

Spring is finally here and everyone's attention is turned to getting active and healthy. Spring Detoxification seems to be the theme of the month. Time to let go of the excess fat and toxicity and let yourself shine. We have some great opportunities to head you in the right direction.

Visit us at the Forest Health Fair

this Saturday, April 9 10am - 4pm
Kimball Hall, 6276 Townsend Line, Forest
Many Exhibitors & Mini Treatments
Admission \$3.00

Ayurveda Detox - Free Seminar

with Dr. Shannon Bourke
this Sunday, April 10 @ 2:00
Please contact Sarnia Holistic Healing Centre to reserve your spot.

SHHC Spring Expo

Sunday, April 17 10am-4pm

Wow! What a response we have had to the Spring Expo. There are only a few spots left so if it's on your list of things to do you might want to call in right away.

We are so pleased to see the rapid growth and popularity of services that we hold so dear. We are particularly pleased to note that it's the Energy Healing treatments that sell out the quickest.

Rest assured that we're not going to let this momentum fade. Watch for more opportunities to experience the wonders and benefits of the various forms of Energy Healing.



Getting Acquainted with.....

Christine Caldwell

Christine Caldwell is a shining light at the Sarnia Holistic Healing Centre. Although she works out of her Sarnia office only two days a week her sunny disposition and her wonderful sense of humor is something we all enjoy. Christine also has a substantial clientele that she has acquired in her 21 years in practice as a colon hygienist. As with most natural health practitioners it was her own health challenges earlier in her life that lead her to seek help through Colon Hydrotherapy. As she steadily re-gained her health and began to incorporate a healthy diet she realized the incredible potential that the body has to heal when we nourish it with appropriate foods and flush the toxins out before they are reabsorbed into the blood stream. A sluggish bowel is not only putting the colon at risk but as toxins are re-absorbed the entire body is stressed.

Christine studied at the Toronto School of Colon Hydrotherapy and The Woods Institute, USA. She also studied Iridology, Reflexology and Touch For Health which provided her with a greater scope and understanding of natural health. As her clients well know, Christine is one of the most gentle and loving people you could ever hope to meet. These traits are only outdone by her compassion and desire to help those seeking a better quality of life.

[Learn more about Christine & Colon Hydrotherapy](#)

Spring Detox Package

\$250.00 Prepaid

(a savings of of \$65.00)

Includes

- **2 Nutritional Consultations** with Corrie Danielis
- **3 Colon Hydrotherapy Sessions** with Christine Caldwell

Efficient digestion and elimination is the key to good health. Get personal nutritional guidance to begin the process and follow-up with an internal healing bath to flush away toxins that have been accumulating in your body.

Contact [Corrie](#) or [Christine](#) to get started.

Vee's Nutritional and Aromatherapy Product Sale

Buy 2 jars (loose leaf) of **Vee's Herbal Teas** and get third jar half price. (each jar makes 42 cups, \$10 per jar)

Buy 3 bags (loose leaf) of **Vee's Herbal Teas** and get one bag free. (each bag makes 30 cups, \$5 each)

Vee's Cleansing and Women's Herb Teas available in tea bags. (20 tea bags for \$8)

Vee's Protein Meal Replacement products
Sorry "Vee's Rice Meal Replacement" is sold out.

Sale \$5 for 500g

Fresh dried sage for smudging and cleansing. \$2 bag

Vees's Epsom & Thyme Foot Bath Sachet
\$2 each or three for \$5

Free sample of Vee's Breath of Relief! Alleviates headache, migraine pain and helps with upper respiratory congestion, asthma, and sinus difficulties.
\$15 for roller ball applicator (10 ml)

Detoxify this spring with a
Full body Massage (\$60/hr) or
Hot Stone Massage (1 1/2 hours \$90)

[Contact Veona](#)

You Can Learn Reiki

with Lynn Groves

Saturday, April 30 9:00 am to 5:00 pm

Have you been wondering what Reiki is all about?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. This is a simple yet powerful technique that can be easily learned by anyone!

Join Lynn on Saturday, April 30 for a one day program in which you will learn the origins of Reiki, how it works and how it can change your life. You will be initiated into the first level of Reiki energy which empowers you to treat yourself, your loved ones and others.

Cost: \$88.00 Class size is limited. Pre-registration and payment are required in advance.

Please contact Lynn directly at 519-541-2379 to register, or email

Reiki_Healing@bell.net

Stop Smoking in Just One Hour

This is the month that you can mark on your calendar to QUIT Smoking with the aid of Low Level Laser Therapy.

Here is a special promotion for the month of April to encourage you to **QUIT SMOKING**.

Just \$199 (save \$100) and No HST!

This package includes the following:

- **1 Nutri-Consultation (for nutritional supplementation recommendations)**
- **1 STOP Smoking Session**
- **1 Stress Control Protocol**
- **1 FREE booster**
- **1 Take-Home Information Package**

So what are waiting for? Make your wish come true and be SMOKE FREE!

Contact Heidi to learn how Low Level Laser Therapy can help you 519 328-0545.

Sarnia Holistic Healing Centre Welcomes Dr. Shannon Bourke

Dr. Shannon Bourke is a Doctor of Natural Medicine specializing in Ayurvedic practices. Dr. Bourke will be available at Sarnia Holistic Healing Centre on Wednesdays beginning on April 6 offering Health and Wellness Consultations and Treatments which involve Pulse diagnosis and Marma (mystical point) Massage of the face and body plus Mayan Abdominal Massage. Find out your body type (Vata, Pitta, Kapha) and whether you are balanced or imbalanced.

To book an appointment with Dr. Bourke please contact her directly at 519-869-8544 or email: marmaved@cogeco.ca

Release with Yoga with Ginny Massey

10 Sessions: Wednesdays evenings starting April 6

Contact Ginny for availability:

Yoginny Yoga Studios
phone: 519-541-1261
cell: 519-466-4103
email: yoginny108@mdirect.net

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.

Embrace Health...
Embrace Knowledge...
Embrace Life...

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