

FITNESS TRAINING

Get Your Body Back



**PERSONAL TRAINING -
HOLISTIC LIFESTYLE
COACHING
GUARANTEED RESULTS
OR YOUR MONEY
BACK!
FREE CONSULTATION**

Gavin Dobias
Certified Kinesiologist, Holistic Lifestyle Coach

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http://www.gavindobias.com

see also Chiropractic, Expel Internal Toxins, Health Testing, Nutritional Support, Therapeutic Massage, Weight Loss

Thoughts, hopes, desires are merely feelings until they meet intent. Intent drives the power of creation

What is your intent?

Do you help people with a natural therapy, service or product? To appear in the next edition of Healthy Lifestyle Directory call MediaArt 905-892-3818 mediaart@wirelessworks.ca

WEIGHT LOSS

see also Expel Internal Toxins, Health Testing, Hypnosis, Mind-Body-Spirit Balance, Nutritional Support

NOTL Natural Health Clinic Virgil see ad pg 11
A sensible wholistic approach to increased vitality by balancing mind set, nutrition & exercise

Providence Place Health & Wellness Ft Erie
Weight Loss & Anti-Aging packages see ad front cover



Take Off Pounds Sensibly
powerful, non-profit, non-commercial caring weight loss support and wellness education
TOPS® educates & motivates you to achieve your weight loss goal

Annual membership \$30
1st visit FREE with no obligation
We're here for you! Call 905-732-5700 www.tops.org

See also Health Testing, Maya Abdominal Massage, Nutritional Support, Raindrop Technique, Specialists for Health Issues

COLON HYDROTHERAPY

Colon Hydrotherapy is ideal for chronic constipation, stroke or accident victims, seniors, pregnant women, and Chronic Fatigue sufferers. 1-hr procedure consists of at least 3 sterile, warm water colon lavages. First lavage has magnesium to relax the bowel. Second lavage stimulates the liver and pancreas to dump. Third lavage often has chlorophyll to cleanse and refresh. Gentle massage of the abdomen helps to dislodge encrusted fecal matter.~

Susan Ryczko St Catharines 905-704-1744

ION CLEANSE

Warm, relaxing ionic foot bath detoxifies in 30 minutes without stressing your body. Helpful for those who work in industries exposing them to heavy metals and toxins. Helps relieve arthritis, fibromyalgia, inflammation, gout and edema. Removes yeast, heavy metals, toxins and even blood clots. Several sessions are required to detoxify completely. May not be used by those with pacemakers, organ transplants, or heart regulating medications. ~

Nance MacLeod PhD Dr of Nat Med see ad pg 1
Specialist in parasite & toxin elimination ~ Ion Cleanse

Providence Place Health & Wellness Ft Erie
Detox packages ~ Ion Cleanse see ad front cover

Try the ION CLEANSE with MORE!

Gentle detoxification accompanied by the correct quality mineral supplements to optimally support and strengthen your body
Anna Marie Warriner CHC CI By appointment N Falls (1-866)-354-0228 www.letmyhealingbegin.com

LYMPH MASSAGE

Lymph Massage is a highly specialized light massage technique performed by a Registered Massage Therapist or Clinical Aromatherapist. Gentle, soothing massage promotes lymph circulation while essential oils penetrate, detoxify and relax your body. It is an ideal therapy for those who are inactive, because a sluggish lymph system allows cellular toxins to be re-absorbed, resulting in headaches, lethargy, edema, abscesses, cancer, and disease. ~

see also Aromatherapy, Therapeutic Massage

Cindy Nilsen CAHP Thorold & Fonthill 905-227-1118
www.niagarahealers.com/cindynilsen.html

Susan Ryczko RMT St Catharines 905-704-1744

A wide range of quality natural health professionals, therapies and services

Individual bios complete with qualifications, fees and contact info to help you select the health professional that's right for you
www.niagarahealers.com
www.westernnewyorkhealers.com

Healing Nook Achieve health!



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