

New Burlington foot clinic steps into the limelight

Advertorial

Monday November 17th - Halton Chiropody opened its doors to the public to showcase

services of the new facility. A menu of gourmet coffee filled the room as Heather Rudkin, the clinic manager, welcomed new comers and patients.

A number of displays were presented giving an overview of how custom orthotics are casted and manufactured. Emphasis was placed on the use of a state-of-the-art lab to ensure truly custom orthotics are produced. Full biomechanical assessments are performed to

ensure an accurate orthotic prescription is made to meet the demands of individual

patients. A second display outlined vascular disease.



Heather demonstrated testing procedures such as the ankle-brachial index assessment which measures the blood pressure to the lower leg. This testing procedure is necessary before high compression stockings are prescribed; it also gives insight into healing ability.

Heather is well versed in her field and eagerly answered questions and offered solutions to common foot ailments. Her professional approach along with her gentle, caring disposition will quickly put anyone at ease in her care.

Halton Chiropody Clinic is located at 581 Plains Road East just west of King Road. Parking is available at the front

and rear of the building. New patients are always welcome. Phone (905)340-0025 today for your personalized appointment.



Heather Rudkin, Chiropodist at the new Halton Chiropody Clinic.

BodyTalk a great form of energy medicine

Advertorial

All face stress, injury, even trauma in our lives while on the surface healing may seem to be complete, what lies beneath can tell another

story. Rose Rousseau works with people to restore balance within, something that all of our bodies are constantly striving for.

"Step into your healing wisdom," explains Rousseau. "It's all about balance; the body wants balance, it knows what the perfect health is. Rose Rousseau is a holistic nutritionist and iridologist. She is also the author of a self-published book titled A Collection of Delicious Recipes. The book is designed to help people with gluten intolerance, wheat and dairy allergies, and Diabetes.

Healing Through Nutrition, located at 472 Queen Street, Rousseau uses energy medicine

in a form called BodyTalk, an astonishingly simple and effective form of therapy that allows the body's energy systems to be re-synchronized so that they can operate as nature intended. Through a simple series of tapping exercises, Rousseau links the communication in your body that has been broken down by stress, the environment, prescription medication and more.

"By re-connecting the communication in the body, healing is facilitated. It is done through a bio-feedback system, a very simple tapping," explains Rousseau.

This tapping occurs on the heart and the head, stimulating the brain and releasing emotions that are "stuck" in the body. "There is no way healing can take place on the body only. You have to look at the mental and emotional level as well."

BodyTalk's major assets are its simplicity,

safety, and the speed of its results. It is non-invasive, objective in application, and works effectively on humans and animals alike.

It is safe for adults and children and can even help with allergies and weight issues.

Rose is very happy to be offering a four-day BodyTalk Seminar, a comprehensive introduction to the BodyTalk system, taught by Dr. Richard Stuart, a former chiropractor who now lives in Calgary. The class will take place from January 18th -21st, register online by emailing Rose at info@healingnutrition.ca.

A FREE lecture will be taking place on December 4th to provide more information about this event.

You can also book a FREE consultation with Rose to find out more about BodyTalk.

Please call 905-319-8281 or register online at www.healingnutrition.ca.

Be a Vitamin Angel

Burlington Health Foods, Burlington's leading natural health and wellness product retailer, is running a "Be a Vitamin Angel" fund-raising event to help eliminate childhood blindness in third-world countries. Support from over 100 retailers across Canada is expected to help prevent blindness in 36,000 children.

Between now and Christmas, purchases of sponsoring products at Burlington Health Foods will trigger a \$1 donation to a charity called Vitamin Angels. This organization provides overseas humanitarian aid in the form of supplements, vitamins and minerals. The cost of preventing blindness in a child is horrifyingly low - 25¢ or two vitamin A tablets per year, over a four year period, can do the job. Therefore each \$1 donation triggered by the promotion can prevent blindness in one child.

Burlington Health Foods is one of 105 stores across Canada participating in the fundraiser. All stores are affiliated with the buying group Health First Network. An estimated \$36,000 will be raised nationally.

Vitamin Angels is a non-profit organization head-quartered in Santa Barbara, California, dedicated to providing vital nutrition in the form of supplements, to developing countries, communities and individuals in need. See www.vitaminangels.org for details.

Health First Network is a buying and marketing group dedicated to supporting Canada's leading independent health and wellness retailers, through sharing best-practices, providing shared marketing support, and group buying. Its office is located in Burlington, ON. See www.healthfirst.ca for details, and for more information about the "Be a Vitamin Angel" fund-raising promotion.

Burlington Health Foods is located at 3350 Fairview Street is Burlington's natural health product retailer. See www.burlingtonhealthfoods.com for details.

A BETTER SOLUTION FOR

Chiropractors