

October Update

In This Issue

[Body, Mind & Spirit](#)

[Gerson Therapy Video Night](#)

[Reiki Level 2](#)

[Guided Meditation Classes](#)

[Wednesday Yoga Classes](#)

[Weight Loss Made Easy](#)

[Words of Wisdom](#)

[Join Our Mailing List!](#)



Love those colours!

We are so fortunate in Southern Ontario to be surrounded by the splendor of nature's palette. Soaking up the essence of the season is essential to a well-balanced life and of course winter survival. Don't let the time get away on you. We have been blessed with some nice sunny warm weather over this Thanksgiving Weekend when friends and family gather. With any luck it'll stay with us for a while.

I think we can all use a lift!

Mark Your Calendar!

Our Sarnia Holistic Health Centre
2011 Fall Expo
is set for
Saturday, November 26

Detailed information will be available on the website by the end of October. We will send out an email letting everyone know when bookings will be accepted.

Body, Mind & Spirit

Maintaining Good Health in a Demanding World



The past few months seem to have been rather stressful for many of us. I am hearing similar stories from clients, family and friends alike. I believe that we are evolving in a time that is demanding a much

more mature version of what it means to be human. No more procrastinating, no more pretending that things are OK, no more trying to be something we're not, no more living in excesses. The universe has little tolerance for anything less than authentic and real. I think that this has always been so but the stakes seem to be higher and life is bearing down hard on many now in order to steer them into taking right action. This is rarely an easy process but necessary none the less.

If you are one of those struggling at this point in time, please know that you are not alone and this too shall pass. It's important to look at this as an opportunity to grow and give yourself that gift. If you are one of those who is not so burdened at this time, take a close look at your family members, friends and neighbors and lend some support where needed.

There has never been a more important time to be aware of the value of Energy Healing. The reason for this is because it delves deep into the matrix of who we are, affecting body, mind & spirit. Energy Healing by it's nature accesses both the conscious and subconscious aspects of our being. Profound and positive results are the norm when one adopts Energy Healing as part of their personal health care regime. This is not a quick fix but a deep and lasting one if a person commits to a continuity of treatment.

There are many Energy Healing services available at SHHC. Explore and find out what works for you:

Access Bars
Aromatherapy
Blue Matrix Energetics

**Chakra Balancing
Crystal Healing
Emotional Clearing
Empowerment Coaching
Laser Auriculotherapy
NES Therapy
Quantum Shift Trionics
Reiki
The Emotion Code
Therapeutic Touch**

[Click Here](#) to access descriptions of the services.

Gerson Therapy for Incurable Diseases Video Presentations

Tuesday, October 18 at 7:00pm

"Dying to Have Known" is an 80 minute documentary by Steven Kroschell, overviewing the work of Dr. Max Gerson, famous physician who developed juice therapy and detox protocols to treat cancer with over 30 years of research. Author of *A Cancer Therapy, Results of 50 Cases*, 1958

Tuesday, November 15 & 29 at 7:00pm

Gerson Therapy Treatment at Home, video series

The proven nutritional program for cancer and other illnesses. Detailed video explaining how to prepare juices, and follow the Gerson therapy to treat cancer and other "incurable" diseases. The side effects of this therapy can include reversing grey hair, improved eye sight, and normalizing blood sugar and cholesterol. See how you can use nutritional building blocks to heal yourself with organic juices and detoxification methods.

Please register in advance by contacting Sarnia Holistic Health Centre 519-336-7944. A \$5.00 love offering is appreciated at the door.

Reiki Level 2 with Reiki Master Lynn Groves

Reiki Level 2
Oct. 22, 2011 - 9:00 a.m. to 5:00 p.m.
Cost: \$175.00

Those who have been initiated into the first level already are invited to join Lynn on Saturday, Oct. 22 to further their study of Usui/Tibetan Reiki. Learn to send the healing energy across the room, or across the planet. Heal yourself and others on the mental/emotional level. Use the tools received in this class to cleanse, heal and protect your home and family.

Class sizes are limited. Pre-registration and payment are required in advance.

Please contact Lynn directly at 519-541-2379 to register, or email lynn@oceanfireharmony.com



Guided Meditation with Jo-Ann Gignac

Thursday Evenings
October 13, 20 & 27
6:30 - 8:00 pm

Come out for an evening of peaceful guided Meditation while developing and building self esteem, spontaneity, creativity, tranquility, better overall health and mental acuity. Stress hormones are lowered by meditation as well as promoting a healthier heart. The immune system is also greatly enhanced by the lowering of stress hormones.

Dress: casual and comfortable.

Cost: \$20 each class or all 3 for \$50.00
If you've attended the "Sample" Meditation Class the price is \$40.00

Class size is limited. Please sign up at the Sarnia Holistic Healing Centre at 519-336-7944 or give me a call at 519-332-8865.

Release & Relax With YogaWednesday Evenings



Allow yourself to relax, de-stress and improve flexibility through the practice of Hatha Yoga. Let the postures, breathing and meditation bring balance to your day and release tension. Instruction is given for individual poses

as well as gently flowing sequences. Build strength, balance and agility in a relaxed setting and at your own pace. Suitable to all levels, even if you've never tried yoga before.

Wednesday evenings -- 6:30 to 8:00

\$12.00/class (pay as you go)

or

\$100.00 for 10 classes

Pre-booking is recommended as space is limited to 10 per class (please bring a mat & blanket)

Contact: Ginny Massey

Yoginny Yoga Studios

phone: 519-541-1261

cell: 519-466-4103

email: maseo14@mnsi.net or

yoginny108@mdirect.net

(please mention "yoga class" in subject line)

Support Your Weight Loss Plan with Laser Auricular Therapy for Fast and Effective Results!

**Are you currently attending Weight Watchers,
Curves or another weight/fitness group?**

Are you happy with your results?

Are you struggling to stick with the program?

**Are you still having those nasty cravings that drive
you crazy?**

If you have answered **YES** to any one or more of these questions, then you should let **Laser Auriculotherapy** help you achieve those goals faster and stress-free. Following are some of the Benefits this revolutionary technology has to offer, such as:

- Speeding up you metabolism
- Decreasing your appetite

- Controlling hunger pangs & food cravings
- Increasing endorphin levels (happy hormones)
- Improving liver functions and reducing water retention
- Helps the body to detoxify
- No more struggling to stay on the program
- No more feelings of deprivation
- No more negative thoughts or feelings
- You are filled with energy, pride, and self worth

Losing weight has never been obtained so easily. Come in or call and find out more about Laser Auriculotherapy and how it can enhance your current diet/fitness program. It's worth your time!

**For more information call
Heidi Bechard 519-328-0545**

Words of Wisdom from the Colonics Room Wall

"If you can't find the bright side, polish the dull!"

Embrace Health...

Embrace Knowledge...

Embrace Life...

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