



Update from the Desk of Dr. Hunt

April 2011

Spring Cleanse: Recharge and Rejuvenate for Radiant Health

Spring is here and it is the biologically natural time to detoxify. There is now a package of therapies to help you to detoxify and rejuvenate when you come to the office. We have created a cost effective 'wellness' package that can be done on any day the front desk staff is here, which is Monday through Friday and 1 or 2 Saturdays per month. Just phone and book ahead for **The Total Wellness Package**, which includes the 4 therapies listed below and takes only one hour of your time at an affordable and reduced cost of \$85 plus HST (fees are due at the time of the treatment).

The Total Wellness Package:

- Is cost effective when compared to expensive spa treatments
- Helps reduce your stress levels
- Makes you feel relaxed and refreshed
- Enhances the health benefits of your treatment
- Detoxifies and enhances repair of cellular tissues

Introducing The Total Wellness Package

Indulge yourself in The Total Wellness Package that combines four therapies into an hour of complete mind-body rejuvenation.

1. **T-Zone Vibrational Therapy** – is a vibrational therapy machine that you sit or stand on. It increases your circulation and lymph drainage, tones muscles, increases metabolism and decreases cellulite.
2. **Active Air** - Inhale safe and refreshing singlet oxygen, which will increase your energy, help repair damaged tissues and enhance mental and visual clarity.
3. **Cellular Detoxification using an Ionizing Footbath** - improves transport of nutrients inward and debris outward across cell membranes, decreases toxicity and acidity, relieves body pain and soreness.
4. **Colour & Sound Therapy** – improves brain function and emotional balance, releases stress.

Give the gift of great health with a Total Wellness Package gift certificate (package available only to current clients of the Centre). A gift certificate makes a wonderful gift for Mother's Day, a birthday or just because!

Dr. Verna Hunt, BSc DC ND Verna is a naturopathic doctor, chiropractor and kinesiologist in clinical practice for over 30 years. Her clients encompass all ages and stages of the health and life cycle. In each case she assesses the underlying causes of the individual's lack of wellness and tailors care to their particular situation while teaching them how to care for themselves over a lifetime.

Monthly Specials

ORTHOTICS

Custom-made orthotics regular \$450, on **sale for \$375** (Special on orthotics only, shoes are regular price.)

TRAUMEEL

Traumeel products are great to use when you have an injury, trauma, shock, inflammation, pain and bruising. Stock your first aid kit with these products:

CREAM (50g)

Reg. \$23.25, **Sale \$18**

DROPS (30ml)

Reg. \$27, **Sale \$20**

TABLETS (50 tabs)

Reg. \$20, **Sale \$15**

EAR DROPS (10 vials)

Reg. \$20, **Sale \$15**



NEW: Total Wellness Package

The Total Wellness Package combines four therapies into an hour of complete mind-body rejuvenation. These therapies offer numerous health benefits as stand-alone treatments. Together, they create a blend of health enhancing bliss. \$85+HST



Medical Breast Thermography

Upcoming Dates at The Centre

Apr 10, 2011

May 8, 2011

Jul 10, 2011

Call 905.770.7458 to book your appointment.

Upcoming Lecture

Boost Your Child's Immune Health

Learn how to support your child's immune system and decrease incidence of colds and flus with Dr. Tara: **April 20, 2011**, 10 – 11am at The High Park Family Fun Place, 2968 Dundas Street West. \$5. Call 416.604.8240 to pre-register. See www.drtara.ca for more details.

- OPEN HOUSE -

Please join us for our Open House Tuesday, **May 10th** from **6-8 pm** in celebration of Naturopathic Medicine Week. We will have: Prize giveaways, Light snacks and refreshments, Take-home material about naturopathic medicine, Interactive health displays to learn more about natural health and well being. Bring the whole family! We look forward to seeing you ☺

The Centre for Health & Well Being
2927 Dundas Street West
Toronto, Ontario M6P 1Z1

Have You Had Your Annual Gait Analysis?

We do gait analysis once a year to monitor any changes in your biomechanics. In addition to being able to provide you with excellent quality orthotics, this machine helps us assess and maintain your health from the bottom up. If you are interested in having an up to date gait analysis done, please call Barbara at reception to book your gait analysis at the same time as your next appointment. (It takes about 10 minutes for the test.)

Mary-Lynne Howell, RPN, Clinical Assistant assists Verna with client assessment and care. She also administers Detoxification Footbaths, Active Air Therapy, Sound and Colour Therapy, Core Cleanse, Gait Analysis and our in-house lab tests.

Seeds for Sale!

At the front desk, Barbara has a new batch of organic & heirloom garden and flower seeds for sale:

- Squash, tomatoes, kale
- Lavender, cilantro, chives
- Calendula, poppy & more
- 65 seed types in all!

Gardening is her hobby when not in the office.

Barbara Cowdy, Office Manager brings years of organizational and management experience to her work of making sure that the Centre runs smoothly. She has a keen interest in the well being of our clients and their pets through natural methods.

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JUST. DO. IT.

Sticking with an exercise program can be the hardest part of a weight loss journey. Anyone who has made a fitness-related New Year's resolution can tell you that we have lots of energy and commitment in the first four to six weeks of a fitness plan, but soon after that our enthusiasm and motivation vanishes for some reason. It is hard to find the energy and commitment to keep going (believe me I know – I have two young children that would help me use up every ounce of my energy if I let them), but the key is to just. keep. moving. Within the first few minutes of your work out you will feel that familiar rush and you'll know you made the right decision sticking to your plan. Here are some tips that might help you to get through the harder days when you need extra encouragement to keep moving.

- 1) Physiologically, it takes at least 16 work outs in order to see a physical difference. This means you'll see changes in four weeks if you work out 4 times per week. Stay off the scale for the first month and just stick to your plan.
- 2) Keep a work out journal. Write down all your work outs and keep it where you can see it all the time. I keep mine on the fridge door. It is encouraging to see your hard work from previous weeks and it will inspire you to push forward.
- 3) Always schedule your work outs at the same time of the day to establish a routine. If this means you need to wake up at 5:30am in order to squeeze the work out in then so be it.
- 4) Reward yourself. If you have successfully completed one full work out week, reward yourself at the end of it. However, stay away from foods. Replace food rewards with a new lipstick, magazine or a foot massage. You can keep a list of things that lift your spirit, and refer to it when the time comes.
- 5) Think back to the beginning. Notice how much easier your physical movement has become and look for other changes as well. Are you sleeping better? Are you handling stress a bit easier? Do you feel a bit more energized? It is nice to remind ourselves how far we have come.

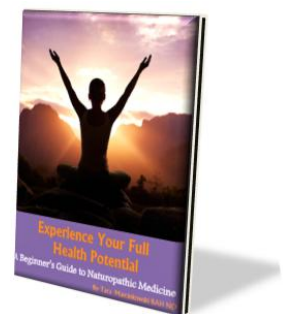
The truth to any success story is that people stick to their plan. The Nike tagline sums it up in three simple words, but your job is to change that tagline to 'Just Did It'.

Riikka Wilson, Personal Trainer. Riikka works to develop a strong partnership with trainees to help you accomplish your fitness goals. Her specialties are pre/postnatal fitness and rehabilitation, and is also certified in sport-specific training, group exercise and Pilates. For more information or to book your private session, please call 416.731.9618.

New Book

Ever had a hard time explaining naturopathic medicine to a friend or family member? Dr. Tara has written an e-book that will do just that. ***Experience Your Full Health Potential: A Beginner's Guide to Naturopathic Medicine*** is available to download for FREE at www.drtaara.ca.

Tara Marcinkowski, BAH ND works with people at all ages and stages of health. She enjoys working with women's health, digestive issues, weight loss and pediatrics. Tara finds inspiration in the experiences of healthy, daily living and teaching wholistic health is her passion in life.



Did You Know?

Dr. Hunt & Dr. Tara can order laboratory testing to meet your health care needs. Lab tests are ordered through a private lab with many locations throughout the GTA where the samples are taken. For more information, please contact us at 416.604.8240.