

The logo features the word "gaia" in a bold, lowercase, blue sans-serif font. A soft, circular yellow glow is positioned behind the letter "a".

gaia

**Naturopathic
Medical Clinic**

475-2120

GaiaHealthCare.com

Dr. Marnie Wachtler ND
www.gaiahealthcare.com

R M A Registered Massage 1997

M R University 1996

U of C 2002

Boucher Institute of Naturopathic Medicine
2006

Gaia Health Care – Est. 2006- Beltline clinic in
old Heritage House

ERR.....What is an ND?

Addressing health with Natural
treatment gearing towards
Education of the patient,
Empowerment and
Resolution of the core cause of
health Problems

We Can Do:

Physical exams

Testing of Saliva

Blood Draws

Urine specialty testing

Intravenous Vitamin Therapy

Dietary and Nutrition Planning

Food Allergy Testing

Skin Scratch allergy testing



NaturalNews.com

Balance Life

Work.....

.....Play.....

.....and REST!!!

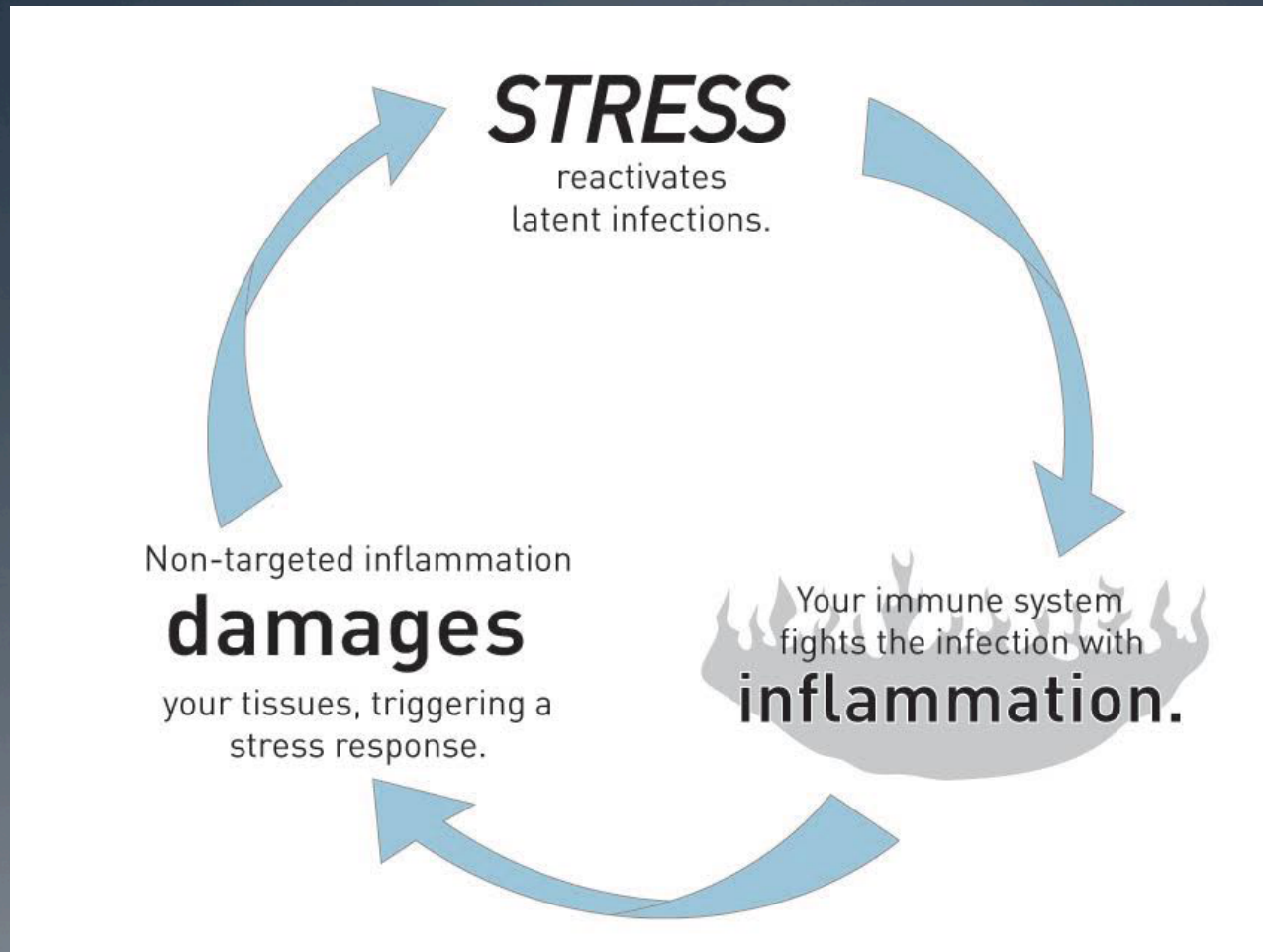
Prevention

Treatment

Immediate

Long term

Exercise – 30 minute per day, Moderately



Sleep- 8 hours per night, solid sleep

Cortisol- The response to waking in a raise in cortisol levels

NAP!!!! Sleep when you need to and make time to do that!

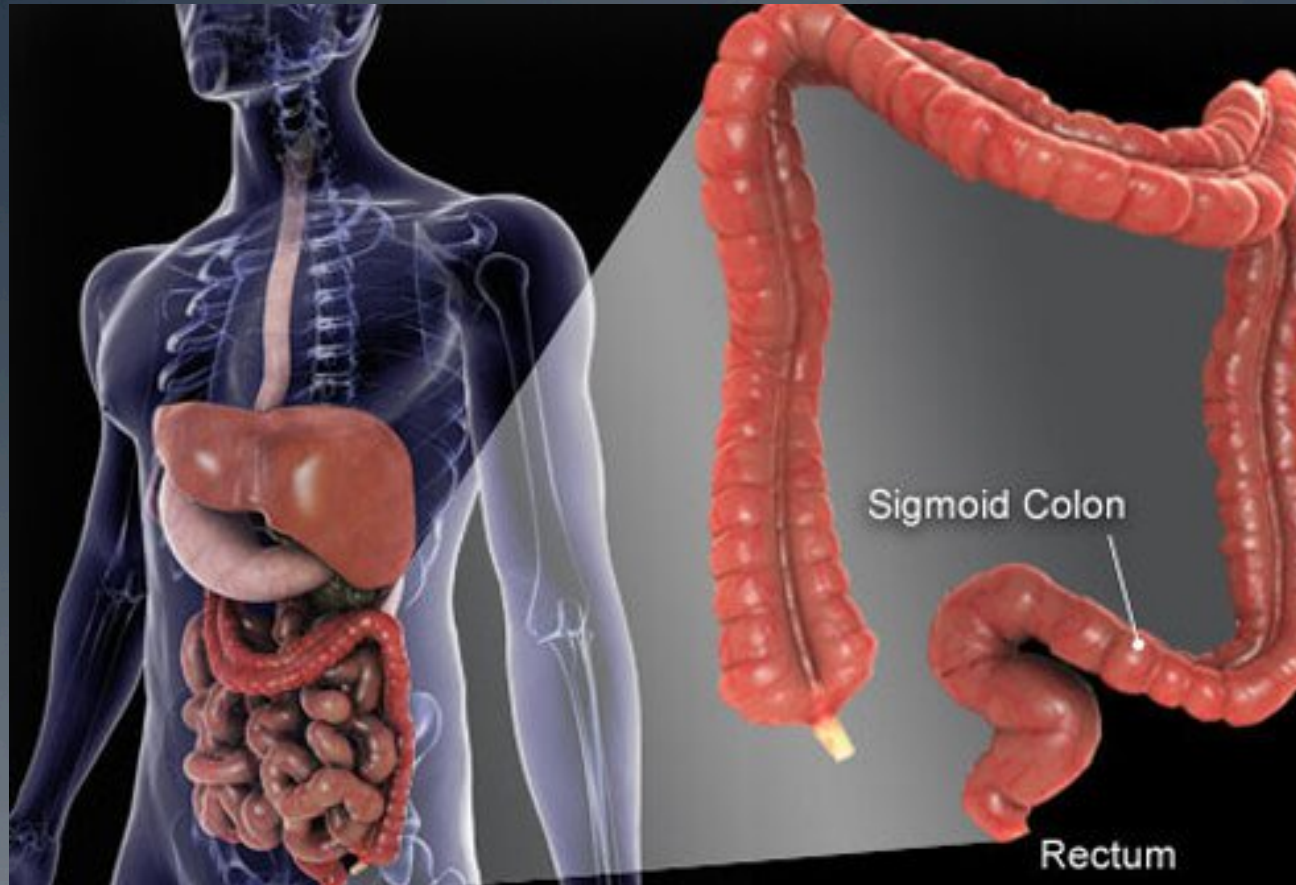
Decrease the scheduling activity

Be Present

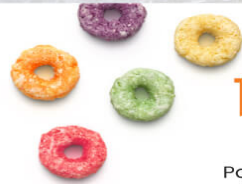
Stress- Keep it in check with....



Digestive Health



10 PLACES SUGAR HIDES



1 Cereals, including hot cereals like flavored oatmeal

2 Packaged breads, including "whole grain" kinds



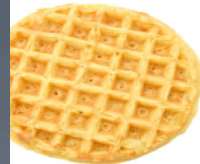
3 Snack or granola bars

4 "Lower calorie" drinks, including coffees, energy drinks, blended juices and teas



5 Protein bars and meal replacements

6 Sweetened yogurts and other dairy products (like flavored kefir, frozen yogurt, etc.)



7 Frozen waffles or pancakes

8 Bottled sauces, dressings, condiments and marinades (like tomato sauce, ketchup, relish or teriyaki, for example)



9 Dried fruit and other fruit snacks

10 Restaurant foods, where sugar is used in sauces, various desserts and dressings for extra flavor



Nutrition-Recommended food list

Gaia Health Care List of Recommended Foods

Highly Recommended- The Foundation Foods		
Meat Beef Buffalo/Bison Goat Lamb Pork Chicken Turkey Duck Goose Wild Game	Beets Cabbage Capsicum Carrots Cauliflower Celery Cucumber Eggplant Endives Fennel Garlic Globe Artichoke Jerusalem Artichoke Kale Kohlrabi Leek Lettuce Mushroom Onion Peas Peppers Pumpkin Shallots Squash Sweet Potato Tomato Zucchini	Nuts and Seeds Almonds Brazil nuts Cashews Hazelnuts Macadamias Pumpkin seeds Pine nuts Pistachios Sunflower seeds Walnuts
Fish Wild Salmon Sardines Herring		Oils Coconut Macadamia, Olive
Eggs Chicken, duck, etc.		Fruit Avocado Olives
Vegetables Asparagus Bok Choy Brussels Sprouts Broccoli Beans in pod (snap, green)		Beverages Water Tea (Black, Green, Herbal)
Allowed in Moderation		
Fruit and Berries Apples Apricots Blackberries Blueberries Cantaloupe Cherries Cranberries Elderberries Grapefruit Kiwifruit	Lemon Lime Lychees Mandarin Nashi Nectarines Oranges Passionfruit Peaches Pears Pineapple	Plums Pomegranate Raspberries Redcurrant Strawberries Tangerines
		Fish Shellfish White fish

Intermittent Fasting

- 12 hours at night
 - 18 hours daytime
 - 24 hours (one full day)
 - Drink Fluids- Water, Bone Broth, Lemon Water,
-

Bone Broth



Chia Pudding

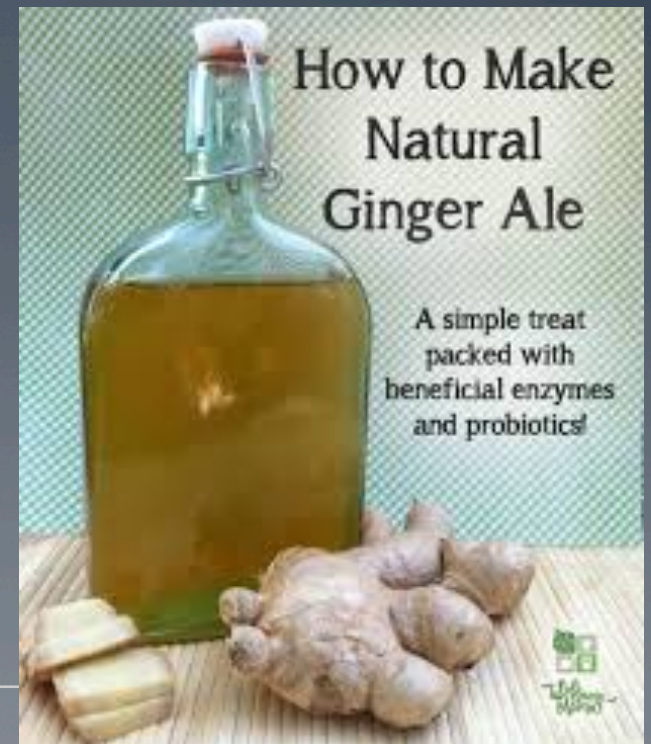
- 2 cups of Coconut Milk
 - ½ cup Chia seeds
 - 1 tsp of Vanilla, and
 - 1 Tbsp of Maple syrup
 - Heat Milk on Stove til warm, Whisk til smooth, add Berries
-

QUICK GO TO's

- Garlic/ Garlic TEA- Chop a clove of garlic, let sit for 10 min to activate and Hot water and Maple syrup
 - Glutamine (amino acid) used for healing, 500 mg of powder mixed with water
 - Hot Sauce- add Cayenne or Capsicum to our food
-

Homemade Gingerale

- 1 Tbsp of Maple Syrop
- 1½ inch of Ginger crushed or grated
- 2 cups of Cold Carbonated or Flat water
- Stir and Serve



WET SOCKS

- **EQUIPMENT NEEDED:**

- 1 Bathtub (or large basin)

- 1 pair of wool socks

- 1 pair of cotton socks

- 1 pair of feet (yours)

- 1 Blanket to wrap yourself in if you are chilled.

Perform this technique just before you are to go to bed
at night:

1. Soak your feet in hot water for 15 minutes.
2. Dry feet off very well. WET the COTTON socks in **cold** water and wring them out until damp. PUT ON the DAMP socks.
3. Place the other pair of dry WOOL socks OVER the wet socks.
4. Go to bed and do not take off the socks. Sleep with them on all night.

You will awake with the socks dry.

Intravenous Vitamin Boost



Vitamin B 12

VITAMIN B12 INJECTIONS



Energy & stamina
Weight loss & higher metabolism
Deeper sleep
Better mood
Balanced immune system
Mental clarity

londonlikecity.wordpress.com

Overall Health is daily process

Check in with your body

Alter daily habits

Exercise 30 min per day

Eat whole food diet

Supplement if needed

Questions ?????



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