender. Divide among 6 small bowls. Chill in refrigerator while making pistachio cream.

Soak pistachios for at least 30 minutes in cold water. Drain and transfer to blender or food processor. Mix rest of ingredients in blender until combined.

Put a dollop of pistachio cream on each of the bowls of mousse.

The Goods on the Ingredients:

Avocado: High in unsaturated fatty acids, which can help to lower cholesterol levels, as well as being nourishing to the skin. They are also high in potassium, vitamin E, B vitamins, and fiber. One avocado has the potassium content of two to three bananas.

Cocoa: Besides tasting yummy, it is high in antioxidants to help quench free radicals – the cause of many chronic diseases.

Lemon: An excellent source of vitamin C, providing a boost to the immune system. It also contains vitamin B6 and folic acid. The phytochemical limonene, which is extracted from lemons, is being used in clinical trials to dissolve gallstones.

Honey: High in vitamins B2 and B6, as well as iron and manganese. Bee pollen is often referred to as ‘nature’s most perfect food’ because it is a complete protein, containing all 8 essential amino acids (the building blocks of proteins). Although the health benefits of honey varies greatly with the type and quality, it is known for its antioxidants, energy-enhancing effects, and wound-healing properties.

Tamari: Fermented soybeans (soy sauce) are a good source of vitamin B3, and a flavourful alternative to salt.

Vanilla bean: The pods or fruit from a tropical climbing orchid. They are mostly used as a sweet flavouring, but also contain essential oils, B vitamins, and minerals such as calcium, magnesium, potassium, and zinc. Ancient Mayans believed that vanilla has some aphrodisiac qualities.

Yogurt: A good source of protein, calcium, and B12. It is often high in probiotics (‘good’ bacteria) that can help with gastrointestinal health.

Pistachios: In the same family as cashews, and like other nuts, they are high in ‘good’ fats, protein, and fiber. Pistachios are heart-healthy, helping to lower cholesterol and blood pressure. They are also known to be anti-inflammatory in nature.

Our newsletter is published quarterly

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Garibaldi Health Clinic

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