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Justine Vo: A gifted Osteopath and Acupuncturist

March 18th, 2011 by [Janet Bedford](#) [32 Comments](#) »

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Justine Vo: Licensed
Osteopath and Acupuncturist.

Justine Vo was honoured to be a nominated finalist for 2010 Professional and Service Provider of the Year at the 16th Oakville Awards for Business Excellence. A gifted osteopath and acupuncturist, Justine is a powerful and natural healer, and has a talent, the gift of healing power, in her fingertips.

Justine is a Licensed Osteopath and Acupuncturist, a Reflexologist, Certified Massage Therapist, Dietician and Nutritionist, who operates the CHR Health Centre Inc. located at 74 Rebecca Street, just east of Kerr Street, in Oakville Ontario. CHR stands for Comprehensive Health Recovery. For each individual and peculiar condition, Justine customizes the treatment program by combining the acupuncture-osteopathy-diet-exercise and energy healing techniques. The results are fast, effective and safe; results you can feel immediately!

Each therapy session aims at helping the patients relieve their pain, control their health conditions and to help recover from all their nagging multiple health conditions. Treatments are chosen that deal naturally with the whole body. Justine knows that the body is a miraculous machine in itself and that if we, the client, understand it and know what to do with it, that the body will heal by itself.

Related: [Click here to view more photos of Justine Vo.](#)

Justine also helps her patients achieve and maintain excellent general health, weight control, beauty and youthful appearance. Her own youthful, fit, healthy and energetic appearance at the age of 58 demonstrates what she preaches. Her unusual health, energy and youth are a walking advertisement!

Fleeing the Vietnam War in search for freedom at the fall of Saigon in 1975, and after 6 months in the refugee camps, Justine chose to immigrate to Canada. She spent 25 years in the insurance industry but in 2000, her daughter Elise (then 16 years old) was stricken with Fibromyalgia so severe that she was confined to her bed for one year and told that she would spend the rest of her life in a wheelchair. Elise is now totally healthy as a result of Justine's search for a natural cure for this allegedly "incurable" illness.

Inspiring testimonials



Justine Vo: Service Provider of the Year
OABE & Fellow Nominees.

Inspiring testimonials from her patients are found on Justine's website. many are cases of last resort where patients had nearly given up all hope. She has successfully helped many cases of sport injuries, musician's injuries, automobile accident injuries, work injuries, sciatica, frozen shoulder, back pain, neck pain, arthritis, tennis or golf elbow, carpal tunnel, knee pain, scoliosis, numbness and paralysis, fractures, torn ligaments, jaw problems, eyes problems, deafness, loss of the sense of smell, headaches and migraines, sinusitis, dizziness, vertigo, tinnitus, chronic fatigue and fibromyalgia, sleep disorders, allergies, high blood pressure, high cholesterol, diabetes and obesity, digestive disorders such as acid reflux, irritable bowel syndromes, Crohn's Disease, Ulcerative Colitis and is presently working with a Multiple Sclerosis patient!

Johannes Linstead suffered a fracture in his left hand and gave a concert two weeks later. His comment: "I am forever indebted to Justine for saving my career".

Following the healing path of her renowned grandfather and great-grandfather, Justine is known for her "magic" hands, her caring heart, and her unique blend of Oriental and Western alternative medicine therapies that produce extraordinary results. Oakville is fortunate indeed to have her in its midst!

Contact Justine Vo at the CHR Health Centre at 416-909-1588. Visit the website at www.CHRcentre.com

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About the author: [Janet Bedford](#)

A Real Estate Broker with Royal LePage Real Estate Services on Lakeshore Road in Oakville, I have 25 years of helping clients realize their dreams, specializing in helping my clients buy and sell homes in the Oakville, Burlington, Hamilton, Ancaster,


Dundas and the Grimsby areas. I love Oakville, its people and the exciting events I cover! My hobby, a passion, is taking pictures, writing articles and telling the world about the people, the businesses, the events, the places to visit and about this amazing Town - Oakville!

32 Responses to “Justine Vo: A gifted Osteopath and Acupuncturist”

1.  *Dr Geoffrey Theobald* says:
[March 18, 2011 at 7:55 pm](#)


I agree Justine, I refer to her as a ‘Sharman’ – she does things that should not be possible with her hands. I see her as one of those mythical healers that turns up from time to time – usually at the bad times to do the impossible. Most people cannot, or will not believe the reports from the patients on whom she has done medically impossible things! Like ‘Lourds’ these things take time to work through, to become even credible. Skeptasim is healthy and normal in our society that is why it seems that she is not yet fully appreciated. I send her patients – the ones that actually go are ‘knocked out’ by her power, and by the apparent miracles she works on them and they tell me so.

[Reply](#)

2.  *R. Howard* says:
[March 18, 2011 at 11:42 pm](#)

Thank you for this article, a well-deserved tribute to Justine. She is an asset to Oakville, and as a matter of fact, well beyond. Justine has a loyal following across southern Ontario. I know that firsthand, as I have frequently traveled the Q.E. over the past few years to receive treatment from the skilled hands of this dedicated practitioner. She has an eclectic skill set from which to create individualized protocols for each patient. It is a pleasure to meet someone who lives up to her mandate: skill plus heart equals relief from pain and other symptoms of ill health. Her intention is always to find the right combination of approaches to bring about this relief in the minimum amount of time. Thank you, Justine, for your belief in the power of the body to heal itself with the right encouragement.

[Reply](#)

3.  *Tony I.* says:
[March 19, 2011 at 3:45 pm](#)

A few years ago an MRI test revealed a couple of herniated discs on my spine which were pinching sciatica nerves and thus causing intolerable pains on my lower back and in my legs.

After endless visits to a myriad of chiropractors and therapists as well as numerous sessions on a spinal decompression devise (a very expensive procedure, I might add) I finally decided to go for surgery and after a week in the hospital I came home walking like a penguin and still feeling excruciating pains all over my body. Indeed, my family doctor even prescribed Morphine patches and Tylenol3 but his nurse suggested that I visit the CHR centre.

Needless to say, after all that I had been through I was very sceptical and besides, driving from Brampton to Oakville in the middle of winter did not seem like an attractive prospective but something or Someone convinced me to give it a try. Sure enough, after only 4 short sessions Justine weaved her magic into my body!

How do I thank someone who restored happiness into my life and put a smile back on my lips? Justine, I can only offer you my sincerest admiration and my eternal gratitude! Thank you so much for all you did for me; you are indeed a miracle worker; God bless you! I am forever indebted to you!

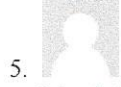
[Reply](#)

4.  *Nina Lagang* says:
[March 19, 2011 at 11:41 pm](#)

A few years ago I slipped on the black ice and severely injured my right hip, shoulder and arm. An MRI revealed a dislocated disc. After two years of pain killers and frequent weekly visits to the physiotherapist, a friend recommended me to Justine. She applied acupuncture and osteopathic manipulation techniques on me and the results were so amazing

that I was completely healed after only four sessions. The pain from my shoulder down to my leg had disappeared. I now come to Justine for general health maintenance. Thanks Justine for the natural healing power of your hands and fingers.

[Reply](#)



5. *Delano* says:

[March 20, 2011 at 1:11 pm](#)

Thank you for this article, a well-deserved tribute to Justine. She is an asset to the GTA and as a matter of fact, well beyond. I was introduced to Justin by her son Albert. And I have visited her a few times for Osteopath and she has been awesome and I feel really great after the treatments. I now come to Justin for it for general maintenance. Thank you so much and God bless you.

[Reply](#)



◦ *Linda Bryant* says:

[March 20, 2011 at 6:38 pm](#)

Justine has a God-given ability to help those who have tried so many different healing modalities to no avail. She genuinely cares about each person who walks through the door. She consistently amazes me with the different conditions that she is able to improve and change for those who had almost given up in receiving help. The friends and family members I have referred to her have each received help and are forever grateful to her. Thank you for this article that recognizes her abilities so that the residents in Oakville can receive the help they need at her CHRCentre.

[Reply](#)



6. *Peter Taslak* says:

[March 21, 2011 at 12:27 am](#)

I came to see Justine 6 years ago due to a severe backache caused by years of repetitive injury from hard labour in the metal recycling trade. I had a hard time getting in and out of my truck and walk. After only a few sessions, Justine was able to correct my back problem and strengthen it. My back problem has not returned since although I continue to do the same work. I also came to Justine for a number of other injuries in the hips, arm, elbow and shoulder from hiking, fishing, and wear and tear. Justine had fixed them in just one or two sessions each time. Justine had also helped me quit smoking, a twenty-year habit, and improve my general health through her diet and nutrition advice. Thanks to Justine, I'm now living a pain-free and drug-free life. I recommend Justine to anyone who suffers from a chronic or an acute pain. You can really feel an amazing relief after each session with Justine.

[Reply](#)



7. *Bernadette Ghosh* says:

[March 21, 2011 at 12:46 am](#)

I had severe knee pain from osteoarthritis for 10 years and was going upstairs on all fours. I met Justine once and with only one treatment she has made my knee 100 percent better. I have finally found a true and dedicated healer. She took the time to explain everything in great detail about my affliction, the exercises to do and not to do, and how to correct my diet. She gave me hope that I never had before about removing the pain from my knees. I now come to her only for maintenance. I recommend people who suffer from chronic pain to talk to Justine.

[Reply](#)



8. *A. Neacsu* says:

[March 21, 2011 at 9:44 am](#)

My son who is now 4 years old had recurring ear infections and croup since he was 2. We tried various natural treatments but nothing seemed to work. We ended up with ER visits most of the time because of breathing issues. He was prescribed antibiotics every time he got a cold because of complications (high fever that we couldn't control with acetaminophen/

ibuprofen, ear infections with build up of fluid in the middle ear, chest infections). All these complications were caused by chest / nasal congestion. He was prescribed antibiotics every 8 -10 weeks during the winter time.

Now, at the first signs of a cold, we go to Justine and we are amazed with the results. No more ear infections, no croupy cough, no watery eyes and no more antibiotics. We will see an ENT specialist very soon just to confirm that all is well but we are very confident because our little one didn't get sick at all this winter.

My son loves Justine and he feels so good and relaxed everytime we see her. The fact that he felt asleep while Justine was massaging him speaks for itself (my son is usually very energetic and wouldn't sit still for a minute). She is great with children! We highly recommend Justine.

[Reply](#)



9. *Beth P* says:
[March 21, 2011 at 10:03 am](#)

I first met Justine a year go when I was suffering from a flare-up of chronic hip bursitis. It was Family Day 2010 and I called and left a message requesting an appointment. She sensed the pain in my voice , called me back that day and said she would meet me at the clinic right away. After only 2 treatments,my back and hip felt better than it had in years. Shortly after that, my daughter fell down the stairs and badly sprained her ankle. She was told that she would need months of physiotherapy. She hobbled in on crutches to see Justine but walked out without the crutches. That is when I became a true believer of Justine's amazing abilities. Then when my son badly wrenched his back while at the cottage, Justine got him back on his feet after only 2 sessions and taught him the strengthening exercises that would be part of his prevention plan. In the past year, I have sent family, frinnds and colleagues to see Justine.(over 20 altogether). Everyone who is treated by Justine agrees – the lady is incredible. Her healing touch makes her an asset to our community. Anyone who is at all sceptical about the powers of natural healing need to meet Justine.I feel that we are very fortunate to have this wonderful healer in our community.

[Reply](#)



10. *DZIEM VUONG* says:
[March 22, 2011 at 5:52 pm](#)

Justine Vo is a very energetic woman, outgoing, always on the move and very helpful. She is very friendly and kept a smile at all time. I will vote for her even she run for mayor.

Dziem

[Reply](#)



11. *Johannes Linstead* says:
[April 1, 2011 at 11:58 am](#)

Thank you, Janet, for posting this article. About a year and a half ago Justine saved my career as a guitarist. Even the hand specialist that I went to for x-rays could not believe that my hand had healed completely so fast, and also that the angulation of the fractured bone had moved back to its' correct position after Justine's treatments. He said "I've never seen that occur before". I have since become dear friends with Justine and have witnessed her performing other such miraculous healings on a variety of different conditions... As a testament to my faith in her, I even have my mom going to see her for treatments!

[Reply](#)




12. *Patricia S.* says:
[April 1, 2011 at 12:28 pm](#)

Thank you for giving Justine well deserved recognition in your article. Justine is a very special person whose mission is to see people get well. As you mention, she combines several modalities to help people on the road to recovery. She has a kind and compassionate nature and she takes the time to teach people how to maintain their health once she has helped them to recover. I travel all the way from Maple to see her. I have several health issues and have tried so many different

therapies over the years with no success. I'm so happy I have found Justine who is the only person who has helped me. I like the way she always takes the time to explain why I have the problem and then goes on to explain exactly what she is doing to correct it. I have persuaded my husband (Mr. Skeptical!) to see her for his problems and he is amazed at the results after only one treatment. He plans to recommend her to, as I already do, to everyone he knows who is suffering. Along with her vast knowledge of the workings of the human body, Justine is truly a gifted healer. I am so grateful to have met her.

[Reply](#)

13.  *susan frederick* says:
[April 3, 2011 at 5:19 pm](#)

I am a registered nurse of over 35 years experience and have explored every available medical option for my ailment.

It is my pleasure to recommend JUSTINE VO's comprehensive health care. I was born with abnormally small sinuses that are situated behind my eyes. As a result I suffered for years with congestion and severe pain each time I came down with a cold or virus. My family doctor had suggested steroids and flushing with saline; however, neither of these approaches worked for me. When I went to see Justine Vo, I advised her that structurally I have abnormal sinuses so I couldn't imagine how she could assist me. Justine advised that she had helped other people in this position and her goal was to treat me in the shortest amount of time possible. With acupuncture and osteopathy, I was cured of my sinus blockage after three sessions. As a result every time I get a cold or a virus my sinuses immediately begin to drain and relieve the pressure and discomfort. I feel extremely comfortable recommending any patient with similar problems to give Ms. Vo a chance to give you the relief without medications, steroids or other potentially damaging solutions that won't provide the same results.

[Reply](#)

14.  *Samantha W.* says:
[April 10, 2011 at 11:03 am](#)

It was a pleasure to meet Justine Vo through my father's referral to her. Justine is a very 'gifted' energy healer and was able to treat me with the extent of my injuries and ailments nobody else has been able to help me in the past 5 years. It has become a chronic and worsening condition. With her Nutritional counselling, Osteopathy, Accupressure and massage, I will be able return to my hiking trips again in the near future.
 Samantha

[Reply](#)

15.  *Chris P.* says:
[April 24, 2011 at 9:47 pm](#)

One of the most painful days of my life happened about 6 months ago when I was changing a tire on my car up north. Somehow, I twisted and suddenly felt a sharp stab of excruciating pain which was later diagnosed as torn ligaments. Words cannot describe the severe pain that gripped me. It was like someone reaching into my spine and squeezing with great force. I was in tears as I lay on the grass for several minutes unable to move. Fortunately, strangers driving by saw my situation and changed my tire. My wife drove us home.
 I quickly called Justine to see if she had any time to see me. She agreed to take me first thing the next morning. Sleeping that first night was agonizing. I was virtually unable to move due to the wrenching contractions. I needed help getting into and out of bed. Pain killers barely touched the pain.
 The next morning as I was driven to Justine's office I felt pain as I had never felt it before. I booked time off work knowing that I would be unable to function for weeks to come. Even with help, it took several minutes for me to move from the car to Justine's office and even longer to get positioned on the treatment bed.
 Justine commented that this was one of the most severe back injuries she had seen but she began treatment gently and continued for nearly 2 hours. At the end of this time I was able to stand without help and to walk back to my car on my own. While pain was still present, there had been a huge improvement. I was able to move, and walk on my own.
 I returned the following day for another session with Justine. In addition to treating my back, she taught me strengthening exercises. I could not believe how much better I felt. I was able to return to work just a couple of days later.
 I have continued to use the exercises that Justine taught me and I have been pain free for several months. I am very grateful that I have found Justine and know that she is an amazing healer. I would not hesitate to recommend her to anyone suffering from back pain or any chronic condition.

[Reply](#)

16. *Ainsley* says:
[April 24, 2011 at 9:50 pm](#)

Hello !! My name is Ainsley and I would like to tell you the story about how I met Justine. It was three weeks ago and I was living very comfortably inside my Mommy who was very pregnant. My arrival date was scheduled for March 28, but I was late. The doctors said I was coming soon, my Mommy and Daddy thought I was coming soon too but I knew I wasn't. You see, I was actually very scared about leaving my old home and moving to a new one. Mommy and Daddy were getting tired of waiting but I didn't care. I was pretty comfy there. The doctors told Mommy that if I didn't come soon they were going to induce her, I wasn't sure what that meant but it made me nervous. Finally after a whole week of waiting, Mommy decided to go see Justine. Justine told Mommy not to worry and that I would arrive in the next 24 hours. I don't think Mommy believed her at first. She massaged Mommy and me too and it felt really nice. I liked listening to Justine's soft voice when she explained things to Mommy. She told Mommy that she can usually convince babies to come out. Mommy seemed more relaxed when Justine was with her. We stayed there for over an hour and it was wonderful. I know that Justine was trying to convince me that it was time to come out and see everyone in person. I was still scared a little but it got me thinking too. It sounded like the world was going to be pretty nice and that Mommy and Daddy would be there with me all the time. Plus, it seemed like there was not going to be any shortage of food and I could sleep whenever I wanted. I spent the whole night thinking about it. I gave Mommy a lot of kicks that night just so she would know I was thinking really hard about what Justine had been saying. The next morning as soon as everyone was up and dressed I made up my mind. I decided it was time. I pushed real hard to get things going. I guess it worked because Mommy told Daddy we all needed to go to the hospital. The good news is that they didn't need to induce Mommy after all. Even better news is that everything went really well after that and I was born a few hours later. Justine was so right – it's not scary out here at all and I am really glad I decided to come out after all. Thank you Justine for being my first friend and helping me arrive.

[Reply](#)

17. *Susana Barnes* says:
[May 17, 2011 at 10:27 pm](#)

I feel very blessed to have the opportunity to be treated by Justine Vo. Finally, after 3 years of suffering from multiple injuries following a series of serious accidents, and after having been treated by various Osteopaths and Chiropractors who rather than helped me had irritated me with their apathy and limited knowledge, I was introduced to Justine by someone who assured me that she had miraculously fixed his finger. He also told me that he believed that she has divine intervention. After 3 hours of treatment with her, and from the very first day of treatment, I realized that my friend was right. Justine has been given the Gift of Healing, no doubt about it. Her true knowledge and her miraculous fingers, as well as the intense work that she put in each treatment, shows her compassion and responsibility to her patients. I am very grateful that I have finally found a conscientious and kind professional like Justine Vo, a genuine Osteopath and Acupuncturist. It's nothing less than a miracle for me. She is giving back my health, as well as my confidence. It is worth to drive all the way from Caledon to Oakville to see Justine. I wish the same for everyone out there who has not yet found the right help. With love and concern for others who suffer like me. Susana Barnes, Caledon, Ontario.

[Reply](#)

18. *Anya* says:
[May 25, 2011 at 9:07 am](#)

Thank you for writing this article. Everyone should know about the kind of work Justine does and her extraordinary ability to heal and fix people. Her positive attitude, kindness and care towards her clients is evident, it makes me look forward to my every session. I am very fortunate and thankful to have found Justine!

[Reply](#)

19. *Jane MacKay* says:
[June 21, 2011 at 10:52 pm](#)

I just want to thank Justine for putting quality back into my life. Five years ago, when I was in my early 50's, I started to suffer from pain in my knees. This went on for a few years getting progressively worse. The doctors suspected arthritis, so

I had X-rays taken, but there was no sign of that and no obvious reason for the pain. I had to go up and down stairs one at a time. I had my first visit with Justine a year ago, and after the first session I had immediate results. After a few more sessions of Acupuncture, I was pain free. A year later I am still pain free and stairs don't phase me at all.

More recently, I had an accident where a wine glass shattered and a shard sliced clean through the tendon of my little finger on my right hand. I had surgery and physio therapy for a couple of months with moderate success. They told me it would be a year until I was recovered. I went to Justine two weeks ago, have had three sessions with her, and have had amazing improvement in the healing, mobility and strength of that hand.

Thanks Justine. You are a true healer.

[Reply](#)



20. *Raneen Tannous* says:
[October 9, 2011 at 12:33 pm](#)

Raneen Tannous says:
October 9, 2011, 9:00 p.m.

JUSTINE IS A MIRACLE WORKER!!

I was diagnosed with fibromyalgia after a whiplash injury from a car accident. Several years following the car accident, I slipped and fell on concrete and injured my tale bone and hip. When I came to Justine in April of 2011, I had been suffering from chronic pain for 14 years. I was on a medical leave of absence from work, 70 pounds overweight, taking several types of medications for pain, insomnia, anxiety and depression. I had lost all hope of regaining my health.

Justine gave me hope. She is truly an artist. I view her as a sculptor who molds the body back into health. Through her magical hands-on manipulation, posture correction, strengthening exercises and nutrition program, I'm no longer taking medications, lost 23 pounds and my pain level has significantly decreased allowing me to return to work. What I find even more amazing is that through her diet program, I no longer have the cravings for sweets or junk food! I regained my muscle strength, improved my skin tone and got back my youthful look. I very much enjoy hearing people tell me how good my skin looks and how healthy I look. I finally have my self-esteem back.

Thank you Justine for all what you have done for me. I only hope that people who are suffering from an ailment find their way to you because what you do gives people hope as well as mental and physical health which everyone deserves to have.

Best wishes to you always and God bless.

[Reply](#)



21. *Roger Sanders* says:
[June 9, 2012 at 6:49 pm](#)

Although "sceptical" may be too strong a word, I am normally impervious to stories of miracle cures for health ailments. I have had lower back pain for years and have considered it a "penalty of old age" but some recent heavy lifting activity clearly resulted in additional injury and debilitating pain. My family doctor confirmed torn muscles at the base of my spine and prescribed pain killers while it healed. My wife insisted that I try one more alternative – to have a meeting with the practitioner who was helping her in a major way.

Justine asked questions and examined my lower back area. She agreed that I had torn some muscle tissue but further explained that my lower back was twisted in two places at the base of the spine. I asked whether she felt she could help and how long the "cure" might take. To my amazement, she said that removing the pain would take a few minutes but getting the muscles back into shape – removing scar tissue and re-training the muscles to support my back in the correct position was a more important longer term issue; however, I could do that on my own with sufficient protein in my diet and regular stretching exercise which she would explain to me.

To my further amazement, when I stood up after my treatment, the pain was gone – not just the pain of my recent injury – but all the pain to which I had become accustomed over years. I have requested a few follow-up appointments to confirm that I am doing the right things and to make sure I understand the few simple stretching exercises she prescribed. I am certainly motivated to do my part to make the "cure" permanent.

I definitely recommend Justine to anyone who, like me, is a bit sceptical of miracle cures and feels that the pain isn't really unbearable.

[Reply](#)



22. *Dennis* says:
[March 12, 2013 at 1:56 pm](#)

A true miracle worker! In just one session she cured me of constipation and reduced my panic attacks to 95%! I was, and still am completely amazed as to how swiftly she "fixes" people up. Now I'm no rookie when it comes to Holistic practitioners. I spent thousands of dollars in past years trying to find a "legitimate" healer who will be honest with me and the service provided. Justine doesn't hold no punches. She is very direct in her communication, no beating around the bush, and her style in healing is the same. She goes right to the root of the problem. It's as if she connects to your spirit which in turn tells her what needs help and healing! Brilliant, thank God he created angels like Justine! I wish you an abundance of blessings Justine and can't wait for your seminar!

[Reply](#)



23. *kimberly* says:
[April 15, 2013 at 11:29 am](#)

I have been a patient of Justine's for the last 3 years. I had always experienced back pain due to the size of my breasts in which it only began to worsen once I became pregnant with my first. One thing I love about Justine has always been her honesty. She expressed that due to my height and the size of my breast the back pain will never completely go away but she could help ease as much of the pain possible. Having two children back-to-back I felt I wasn't ready to take a leap into breast reduction and experience yet another surgery in such a short period of time. If it wasn't for Justine I don't know how I would have continued to keep my sanity without the use of Tyonol 3's or any harsh medications in which I have NOT used since she became a part of my life. Justine has continued to keep me strong through her words of wisdom, exercise techniques, and her miracle work of Osteopath and Acupuncture which has eased all my pain allowing me to enjoy these last few years with my children.

A couple of weeks back I was in a session with Justine and began to express the frustration and anger with my appearance of my stomach. After my second son my skin was left with no elasticity, which caused loose skin, harsh stretch marks, and I was unable to feel or tighten any muscles on my stomach. Justine mentioned that she could help me through using the Acupuncture and Osteopath to help tighten the muscle and create blood flow through my stomach, which would help bring life back. After one session I began to use her techniques she had provided, in which I have noticed my stomach become tighter, my stretch marks beginning to fade, and my skin looks healthy again. I have now gone to my second session and again continue to see miraculous results.

I am sharing my story to inspire others to believe and become aware that there are individuals out there born with a gift and Justine is one of them <3

[Reply](#)



24. *Mary L.* says:
[April 24, 2013 at 2:57 pm](#)

Justine's passion for educating her patients to achieve total health is evident in the way she delivers the Total Health class and the way she interacts with her patients during their treatments. She delivers straight-up honesty, has a wealth of knowledge in how to heal the body and has a knack for diagnosing causes of symptoms – all done with a great sense of humour to inspire optimism and a kind-hearted bedside manner to soothe the soul.

Between the information found in her Total Health class and additional information shared during treatments, Justine crafts a healing program for each of her patients to follow. Total health is achieved with a collaborated effort between the therapist and the patient and therefore each person has a role to play in order to achieve optimal health results.

The Total Health class focuses around 5 key areas that impact our health and describes which methods and remedies can be harmful and which are healing. I learned that some health practices I had experienced turned out to be more harmful than good.

Justine has taught me new ways to take care of myself to get my health back to normal as I struggle with many ailments some of which she has already healed and other more serious ailments are progressing nicely as I adopt a healthier lifestyle. I thought I had some mysterious illness that no doctor could diagnose until Justine explained why I was experiencing all these strange symptoms. She gave me things to do at home that complement her treatments and together we can achieve a healthier, symptom-free and pain-free body.

My list of ailments were/are as follows.

- Intestinal vibrations/blockages (Justine healed in two sessions)
- Lower-back pain on one side for the past 10 years (Justine healed in two sessions)
- Shoulder knot/pain for the past 25 years (Justine healed in two sessions)
- Upper back pain, pinched nerve near spine (Justine healed in one session)
- Neck pain with facial tingling (90% better after 1st night using the right type of pillow.)
- Internal vibrations/buzzing throughout head and torso (They are less intense)
- Scoliosis (Able to breath better)

I am very grateful to have found Justine. She inspires hope and has a deep desire to heal her patients completely and does not have the mindset that one must receive treatments for a lifetime, no, she wants to heal us for good.

Mary L

[Reply](#)



25. *Kelvin says:*

[April 25, 2013 at 7:00 pm](#)

For years I had a burning sensation on the ball of my foot which burned whenever I wore shoes or walked for a prolonged period of time. I could seldom wear shoes at my desk as the foot often burned even when sitting.

Prior to visiting Justine, I had tried many consultations with foot specialists who invariably X-rayed the foot and gave extremely inconclusive explanations – which implied no-one really knew how to treat it. I was given orthotics for my shoes. But the pain persisted for many years.

I was referred to Justine for a series of acupuncture and osteopath treatments which greatly helped alleviate the burning and also gave me more freedom of movement in my foot in general.

I believe the solution for me is to pay Justine regular visits to manage the foot pain.

[Reply](#)



26. *Benjamin's Mom says:*

[August 1, 2013 at 10:57 pm](#)

I took my 15-month-old son into see Justine, for her to observe and assess the way he walked. I was concerned that even after 3 months of walking, he was falling down constantly and rolling his right ankle inwards oddly. He seemed to be getting increasingly frustrated with himself, and my concerns for his physical development were increasing as well. Justine observed that he had weakness in both his legs and ankles, and she worked on him right away using osteopathic massage techniques. She strengthened his hips, legs, ankles, and feet, all while making him feel comfortable, happy, and secure. I noticed a difference right away, seeing him walk with stability that very same day, and even his grandparents remarked the next day how stable his walk suddenly seemed... zero falling!!! Thank you so much, Justine.

[Reply](#)



27. *Ann says:*

[August 9, 2013 at 12:31 am](#)

I first took our 6 year old daughter to Justine for growing pains earlier this year. She has had them in her knees for almost 4 years and was starting to be up quite a bit at night with pain. In just a few appointments with Justine her relief was huge. We are happy to say that she now lives pain free. Recently again we have been grateful for Justine. Our daughter reacted to a dental treatment and was having difficulty with her chest. Again, Justine provided answers and a treatment where others could not. The relief for us as parents was huge! Thank you Justine. We appreciate all that you do.

[Reply](#)28. *Peter S* says:[September 20, 2013 at 9:36 am](#)

I am pain free since Justine helped me recover from a stiff shoulder and neck after just two treatments. I have gained full mobility and returned to a normal lifestyle under her care, expertise and guidance. Thank you Thank you!

[Reply](#)29. *Karen Cumming* says:[February 15, 2014 at 10:54 pm](#)

Well deserved accolades for Justine in this article and in the comments section as well! I've been seeing Justine for seven months now, and can say without hesitation that she has helped me tremendously with my hip condition. To be honest, I'm one of those people who kept putting off registering for her Total Health Seminar. "Oh, I'll do it next month," I would say to myself, "when I have the money to invest in this next step in my education." Well I finally realized that putting off attending was only hurting me, so I signed up for this weekend's seminar. And I am SO glad that I did! People say this a lot, but in this case, it is absolutely true. The information Justine presented is life changing. She explains what we need to know in order to understand our health and radically improve it. She tells it like it is. The concepts are, as she would say, "surprisingly simple", but incredibly powerful. If you're sitting on the fence, wondering whether to register, but skeptical as to the value of the seminar, I can only urge you to just DO it! I can feel it... My life is about to change in ways I never imagined in the days and weeks to come. My heartfelt thanks to Justine for her tireless efforts to urge her patients to embrace "common sense" instead of "common practice". Thank-you, my friend!

[Reply](#)30. *Ruth H.* says:[June 1, 2014 at 10:47 am](#)

I am blessed to have Justine Vo as a health provider! It is amazing how quickly she hones in on my problems and then treats them successfully in no more than a few sessions – whether healing my fractured scapula, correcting my muffled hearing, or realigning the bones in my face to make it symmetrical, or taking care of common complaints that often come with age. Most recently, after my very first treatment for a stiff and painful neck and a painful and almost incapacitating lower back problem of several months duration, there were immediate results as soon as I got off the treatment table: I can now put my shoes on by myself, get up from a chair without assistance, get in and out of the car without grimacing and struggling, raise my sash window, and a whole lot of other "simple" activities that we ordinarily take for granted, but had presented a real challenge for me. I shan't wait so long again when relief is at hand, I mean in Justine's remarkable hands. I wish I'd let Justine take care of the back and neck problem for me sooner! (And thank you, Justine for encouraging me to sleep on my back.)

[Reply](#)31. *Theresa Lu* says:[October 11, 2014 at 4:40 pm](#)

I traveled from Seattle Washington to Oakville Ont to be treated by Justine Vo in hope of regaining my health and reenergizing myself. Since childhood I have suffered from chronic cough and asthma. Serious acid reflex over time often triggers my cough. I am in my 60 now, the past year my condition has worsened to the point where each coughing bout became strenuous. I would cough for 2 months, then after a 2 to 3 weeks break, my cough returned. Chest Xray, multiple breathing tests, MRI, visits to pulmonologist found no conclusive explanations. I decided to find a way to cut down or eliminate the medications taken to control all these conditions. Not only have I experienced the healing power of Justine's hands through osteopathy and acupuncture during the 6 sessions (in 4 days), she has given my husband and me a life long lesson in maintaining the right posture, breathing techniques, and nutrition. A truly holistic approach to repair and maintain our body to prevent illnesses and injuries. What strikes me the most is Justine's genuine kindness and her urge to educate her patients about what they need to work on for the rest of their life. She is a Health Partner we all need to meet.
Oct 11, 2014

[Reply](#)

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