



*The Gilead Centre*  
*Offering Hope, Healing and Wellness to All*

**The New Face of the Truly You Holistic  
Health Clinic**

Welcome to the client newsletter that is distributed each month, for clients, supporters, and those interested in their own health. It is my hope to use this newsletter to share new theories, facts, and medical studies with you, to inspire you and to give you the heads up on what is happening with health both in our community and around the world.

*The Gilead Centre*

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By Appointment Only

Heilkunst  
Homeopathy  
Live Blood Analysis  
Nutritional Counselling  
Healing Prayer

2008 was an exciting year of new beginnings and fresh starts!

Personally our family underwent a myriad of changes and challenges including a move to a new community, a job promotion, planting a new church, serious health concerns, and great new friends!

Professionally, I have been blessed with wonderful suppliers, excellent colleagues, the opportunity to partner with YouFeedThem.com, the relocation of my office, and amazing patients and supporters like you!

Throughout 2008 God has been revealing much to me overwhelmingly so at times and gently at others, but really guiding, leading, and teaching me about my practise and where He wants me to be, thus the change from Truly You Holistic Health Clinic to The Gilead Centre.

The Gilead Centre is more reflective of who I am and how I operate the health care practise that God has gifted me with in my community and the world around me. But why the Gilead Centre? Gilead is a region in the Bible, it means hill of testimony, or mound of witnesses. In the Gilead region there grows a rare tree, the Commiphora tree that is well known and highly prized medicinally for its resinous gum. The gum, or balm of Gilead, was well reputed to heal, hence the phrase the healing balm of Gilead. Spiritually, the healing balm of Gilead was the blood of Jesus, shed for eternal salvation and for healing of all sickness and disease. As I work in my practise and see God's incredible healing hand at work, I marvel at how nothing is impossible for Him. God has revealed to me that all things are possible through Him, when we seek Him. As The Author of all creation, who better to have overseeing my practise? Who better to reach out to for wisdom, understanding and insight into a patient's case? It is in Him that we have hope. It is in Him that we have healing. It is in Him that we have total wellness. In Gilead there will be a great witness of healing, mentally, emotionally, and physically. In The



Gilead Centre, it is my prayer that we will see a great wall of testimonies of healing, of hope, of health and wellness.

The office location has changed to reflect the direction of the clinic, and the priorities that God has revealed to me. More about that will come in future letters as it all unfolds. I look forward to welcoming you to The Gilead Centre!

**The new office address is:**  
**10600 Main Street/ County Road #3**  
**South Mountain ON K0E1W0**  
**The new phone number is:**  
**613.989.1269**  
**The new web address is:**  
**[www.gileadcentre.com](http://www.gileadcentre.com)**

### **Getting Back on Track- The Glucose Issue**

Well if you are like the average Canadian, you may have overindulged this past month. What is interesting is that most people now are thinking why did I do it?? And how can I get back on track with my food choices?

Grains are one of those foods in particular that we tend to eat in excess and the problem with grains is the sugars and starch found in these foods. The body breaks down the starch and sugar into glucose, which it then uses for energy at the cellular level. However when the glucose levels are not regulated we can develop various symptoms with one of the most severe being diabetes.

The sugars found within grains are highly addictive, the body cries out for more bread! But as we eat more, that which is supposed to supply us with energy actually has the opposite effect of making us sluggish and tired, so the body cries out for more, and the cycle begins.

It takes a strong willed person to limit the grains in their diet as our society practically lives on grains, up to 80% or more of our diet is made up of grains. Due to the addictive nature of the sugars, a cold turkey cessation of grains can result in major withdrawal symptoms about 4-5 days after stopping the ingestion lasting days to weeks depending on the overload of the body. It is a great way to detox and loose a few extra pounds, but should be done with consultation of your physician for added homeopathic and nutritional support. It is a great time to try new recipes, especially of the flavourful and highly nutritious root vegetables.

### **Recipe Corner**

#### **Borscht**

Peel and chop the following:

- 4 cups of beets
- 2 red potatoes
- 1 large onion
- 2 large carrots
- 2 cups cabbage

Put in a large pot and cover with water, allowing to come to a boil, and then reduce to simmer until the vegetables are just tender.

Sauté 2 cups of chopped mushrooms in olive oil, add to simmering soup.

Add 1 Tbsp chopped fresh dill

Slowly add lemon juice by the tsp tasting in between additions to get a tart but not sour soup. Add sea salt and pepper to taste.

Serve with a dollop of sour cream.

**"What other people think of you is none of your business"**

*Happy New Year!*

*Doc Rox*