

Why choose CHR?

To overcome your health challenges

If you are suffering from an illness or an injury, and have tried without success various traditional medical treatments and/or alternative therapies, we may have just the right solution you've been longing for. Whatever illness or injury you may have, including acute, chronic, and traumatic disorders, don't give up. Talk to us.

We can help you can regain your health and live again.

Start with our exclusive Reflexology Health Check

Your feet are the roots of your body. They reflect your individual health conditions. Have a reading of your feet prior to your first therapy session. This way, we can help you achieve your overall health recovery while receiving the therapy for any one particular illness or injury.

An intriguing and surprising experience.

To achieve Optimal Health, Youth and Beauty

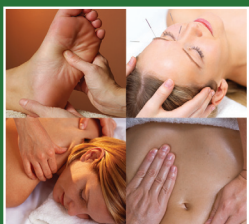
Through our unique and personalized blend of therapies, including osteopathy, acupuncture, acupressure, massage, reflexology, and nutrition counselling, we bring to you a sensible solution that addresses the source of your particular health and/or beauty issues. Our passion is your wellness and happiness.

Be healthy, fit, youthful, beautiful and happy!

Rejuvenation Facelift and Tummy Firming Program

Try our special blend of acupuncture, acupressure, osteopathy, lifting massage and anti-aging facial, and acupuncture tummy firming for natural and lasting results without any side effects. Experience the difference.

An amazing, safe alternative to Botox and Surgery.



**Personalized treatment
for your specific
conditions and needs.**



Feel better
Look better
Live better

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Email: info@CHRcentre.com

www.CHRcentre.com



**Give yourself a
chance to be reborn.**

We can help you



End your pain, naturally

if you have headaches, migraines, sinusitis, pain in your neck, shoulders, arms, hands, fingers, elbows, back, hips, legs, knees, feet, ankle, toes, tailbone, face, eyes, ears or other acute or chronic pain.

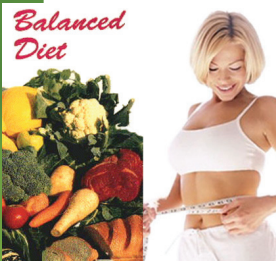
• *Instant relief in just one session.*



Recover from your illness

if you suffer from arthritis, high blood pressure, diabetes, high cholesterol, stress, insomnia, fatigue, fibromyalgia, digestive disorder, PMS, MS, Crohn's, Lupus, Psoriasis, Parkinson's and others.

• *Compelling results.*



Lose weight easily, keep it off successfully and regain your health.

Learn how to lose fat and build muscles while recovering from your ailments and illnesses with real food, real portions, no strenuous exercises, no gimmicks or drugs.

• *Simply and naturally effective.*



Look better, feel better, live better.

Regain your facial muscle and skin tones for a younger and healthier look, while we help you combating your stress, fatigue, insomnia, pain, headaches, digestive problems and other ailments.

• *Inner health and outer beauty.*

What our clients say

Insomnia "Justine has done more to improve my sleep patterns than any other of the myriad of health professionals (including Western, Asian, Naturopathy and Alternative practitioners) by whom I have been treated – unsuccessfully – for years and years and years."

Migraines "How refreshing it was to meet someone who had the interest and ability to understand the whole body! With Justine's expertise in acupuncture, osteopathy, massage and very importantly nutrition, she is unlike any other healthcare professional I have ever heard of. Justine has been a pleasure to know and a life saver for me. Her integrated approach is unique and I believe this is why her results are unique – success for Justine is keeping her patients out of her office because they are WELL."

Sciatica "I cannot believe the difference that I felt instantly – I could walk without the pain and stand up straight!! It's truly remarkable that only one treatment can take care of such a painful condition."

Digestive Disorders "Doctors and specialists...nothing worked. Within 5 treatment sessions with Justine, I felt healthy again. I truly believe Justine has a special gift to heal, and her kindness and compassion for her patients is really genuine and sincere. She has literally saved my life."

Fibromyalgia "I once had a sick child but because of Justine she isn't sick anymore!! There is no other way to explain what a difference Justine has made in my child's life other than I am so thankful. She now attends school..."

Knee Injuries "She made my knees feel so good in only 2 weekly sessions, yet when I went to physiotherapy for months I never felt this good."

Central Nervous System Disorder "I was diagnosed of impaired Central Nervous System and was treated by several Western and Oriental specialists without success. After only ten sessions with Justine, the shock and pain in my foot were gone forever. I can now wear shoes and walk without any pain."

Crohn's "I have tried every drug and test with little success. I have also tried other natural healing clinics but have never achieved the same state of release that I get from a visit with Justine."

Acupuncture Facelift "The first time I peered into a mirror after my initial session with Justine, I spontaneously and unexpectedly let out a "Wow!"

Weight Loss "I have lost 45 lbs and now look and feel just like Justine. Justine is a living example of what she teaches. She walks the talks."

Visit our website www.CHRcentre.com to read these inspiring testimonials from people who have a story to share.

- Justine Vo, D.O., D. Ac., CMT, RNC

Our therapies



OSTEOPATHY

"Osteopathy is the **knowledge** of the structure, relation and function of each part of the human body to the correction of whatever interferes with its harmonious operation.

- George V. Webster, D.O., 1921

Osteopathic manual therapy eases the restrictions or dysfunctions so the body lymphatic, vascular, and neurological systems can function normally again as an integrated whole.



ACUPUNCTURE

In Chinese medicine, a disease, whether caused by internal factors like emotions, or external factors like injuries, trauma, diet, and germs, is seen as imbalances in the organ system or Qi meridians. Acupuncture assists the body by opening or adjusting the flow of Qi throughout the organ system and the meridians or pathways, which will strengthen the body and prompt it to heal itself.



REFLEXOLOGY

Feet reflexology is a focused pressure technique applied to different parts of the feet which correspond to various organs of the body. When the reflexes are stimulated, the body's natural energy clears blockages in the corresponding zones, hence balancing body energy, enhancing blood circulation, removing stress and fatigue, improving digestive functions, and promoting better sleep.



DIET AND NUTRITION COUNSELLING

"We are what we eat". Many illnesses are caused by an imbalanced diet and a lack of nutrition. Partial information can be confused and misleading. There is no single 'magic bullet' that can cure all. If you want to change your health, you need to change your habit. Learn how you can eat normal foods differently and how proper nutrition can help you overcome your illnesses and be healthy again.

STOP Suffering!
DON'T Give Up!

Results you can feel...fast, effective and safe.

Each therapy has its merits.
When combined, they
produce astonishing results.