



## What's New?

### Spring has Sprung!

What a beautiful time of year to live in Squamish. The season of Spring represents change in so many ways right before our eyes: flowers bloom, days are longer, animals come out of hibernation, and gardens get planted. It is a great time of year as we move from Winter to Spring, to detoxify and cleanse our bodies. Moving from warm, comforting foods to cooler, fresher foods can help to energize us, rejuvenate our mind, and shed any unwanted weight. Spring can help us to restore balance to our lives.



Please read below to find a tasty recipe, some healthy coffee alternatives, allergy testing & treatment offered at Garibaldi Health Clinic, and some motivating reasons to keep active.

We hope you enjoy our newsletter. Garibaldi Health Clinic would like to wish you and your family a healthy, happy Spring!

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*
- Lydia Szymanski  
*Registered Midwife*
- Leslie Gunning  
*Registered Midwife*
- Kirstin French  
*Vega Technician*
- Barb Fredericks  
*Office Administrator*



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Clinic' on Facebook to  
receive our latest updates!**

### Health Tip: 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.

### Wellness Quote

*Observe a plant  
before and after  
watering and relate  
these benefits to your  
body and brain*

## Dr. Gordon's Hours:

Wednesdays:

9:00 a.m. - 4:00 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. - 3:00 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



## Coffee Alternatives

People around the world enjoy a good cup of coffee – the unique bitter taste, combined with a pleasant aroma, is a social drink for many; however, caffeine can cause ill-effects in a lot of people. This can include nervousness, irritability, anxiety, and sleep disturbances. Others report an irregular heartbeat, elevated blood pressure, and digestive disturbances (including heartburn and irritable bowel syndrome). Caffeine can also react with a number of medications which can be hazardous.

There are some good caffeine-free alternatives out there that can eliminate the side effects that caffeinated coffee can cause. These include:

- **Bambu** – made up of a ground and roasted mixture of chicory, wheat, barley, acorns, and figs. It can be made similar to instant coffee or like a drip coffee.

- **Chicory** – the root, when dried & finely ground, is one of the most popular coffee stand-ins. It can be made using a conventional percolator, French press, or drip coffee cone. It looks similar to coffee, but has a more herbaceous, earthy taste.

- **Teccino** – a roasted combination of carob, barley, chicory, dates, figs, ramon seeds, almonds, and dandelion root. It is brewed similar to coffee, but it smells and tastes spicy-sweet. It is available in a bunch of different flavours including hazelnut, chocolate raspberry, and vanilla nut.

When you need a small boost of caffeine, but don't want a cup of coffee, you can try one of these:

- **Yerba mate** – made from a tropical plant, it is high in antioxidants, as well as being anti-inflammatory, and cholesterol-lowering. It is also a good source of vitamins A, B, C, and E, as well as the minerals zinc and potassium. It is a common hot drink in South America, with a mild nutty flavour, and can provide an energy boost.

- **Green Tea** – high in antioxidants, with cancer-fighting properties, this tea can be made hot or cold. It is available in caffeinated and non-caffeinated forms in a variety of subtle flavours. It can often give the caffeine-high that one needs, without some of the ill-effects of coffee.

- **Hot chocolate** – lower in caffeine, but sweeter than the bitter taste of coffee. It is best to choose one that is of higher quality, with at least 70% cacao. Although hot chocolate should only be consumed in moderation, this tasty coffee alternative can be a good source of magnesium and antioxidants if the right chocolate is chosen.



## Organic – to choose or not to choose:

Organic fruits and vegetables are free of harmful pesticides and chemicals, and often taste more fresh and flavourful than the non-organic alternatives. Choosing organic usually means you are getting produce that is more packed full of vitamins and minerals, and seems to correlate with reducing the incidence of cancer and other chronic disease. However, organic tends to be more expensive generally – so which fruits and vegetables are more important to choose organic?

*The EWG's (Environmental Working Group) Clean 15: these fruits and veggies, when chosen to eat non-organic, have the least amount of pesticides.*

- |                           |                    |
|---------------------------|--------------------|
| 1. Onions                 | 2. Sweet corn      |
| 3. Pineapple              | 4. Avocado         |
| 5. Cabbage                | 6. Sweet peas      |
| 7. Asparagus              | 8. Mango           |
| 9. Eggplant               | 10. Kiwi           |
| 11. Cantaloupe (domestic) | 12. Sweet potatoes |
| 13. Grapefruit            | 14. Watermelon     |
| 15. Mushrooms             |                    |

*The Dirty Dozen: the most contaminated ones out there*

- |                            |                          |
|----------------------------|--------------------------|
| 1. Apples                  | 2. Celery                |
| 3. Bell peppers            | 4. Peaches               |
| 5. Strawberries            | 6. Nectarines (imported) |
| 7. Grapes                  | 8. Spinach               |
| 9. Lettuce                 | 10. Cucumber             |
| 11. Blueberries (domestic) | 12. Potatoes             |

## Allergy Testing and Treatment offered at Garibaldi Health Clinic

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.

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!

***Please contact Garibaldi Health Clinic - 604.898.1999 for more information or to book an appointment. The drops are written as a prescription, and are covered by most medical plans.***



## The Top 10 Benefits of Exercise:

It is recommended that each of us exercise for a minimum of 150 minutes per week – this breaks down to approximately 30 minutes, 5 days per week. While weight loss is an important goal for many people, there are numerous other positive health benefits that may entice you to keep active:

1. Increased energy
2. Better quality & quantity of sleep
3. Pain management and prevention of chronic musculoskeletal injuries
4. Strengthens the immune system
5. Elevates mood
6. Increases memory, prevents dementia, and benefits brain function
7. Cardiovascular benefits – strengthens the heart, reduces blood pressure, increases circulation
8. Reduces the incidence of diabetes by balancing blood sugar levels
9. Protects against many types of cancer
10. Reduces stress and anxiety





## Recipe of the Month:

### *Orange Coconut Fruit Balls*



#### **Ingredients:**

3/4 cup RAISINS  
3/4 cup WALNUTS  
3/4 cup DRIED DATES, PITTED  
3/4 cup DRIED APRICOTS  
Juice of 1/2 medium ORANGE  
Zest (peel) of 1 medium ORANGE  
1/3 cup UNSWEETENED SHREDDED COCONUT

#### **Directions:**

In food processor, pulverize raisins, walnuts, dates, and apricots for 1 to 2 minutes until finely chopped. Add orange juice and zest; blend for 1 to 2 minutes more or until mixture clumps together.

Place coconut on plate. Dampen hands with water, form mixture into 1 inch balls, and roll them in coconut.

Makes 14 balls.

## The Goods on the Ingredients:

**Raisins:** High in fiber to promote bowel regularity. They are also a great source of antioxidants & high in vitamins B12 & B6, as well as the trace mineral boron.

**Walnuts:** The oldest tree food known to humans, walnuts are extremely nutrient-dense. They are packed full of antioxidants, vitamin E, & high in the minerals manganese, copper, phosphorous, & magnesium. Walnuts are a great source of 'good' fats, containing both omega 3 & 6 fatty acids. They have no dietary cholesterol, while being high in protein & fiber. These nuts can help to lower cholesterol levels & are protective to the heart.

**Dates:** This fruit is grown on the date palm mostly in the Middle East, & is also known as the 'Tree of Life'. Dates are an excellent source of fiber, B vitamins, & minerals copper, potassium, manganese, magnesium, iron, zinc, selenium, & phosphorus. They are very alkaline in nature & are high in fiber which is helpful to lower cholesterol, keep the bowels regular, & balance blood sugar levels.

**Apricots:** A good source of iron, potassium, & carotenes (vitamin A), as well as fiber. Carotenes give red, orange, & yellow colours to fruits & vegetables & are particularly beneficial for preventing macular degeneration, heart disease, & cancer.

**Oranges:** High in fiber, as well as vitamins C & B. They are helpful to strengthen the immune system, as well as to protect against cancer.

**Coconut:** One of the oldest food plants - all parts of this tree are used medicinally. The roots are used for intestinal complaints; a poultice from the bark used for toothaches & earaches; the flowers used for dysentery & urinary tract infection treatment, & the fibers of the trunk can be used to soothe an inflamed throat. Coconuts are high in saturated fats, manganese, molybdenum, copper, zinc, & selenium. It has highly beneficial properties to prevent heart disease, promote weight loss, & enhance immunity.

## Garibaldi Health Clinic

In The Galleries

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## Our newsletter is published quarterly

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we'll be happy to remove you.*