



What's New?

Welcome Spring!

Spring – a season of transition, renewal, rejuvenation, and revitalization. As the days get longer, and the temperatures get milder, we tend to move from warming, comforting foods to cooler, energizing meals. Flowers and trees begin to blossom and animals come out of hibernation. It truly is a beautiful time of year.

I love spring as it gives us a chance for a fresh start on many things in our lives. In a lot of ways, it is a better time of year than the new year for resolutions and goals. Spring cleaning is a great way to declutter both physically and mentally. Time in the garden and in nature allows us to clear our mind and de-stress from our busy lives.



Please read below to find out some great reasons to do a spring cleanse, information about an upcoming thermography breast screening clinic, pain management with prolotherapy, and a yummy breakfast recipe.

Garibaldi Health Clinic would like to wish you and your loved ones a fabulous Spring!

Yours in Health,

Dr. Ashely Gordon



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

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

April is Homeopathic Awareness Month.

All remedy kits and creams are 40% off until May 1st. Please call Natalie Scopaz at Embody Health Homeopathy to learn more about what kits and creams are available 604-848-8770.

Wellness Quote

*"Nature needs no help,
just no interference"*

Health Tip: Keeping Active

Exercise is needed to maintain the health of muscles, joints and bones. It also nurtures blood vessels and tissues, improves energy, reduces stress, and uplifts mood. Choose types of exercise that balances your lifestyle – if your life tends to be busy and active, try choosing exercises that are relaxing and calming. A more active exercise program may be needed if your life tends to be more sedentary.

Dr. Gordon's Hours:

Wednesdays:

9:00 a.m. - 3:00 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. - 5:00 p.m.

Patients can continue to book appointments and pick-up supplement refills Monday through Saturday.

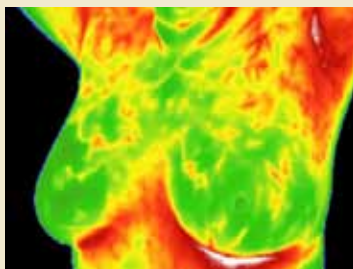
Dr. Gordon's Clinical Specialties:

- Clinical Nutrition
- Acupuncture
- Botanical Medicine
- Intravenous Vitamin/ Mineral Therapy
- Chelation Therapy
- Bowen Technique
- Hydrotherapy
- Facial Rejuvenation Acupuncture
- Homeopathy
- Lifestyle Counselling
- Prolotherapy



Thermography - at the Clinic in June Non-Invasive Breast Screening

Thermography is an approach to breast screening using digital infrared imaging. This type of scan shows the function, physiology, and metabolism of breast tissue. Abnormal cells tend to be hotter in temperature because a malignant tissue mass develops a network of blood vessels to feed it. A thermogram shows the heat difference between normal breast tissue and problem areas. It provides the earliest evidence of breast disease. The test is very sensitive – in 90% of cases, the scan accurately indicates the presence or absence of disease. In addition, thermography permits the monitoring of one's breast health, while seeking to improve one's overall health.



Digital Infrared Imaging (Thermography) does not replace an ultrasound, MRI or a mammogram. These diagnostic imaging tools have their own place in one's health care. Mammograms show the physical anatomy of the breast. They are useful to detect a mass once it has already developed, but it cannot tell a patient if there is a tumour starting to form.

Thermography, on the other hand, is a proactive approach. Mammograms work best for soft post-menopausal breast tissue, and for slow-growing tumours. In addition, mammograms do not view the whole chest wall and are not effective for certain types of breasts.

The only definitive diagnosis for breast cancer is a biopsy. All other methods are investigative and adjunctive diagnostic tools.

The Benefits:

Timely: Problems can be found before abnormalities are seen with mammograms. Early detection provides the best outcome.

Inclusive: Examines the whole chest, breasts, and armpit areas.

Good for All Ages & Stages: From puberty to pregnant, breastfeeding, pre-menopausal, and post-menopausal individuals.

Good for All Breast Types: Dense, pregnant, breastfeeding, fibrocystic, enhanced (implants), and women on oral hormone medication (birth control pills and hormone replacement therapy)

Painless: No squeezing, no pressure, no touching

Risk-free: No harmful rays emitted. Digital infrared imaging scans can be done as often as needed to monitor breast health and to guide treatment.

Risk Indicator: Digital infrared imaging results are a better indicator of future breast disease, than a family history of disease.

Cost: \$250 + HST. 15% discount when two or more ladies book for a clinic as "Friends". No referral is required.

**Monday June 25th at Garibaldi Health Clinic
To book an appointment, call 1.866.242.5554**

www.medthermonline.com

Prolotherapy:

Prolotherapy is a recognized orthopedic procedure that stimulates the body's natural healing processes to strengthen joints weakened by traumatic or over-use injury. Joints can become painful when ligaments or tendons are stretched, torn, or fragmented. Traditional approaches with surgery and anti-inflammatory drugs often fail to stabilize the joint and pain relief is often not permanent. Drugs and/or surgery can often be associated with unwanted side effects. Prolotherapy, with its unique ability to directly address the cause of the instability, can repair the weakened site(s) and produce new fibrous tissues, resulting in permanent stabilization of the joint. In addition to helping to heal and repair damaged joints, prolotherapy can also be used to treat varicose veins, spider veins, hemorrhoids, and other vascular abnormalities.

How does it work?

A precise injection of a mild irritant solution directly on the site of the torn or stretched ligament or tendon creates a mild inflammatory response that stimulates the body's natural healing mechanisms to lay down new tissue on the weakened area, resulting in a tightening of the weakened structure. Additional treatments repeat this process, allowing a gradual build-up of tissue to restore the original strength to the area.

What conditions can it treat?

This form of therapy can be used to treat dislocation of the joints; knee, shoulder, hip, elbow, neck and back pain, Temporal Mandibular Joint dysfunction, Carpal Tunnel Syndrome, and disc problems at any level of the spine. The therapy affects only the area treated and does not cause any problems in other areas of the body. Spider veins, abnormal or bulging veins and other similar conditions can be treated on the legs, feet, hands, arms, breast, face, and most other areas.

For more information on Prolotherapy or to schedule an appointment, please contact Garibaldi Health Clinic

Tune into Living Proof Radio

Hosted by Tammra Broughton, Dr. Ashely Gordon will be her guest on Tuesday May 8th @ 5pm.

The show is "What is Naturopathic Medicine?" and topics include:

- Environmental Allergies: testing & treatment at Garibaldi Health Clinic
- Breast health screening with thermography
- Pain management with prolotherapy
- Strengthening your immune system with IV vitamin/mineral therapy
- A healthy heart & Chelation therapy
- Food sensitivities – signs, symptoms, and testing

Here is the link to the show:

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

We hope you can join us!

Spring Cleansing

On a daily basis most of us tend to eat a lot of foods that tend to put a strain on our vital organs. Our digestive system, liver, and kidneys need a break occasionally from the aggravating foods that we put into our bodies. Cleansing and detoxifying these organs allows them to function more optimally and to absorb nutrients more efficiently, thus achieving stronger, healthier bodies.



Top 10 reasons to do a Cleanse this season:

- 1 – Improve energy
- 2 – Rejuvenate the mind
- 3 – Shed unwanted weight
- 4 – Reduce sluggish bowels
- 5 – Determine food sensitivities
- 6 – Eliminate food cravings
- 7 – Nourish the skin
- 8 – Better sleep
- 9 – Heal the digestive tract and reduce the incidence of bloating, gas, abdominal pain and heartburn
- 10 – Feel more balanced physically, mentally, and emotionally

Recipe of the Month:

Gluten-Free Crunchy Granola

5 cups **GLUTEN-FREE OATS** (can substitute buckwheat or millet flakes)

2 cups **RAW ALMONDS**, chopped

1 cup **WALNUTS**, chopped

1 cup **RAW PUMPKIN** seeds

1 cup **RAW SUNFLOWER** seeds

1 Tbsp **GROUND CINNAMON**

2 tsp **GROUND GINGER**

1 tsp sea **SALT**

3/4 cup **MAPLE SYRUP**

1/2 cup **COCONUT OIL**

1 1/2 cups **RAISINS**

1 cup **DRIED APRICOTS**, chopped

1/2 cup dried **CRANBERRIES**

1/2 cup **FLAXSEEDS** or **HEMPSEEDS**



Preheat oven to 225° F

Combine oats, nuts, seeds, and spices in large bowl. Gently toss together to mix. Heat syrup and oil in saucepan just until warmed. Stir together and drizzle over oat mixture. Toss together with hands until evenly blended.

Spread mixture onto large baking sheet(s). Bake in preheated oven for 45 minutes, stirring often until crisp and dried. Mixture should be lightly golden. Remove and cool before adding dried fruits and flax/hempseeds.

Store in tightly covered container in refrigerator or freezer. Serve with yogurt or with rice, soy, almond or hemp milk.

Makes about 13 cups.

Each 2 Tbsp serving contains: 124 calories, 4 grams protein, 8 grams total fat, 12 grams carbohydrates, 2 grams fibre, 2 mg sodium.

The Goods on the Ingredients:

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

ALMONDS: High in omega 6 fats, a great source of protein, and high in calcium to prevent osteoporosis.

WALNUTS: Extremely nutrient-dense nuts: high in antioxidants, vitamin E, magnesium, monounsaturated fats ('good' fats), protein, and fiber. Walnuts can help with lowering cholesterol and reducing heart disease.

SUNFLOWER AND PUMPKIN SEEDS: High in protein and 'good' fats – to help lower 'bad' cholesterol and increase 'good' cholesterol. Also a good source of vitamin E and B vitamins, and many minerals such as iron, manganese, calcium, magnesium, selenium, and zinc.

CINNAMON: A very warming herb that can be used to help with circulatory disorders as well as balance blood sugar levels for those suffering from insulin resistance or diabetes.

GINGER: Powerful immune-enhancing properties. Used to treat nausea and motion sickness. Helpful in pregnancy to relieve morning sickness. A very warming herb that is liver protective and comforting to the digestive system.

COCONUT OIL: Anti-viral and anti-bacterial. Good for energy production. High in saturated fat, but can be used to promote weight loss.

RAISINS: A dried grape that is higher in sugar than the fruit, but also a good source of fiber to keep the bowels healthy, as well as being rich in iron.

CRANBERRIES: A good antioxidant, as well as being high in fiber and vitamin C.

MAPLE SYRUP: Contains manganese – for energy production and antioxidant defence – and zinc, important for men's reproductive health. A good alternative to refined sweeteners such as white sugar, or artificial sweeteners.

FLAX AND HEMP SEEDS: High in omega 3 fatty acids, which are essential fats needed for energy production, hormone balance, healthy skin, and many other vital reactions in the body.

Garibaldi Health Clinic

In The Galleries

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