

Sarnia Holistic Healing Centre

February Update

[Join Our Mailing List!](#)

We may be a couple months away from spring weather yet but at the Sarnia Holistic Healing Centre we are experiencing new growth everywhere. The practitioners are busy planning opportunities for you, our valued clients to learn more and experience more to continue your pursuit of good living. Please help us share our offerings by forwarding the email updates to your friends and colleagues. This past month we welcomed yet another new practitioner to our group. [Lynn Groves](#) is a Holistic Energy Therapist with an exquisite blend of healing techniques that will guide you to a new sense of peace and joy in your life. Lynn has also extended an irresistible introductory offer. Please see our *Special Offers on Services* section.

Getting Acquainted With.....

Heidi Bechard

Heidi was first introduced to the natural healing ability of the body in 1992. Her friend Inge, founder of the Water Bug health food store, played a key role in her interest in Energy Therapy and Nutrition. Since 1996, Heidi has practiced and taught Reiki. In 2009 she was trained and certified as a Laser Technician by the National Laser Therapy Clinics of Canada. She has helped people **Quit Smoking** with laser therapy and **Lose Weight**. When people would come to see her, she realized that so many people live in pain, often with nothing to help but toxic drugs, which did not help much at times. So now she has included **Pain Management** laser treatments in her repertoire for those looking for alternatives to swallowing pills and suffering their side effects.



Heidi brings a lifetime of personal experiences and compassion to her practice, which will benefit many of you. Her educational profile consists of diplomas and certificates in Health and Fitness, Nutrition, Natural Health Consulting, Astrology and Parapsychology, Energy Therapy, and Relaxation Therapy. All of which are instrumental to her present practice to help you find the healthy lifestyle that's right for you.

As a Natural Health Consultant, Energy & Relaxation Therapist, and Soft Laser Technician, Heidi guides you back to health, naturally. By seeking her services you may well be saving not only time and money, but also an unhealthy dose of frustration.

Call Heidi for a Free Consultation! 519-328-0545

What's Draining Your Immune System?

Did you know that the gut associated lymphoid tissue or GALT is the largest mass of immune tissue in the human body? Your gut immune system makes up about 60 percent or more of your total immune system.

Cold & flu season is undoubtedly upon us. Are you finding yourself constantly in battle trying to protect your body from bugs? Are traditional immune supports like Vitamin C, Echinacea not quite enough to keep you on top of your game? Let us offer you a different perspective. One of the biggest drains on the immune system is an unhealthy digestive tract. Attention to nutrition and healing the digestive tract works miracles in creating a well balanced healthy body and strong immune system.

If you find yourself struggling through the season or pre-occupied with avoiding cold & flu symptoms your holistic nutritionists can help you out.

Contact [Corrie Danielis](#) or [Rose Bridgeo](#)

Vee's Thyme Epsom Salt Foot Bath

Helps alleviate tired feet, arthritic pain, toe fungus, foot odour, and heals foot sores & blisters. Softens feet prior to a pedicure.

One sachet for \$2.00 or three for \$5.00

Special Offers on Services

Holistic Energy Treatment with Lynn Groves

February Special

Introductory session for only \$25.00

Quit Smoking Now!

Laser Auriculotherapy can give you that boost you need. \$199.00 Contact Heidi Bechard for details. Offer valid through the month of February.

Do you know about the Canadian Cancer Society "Driven to Quit" campaign. Now is the time to quit smoking and qualify to win a new car. [Contest Details](#)

Emotional Clearing with Corrie Danielis \$50.00 (Reg \$75.00) for initial session only. This is an introductory offer to entice those who have not yet experienced this unique treatment.

This is your last chance. Offer is valid until February 28, 2011.

Please see our website for detailed information regarding services offered at the centre.

Classes & Education

February Meditation Plus, with Jo-Anne Gignac Starts February 3

These classes are designed to bring you to new awareness of yourself and bring you closer to new realizations of our individual potential and connectivity.

Finding Your Inner Magic, with Corrie Danielis Starts February 2

An Experiential 4 Part Series for those seeking greater inner wisdom, peace,

harmony and a more satisfying experience of life.

**Consciousness Bootcamp, with Lin Oliver
February 6**

Your participation in the Consciousness Bootcamp will give you practical tools to shift your consciousness to help you live your best life, take a quantum leap in consciousness and express your full potential.

**Stripped: Uncovering and Caring For Your Authentic Self, with Jenn Weiss
February 19 & 24**

A dynamic and creative two part workshop designed to discover more about yourself as a woman and celebrate what you find.

**BlockBusting Limiting Beliefs, with Lin Oliver
February 20**

In this workshop you will learn to use a Belief Change process to remove limiting beliefs -- this is a very powerful tool for transformation.

**The Personal Path of Qabalah:
A Systematic Approach to Enlightenment and Fulfillment, with Nadine
Brown**

(a.k.a. How to Play the Game of Life and Win!)

February 22

Have you ever wondered: Who am I? Why am I here? What is my purpose? How can I fulfill it? How can my life become easier and more joyful? How can I live more in the 'flow of life' where I feel divinely guided, supported, and blessed?

**Loving Your Body With Food, with Jenn Weiss
February 27**

Quick and simple ways to nourish yourself and kickstart your body's natural healing systems.

For details, pricing and registration information: [click here](#)

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

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