

What's New?



Welcome to Garibaldi Health Clinic's first email newsletter! We will be sending these out monthly to keep you informed of upcoming events in and around Squamish and at Garibaldi Health Clinic. In addition, we'll be passing along nutritious recipes, articles and timely health tips.

I would like to introduce below each of our health practitioners at the Clinic. We strive to be a holistic, integrated health center where we can meet all of your needs – from physical, mental, emotional and spiritual.

Enjoy – and we'd love to hear from you anytime. Incidentally, if you'd rather not have the newsletter turn up in your email once a month, just send us an email, and we'll take you off the list.

We hope you enjoy the newsletter.
Yours in Health,
Dr. Ashely Gordon, N.D.

GARIBALDI HEALTH CLINIC'S TEAM

Dr. Ashely Gordon ~ Naturopathic Physician
Brianne Beattie ~ Office Manager
604.898.1999
inform@garibaldihealthclinic.com
www.drashelygordon.com

Brianne is here to help you book appointments, answer any questions you may have and refill your supplement prescriptions.

Natalie Scopaz, BA., DCH
Homeopathic Practitioner
604.848.8770
www.embodyhealth.ca

Natalie Scopaz is a classically trained homeopath with a love for the subject. Natalie was first introduced to Homeopathy during her studies in first-year nursing. She quickly resonated with the subject, and then went on to complete a bachelor's degree, specializing in eastern philosophy. With her love for homeopathy still in hand, she then further pursued her interest, by attending the four-year training program at the Vancouver Homeopathic Academy. She continues to keep current with her studies by attending seminars regularly. Natalie founded Embody Health Homeopathy soon after graduating, and continues to enjoy her practice in Vancouver and the sea to sky corridor.



Jeanne & Amanda Luca
Namaste Laser and Fascial Care Centre
604.898.8384

Laser Treatments ~ Skin Rejuvenation ~ Esthetic Treatments
Spider Veins/Age Spots ~ HydraFacial - Non Invasive ~ Electrolysis

Health Tip of the Month

With summer approaching fast, it is important to stay hydrated.

Make sure to drink lots of water. As a rule of thumb, drink half of your weight (in pounds) in ounces of water daily. For example, if you weigh 160lbs, drink 80 oz of water daily, or about 10 X 8oz glasses. This will prevent dehydration and your body will appreciate you more. You can also include herbal teas in your daily allotted intake, as well as zesting up your water with lemon, lime or cucumber.

Non-Invasive Breast Screening with Digital Infrared Imaging

Tuesday, June 9th
10:00 am to 3:00 pm
Garibaldi Health Clinic

1-866-242-5554
to book an appointment
cost \$250 incl GST

Detects changes in breast tissue before mammograms can detect structural changes or lumps. Safe for everyone after puberty. No touching, squeezing, radiation or pain.

www.medthermonline.com

Garibaldi Health Clinic
In The Galleries
#106 - 41105 Tantalus Rd
Squamish, BC V8B 0N3
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Fax. 604.898.1986

Dr Ashely Gordon's
Business Hours
Wednesday 10:00am ~ 5:00pm
Thursday 10:00am ~ 7:00pm
Friday 9:00am ~ 7:00pm
Saturday 9:00am ~ 5:00pm

inform@garibaldihealthclinic.com
www.drashelygordon.com

June Recipe
Hummus with Roasted Red Peppers

1 x 540ml can organic chickpeas, drained and rinsed
2 Tbsp. tahini
2 Tbsp. fresh lemon juice
2 cloves garlic, or more if you like
3 tbsp. water
Pinch of cayenne pepper
2 whole roasted red peppers (either buy bottled or roast your own peppers on a baking sheet @ 400F until blackened. Peel off blackened skin, core, chop, and use.
1 tbsp wasabi paste (optional)

Serve with rice crackers and fresh, raw veggies, or use in a wrap for lunch

Colleen Griffin, MSW, RCC
Registered Clinical Counsellor
Individuals, Couples, Families
604.849.2338
colleen_griffin@shaw.ca

Colleen has worked as a therapist in a variety of settings, including psychiatry and addictions. Her private practice includes work with individuals, couples, and families, and focuses on the underlying, intrapsychic experience of each person, individually and within a system. Rather than focusing on the behaviours that are causing the issue, Colleen is interested in the inner workings of individuals which lead us to cope in various ways. She uses a Rogerian approach which encourages each person to have an unconditional positive regard for the self. The models used in facilitating positive change in people and relationships include:

- Cognitive Behavioural Therapy
- Imago Relationship Therapy
- Satir Transformational Therapy
- Rational Emotive Behavioural Therapy
- Family Systems

Phyllis Hodges ~ Certified Counsellor
780.233.9663
phyllishodges@mac.com
www.lifehappens.ca

I have a Master's degree in Transpersonal Counseling Psychology and a Master's degree in Nutrition. I believe that each human being has an internal knowing and is the best source of wisdom for himself or herself. However, sometimes you might feel overwhelmed by life and need help to recover your innate wisdom and experience new learning. This includes adults or couples (all genders) with anxiety, depression, stress, life stages, communication issues; eating issues & body image, eating disorders, coping with chronic illness or pain. I use a variety of innovative and proven approaches, based on your desire and needs, whether for learning, challenge, self-study or nourishment. All work is offered with compassion and respect for you. This includes Hakomi, meditation/mindfulness, art therapy, solution-focussed and EMDR.

Kirstin Pears ~ Vega Technician
Appointments booked through Brienne at 604.898.1999

Vega testing is a form of testing that allows us to see sensitivities, deficiencies and toxicities to common things such as the foods we eat, pollens, animals, cleaning agents, toiletries, vitamins and minerals. Having this knowledge allows us to help nurture your body and strengthen your immune system.

What does Dr. Gordon Do?

- * Clinical Nutrition
- * Acupuncture
- * Facial Rejuvenation Acupuncture
- * Botanical Medicine
- * Hydrotherapy
- * IV (intravenous) Vitamin/ Mineral Therapy
- * Chelation Therapy
- * Bowen Technique
- * Lifestyle Counseling
- * Homeopathy

The sunshine is here!
Are you familiar with natural
sunscreens to protect your skin
and overall health?

A balanced diet and a regular
exercise regime are keys to
losing or maintaining weight as
well as giving yourself a boost
of energy.

Quote of the Month

Whatever you see in others is a
reflection of you - whether you like
it or not! Basically, my wife was
immature. I'd be at home in the
bath and she'd come in and sink
my boats.

~Woody Allen

Did you know that most extended
health care plans cover visits to a
Naturopathic Physician and
Acupuncture Treatments? Check
with your plan administrator to see
if yours does.

Have a great month...Stay tuned for our July Newsletter
Better Health, Naturally