



## What's New?

### Happy New Year!

Hopefully you enjoyed a great Holiday Season with family and friends. The Holidays are usually filled with an abundance of yummy, rich, decadent food and drink that we get to enjoy and share with others. We are fortunately lucky enough to live in an area where there are so many outdoor activities that we can take advantage of. Here's hoping you were able to enjoy some.

I enjoyed a quiet, peaceful, relaxing vacation with my family on the Sunshine Coast. It was fun to see Christmas through the eyes of my three year-old son and witness all of the excitement and innocence that this holiday represents.



Now that the New Year is upon us, it is a perfect time to reflect on the past year and think of changes that we would like to make to the year ahead. What are your goals and resolutions for 2013? It may be changing your diet to make it more nourishing or choosing an activity that will reduce stress and keep you strong physically and mentally. You may pick-up a hobby that you have always wanted to do or kick a habit that isn't so healthy. Whatever you may choose to help balance your life, make sure it is something that is realistic and sustainable. You are more likely to have a successful outcome if you are true to yourself.

We hope you enjoy our Winter newsletter. Please read below to find a healthy recipe, a list of immune-boosting Superfoods, how to prevent osteoporosis, and some home remedy tips for the common cold.

Garibaldi Health Clinic would like to wish you and your loved ones a year full of health, happiness & prosperity!

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

### Decrease Body Acidity

Refrain from caffeine, nicotine, sugar, alcohol and drugs as they are acid forming. An acidic environment is more favourable for fungi, bacteria, viruses, and cancer cells to grow. Consume adequate filtered water and fresh, organic fruit and vegetables daily to decrease acid levels in the body.

### Wellness Quote

*"Never eat  
more than  
you can lift."  
– Miss Piggy*

## 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.

## 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



## Top 10 immune-boosting Superfoods:

*Enhance your body's defences & keep yourself healthy this winter.*

These foods can:

- Prevent or reduce inflammation
- Help regulate metabolism and burn body fat
- Help protect against heart disease and cancer
- Lower total cholesterol
- Reduce blood pressure
- Promote digestive health
- Detoxify

**1. Garlic** – used as an elixir to treat the common cold, chest infections, and even to ward off evil spirits. Besides being a flavourful addition to foods, it increases immune-fighting cells. It is also rich in antioxidants and can protect against heart disease.

**2. Ginger** – used to treat indigestion, migraines, pain, nausea, and vomiting. This warming herb has liver protective properties and can strengthen the immune system.

**3. Reishi Mushroom** – In Asian Medicine, it is used to balance and revitalize the body. It is known as the 'mushroom of immortality' having strong cancer-fighting attributes, as well as nourishing the heart and liver.

**4. Ginseng** – there are different varieties, including Panax, Korean, and Siberian; all are known for their immune-stimulating effects, as well as improving mental clarity, focus, and alertness.

**5. Turmeric** – also known as curcumin, this Indian spice is known to boost the immune system, as well as reduce pain and inflammation. It is also known for its liver-supporting effects and has anti-cancer properties.

**6. Hemp seeds** – high in omega 3 fatty acids, which are essential fats, meaning that the body does not synthesize them, one must ingest them. They are needed for energy production, balancing hormones, healthy skin, reducing depression, and protecting against heart disease and cancer.



## – 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.*

**7. Spirulina** – a blue-green algae that contains over 60% protein in its dried form, containing all of the essential amino acids (the building blocks of protein). It can help reduce the symptoms of allergies, reinforce the immune system, and reduce blood pressure and cholesterol. This superfood can help to improve energy, mood, and metabolism, while reducing stress.

**8. Pomegranate** – a powerful antioxidant to quench free-radicals, the cause of many chronic diseases. This bright coloured fruit can be used to treat heart disease and prevent stroke, reduce the incidence of cancer and diabetes, and strengthen the immune system. It can be used as a gargle for sore throats and topically to treat hemorrhoids.

**9. Goji Berry** – these bright red berries are from the Chinese deciduous shrub Lycium, which is traditionally known to promote longevity. This food can be eaten to lower the risk of diabetes, high blood pressure, malaria, and cancer. Its other uses include improving circulation, reducing dizziness and tinnitus, and it can be used as an eye tonic for blurred vision, macular degeneration, and other ophthalmic disorders. Lycium is also used orally to strengthen muscles and bone, and as a blood, liver, and kidney tonic.

**10. Acai Berry** – originally from South America, this palm tree is consumed raw and as a juice. It is a powerful antioxidant, packed full of protein, essential fatty acids and trace minerals, used to treat osteoarthritis, high cholesterol and obesity. It can help to rejuvenate aging skin and aid in detoxification of the vital organs of the body.



## Home Remedies for the Common Cold:

- Get proper rest
- Drink plenty of fluids – water, herbal teas, soups
- Gargle with warm salt water for sore throats
- Take a steamy shower, inhaling eucalyptus essential oil if head congestion.
- Apply hot or cold packs around congested sinuses
- Blow your nose frequently
- Nasal irrigation with sea salt to flush out the nasal cavity and reduce congestion
- Garlic & ginger
- Vitamin C & zinc
- Oil of oregano
- Herbs such as Echinacea, Astragalus and Ginseng

## Osteoporosis: *Osteo=bone, Porosis = porous. Porous bones.*

Half of all women and one-fifth of all men in North America over age 65 will suffer an osteoporosis-related fracture, usually to the hip, spine or forearm. However, it is largely a preventable condition.

Bone is a dynamic, living tissue that is constantly changing through a process of breaking down old bone and making new bone material to replace it. When we are young, our bodies make new bone faster than it breaks down old bone, and hence bone mass increases. However, once we reach our peak bone mass in our twenties, our body shifts and more bone is lost than is gained. If too much bone is lost, our bones become fragile and brittle, and osteoporosis can occur.

### Risk Factors:

- Female
- Caffeine
- Sedentary lifestyle
- Family history of osteoporosis
- Caucasian or Asian
- Alcohol
- Soda pop
- Thin frame
- Animal protein
- Certain medications
- Menopause (declining estrogen levels cause women to lose bone)
- Smoking
- Sodium
- Nutritional deficiencies

### Bone Foods:

<u>Nutrient</u>	<u>Examples of Food Sources</u>
Boron	Dried fruits, nuts, avocado
Calcium	Almonds, sesame seeds, leafy greens, dairy, tofu, canned fish with bones
Magnesium	Pumpkin and sesame seeds, soybeans, nuts, leafy greens
Silicon	Whole grains, dried fruits, seafood
Vitamin D	Fatty fish, milk, eggs, butter, liver, leafy greens
Vitamin K	Kale, spinach, collard greens, brussel sprouts, eggs, cheese

While some of the risk factors we can't control, we can focus on dietary changes that encourage bone health, such as including some of the bone-rich foods above and limiting caffeine, alcohol, pop, sodium, smoking, and animal protein. Keeping active – especially including weight-bearing exercises, can be very effective at building bone.

## Recipe of the Month:

### *Oat Salmon Loaf with Pomegranate Glaze*

#### Ingredients:

3 - 160 gm (5.6 oz) cans WILD SALMON, drained  
2 large FREE-RANGE EGGS, lightly beaten  
1 cup ROLLED OR QUICK-COOK OATS  
1 large CARROT, grated  
1 SHALLOT, finely chopped  
2 GARLIC CLOVES, minced  
1/2 cup chopped PARSLEY  
Juice of 1/2 LEMON  
1/2 tsp sea SALT  
1/2 tsp ground black PEPPER  
1 tbsp PREPARED HORSERADISH (optional)  
1 cup POMEGRANATE JUICE  
1 tbsp PALM SUGAR or other RAW SUGAR  
1 tbsp BALSAMIC VINEGAR



#### Directions:

Preheat oven to 350 F (180 C).

In a large bowl, flake salmon with fork and stir in eggs, oats, carrot, shallot, garlic, parsley, lemon, horseradish, salt, and pepper.

Add salmon mixture to 9x5x3 inch greased loaf pan and spread until mixture is of even height and width. Bake for 40 minutes, or until salmon loaf is set in centre.

Let cool for several minutes before unmoulding.

Meanwhile, place pomegranate juice, sugar, and vinegar in small saucepan and bring to a boil. Reduce heat to medium and simmer, uncovered, until reduced and slightly thickened, about 15 minutes.

Unmould salmon loaf and spread pomegranate glaze over top. Slice and serve.

Serves 4.

**Each serving contains:** 362 calories, 31 grams protein, 13 grams total fat (3 grams saturated fat, 0 grams trans fat), 30 grams total carbohydrates, 312 mg sodium.

## The Goods on the Ingredients:

**Wild Salmon:** High in omega 3 fatty acids, an essential fat needed for hormone balancing, mental health, skin hydration, heart health, and energy production. Salmon is an excellent source of protein.

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

**Oats:** A complex carbohydrate high in fibre to promote regular bowel movements, remove cholesterol from the body, and balance blood sugar levels.

**Carrot:** High in vitamins A, C and fibre. A valuable nutrient for your eye health. Helps strengthen your immune system and has cancer fighting properties. A powerful antioxidant to prevent free radical damage – the cause of many chronic diseases.

**Shallot:** A member of the onion family. They are a good source of vitamins C and B6, biotin, chromium, and dietary fibre. Onions have been shown to reduce blood sugars, and lower cholesterol levels.

**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.

**Parsley:** A relative to celery, this diuretic herb has powerful antioxidant properties and is a valuable source of vitamins C, folic acid, and beta carotene. Parsley helps with maintaining a healthy heart, as well as being beneficial for rheumatoid arthritis.

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

**Horseradish:** Nearly every part of the horseradish plant seems to have medicinal value. Tea made from its roots can be used as an expectorant (helpful for coughs), while the flowers can be used to treat a 'cold', and a poultice made from its roots can be used to help relieve joint pain. It also has anticancer properties.

**Pomegranate:** A very powerful antioxidant that can be used to treat and prevent chronic diseases such as cancer, arthritis, and heart disease. It is high in vitamins C and B5, as well as potassium. This fruit has properties to strengthen the immune system.

## Garibaldi Health Clinic

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