



What's New?

Summer is Upon Us!

The warm, long days of summer have arrived, and I think we can all agree that we are welcoming this beautiful weather we are having.

With summer comes taking part in the many outdoor activities that Squamish has to offer, as well as spending time with family and friends for social gatherings. There are many markets and events around town that provide a taste of all the goodness that our wonderful community has to offer. Flowers and gardens flourish, and we get to enjoy what we have planted.

I am nearing the end of my pregnancy and looking forward to meeting the arrival of the newest member to our family. I will be working until the end of July, and then taking maternity leave until November. I feel fortunate to have Dr. Jennifer Moss covering my practice while I am away. She will be seeing patients at Garibaldi Health Clinic on Tuesday, Thursday, Friday and Saturday. Patients can still continue to book appointments and refill supplements with Barb by phone, email, or in person Monday through Friday. I would like to take this opportunity to introduce Dr. Moss.

Dr. Jennifer Moss is a graduate of the Boucher Institute of Naturopathic Medicine in New Westminster, B.C. Dr. Moss's special treatment interests are in Pain Management, Women's Health, Naturopathic Pregnancy Care, Gastrointestinal Disorders, Endocrine Imbalances, Sports Injuries, Preventative Medicine and Mental/Emotional Health and Wellbeing.

Dr. Moss's practical experience and clinical training include: Clinical Nutrition, Botanical Medicine, Homeopathy, Acupuncture/Traditional Chinese Medicine, Intravenous (IV) Vitamin & Mineral Therapy, Neural Therapy, Chelation Therapy, Massage Therapy and Lifestyle Counselling.

Dr. Moss has been at Garibaldi Health Clinic over the past couple of years, providing excellent care for her own patients; and now she will continue to provide the same great care to my patients!

Please read below to find a refreshing, vitamin-packed smoothie recipe; some common household products and healthier alternatives; detoxifying foods for the body; and a valuable health tip.

Garibaldi Health Clinic would like to wish you and your family a wonderful summer.

I look forward to seeing you back in the Clinic after my maternity leave in November!

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
Office Administrator



**LIKE 'Garibaldi Health
Clinic' on Facebook to
receive our latest updates!**

Wellness Quote

*Natural forces
within us are the
true healers of
disease.*

- Hippocrates

Dr. Moss's Hours:

Tuesdays:
10:00 a.m. - 6:00 p.m.

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

Fridays:
9:30 a.m. - 6:00 p.m.

Saturdays:
10:00 a.m. - 3:30 p.m.

Office Hours:

Monday – Saturday.

Dr. Moss's Clinical Specialties:

- Clinical Nutrition
- Acupuncture
- Botanical Medicine
- Intravenous Vitamin/
Mineral Therapy
- Chelation Therapy
- Hydrotherapy
- Homeopathy
- Lifestyle Counselling
- Neural Therapy
- Registered Massage
Therapy



5 Common household pollutants & natural alternatives:

Many household products that we take for granted may be having a detrimental effect on our health. By being aware of these common pollutants and searching for natural, healthier solutions, we can minimize these toxins in our life that may be compromising our health. The following are 5 common pollutants found in household products and some options for healthier alternatives.

Household Pollutant	Health Impact	Healthier Alternative
<i>Fragrance</i>	<i>Hormone disruptor, allergies, asthma, skin irritation, fatigue.</i>	<i>Unscented cleaners & personal care products.</i>
<i>Phthalates</i>	<i>Reproductive & developmental toxin used to soften vinyl/PVC plastic and found in bodycare products.</i>	<i>Vinyl-free flooring, Cabinets. Unscented household & bodycare products that are phthalate-free.</i>
<i>Pesticides</i>	<i>Impaired cognitive function. Possibly ADHD in kids. Lung conditions. Skin reactions.</i>	<i>Eat organic. Mix 1 tbsp. of natural dish soap in 1L water as a pesticide spray.</i>
<i>Bleach</i>	<i>Corrosive, can cause severe damage to skin and eyes, inhalation can cause wheezing and shortness of breath</i>	<i>Hydrogen peroxide and vinegar are anti-bacterial. Thyme oil-based household disinfectants can kill 99.9% of bacteria, fungus & influenza A.</i>
<i>Bisphenol A</i>	<i>A hormone disruptor (mimics estrogen) and may be associated with many different diseases including breast and prostate cancer, diabetes, obesity, heart disease. Found in canned foods, plastic water bottles, dental devices, ceramic resin dental fillings.</i>	<i>Canned items with BPA-free lining (i.e. Eden Foods). Stainless steel water bottles. Glass baby bottles. Porcelain fillings and BPA-free dental alternatives.</i>

Health Tip: Eating regularly

Small, more frequent meals throughout the day are easier on the body and assist in levelling out energy and blood sugar levels



Breath Awareness

Breathing is automatic and essential to life. However, most of us inhale and exhale shallowly throughout the day, and often even during our sleep, that we tend to not be efficient in our breathing styles.

Poor breathing habits can lead to negative health outcomes, since without adequate intake of oxygen and proper elimination of carbon dioxide, our organs are not working to their full potential.

Some health conditions that can benefit from deep breathing exercises include: high blood pressure, migraines, anxiety, stress, insomnia, depression, asthma, and fibromyalgia.

Our breath is powerful. Benefits of conscious breathing include:

- Pain relief
- Stress reduction
- Aids digestion
- Calms the nervous system
- Better quality and quantity of sleep
- Improved mental focus and concentration
- Strengthens the lungs, thorax and abdomen
- Increases resistance to colds and flus
- Helps to lift depression

Breathing Technique: one example of many different types of deep breathing exercises

- Sit in a comfortable cross-legged position, in a chair, or lie down.
- Inhale slowly through the nose, taking 5 seconds to fill the lower part of the lungs, expanding the ribs, and pushing the abdomen out.
- Hold the breath on the inhale for 3-5 seconds.
- Exhale slowly through the nose until you have emptied the lungs, and your abdomen should fall back with your breath. Take 5 seconds to completely exhale.
- Hold the breath on exhale for 3-5 seconds.
- Repeat 4-5 times more.

Detoxifying Foods:

Overexposure to harmful substances and toxins can take a toll on the body. Luckily we have an efficient built-in detoxification system that helps to neutralize and eliminate toxic invaders. Our liver, kidneys, bowels, skin, and lungs are all vital organs that have a huge role in detoxification. Fatigue, poor sleep, digestive upset, headaches, low immune system, mood changes, and achy joints are some of the signs that our body may be sluggish due to toxic overload. It is important that we give our bodies the right nourishment to support the body as it cleanses itself of the many toxins it is exposed to daily.

• **Apples** – contains high amounts of D-glucaric acid, a compound that enhances the natural ability of the body to rid itself of toxins. Apples are also high in soluble fibre which can help lower cholesterol and stimulate digestion, in turn eliminating toxins from the body.



• **Beets** – a rich source of betaine, needed for proper liver function and to protect the heart.

• **Cabbage** – helps to detoxify and remove carcinogens from our body, as well as promote good digestion.

• **Dandelion** – supports liver and kidney function; acts as a diuretic to flush out excess fluid. It is a mild laxative and can benefit digestion.

• **Lemons** – to reduce fluid retention, stimulate the liver, and promote digestion.

• **Garlic** – useful to purge bacteria and viruses from our body.

• **Watercress** – high in antioxidants and a protector to our white blood cells.



Recipe of the Month:

Carrot Orange Smoothie



Ingredients:

- 2 cups **COCONUT WATER**
- 1 medium **CARROT**, chopped
- 1 **ORANGE**, peeled and quartered
- 1/2 cup **PLAIN YOGURT** or **RICOTTA CHEESE**
- 1 tsp minced **FRESH GINGER**
- 2 tbsp **ALMOND BUTTER**
- 1/4 tsp **ALLSPICE**
- 1 **FROZEN CHOPPED BANANA**

Directions:

Place all ingredients into blender in order listed. Blend until smooth, about 1 minute. Divide among serving glasses.

Serves 2.

The Goods on the Ingredients:

Coconut water: This milky liquid inside coconut is 95% water, but also contains protein, sugars and salts. For this reason it is good for restoring electrolyte stores, which can be lost with physical activity.

Carrots: Provide the highest source of vitamin A of all the commonly consumed vegetables. They also contain high levels of vitamins B6, C, K, as well as biotin and potassium. Carrots contain a good amount of fiber, and are heart and cancer protective, in addition to being great for eye health.

Oranges: An excellent source of vitamin C and fiber. Oranges are great for strengthening the immune system as well as keeping our bowels regular.

Yogurt (plain): A good source of protein, calcium, phosphorus & B vitamins. Due to the high content of 'good' bacteria (probiotics) in yogurt, it can improve intestinal health, as well as have immune-enhancing effects. It is also a good source of calcium to keep one's bones strong & healthy.

Ginger: This herb is warming to the body, and can be effective in alleviating symptoms of gastrointestinal discomfort. It can also aid with nausea and morning sickness in pregnancy. Ginger is anti-inflammatory in nature, and can therefore be helpful to reduce pain and inflammation from arthritis.

Almond (butter): High in 'good' fats, protein, calcium, magnesium, iron, and vitamin E. Almonds can be helpful to reduce cholesterol levels and protect against heart disease.

Allspice: This spice comes from the dried, unripe fruit of the plant *Pimenta dioica* which is native to Central America and Mexico. It resembles peppercorns and is used a lot in Caribbean cuisine. It can be used in some deodorants and is also a weak antimicrobial agent.

Banana: An excellent source of potassium, vitamins B6 and C, as well as fiber. Potassium is one of the most important electrolytes in the body, helping to regulate heart function as well as fluid balance (for eg. helping to regulate blood pressure). Bananas can be very soothing to the digestive tract due to their high content of pectin – a soluble fiber that lowers cholesterol and normalizes bowel function.

Our newsletter is published quarterly

If you are interested in reading past newsletters and health articles from Garibaldi Health Clinic, click here:

[Newsletter Archive](#)

If you wish to be removed from our e-mail list, please send us an e-mail and we'll be happy to remove you.

Garibaldi Health Clinic

In The Galleries

#106 - 41105 Tantalus Rd

Squamish, BC V8B 0N3

Phone **604.898.1999** • Fax 604.898.1986

inform@garibaldihealthclinic.com

www.garibaldihealthclinic.com