



Can you enjoy a

Pain-free
Pill-free
Energetic
Fit

Youthful
Stress-free
Healthy
and
Happy Life?

OF COURSE, YOU CAN!

ONE-OF-A-KIND, LIFE CHANGING TOTAL HEALTH SEMINAR

SURPRISINGLY SIMPLE!

The *uncommon* “common-sense” and *honest* answers to your health issues

Understand your body and reclaim your good health.

If you are sick of being sick, tired of being in pain, have been looking for the real solutions to your multiple health issues, have tried all methods without having satisfactory results, or if you simply wish to have a perfect health, this comprehensive health course will give you all the answers you have been longing for.

Past seminar attendees' comments:

Very informative! Learned more in one session than in a lifetime. Controversial, yet extremely common-sense!!!

Everyone who wants to be healthy needs this class!

The most comprehensive, big picture approach health education.

"The information Justine presented is life changing. She explains what we need to know in order to understand our health and radically improve it.

The concepts are "surprisingly simple", but incredibly powerful.

Finally, an honest and truthful approach to good health!

YOU WILL UNDERSTAND

- ☑ The human body, its functions, and what it really wants
- ☑ The true causes of ailments and illnesses that can be reversed and prevented
- ☑ Why your medical, natural, diet, exercises and therapy efforts to heal have failed
- ☑ The pros & cons of medical, natural, diet, foods, products, therapies, environmental, social, exercises and physical activities, stress, and their effects on your health
- ☑ Why “common practice” in achieving good health has robbed your “common sense” and hurt you

YOU WILL KNOW

- ☑ How to embrace “common sense” instead “common practice”
- ☑ How to listen to your body messages and fix most problems yourself at the first level first, without the aid of any medical or natural products
- ☑ How to self-correct your daytime and nighttime posture to heal yourself
- ☑ How to manage your health risks including cancer, pain and illnesses
- ☑ How to be stress-free, happy and peaceful
- ☑ The simplest and most effective way to breathe and meditate for good results
- ☑ The exercises and sports that are best for your health and your body
- ☑ The most balanced diet which your body needs to function healthily
- ☑ How to bring your body out of dysfunction and back to its initial good state
- ☑ How to make the best health choices that give the best results

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Next Seminar: Please call

Cost: \$500.00 per person

Bring a friend: \$400.00 pp of same group