

What's New?



Welcome to Garibaldi Health Clinic's Fall newsletter!
We hope you've had a fantastic summer.

As of mid-September, I will be taking maternity leave until the new year. While I am away, Dr. Natasha Wrenshall will be covering for me. I would like to take this time to welcome her to the clinic as well as introduce her:

Dr. Natasha Wrenshall received her undergraduate degree from Mc Master University in Forensic and Medical Anthropology before attending the Canadian College of Naturopathic Medicine, where she obtained her Doctorate in Naturopathy.

She completed her clinical internship at Canada's largest institute for Naturopathic Medicine, the Robert Schad Naturopathic Clinic, in Toronto, Ontario. During this time she also interned at Anishnawbe Health Centre in Toronto, providing health care to the Aboriginal population in the Greater Toronto Area.

Following graduation, Dr. Wrenshall advanced her clinical skills in Asian Medicine as she studied and interned at the prestigious Jiang Xi University of Traditional Chinese Medicine in Nanchang, China. Soon after she began her practice in Ireland, at The Irish Centre of Integrated Medicine. Here she focused on general practice with an emphasis in digestive disorders and hormone balancing. Until recently, Dr. Wrenshall has been working with Solgar Vitamins and Herbs UK, as a Nutritional Advisor and Educator in Ireland.

Presently, Dr. Wrenshall and her family have relocated to Squamish BC, where they will put down roots, and she will be practicing at Garibaldi Health Clinic. Her family practice will focus on Diet and Nutrition, Botanical Medicine, Chinese Medicine, Hydrotherapy and IV Therapy. Additionally, Dr. Wrenshall is a licensed Bowen Therapist.

Dr. Wrenshall adheres to the paradigm of Naturopathic Medical Philosophy: to treat everyone as an individual, to seek out and treat the root cause of disease and to use the innate ability to heal oneself. She has the upmost confidence in the healing power of nature. With a passion for health and wellbeing, Dr. Wrenshall firmly believes that integrated medicine will lead individuals to their most optimal health.

Yours in Health,
Dr. Ashely Gordon

Garibaldi Health Clinic is pleased to welcome Carol Zuckernick, RMT.

Carol has a wide variety of massage experience over the past 15 years. She has worked with amateurs to nationally ranked athletes as well as clients of all ages and all types of conditions.

The **Swedish massage** Carol uses incorporates several techniques and differing pressure, from superficial to deep, depending on what the client requests and the condition requires. Carol enjoys helping clients to alleviate stress and pain from postural issues, injuries or headaches. She uses massage in combination with a recommendation of stretches and exercises to achieve this.

Thai Massage:

Carol studied in Thailand and learned two styles of Traditional Thai Massage. In this type of massage, the client is clothed in comfortable, flexible clothes (shorts or yoga wear), and is on a mat on the floor. Carol integrates the two styles of Thai Massage to do pressure points and passive stretches or yoga positions with the client. It is a relaxing and refreshing massage – great for athletes or clients looking to relax and increase flexibility. Again, Carol works with her clients to use the right amount of pressure and stretch.

Most extended health plans cover registered massage therapy.

To book an appointment or for more information, please contact Carol @ 604 815 7139.

Dr. Wrenshall's Clinical Specialties:

- Clinical Nutrition
- Acupuncture
- Botanical Medicine
- Hydrotherapy
- IV vitamin/mineral therapy
- Bowen Technique

September Recipe Wheat Berry & Navy Bean Salad

Salad

1 cup dry wheat berries
2 cups canned or cooked (using dried beans) navy beans, drained
1 long English cucumber, diced
1 large red pepper, seeded and diced
4 green onions, chopped
1 large tomato, diced
2 cloves garlic, minced
1 cup fresh parsley, chopped
Sea salt/Himalayan salt + pepper to taste

Dressing

¼ cup extra-virgin olive oil
2 tbsp balsamic or apple cider vinegar
1 tbsp tamari or Bragg's
2 tbsp lemon juice
1 tsp hot mustard

- In medium bowl soak wheat berries overnight in cold water. Drain wheat berries and place in saucepan; cover with 2 inches cold water. Bring to a boil; reduce heat to low and simmer, partially covered, about 1 hour. Drain and cool.
- In a large bowl, combine cooled wheat berries with beans, cucumber, red pepper, tomato, green onion, garlic, and parsley; season with salt/pepper to taste.
- In a small bowl, make dressing by whisking together all of the ingredients until well combined.
- Toss salad with dressing just before serving. Serves 6.

Wheat berries: a vegetarian-sourced calcium. High in fiber, protein, and iron. They are loaded with Vitamin E and calcium.

Navy beans: a great source of fiber and protein. Good for lowering diabetes and cholesterol.

Cucumber: while the flesh is almost all water (96%!), the skin is a good source of fiber and contains a number of trace minerals including silica, essential for healthy skin, hair and nails.

Bell peppers: Excellent source of powerful antioxidants (vitamins A and C)– to reduce the risk of cancer and autoimmune diseases.

Tomatoes: High in lycopene, which is a powerful antioxidant to give nutrients to the prostate gland in males.

Onions, garlic: Great for reducing cholesterol and blood pressure. Also wonderful to keep your immune system healthy and strong.

Olive oil: High in omega 6 fatty acids – which give us energy, and are essential building blocks in our body. They contain vitamins E, A, and many of the B vitamins. Also, they are loaded with many minerals. Good for lowering cholesterol and preventing heart disease, stroke, and cancer.

Each serving (about a cup) contains: 400 calories; 20g protein; 10g total fat (mostly all 'good' fat); 65g carbohydrates; 16g fiber.

Health Tip of the Month

Incorporate foods rich in Vitamin E into your diet. These include: sunflower seeds, almonds, green leafy vegetables, vegetable and fish oils, and whole grains. Vitamin E is a powerful antioxidant which helps to protect your cells from free radical damage. This can reduce your risk of cancer, heart disease, stroke, and autoimmune diseases. Try including a handful of almonds or have more spinach and broccoli in your daily food intake!

Quote of the Month

Be who you are and say what you feel, because those who mind don't matter, and those who matter won't mind.
~ Dr. Seuss

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Dr Wrenshall's Office Hours
Starting mid September
Wednesday 10:00am ~ 6:00pm
Friday 10:00am ~ 6:00pm
Saturday 9:00am ~ 5:00pm

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Fall is approaching fast....

With the change of seasons, comes a great time to do a cleanse. There are many different types of cleanses – some that benefit your liver and bowels, while others benefit your kidneys, lungs, or skin. Some of the benefits of a cleanse include:

- Increased energy
- Decrease in digestive disturbances
- Improvement in mood
- Greater quality and quantity of sleep
- Weight loss
- Identifying food sensitivities
- Clearer complexion
- Reduction in food cravings
- Increased motivation

We would be happy to provide you with additional information if you are interested.

Brianne Beattie, office manager, is off on maternity leave mid-September. Garibaldi Health Clinic would like to thank her for all of her hard work at the front desk. We wish her and her new baby a big congratulations!

We would like to welcome Kirstin Pears and Marion Abramo, who will be taking over for Brianne. If you have any questions, would like to schedule an appointment, or need to refill your supplement prescription, feel free to contact them by phone or email: 604 898 1999 or inform@garibaldihealthclinic.com

The Dirty Dozen Very Important to buy Organic

These 12 popular fresh fruits and vegetables are consistently the most contaminated with pesticides—buy these organic.

Apples
Bell Peppers
Celery
Cherries
Grapes (imported)
Nectarines

Pears
Spinach - Lettuce
Strawberries
Kale
Carrots
Peaches

At Girl Friday Organizing, we work with business and residential clients to create organizing systems that work. Whether you are trying to increase productivity, reduce stress, achieve a better work / life balance or optimize the functionality of your space, we work with you to help you achieve your goals.

Did you know that being organized can **save you time and money?**

Tip:

Make a meal plan for the week - Check the pantry, and make recipes using ingredients that you already have on hand; [make a list](#) and purchase only what you need. [Shop once a week](#) to save time, and avoid those 'quick trips' to the store for milk that add up to \$40 with additional items.

Remember - all of those \$40 trips add up!

Be proactive! Get organized and take control of your life.

Visit our website at

www.girlfridayorganizing.com

or contact us at 604-898-0794 for a free consultation.

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