

December Update

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Season's Greetings

from all of us at Sarnia Holistic Health Centre



Salvation Army Collection

Drop your donations of new clothes, toys and non-perishable food items under our Christmas Tree until December 15th.

Holiday Reception Hours

Please note that our reception desk will be closed

December 23-December 26

December 30 - January 2

Practitioner hours remain unaffected.

Gift Certificates

Available in any amount or for any service.

Another Successful Wellness Expo

Congratulations to our winners:

G. Brush, Gift Basket compliments of the Waterbug

C. Hughes, Nutritional Consult with Rose Bridges

S. Wright, \$45.00 Gift certificate from Deona Drennan

S. Lansue, \$70.00 Gift Certificate from Shannon Bourke

E. Cumming, \$75.00 Gift Certificate from Sheila Hardman

E. Cumming, Emotional Clearing with Corrie Daniels
R. Cornell, \$50.00 Gift Certificate from Jennifer Weiss
M. Thompson, Quantum Shift Trionics with Nadine Brown
C. Kettleton, Quantum Shift Trionics with Lynn Groves
L. Peters, Subtle Body Touch Therapy with Kathy Milliken
M. Poirier, Infrared Sauna Session from Jo-Anne Signac
E. Powell, Sonic Foot Cleanse or Reiki - Lauren Jamieson
M. Kettleton, SC/Bracelet/Incense from Ginny Massey

Thank you to everyone who participated!

Getting Acquainted with.....

Our lovely ladies at the reception desk.



Julie McLean

I'm sure that most of our clients have met both Julie & Geri if only briefly as they visit our centre. What you probably don't know is how much they give of themselves to keep our business operating smoothly. I think that all the practitioners agree that we could not do what we do without the support of these two lovely ladies. From greeting clients and visitors to answering the many

technical glitches, schedule and the centre. As with any that goes on behind overlooked.

Julie & Geri are a blessing to us and we are happy to recognize them at this time for all they bring to the Health Centre. Thank you for all you do!



Gerianne Dore

phone call inquiries through the day. Solving unexpected trying to keep up with everyone's additional events hosted by the successful business there is much the scenes that often gets

blessing to us and we are happy this time for all they bring to the Health Centre. Thank you for

Experience BodyVibe™!

All clients of the Myomassology Clinic now have a free session on the BodyVibe™ Vibration Machine prior to every massage. The BodyVibe™ produces whole body vibrations which produces involuntary stretch reflexes at the muscle level at a rate of 54-81 times per second, depending on the selected frequency level. The stretch reflexes result in muscle contractions at the same rate as the frequency of the vibration. This creates many benefits to the body including relaxing tight muscles in preparation for a massage. Other benefits may include:

- enhances balance & coordination
- enhances mobility & range of motion & flexibility
- enhances collagen rejuvenation
- enhances weight, fat & cellulite loss
- enhances mental focus
- enhances blood circulation & lymph drainage
- enhances bone and muscle building
- reduces mental fatigue and emotional stress
- enhances hormone levels: IGF-1, testosterone, HGH (human growth hormone)
- elevation of neurotransmitters and endorphins, serotonin and norepinephrine
- helps to suppress pain & enhance mood (decreased cortisol levels)
- increases the body's ability to eliminate waste, respond to hormones & absorb nutrients
- helps to restore strength & flexibility after musculo-skeletal injuries
- increases muscle strength and energy of a subsequent workout
- expedites recovery of sore muscles
- whole body neuromuscular system can be affected at once, stimulating muscles difficult to exercise
- provides a vigorous workout affecting virtually every muscle in the body without causing strain on joints and tendons.
- foot reflex points are stimulated provides the benefit of exercise within personal physical limitations

DECEMBER SPECIAL INTRODUCTORY PRICE FOR
BODYVIBE™ SESSIONS:

5 minutes for \$1 (Regular price \$5.00)
Free for those booked for a Myomassology massage.

Contact Veona at 519-331-2363

*Give the Gift of Yoga
for Christmas*

Looking for a unique stocking stuffer idea? Know someone who would like to try yoga?



Let the postures, breathing and meditation techniques of Katha Yoga bring balance to their day and release tension.

Suitable to all levels, even if they've never tried yoga before.

Wednesday Evenings from 6:30pm-8:00pm

3 classes for \$25.00 - Regular price \$12.00/class

Introductory offer only, limit one pass per person

To order please contact:

Sinny Massey

Yoginny Yoga Studios

P: 519-541-1261

C: 519-466-4108

email: masseo14mnsi.net

(please mention "Yoga Class" in subject line)

Womanquest: Gather the Women Monday, January 9th at 7pm

Womanquest: for women on the journey of life in these transformational times.

Our topics for this evening will be:

- Welcome the New Year, 2012!
- WorldShift 2012
- The Consciousness (R)evolution
www.TheConsciousnessRevolution.com

Please join us!

FREE Online Registration www.quantum-wellness.com

Facilitated by: Lin Oliver
Energy coach & social entrepreneur.
Live your luminous life, allow your light to shine!

"If ever there comes a time when the women of the world come together purely and simply for the benefit of mankind, it will be a force such as the world has never known."

Matthew Arnold

Hot Stone Massage Gift Certificates on Sale for the month of December



90 Minute Treatment for only \$75.00
(regular price \$90.00)

Contact Veona at [519-331-2363](tel:519-331-2363)

Receive a Complimentary NES Scan with Emotional Clearing Session (a \$45.00 savings)

Applicable to regular priced Emotional Clearing Session. NES Therapy is an effective compliment to Emotional Clearing. Service details available on website. Does not include the cost of optional Infoceuticals. Please request this offer when making your appointment.

Offer Expires: January 31, 2012



[Learn more about NES Therapy](#)
[Book Your Appointment Online](#)

Gerson Therapy for Incurable Diseases

Video Presentation

Tuesday, December 13th

7pm to 9pm

An Epic Story of Hope: The Gerson Miracle

The story of how one man, Max Gerson, M.D. developed a nutritional healing treatment. He discovered how to restore the body's ability to heal cancer and most degenerative diseases. Learn of his life story and see a few of the long-term cured "incurable" cancer patients.

Call SHHC to reserve your seat. \$5 Donation accepted.

Words of Wisdom from the Colonics Room Wall

*Families and friends are like fudge, mostly sweet
with a few nuts! :)*

Embrace Health...

Embrace Knowledge...

Embrace Life...

Sarnia Holistic Health Centre
546 N Christina Street, 6th Floor
Sarnia, ON N7T 5W6
519-336-7944

Email: info@sarniaholistichealthcentre.com
Website: www.sarniaholistichealthcentre.com

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Sarnia Holistic Health Centre | 546 N Christina St, 6th Floor | Sarnia | Ontario | N7T 5W6 | Canada