

Village Health Clinic

Newsletter

Spring 2005

New Service Fees For 2005

Please be advised that new Service Fees are in effect as of January 2005. Also note that we are now open Mondays except for holidays.

Welcome Back Dr. Duong

We would like to take this opportunity to welcome Dr. Duong back from maternity leave. After two consecutive maternity leaves for the birth of two beautiful girls (Sadie & Abbie), Dr. Duong is now accepting return and new naturopathic patients as well as midwifery patients. Her office hours are currently Monday & Thursday 9 am to 12:30 and Tuesday & Friday 1:30 to 5 pm.

Midwifery News

We are sad to say goodbye to Midwife Heather Hall, who has now relocated to North Vancouver. We wish her the best in her new practice. We are currently in the process of recruiting more midwives to join the Village Health Clinic. Until then, Dr. Duong will continue offering midwifery as a solo practitioner. Her hospital privileges include Surrey Memorial, Langley Memorial, MSA, and Chilliwack General. Privileges at Peace Arch Hospital are still pending as of this writing.

Guest Appearances

As part of our goal to provide community services, Dr. Gluvic will be offering his time at the Organic Grocer in Surrey to answer questions about common health concerns and natural approaches to treatment. The engagement is scheduled as free 10-minute consult visits and space is limited. Call the Organic Grocer for dates and to book your spot!

Keeping Allergies at bay

The best approach to allergies is a preventative one. Springtime allergies can be more manageable if you put in the work during Winter to prepare for the upcoming season. At the Village Health Clinic, we offer natural approaches to preventing and treating allergies – from vitamins and minerals to homeopathic medicines and herbal remedies. Often times a change in diet can make the world of difference when it comes to your bodies reaction to environmental allergies. We encourage starting a treatment plan several weeks before the anticipated start of your allergy season. See one of our physicians for an individualized approach to your allergies.

Food Introduction for Kids, featured in Vegan Cookbook

Author Dreena Burton has recently published a new vegan cookbook, *Vive le Vegan!*, in which she includes a modified version of a food introduction schedule that Dr. Duong offers to her patients. It is a healthy and hypoallergenic approach to introducing foods to children 6 months to 2 years old. It is a whole foods approach to cooking and includes wheat-free recipes and options for wheat-free modifications. See sample recipe on the last page. As well you can visit www.everydayvegan.com for more information.

Medicinal Plant Walks

Dr. Gluvic's medical plant walk through Crescent Park on Sunday, February 27th was well attended. These plants walks are an opportunity for Dr. Gluvic to combine his botany background with his medical training, and present some interesting information on the medicinal (current and past) uses and pharmacology of local plants.

Walks will be scheduled for the near future. Please check our news and events page of the web site for dates.

Recipe Corner

Cannellini Bean Yam Hummus

[Wheat-free, Dairy-free, Egg-free]

1-1/2 cups cooked cannellini beans
3/4-cup cooked yams (not packed; would be too sweet)
3 TB lemon or lime juice
1 small or medium garlic clove
2 TB extra virgin olive oil (or flax or hemp seed oil)
3/4-1 tsp chipotle hot sauce
1/2 tsp sea salt
freshly ground pepper to taste
1/4 cup toasted pine nuts

Optional: 2 TB fresh cilantro, chopped for garnish

In a blender or food processor, combine all ingredients except the pine nuts & cilantro. Blend until smooth, scraping down the sides of the bowl/blender a few times throughout. Once smooth, add pine nuts and puree [just a little to leave some texture or more until smooth]. Season to taste with extra sea salt, fresh ground black pepper, and chipotle sauce. Serve in a bowl drizzled with a little extra virgin olive oil (or flax/hemp seed oil) and sprinkle with pine nuts & cilantro.

Serve with veggies, chips, bread/pita or rice cakes

From *Vive le Vegan!*

By Dreena Burton (Arsenal Pulp Press)

Lifestyle Tips

Drinking water is essential to optimal health. Ideally, drinking 2 litres of water daily is what it takes to keep our bodies well-hydrated and functioning at its best. Water bathes every cell in our body and provides cushion in the tissues in our joints. Water helps flush our bodies and eliminates toxins through our urinary system. So what's the best way to get in those 2 litres? Frequent sips of water. Small sips of water hydrate us more efficiently than large quantities drunk quickly. One way to remember to drink water is to purchase a hard plastic water bottle that can be washed & re-used. Keeping your water bottle close at hand is essential – on your desk at work, in the car, or strapped to your hip when you go for a walk. Another quick tip – after every trip to the washroom, have a sip of water. The more water you drink, the more trips to the washroom, the more water you drink, and so on.

A New Face in Our Clinic!

Dana Huggett, R.N. has joined the Village Health Clinic team, assisting Dr. Gluvic and Dr. Duong in offering comprehensive natural health care. Dana's background is in Intensive Care, working at St. Paul's Hospital in Vancouver and Peach Arch Hospital in White Rock. Currently she is providing Colon Hydrotherapy treatments at the Village Health Clinic, helping our patients with chronic illnesses and others completing a detoxification program. As well, Dana is assisting in administering I.V. therapies prescribed by our doctors. Dana is working with Dr. Duong in registering with the College of Midwives of British Columbia as a second attendant to midwives at homebirths. She brings a skilled hand and a warm smile to our clinic and we are lucky to have her.

Birth Night

Every other month, the Village Health Clinic is offering a Birth Night, hosted by local doula Vicki Drever. Each two-hour evening includes information on labor & delivery, coping skills for labor, what does a doula do, and birth videos. As well, we are working on developing a series of information nights including "Prenatal Yoga – What is it and Why do it", "Baby 101 – care of the Newborn", "Breastfeeding Basics", and "Parents Survival Guide – Community Resources". If you have any topics you would like us to cover, feel free to email your suggestions to reception@villagehealthclinic.ca. You're welcomed to periodically visit our website at www.villagehealthclinic.ca to check for dates and times of upcoming events.

Book Reviews

Vive le Vegan! By Dreena Burton

☆☆☆ Easy and healthy recipes – a good addition to any kitchen, even if not a vegan one! Great ways to incorporate more variety into your diet.

Kitchen Table Wisdom by Rachel Naomi Remen, M.D.

☆☆☆ A unique perspective on healing, reminding us that healing comes from the soul and inner self – the strength of the mind/body connection.

Fast Food Nation by Eric Schlosser

☆☆☆ Enlightenment on the "Dark Side of the All-American Meal", this is the tell-all book about the unsettling truths of fast food.