

Cough – Digestive - Weight Loss – Children's injuries

I came to see Justine at a time when I was very unwell. I had pneumonia in the winter of 2009 and felt another chest infection taking hold of me in the fall, only 7 months later. With two young children and a busy career, I knew I needed to change something.

The day I came to see Justine, I had a hacking, congested cough, could not eat anything without severe diarrhea and upset stomach and was simply exhausted. When Justine did the initial intake and mentioned that she could help me lose weight, I was a little annoyed, as I felt this was an issue even worth mentioning. But she gave me such simple and direct advice about what to eat, how to exercise and was so correct about the myriad of problems I had that I had been ignoring or was just unaware of that I knew I could trust her. I followed her instructions and within days my digestion was tremendously improved.

I took Justine's advice and invested in my health. I took her healthy eating course. I bought some of the home products she recommended. I did the exercise she told me to do. I saw her regularly for about a month.

I got better. My chest infection went away. My exhaustion went away. Moreover, I lost 15 pounds and kept it off, effortlessly.

I have not missed a day of work due to illness since I came to visit Justine. I have not had so much as a serious cold. I am in touch with my body and know when I need to exercise, get more sleep or to have a tune-up from Justine. I can manage a busy law practise, being the mom of a 4 and 6 year old, volunteering for my church and the girl guides without feeling overwhelmed because I have my health.

I have also brought my children to see Justine. She advised me to follow the same dietary recommendations that she had for me to deal with my daughter Alison's (age 6) sleep difficulties, including nightmares. It worked. She no longer suffers from nightmares and is able to fall asleep at a reasonable time. (This is a good thing for my sleep too!) We came to see her when Alison complained of an aching back after a bad tumble over the sofa. After a 20 minute treatment, I heard no further complaints.

The most amazing thing I have ever seen Justine do was treat my son Edwin after he fell face first on the coffee table. The fall was so severe that almost immediately after falling, there was a quarter sized lump just over his eye and he was clutching his jaw in pain. My husband wanted to take Edwin to the hospital and we decided I would take him. (My husband set off to take Alison to her Christmas concert) Edwin said to me "I want Justine" as we got into the car. I passed by her office and saw her light was on, so dropped in. Edwin was sobbing and seemed to be going into shock. Justine immediately began treating Edwin. The lump over his eye had grown to the size of a large egg and I anticipated that it would be swollen shut for a few days. Within 10 minutes, Edwin stopped crying. Justine released the building pressure in the contusion and adjusted his jaw. When we left after about 40 minutes, Edwin was happy and we actually made it to my daughter's Christmas concert. Justine recommended that we come back a few times in the next few days, which we did. He barely had a black eye, never mind it being shut. I know that seeing Justine at that time was so much more effective than any visit to the Emergency Room could be.

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