

SLEEP DISORDER, FATIGUE, ANTI-AGING

It is not often that one meets a multi-talented professional who lives up to their claims, but I am privileged to be a patient of Justine Vo, Acupuncturist, Osteopath, Reflexologist, Massologist, and Nutritionist, whom I have known for two years, and I can attest to her skills, passion and dedication in the field of health recovery and health maintenance. Justine is an integrative alternative health care practitioner who emphasizes basic common sense diet, nutrition and lifestyle as the most effective journey to long term cures/solutions for all conditions, including illnesses, injuries and aging. Inner health and outer beauty; youth from the inside out. Naturally.

One of the things that I like most about Justine's approach is that her intention is to lead her patients to permanent good health. It appears that she endeavours to combine all the treatments for which she has trained - reflexology, acupuncture, massage therapy, osteopathy and nutrition - in a manner specific to the patient and the conditions she is addressing. This includes a one-time diet and lifestyle program, and the recommendation of the appropriate, necessary supplements to reverse and maintain excellent health and prevent diseases such as cancer, heart disease and other common conditions (many of which have frequently been thought irreversible or have been labelled as incurable!).

When Justine first talked to me about nutrition, I was rather surprised at some of her suggestions. They just sounded so counter to my previous experiences - and I also believed, erroneously, that there was nothing wrong with my diet; yet, she was right and I feel so much better and look so much younger. And on closer inspection, what Justine says makes absolutely perfect sense (and appears to me to be based on scientific research), and I won't be one bit surprised to hear that when her ideas hit the mainstream, they'll catch on like wildfire.

By the way, her acupuncture facelifts, manipulation tummy tucking and acupuncture weight loss procedures feel great during their administration. Best of all, they have long lasting effects, especially when combined with her diet education. I don't know why, other than that her fingers are absolute magic, but when Justine massages my face, an incredible sense of happiness and well being washes over my entire body!

Now, as for why I originally went to see Justine and her partner at the time, it was because of my severe, lifelong chronic and thoroughly well-documented sleep disorder and its incumbent side effects. Through my treatments and the Justine's advice, I can unequivocally state that she has done more to improve my sleep patterns than any other of the myriad of health professionals (and they include Western, Asian, Natural and Alternative practitioners) by whom I have been treated - unsuccessfully - for years and years and years.



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As a health practitioner, Justine encourages ongoing dialogue (she's so easy to talk to) and periodic maintenance sessions. And, frankly, I have no objection to having her warm, healing, soothing hands massage me, any time. She's so relaxing! But I am glad that she neither expects nor wants unreasonable ongoing time-commitments. I am eternally indebted to Justine. Her compassionate nature shines through, and I thank her for all the improvements in my health.

Thank you, Justine!
Ruth Howard
Toronto, Ontario