



Osteopathy • Acupuncture • Reflexology • Massage • Nutrition

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OVERCOME YOUR HEALTH CHALLENGES AND INJURIES

If you are suffering from an illness or an injury and have tried, without success, various traditional medical treatments and/or alternative therapies, we might 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.

- **STOP SUFFERING. DON’T GIVE UP.**
- **RESULTS YOU CAN FEEL... FAST, EFFECTIVE, AND SAFE!**

ACHIEVE OPTIMAL HEALTH & YOUTHFULNESS

Natural Health and Anti-Aging solutions are in vogue. Whether you are a young man or woman or a mature person, you probably share the same dream, to be **Healthy, Fit, Youthful, Beautiful, and Happy ~ Your Very Best Self!**

At CHR, we can help you achieve all that, in the most natural and effective way. Remember, there are no “magic bullets” that can treat all conditions. What is required is a sensible solution that addresses the source of your particular health condition!

- **INNER HEALTH AND OUTER BEAUTY, NATURALLY!**
- **LOSE WEIGHT EASILY ~ KEEP IT OFF, SUCCESSFULLY**

THROUGH OUR UNIQUE AND CUSTOMIZED BLEND OF THERAPIES, INCLUDING OSTEOPATHY, ACUPUNCTURE, ACUPRESSURE MASSAGE, REFLEXOLOGY, AND NUTRITION COUNSELLING.

ANTI-AGING ACUPUNCTURE FACELIFT AND FACIAL MASSAGE

Yes, you can look **beautiful, youthful, firm, fresh, and lifted... naturally!**

Try our unique acupuncture facelift followed by our special blend of “acupressure-osteopathy”, facial massage, and our high-performance anti-aging facial treatment.

“TUMMY TUCKING”, WEIGHT LOSS, ACUPUNCTURE

Much of the fat in your body is located in the abdomen. Try our highly effective “Tummy Tucking” Weight Loss Acupuncture to burn the excess abdominal fat quickly while you follow our HealthPointe Weight Loss and Health Optimization Program.

START WITH OUR UNIQUE “CHR REFLEXOLOGY HEALTH CHECK”

Your feet are the roots of your body. They reflect your unique 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 one particular illness or injury.

WHAT WE DO

Osteopathy or Osteopathic Medicine is a form of complementary medicine that emphasizes the treatment of health ailments through gentle and painless manual therapy techniques. Such treatment includes gentle massage, soft tissue mobilization, various connective tissue techniques, myofascial release, craniosacral techniques, mobilization and manipulation of joints, mobilization of neural tissue, visceral mobilization, and strain and counterstrain positional release technique. Osteopathy soft manipulation techniques are very effective in the treatment of a wide variety of orthopedic conditions such as headaches, fibromyalgia, sciatica, tendonitis, chronic neck pain, post-surgical conditions, head injuries, and whiplash, as well as sinusitis and gastro-intestinal conditions. According to osteopathic principles, the body possesses self-regulatory mechanisms; it has the inherent capacity to defend and repair itself; the movement of body fluids is essential to the maintenance of health; and the nerves play a crucial part in controlling the fluids of the body. When the normal adaptability is disrupted, or when environmental changes overcome the body's capacity for self maintenance, disease may ensue. Osteopathic skilled hands-on techniques manipulate, mobilize, and treat soft tissues and joint structures for the purpose of modulating pain, increasing range of motion, reducing or eliminating soft tissue inflammation, inducing relaxation, improving contractile and non-contractile tissue repair, extensibility, and/or stability, facilitating movement, and improving function.

Acupuncture and Acupressure Therapy is a therapeutic intervention in Traditional Chinese Medicine to regulate the flow of *Qi*, or “vital energy”. The insertion and manipulation of needles into the skin, and/or the application of pressure at specific points along the meridians or channels through which *Qi* flows, helps to correct any imbalance, excess, deficiency, or lack of fluidity in the flow of *Qi*, and restore a healthy energy balance. *Qi Stagnation* (i.e., *Qi* is blocked or not flowing smoothly) can arise from a number of causes including emotional, positional, cold, heat, injury, repetitive movement, trauma, surgery, etc. When *Qi* stagnates in one area, it slows down the *Qi* flow in other areas. A person who feels cold is “yang deficient”, i.e., not enough “yang” energy to warm the body, causing *Q* to stagnate. The liver and gall bladder are the two organs that are most vulnerable to anger and frustration. Hence, a damaged liver and/or gall bladder, no matter the cause – emotional, trauma following an accident or a surgery, virus, poisoning, bacterial infection – will trigger *Qi* stagnation and emotional anger and frustration. Such emotion will in turn result in more *Qi* stagnation and more anger, in a snowballing effect. The same applies in the case of “blood stasis” (blood not flowing properly), following an accident or a surgery. “Blood stasis”, if not treated, can cause *Qi* stagnation. *Qi* stagnation (in particular Liver *Qi* stagnation) can trigger “blood stasis” problems, if left untreated. An excess of foods that are too cold or too hot can also trigger *Qi* stagnation problems. Spinal misalignment caused by a birth defect, an accident, or long exposure to cold, causing the muscles to contract excessively, can also trigger *Qi* stagnation. Each meridian (pathway of energy) has a proper direction of flow, and each emotion will affect energy flow in a different way. For example, energy in the stomach meridian is supposed to descend. If it rebels and flows upward, a person can experience problems like nausea, vomiting, burping, acid reflux. The flow of energy of the spleen meridian is supposed to ascend. When it sinks instead of rising, a person can experience problems like a prolapsed stomach, prolapsed uterus, or prolapsed anus. *Qi* stagnation in one area can trigger another imbalance in another area. Energy that stays in one place for too long and cannot move freely, produces what is known in Chinese medicine as “heat”. And if this goes on too long, the “heat” can change into “destructive fire” and the person will have major related health problems.

Diet and Nutrition Counselling – We are what we eat! Many illnesses are caused by the lack of, or the excess of, or the deficiency of foods, and irregular eating habits. If an illness is caused by foods and poor eating habits, adjusting the food intake and the eating habit is the best solution to restore diet-related health. Solutions other than changing the diet can only mask or slightly reduce the symptoms of illness. Because eating incorrectly over a long period of time causes body fluid and body energy to stagnate, osteopathy and acupuncture-acupressure therapies will help to clear the stagnation, and to improve the function of the body structure. However, to achieve optimal result of health recovery, one will need to change their diet and eating habits. At CHR, we offer you a Comprehensive Health Recovery treatment program which includes the manual therapies, along with diet and nutrition counseling.