



HEALTHY WAY
HEALING

**UPCOMING
COURSES AT
ASSINIBOINE
COMMUNITY
COLLEGE**

**WOMEN &
HORMONAL
IMBALANCE**
September 20th
(6:30 - 8:30pm)



Trisha Coleman CHT, RH
Clinical Herbal Therapist

TO BOOK AN
APPOINTMENT WITH
TRISHA:

Phone: 728-7973
info@healthywayhealing.ca

*Looking Forward to
Helping You Achieve
Your Health Goals!!*

THE HEALTHY WAY

VOLUME III, ISSUE IV

AUGUST-SEPTEMBER, 2011

HOLISTIC TEETH WHITENING

Healthy Way Healing is excited to announce the addition of professional Holistic Teeth Whitening to our ever expanding list of services.

Healthy Way Healing's Premium 20 minute Teeth Whitening Program guarantees results! Sit back and relax as the L.E.D. technology quickly and safely works to give you a brighter whiter smile!

The demand for professional teeth whitening is booming! Most people want to look and feel good about themselves and having a white, bright smile can boost one's confidence and self-esteem.

Conventional teeth whitening services can cost more than \$500. Other over the counter products, while less expensive, can take weeks for results, are uncomfortable and are less effective. With our innovative technique, we provide you with professional service at an affordable cost and in only 20 minutes!



teeth whitening



**20 Minutes Whitening
Guaranteed Results!**

Save Time & Money – book an appointment for holistic Teeth Whitening at Healthy Way Healing today and experience the quickest, safest and most effective teeth whitening system outside of a dental office!

Call now to book
your appointment:
728-7973

*Check out our website for your weekly
"Health Nugget" every Wednesday.*

Contact us about booking your own, private Pamper Day!

FEET FIRST INTO HEALTH (Part 2)

It was a long time coming but we have finally managed to trade our rubber boots in for sandals. In preparation for summer many of us ready our tootsies with foot scrubs, pedicures and polish. Which is great; our feet need a pick me up after being stuffed into winter boots for months unfortunately the focus is usually on esthetics and the overall health and structure can be neglected.

The average person walks the equivalent of three times around the Earth in a lifetime. That is enormous wear and tear on the 26 bones, 33 joints and more than 100 tendons, ligaments and muscles that make up the foot. The foot also has many nerve receptors in it that send important information into our central nervous system. This information is used to track where certain parts of the body are at every moment and in what direction, how fast they are moving and how much pressure they are receiving.

Proper Footwear - Our poor doggies get crammed into any manner of footwear.

High heels, flip flops and ballet flats although fashionable and seemingly comfortable now, they can harm the feet due to lack of support for the foot, and they can block the foot nerve receptors from receiving the right amount of information. These types of shoes are best worn only for short periods of time.

Walk around bare foot – out in the yard walk on different types of ground. The change in surfaces can help to stimulate reflexes in the feet that we don't get while wearing shoes. This is not very helpful in the winter but you can purchase reflexology paths to use indoors.

You yourself can easily provide a simple version of reflexology work using self applied techniques to break up the stress patterns in your feet and hands. Apply pressure simply using a foot roller or, for the hands, a golf ball. Build reflexology into your life. It is easy to do reflexology while doing other activities. Put a foot roller under your desk at work, use a golf ball on your

hands while waiting for the kids at school or do either while watching television.

Treats for the feet:

★**Warm water.** Let your feet soak in warm water and Epsom salt for about 15 minutes. Pat your feet dry and scrub off the dead skin. Moisturize and wrap your feet in cotton socks to retain the moisture.

★**Make your own scrub.** Mix fresh lemon juice and an equal amount of honey. Scrub your feet for about 10 minutes, allowing the lemon to remove dead skin as the honey ads moisture. Wash off the scrub with fresh water and apply moisture when complete.

★**Oils all the way.** Oils can be wonderful for soothing



Louise Barteaux RHN, RCRT
Registered Holistic Nutritionist
Registered Canadian Reflexology

TO BOOK AN
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LOUISE:

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and softening your feet. Olive oil and sweet almond oil are wonderful moisturizers to use

~Louise Barteaux RHN, RCRT

FREE SEMINARS:

Sept 14th

Resolve To Eat For Health

Simple dietary considerations you can make to improve overall health

Sept 28th

Reflexology Seminar

October 19th

Add Nutritional Value

Beef up your favourite recipes to create delicious & nutrient rich dishes

**MUST CALL TO PRE-REGISTER:
761-9333**



10-2010 Currie Blvd

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~Open By Appointment Only~

Very Flexible Hours

"Medicus curat natura sanat – The physician treats but nature heals"

- Hippocrates

WELLNESS CENTRE SERVICES

- Wellness Consultations (1-on-1)
- Herbal Medicine (customized)
- Infrared Sauna
- Whole Body Vibration
- Personalized Detox Programs
- Holistic Nutritional Consultant
- Foot Reflexology
- Lifestyle Coaching
- Seminars / Lectures
- Holistic Spa Day Treatments
- Holistic Teeth Whitening *NEW*

HAVE A HEALTHY DAY WITH HEALTHY WAY!!