



GARIBALDI HEALTH CLINIC

What's New?



I hope you had a wonderful Christmas and Holiday with your family and friends.

The Holiday Season is a time where we socialize with family and friends, eat scrumptious, decadent food, indulge in a bit more alcohol than we may normally have, and assume more of a sedentary lifestyle.

The New Year is a good way to start off the year with eating better, being more active, and choosing healthier habits. What are your goals and resolutions for the upcoming year?

It is often hard to make these changes on your own, so why not set yourself up for success with putting into place the help that you need to support yourself to achieve these goals. Joining a gym where there are dedicated classes with others to motivate you, choosing a personal trainer, working with a Naturopathic Doctor or Nutritionist to get your diet on track, asking friends for help when needed (for example if you are trying to kick a bad habit, such as smoking), and perhaps seeing a life coach to discuss your visions and finding a plan to achieve them.

Read below to find a gluten-free, healthy alternative to pasta, some tips on uplifting your mood during the winter months, preparing for the upcoming allergy season, and some simple ideas to add into your regime to feel healthier.

Garibaldi Health Clinic would like to wish you, your family, and loved ones many good wishes for 2014!

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 Fredericks
Office Administrator



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

Efficient Breathing

Learning how to breathe more effectively is one of the most profound and easiest ways to improve your overall health and quality of life. Slow, deep, quiet breathing is more efficient, delivers more oxygen to your cells and balances the nervous system.

*Dare to know
that the source
of all miracles
lies within you.*

Dr. Gordon's Hours:

Wednesday:

9:00 a.m. - 4:00 p.m.

Friday:

9:00 a.m. - 4:00 p.m.

Saturday:

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

Thursday

(starting in February):

10:30 a.m. - 2:30 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



Preparing for the Upcoming Allergy Season

Do you suffer from seasonal allergies? Itchy, watery, red eyes; runny nose, sneezing, sinus pressure/pain, itchy throat, blocked ears, headaches, and fatigue? Are you tired of taking antihistamines and not getting to the root of the problem?

Garibaldi Health Clinic is now offering allergy testing (via diagnostic scratch testing) to determine if you have allergies (and the severity) to the following: Grasses, Trees, Weeds, Ragweed, Dust mite, Cats, Dogs and/or Mold.



Treatment using SLIT (Sublingual Immunotherapy):

Sublingual immunotherapy, given as drops under the tongue, treats the cause(s) of allergies by giving low doses of the allergen (for eg. cat dander) to the patient. Repeated exposure over time to these small doses, increases one's tolerance to the allergens and reduces allergy symptoms. SLIT re-trains your body not to be allergic in the first place.

SLIT is similar to allergy shots in that they both change the body's ability to react to allergens. Allergy shots are very effective but they need to be given in a physician's office which is often inconvenient for patients resulting in not finishing the treatment course. SLIT is more convenient than shots as the patient can self-administer the drops at home.

Patients that undergo SLIT treatment report a better quality of life - fewer sick days from work and school, improved sleep, and a drastic reduction or elimination of allergy symptoms. Many patients are dependent on antihistamines to function, and are happy to not need them anymore.

SLIT has been studied in over 60 clinical trials over the past 15 years proving efficacy, safety, and tolerance to the treatment. It is now the most widely prescribed form of allergy immunotherapy in Europe. SLIT is Health Canada and FDA approved, and is recognized by the World Health Organization as an effective treatment for allergies. Research shows that committing to the full therapy can result in permanent symptom relief – no more suffering from allergies!

It is suggested to start SLIT 30-60 days prior to allergy season.

In B.C. tree pollen comes out as early as February and so treatment can begin in January.

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*For more information or to make an appointment, please contact
Garibaldi Health Clinic – 604.898.1999.*

*Dr. Ashely Gordon & Dr. Jennifer Moss are trained to perform the
scratch testing and write patient prescriptions for SLIT drops which
are often covered by prescription medical plans.*

Uplifting your mood

This time of year, with shorter days, darkness, and rain, it often can affect our mood, energy, and well-being. We feel more inclined to stay home, be less social, over-eat, and exercise less. This can often perpetuate our downward spiralling mood, and make us feel even worse. Below are some suggestions to uplift your mood during the winter:

1. **Exercise:** Try to commit to doing an activity that you like for at least 30 minutes, 3x per week. This can help to increase oxygen in your body (give you energy) and boost serotonin – the ‘feel good’ hormone.
2. **Vitamin D:** Known as the ‘Sunshine Vitamin’, vitamin D can help with battling ‘Seasonal Affective Disorder’, depression, and restore levels that we would otherwise make from the sunshine. Supplementing with 400-1000IU per day for kids, and up to 4,000IU per day for adults can be beneficial.
3. **Omega 3s:** These are essential fatty acids that the body doesn’t produce. Taking a supplement of fish oil can help with mood imbalances and balancing our nervous systems.
4. **Proper sleep:** Try to get 7-9 hours of sleep per night. Ongoing sleep problems can lead to depression, as well as interfere with your ability to work, socialize, and accomplish daily tasks. We all feel more refreshed with a good night’s sleep!
5. Eat a **balanced diet** composed of fresh fruit and veggies, lean protein, ‘good’ fats (fish, nuts, seeds, avocado, olive and coconut oils), and complex carbs (brown rice, quinoa, buckwheat, oats, millet, etc.). Reduce refined sugars in your diet – you may immediately feel good after loading up your body with sugar, but after your blood sugar spikes, it will plummet and you will end up feeling worse.

Start the New Year Right!

5 things for your weekly regime to feel healthier:

1. Try to drink 8 x 8 oz glasses of **water** or herbal tea per day. This can help us to remain hydrated, feel more energized, and remove toxins from our body.
2. **Sleep Hygiene:** Try to go to bed by 10pm – it is the hours before midnight that matter! –and get 8 hours of sleep per night. Better quality and quantity of sleep allows all of the cells of our body to regenerate, improves immune function, helps with balancing hormone levels, and allows us to reach our optimal weight.
3. **Exercise:** We have all attempted to add this to our New Years Resolution in hopes of getting into better shape! If you choose a realistic goal and pick an activity that you actually enjoy doing, you are more likely to reach your goals and not disappoint yourself. Start with doing an activity 3x per week for 20-30 minutes and build-up from there.
4. Try to **cut out** most **simple sugars** and **processed foods** from your diet. This includes most baked goods, candy, milk chocolate, juice, pop, white/brown sugar, and artificial sweeteners; also cut out any packaged foods that contain preservatives and sodium that our body doesn’t need. These all contain empty calories that tend to lower our energy, pack on unnecessary weight, and reduce our mood and wellbeing.
5. **Reduce stress.** Take time for yourself to enable better coping habits to deal with our everyday life stressors. Reading, meditation, deep breathing exercises, yoga, aerobic exercise, massage therapy, acupuncture, vacations, and laughter all help to lower stress levels and make life more enjoyable.

IV therapy

The best protection from infectious disease is a strong vital immune system. The health of the immune system is intimately connected with the health of the digestive tract and our nutritional status.

Intravenous (I.V.) vitamin and mineral therapy is a safe and effective way to deliver nutrients directly into the circulatory system, by-passing the digestive tract and liver, increasing the absorptive capacity. For individuals with compromised intestinal absorption (i.e. cancer, Crohn’s, IBS, ulcerative colitis, etc.), IV therapy allows for 100% absorption of the nutrients delivered and thereby offers enormous therapeutic value over oral administration.

An IV vitamin treatment can be either infused manually and takes 15-20 minutes; or given as a slow drip, delivering larger doses, and takes 45-75 minutes. The formula can vary based on individual needs but generally includes Vitamin C, B Vitamins, calcium, magnesium and multi-trace minerals combined in a sterile water solution.

IV vitamin therapy is used to support people with specific conditions such as migraines, depression, upper respiratory tract infections and fibromyalgia. It is also indicated for more generalized support with fatigue, acute and chronic stress, athletic performance and as part of a health maintenance program.



Spaghetti Squash with Turkey Tomato Sauce



- 2 medium-sized **SPAGHETTI SQUASH**
- 3 tsp **GRAPESEED OIL** or other oil of choice
- 1 **YELLOW ONION**, diced
- 2 **GARLIC CLOVES**, minced
- 1 **RED BELL PEPPER**, diced
- 2 cups chopped **CRIMINI MUSHROOMS**
- 1 lb lean **GROUND TURKEY**
- 1-28oz. **CAN CRUSHED TOMATOES**
- 2 tbsp **TOMATO PASTE**
- 1 tsp dried **OREGANO**
- 1 tsp dried **BASIL**
- ¼ tsp dried **RED PEPPER FLAKES**
- ¼ tsp **BLACK PEPPER**
- ¼ cup **GRATED PARMESAN CHEESE** (optional)
- ¼ cup chopped **PARSLEY**

Preheat oven to 400F. Slice spaghetti squash in half lengthwise and scoop out seeds. Place squash halves on baking sheet, brush flesh with 1 tsp oil and cook until tender, about 40 minutes. Scrape out squash flesh with fork into strands.

Meanwhile, heat remaining oil in saucepan over medium heat. Add onion and cook until soft. Add garlic, red bell pepper, mushrooms, and cook until mushrooms are soft. Remove vegetables from pan and place turkey in skillet and cook until no longer pink, about 5 minutes. Return vegetables to pan along with crushed tomatoes, tomato paste, oregano, basil, pepper flakes, and pepper. Simmer for about 10 minutes.

Serve squash topped with turkey sauce and garnish with parmesan cheese and parsley. Serves 4.

The Goods on the Ingredients:

Spaghetti squash: A winter squash that is high in carotenes (vitamin A), vitamins B & C, and dietary fiber. Squash can be protective against cancer, diabetes, and heart disease. This specific type of squash has light coloured flesh that pulls away in strands resembling spaghetti when cooked.

Grapeseed oil: an unsaturated oil that is good for cooking due to its ability to handle high temperatures. It is also high in vitamin E – a powerful antioxidant.

Onion & Garlic: Both members of the lily family, being high in vitamins C, B6, and many minerals. They are good for lowering blood pressure and cholesterol levels, as well as preventing certain cancers.

Bell peppers: A member of the nightshade family of vegetables that are protective against cataracts due to their vitamin C and beta carotene content. They are also known for helping to reduce heart disease and stroke.

Crimini mushrooms: A type of button mushroom that resembles a button in appearance and is coffee-colored. It has a distinct, strong flavour. They are high in many minerals including selenium, zinc, copper and potassium, as well as vitamins B6 and B12. Mushrooms are known for their anti-cancer properties.

Turkey: a lean form of protein, particularly the white meat. Turkey is high in the amino acid (the building block of protein) tryptophan, which in turn produces serotonin in our bodies – our ‘feel good’ hormone – as well as being helpful with sleep.

Tomatoes: Along with peppers, eggplant, and potatoes, tomatoes are part of the nightshade family of plants. Nightshades tend to aggravate arthritis by increasing inflammation. Tomatoes are high in lycopene, which can be protective against certain cancers (breast, colon, lung, skin and prostate). Lycopene has also been shown to reduce the risk of heart disease, cataracts, and macular degeneration.

Oregano: Anti-bacterial in nature, as well as being high in antioxidants to quench free radicals – the cause of many chronic diseases.

Basil: This herb can be used as a digestive aid, as well as a flavourful addition to many dishes.

Parsley: Rich in chlorophyll and carotenes, although it is mostly used as a garnish for many foods. It can also be added when juicing to give an energy boost.

Our newsletter is published quarterly

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Garibaldi Health Clinic

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