

Patients' Testimonials for Justine Vo – CHR Health Centre – 2012 TO 2016

PATIENTS' NOMINATIONS OF JUSTINE VO FOR 2015 OAKVILLE AWARDS FOR BUSINESS EXCELLENCE – September 2016

Hans Hansen – Oakville, September 2016 – OVERALL BODY HEALTH MAINTENANCE

Justine is a passionate, exceptionally skilled healthcare professional who genuinely cares about the health and wellbeing of her patients. She works hard and makes a consistent effort to provide tools and guidance which help create healthier habits. Justine is one of very few professionals who truly improves quality of life.

Sue Lamb – Oakville, September 2016 – CHRONIC BACK PAIN

After visiting a physiotherapist for two months and then a chiropractor for three months to treat my lower back pain, I found Justine. I wish I had gone to her first. After only four visits, my back pain has improved immensely. She cares greatly for her clients, by listening to their needs and concerns. She has provided me with tips on how I can help in healing my back (i.e. sleep and sitting positions and exercises). My back pain affected my quality of life greatly. I can't thank Justine enough.

Karen Cumming – Burlington, September 2016 – LEG INJURY

Justine Vo is a remarkable healer who is passionate about treating the root cause of health problems. I have been seeing her for three years now, and always come home after my appointment feeling relief from pain. Justine uses a holistic approach treating the whole person; she does not provide temporary band-aid solutions. This is what sets her apart. She is constantly educating and enlightening her patients, helping them achieve optimal health. I would like to nominate Justine Vo for Professional Services Provider of the Year.

Colleen Franciscus – Oakville, September 2016 – CHILD'S TRAUMATIC BRAIN SPORT INJURY

My son was injured when he was in the 7th grade. This injury changed his life. He was unable to attend school regularly; he suffered with constant headaches, vertigo, insomnia and nausea. Justine has utilized her skills to help him live again and he has just begun his 3rd year of university.

Kelly Price – Oakville, September 2016 – MIGRAINES, NECK PAIN

"Justine sees what is often unseen, she almost has a sixth sense and is able to determine the root of a problem with a simple glance. She doesn't just fix her patients - she provides them with the tools and knowledge so they are able to heal themselves. And these are simple solutions such as sleeping on your back and drinking more water. Justine truly understands the human body in all its complexity and inspires her clients to become more aware of themselves as a result."

Paula N. – September 2016 – MULTIPLE INJURIES

Justine Vo is a caring healthcare provider, who cures injured and ill patients. She provides dietary advice, exercise and information, for recovery. She has even developed a pillow that will help patients sleep correctly. She healed me when doctors and other healthcare providers couldn't or just provided short term remedies.

Maryan McMaster – Oakville, September 2016 - CHRONIC KNEE PAIN

When I heard about the help that Justine Vo had given to a friend who had a sore back and recovered well, I knew I had to see her. I had a sore knee that just wasn't getting better and with her amazing combination of her Osteopath and Acupuncture treatments I haven't had a problem since. She gives us so many tools to look after ourselves as well which is so important. Then I persuaded my husband to see her as he is a diabetic and had with major problems in his legs. He blesses that day he walked into her centre! Justine has magic hands and the knowledge of the body and was able to assist my husband to get more blood flow into his legs. Along with her kind and caring ways, she has been instrumental in assisting my husband who had had a bad experience with a cut in his foot. Justine sent him to hospital emergency just in time which could have saved his life. Justine is a gift to us and everyone that crosses her path!!

Cheryl Blake – Oakville, September 2016 - NECK, SHOULDER AND ARM PAIN, OVERWEIGHT

I have learnt from Justine Vo that if you want to live a healthier wealthier and more loving lifestyle that you can't do it alone (because if you could you would have done it already). I am so grateful to Justine who not only has become my friend but a true professional. And she is unlike any other health therapist I've seen before. Her wealth of knowledge, input and information and never ending encouragement and support have helped me on my journey to this new lifestyle. Her passionate, caring and enthusiastic approach about getting to the root of my health issue and using holistic approach instead of band aid solutions, and giving me all the tools I needed also helped. Of course her motto WATER, PROTEIN, SLEEP on your back. I have referred friends and family to her and will continue to do so. I am pleased and delighted to nominate my friend and a true healer Justine Vo under the category of Professional Services Provider of the Year.

PATIENTS' TESTIMONIALS

Paula Newcombe – Stoney Creek, October 3, 2016 – TORN LIGAMENT, BACK AND HIP PAIN, LEG AND FOOT PAIN, SHOULDERS PAIN

I completely tore the ligament that attaches your foot to your ankle. It was not diagnosed in time to have surgery (within 3 months), but thanks to Justine I can pick up my foot and walk again without having the surgery.

Justine fixed the horrible pain I was having from a pulled ligament in my thigh. The pain was in my back, hip, around my groin, all the way down my leg and under my kneecap. One treatment and the pain was gone. I suffered for quite a few days before I got in to see her. Wish I had gone earlier.

I have had similar results with groin pain that was so unbearable I could not walk. Justine fit me into her busy schedule. I have to admit that night, I was still in terrible pain, but the next day, I was back to work with no pain. I also have very bad shoulders. The pain doesn't return, with Justine's treatments unlike other treatments, I had before starting with Justine. I know the doctor would have given me anti- inflammatories, a couple of aspirins, for these ailments and sent me home to suffer.

Justine always goes out of her way for me. She fixes what is wrong and as long as I follow her excellent advice, I do not need to go back for more treatments. Her dietary advice is also fantastic not only does it keep a person in their best of health allowing the body to heal itself, but I easily lost 40 pounds without being hungry.

I would not hesitate to recommend Justine. She is an excellent, caring, health provider using osteopathy, acupuncture, diet and nutrition, gentle exercises and healthy lifestyle habits to help her clients. She not only has incredibly knowledge of the human body, but she can tell by touching you what is wrong and she fixes it.

Vida King – Oakville, September 29, 2016 – HEAD AND NECK PAIN, MIGRAINES, JAW PAIN, FROZEN SHOULDERS, ABDOMINAL PAIN

Justine is an exceptional, passionate osteopath and acupuncturist! Her knowledge of how to help you is outstanding as she analyzes and figures out the root of the problem and fixes the issue from there. She has helped me over the years with migraines, head and neck pain, TMJ joint, rib pain, scar tissue after surgery, strained muscles, frozen shoulders, abdominal discomfort. My family doctor and specialists could not figure out my issues and I had undergone some invasive testing and unwarranted medications, but Justine with her hands figured out what the underlying problems that caused my symptoms and adjusted and fixed it. I completely rely on Justine for when I have discomfort not only for myself but for my family as well.

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Kelly Price – Oakville, March 2016 – LOST VOICE, RESPIRATORY DIFFICULTY

Three years ago I discovered I had vocal cord nodules. It was strange because usually people who get nodes are professional singers and I don't fit that category. The nodes caused me to frequently lose my voice and made it difficult to talk and breathe. I visited my doctor, who gave me a puffer. I then received speech therapy from a speech language pathologist, which did help, but I knew it wasn't getting to the root of the problem.

During my initial visit with Justine, she seemed to know within seconds what caused the vocal cord nodules. I felt a huge sense of relief. I was in poor shape – speaking required a lot of effort and I had a sunken sternum. Justine used osteopathy and acupuncture, but more importantly, she instilled me with the tools so I could help myself. I saw a significant improvement after each treatment. Justine's calm and reassuring nature instantly put me at ease. Like so many of her other patients, I now ask myself WWJD, What Would Justine Do, when faced with an ailment.

Vicky Mayers – Mississauga, November 19, 2015 – CHRONIC PAIN

Good Morning Justine. I wanted to send you a quick note to thank you for the wonderful experience I had seeing you on Tuesday. It was the most unique and relaxing experience I have ever had in my 65 years. In addition, your caring and compassion can be physically felt. Thank you so much for all the time you spent with me. Frustratingly, I am feeling that I just can't get to sleep on my back currently and do not want to undo all that you are able to accomplish. As I mentioned to Guen, especially with the oral appliance, we did testing to find that it works great on my side but is useless on my back. I guess I just did not realize what a big deal that would be. Thank you again, you are a gifted healer that I am honoured to have met.

Kathy Adams – Oakville, November 2, 2015 – SHOULDER INJURY AND NECK PAIN

I just want to say thank you Justine! Once again your treatments have rid me of excruciating pain.

My shoulder injury a few weeks ago on Thanksgiving was agonizing. I was in constant pain and unable to sleep. The first visit to you alone made 75-80% improvement and after a few more sessions it was 100% healed. It has been just over a week since I last saw you and I have complete range of motion in my neck and shoulder, and I am completely back to normal.

I am so glad that Rick found you over a year ago when he suffered his own sports related injury. He did the research and read your client testimonials and decided to give you a try based on the success stories he read about. And I have benefitted as well.

You have helped us both over that time and what we love is that you have been able to provide something that the GP cannot. You actually fix the problem without drugs and long term therapies - not just because you understand how the body works but also because of your sensitive and intuitive touch and ability to see and feel (and fix!) misalignment in the body.

Before first seeing you a year ago I had no idea what an osteopath was. Your combination of osteopathy and acupuncture has totally opened my mind to new possibilities of healing - simply because it works. But that is not to say that all osteopathic treatments and practitioners are the same – not by a long shot. You are not just an osteopath or acupuncturist Justine, you are a healer.

I wanted to share this, because so many people suffer needlessly and need to know that there are other alternatives to living in pain or on drugs because of injuries and chronic health problems.

Sincerely, Kathy Adams

Darcy McMahon – Oakville, October 20, 2015 – WORKPLACE INJURY

Due to a workplace accident I had a herniated disc. I saw numerous physicians from chiropractors, osteopaths, acupuncturists, physiotherapists I was still left with a herniated disc. After three visits with Justine she was able to correct wrong procedures set my herniated disc put it back in place so I continue to work and still do my day to day tasks. I see you're just once a month for a checkup and I notice an overall health improvement in everyday living and at work. I hope her methods work for you peace and love!

Nina Lundgreen Hansen – Denmark, October 7, 2015 – NECK PAIN AND BACK PAIN

In October 2014 I visited family in Oakville and as the flight trip from Denmark had worsened my neck pain considerably I sought help with Justine, CHR. She had been recommended to me by a family member whom she had helped alleviating his back pain fundamentally. After 2 x one hour sessions I could feel that my muscles and sinews had softened and had been twisted back to their proper places. Now returned to Denmark - one week after the massage - my neck is still free of pain – for the first time in many weeks. I am truly grateful to Justine.

Ruth Howard – Toronto, September 15, 2015 – GENERAL HEALTH

"I am fortunate to have Justine as a caring healthcare provider. Using a variety of modalities, she consistently demonstrates unwavering dedication to and exceptional skill/education in helping people both maintain their optimum health and overcome health challenges (often where others have failed), in the minimum number of sessions possible."

Sylvie Plante – Oakville, September 2015 – STIFF NECK, SCOLIOSIS, MIGRAINES, JAW PAIN

Justine definitely has a magic touch! She is a very skilled osteopath and the best acupuncturist I have ever had! She has been treating me for 6 years now and I hope that she never retires!

She has treated me for many stiff necks in only one session (due to breastfeeding). She also helps me deal with my back pain (caused by a scoliosis). Two weeks ago, I have pinched my nerves in my left arm and I couldn't move it at all. She took me in for 2 emergency treatments and guess what! Five days later, I was washing my windows! Also, her "cranials" are amazing! She has helped decreased the duration and the pain related to my migraines.

I highly recommend her as she is the only one who combines both approaches (osteopathy and acupuncture). In my case, the results are faster than when I visited two different specialists. Finally, her English is perfect, and she is fluent in French and Vietnamese too! She has such a positive attitude towards life and is fun to talk to. Her treatment are worth every penny!

Karen Cumming – Burlington, September 2015 – LEG PAIN

Okay, here's the bottom line. I love Justine Vo! I've been a patient of hers for over a year now, and am an enthusiastic fan of her work. She is a gifted acupuncturist and healer who has the ability to intuitively sense what the body needs in order to heal itself. Her simple approach is all about getting to the source of the problem... not being satisfied with band-aid solutions. I highly recommend Justine to anyone who is in pain and looking for relief.

Beth Poad – Oakville, June 2015 – CHRONIC HIP PAIN AND BACK PAIN

I first met Justine a year ago when I was suffering from a flare-up of chronic hip bursitis. It was Family Day 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, friends 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.

David Love, The David Love Band – Brampton, June 6, 2015 – MUSICIAN'S INJURY - SCIATICA AND TINNITUS

Justine has helped me immensely with alleviating sciatica pain in both hips, as well as my tinnitus.

Kathy and Rick Adams – Oakville, February 16, 2015 – SPORT INJURY, BACK PAIN, STOMACH PAIN

My husband first found Justine after he tore a muscle while playing soccer. He was in pain all the time, walked with a pronounced limp and told by the doctor that he would possibly need surgery to repair the damage to the muscle. He was given pain killers and muscle relaxants which only masked the symptoms, but the muscle tear and the pain was still very much there. Through the course of several sessions with Justine, the pain and the limp disappeared.

A few months later I injured my hip while doing some heavy lifting and my husband sent me to see Justine. My hip felt like it was dislocated, the pain radiated down my leg and getting up and down the stairs in our townhouse was painful and dangerous. Within two days of the first treatment my pain had gone and I was able to move around normally again.

Recently I have been experiencing pain in my back and in my stomach which had been intensifying over the course of several weeks. Several trips to the doctor (ultrasound, blood work and ECG) showed nothing of any concern and yet the pain I was experiencing was real enough to keep me awake at night. I decided to see Justine again who pinpointed the exact location and of the pain in my back – the cause of which was significant inflammation in my digestive tract. Within hours of the first treatment the pain in my back had almost disappeared and the pain in my stomach was less intense than it had been in weeks. I have had two subsequent sessions and I am pain free!

Both my husband and I have been extremely impressed with Justine and her intuitive diagnostic and healing techniques. She has a common sense approach to health and wellness and understands and reads the human body better than any doctor I have yet to come across.

Becca Flemming – Toronto, January 18, 2015 – BACK PAIN

Justine is truly one of a kind, she took the extra time to explain and demonstrate what is needed for a successful recovery and I could see how much she cares about her practice, cliental and their well being!

Theresa Lu – Seattle, Washington, October 11, 2014 – CHRONIC COUGH AND ASTHMA, GENERAL HEALTH

I traveled from Seattle Washington to Oakville Ont to be treated by Justine Vo in hope of regaining my health and re-energizing 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.

Alice N. – Oakville, September 2014 – CHILD'S RECURRING EAR INFECTIONS

We highly recommend Justine Vo! Justine is a very gifted osteopath and acupuncturist! She treated our little one for recurring ear infections/croup/chest congestion in just a few sessions. She is amazing with small children!

JinHua Lee – Mississauga, September 2014 – BACK PAIN

I highly recommend CHR to people who have been suffering from pains and failed to recover after trying different ways. For almost two years, I suffered from chronicle pains on my lower back, e.g. it was so painful that I couldn't straighten my back after cooking for an hour. I went to see different doctors and get acupuncture and massage treatments from different practitioners. It only temporarily relieved my pains and they kept coming back after few days. Then I was referred to Justine Vo at CHR. At the very beginning, I didn't even want to pay a visit to her because I had been treated by few famous Chinese doctors in Markham and they couldn't fix it, so when I went to see her I was at the stage about to give up and start taking pain killers. I went to see her and got one treatment. The moment she put her fingers on my back, she told me that my muscles are torn and I need to immediately stop excising for few weeks to let the muscle recover. After the visit, I went home waiting for the pain to come back. Two days, a week and a month went by, the pain never came back!!! By then, I realized that she actually cured me so I started to recall all the advice she gave to me during my session with her. She explained to me how the muscle works and what I should not do. She gave me many advises such as what I should eat, what position I should sleep and sit, what to wear, and many more. I realized that I had many bad habits and it all somehow caused the mild

pain. Like I said, if you are suffering from pains and about to give up, book one session with Justine Vo and you will be surprised!

Delano Cadi – Mississauga, September 2014 – GENERAL HEALTH

Thank you for the Oakville.com 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 Justine for it for general maintenance. Thank you so much and god bless you.

Katarina Marinic – Oakville, September 2014 – OVERALL HEALTH

Justine at CHR health centre has helped me so much with my overall health, and always informs me of ways in which I can improve on my own. She can quickly assess what the health concern is, and provides treatment as well as kind and supportive words that truly help heal the body and mind. Justine just has that magic touch! I highly recommend her treatment to any individual looking to improve their health.

Amanda Davey – Oakville, September 2014 – NECK PAIN, BACK PAIN AND MIGRAINE

Justine has the hands of an angel. I have walked in the office with incredible pain in my neck or back, even a migraine. After placing the needles I felt relief, after her manipulation there was significant relief. I would highly recommend Justine as she has such knowledge and talent for health from the inside and relief on the outside.

Denis N. – Oakville, September 2014 – BACK PAIN

Justine is a very talented osteopath who helped us tremendously!

Karen Colenbrander – Oakville, September 20, 2014 – CHRONIC NECK PAIN

After years of neck trouble, and six weeks of intense distress, I discovered Justine via internet. After one treatment, I experienced great relief as well as instruction on how to maintain and continue the healing. I reported an eye injury to Justine on my second visit - and walked out pain free again! Justine is excited about her work yet calming and humble. She has a gift to connect deeply with people, and to zero in on what needs doing - and does it! I am blessed to have found her and have already given her card to two friends.

Anna – AV Beauty-Studio, Whitby, July 22, 2014 – CHRONIC FATIGUE AND WEIGHT ISSUE

Compassion, Sincerity and Care best describes Justine. Thank you Justine for the endless patience you had with me. Words cannot express my gratitude.

Ruth H. – Toronto, June 1, 2014 – FRACTURED SCAPULA, HEARING ISSUE, ASSYMMETRICAL FACE, NECK PAIN, BACK PAIN AND SCIATICA

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 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 men 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.)

Dr. Ashok Bhattacharya – Oakville, May 1, 2014 – UPPER LIMB NERVE PAIN

*Thank you Justine,
It has been a year since my ulnar nerve went AWOL. The treatment, but more importantly the lessons I learned with Justine have become a part of my life, and I continue to heal. I have told many patients and friends about the excellent treatment I received, and their feedback back has affirmed your continued excellence, compassion, and dedication to wellness.*

Much gratitude,

*Dr. Ashok Bhattacharya
202-305 Lakeshore Rd E
Oakville, ON L6J 1J3
905-844-4825*

Karen Cumming – Burlington, February 15, 2014 – OVERALL HEALTH EDUCATION

"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!

Peter S. – Mississauga, September 20, 2013 – CHRONIC SHOULDER AND NECK PAIN

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 guideline. Thank you, Thank you!

Ann – August 9, 2013 – CHILD'S CHRONIC KNEE PAIN AND ACUTE CHEST PAIN

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.

Benjamin's Mom – Oakville, August 1, 2013 – CHILD'S INABILITY TO WALK PROPERLY

Justine's treatment totally strengthened and stabilized my toddler's gait. Truly amazing. I totally recommend her treatments.

I took my 15-month-old son into seeing 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.

Kelvin – April 25, 2013 – CHRONIC FOOT PAIN AND BURNING

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 foot pain.

Mary L – Oakville, April 24, 2013 – MULTIPLE HEALTH ISSUES

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 breathe 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.

Kimberly – Brampton – April 15, 2013 – CHRONIC BACK PAIN AND STOMACH TUCKING AFTER GIVING BIRTH

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 as 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 Tylenol 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 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.

Dennis – Toronto – March 12, 2013 – CONSTIPATION AND PANIC ATTACKS

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 completed 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!

Anne-Marie B. – Toronto, November 11, 2012 – CHRONIC FIBROMYALGIA

Words do not describe the significant, magnificent and truly life saving techniques that Justine has provided me with. She is simply the most talented, caring, kind and compassionate health care provider there is. After being misdiagnosed for 3+ years in conventional medicine, I arrived at Justine's door begging for help. The very first day I met her, she not only comforted me and told me that she could help, but kept me in her treatment room for an extra hour to provide me with outstanding care as I was in such bad shape. I have since seen her weekly and her scientific and medical brilliance, combined with such true compassion and passion for what she does, truly makes her one of a kind. She truly is a miracle worker and both myself and my family are truly grateful for having met her. I will continue to see Justine for the rest of my life for "maintenance" as she is a true healer, in every sense of the word. Words cannot express her combined clinical and technical brilliance and her compassionate heart and soul. As well, her office is warm, welcoming and her office receptionist is so kind, caring and accommodating; a winning combination!!THANK YOU Justine from the bottom of my heart; you truly have saved my life.

Roger Sanders – Oakville – June 9, 2012 – BACK PAIN

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.