

October/2010

Inspired Health

For a balanced and active life!

A Newsletter brought to you by Work Well Health Canada!

MESSAGE FROM THE EDITOR:

It's October. Crimson leaves, kids back in school and the holidaying of summer is, well, sadly, doneskis. The upside? Your schedule has stabilized and you're feeling earnest about getting things done.

How about scheduling a little "me time" and popping good health into your calendar on your crackberry? In this issue of Inspired Health, we are pleased to share some cool tips and announce some great new programs: Monday Morning Meditation to make you spiritually SLICK and our Total Weight Loss Program combining Advanced Laser with the most effective methods to make you lean, calm and relaxed and feeling great! See inside for a list of program details and wellness tips.

Announcements:

Gotta Cushion?



Monday Morning Meditation Starting October 18th.

**Where: 401 Bay Street, Suite 1600
When: 7:30AM-8:30AM**

Here's the question we asked ourselves. How could we set our week to the "sanity cycle"? We know the rigors you endure every Monday morning – and, that chaos wrecks havoc with health.

So here's what we've put together just for you. Monday, before the games begin, let our third generation Buddhist Meditation Instructor gong the bell and guide you to a peaceful inner world. Set yourself up for success by setting your state. RSVP: info@wwhcan.com. Cost: \$20 at door.



Newsflash: C.A. Tries Something Different!

Geoff, a C.A. by profession, runs a thriving Marketing & Branding company in Toronto.

Here's Geoff's story. Now Geoff's a guy who doesn't buy into getting old. He's an energetic sports buff **running** a thriving marketing and branding business in Toronto for over 20 years. And running is the key word here. Geoff's energetic and passionate about staying **in** action – and in the action.

In April 2009 was struck with a severe muscle injury that kept him in chronic pain with shooting pain down the right side of his hip. Living with pain was his new normal. Geoff will be the first one to say that he's a pretty conventional guy. So what'd he do? He went to the doctor and signed up for some pretty rigorous chiropractic adjustment treatments. Akin to Geoff's results and action oriented personality, he opted for a pretty packed treatment plan and was up to 6 appointments in a few weeks - much to his disappointment, he was not feeling any better.

Now Geoff isn't the kind of guy to lie down and say uncle. He's a really successful guy, and really successful people are inherently persistent right? So Geoff started digging for alternative options. That's when he found us at Work Well Health Canada.

Frankly, he was desperate (chronic pain can do that to you).

Geoff up signed up for a series of treatments using a number of modalities including Laser/Acupressure. Yup. You guessed it. A few months and six treatments later, his body's keeping pace with his ambition. He's experienced significant pain relief, enough to get him zipping again!

Now if you asked Geoff how he feels about the treatments, he'd say "they're a little unorthodox". Shannon his practitioner uses multiple modalities including Acupressure, Laser Treatments and Detoxification. But guess what? He doesn't care! Unorthodox, unshormthodox, it worked! And it's natural. Safe. Relaxing. Kinda like getting massage. Geoff enjoys his treatments and says: "Shannon really has an understanding of the mechanical workings of the body. I feel much better after each treatment".

Ridding yourself of pain – or quitting smoking or losing weight or dumping anxiety – can be **easy**. It's not carved in stone that good health comes from being a medical dilettante, skipping from one practitioner to the next. Or that you need steely (and elusive) will powerto give up an addiction or a bad habit.

Light therapy, Laser treatments and the other modalities we use are as easy as climbing up onto a massage table and having a snooze.

You'll slide off the table, relaxed, refreshed and well! What are you waiting for????!!!

Your health plan at work probably covers the cost.

So for absolutely **nothing**, you'll feel **AMAZING** - **and** enjoy getting there.

Call Work Well Health Canada today and book a free consultation!

**Phone: 416-646-6783.
Email: info@wwhcan.com.**

Find out how Laser Therapy and blended Modalities for: Weight Loss, Quit Smoking, Stress and Pain Management is helping thousands of People like Geoff feel great!

...Oh, and by the time the next holidays season rolls around, you'll be the envy of the Christmas party. Consider it an advance gift to yourself. You'll be a lean, pain free, vital non-smoker who's calm and relaxed.

Now **that's** something you can't get in a box!

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Is Losing Weight a Lonely Pursuit?

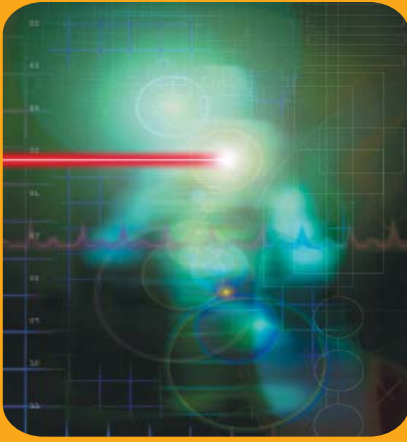


Group Weight Loss. Next Session Starts October 27th.

**Where: 401 Bay Street, Suite 1600
When: Lunch Time or Evening Schedule**

We all know when you've got kilos to shed, getting to less feels like more. Why? Take heart! You'll experience a totally new way to rid yourself of the pounds. You'll be supported with state of the art Laser Therapy – and maybe by a new friend, someone who feels exactly as you do about tipping the scales in a very happy direction. Call use today at: 416-646-6783

or email us at:
info@wwhcan.com.



FAQ's Laser Therapy — FAQs

What is Laser Therapy?

A treatment option that uses the energy of light to heal.

How Does it Work?

The interaction of laser light and tissue causes a photochemical reaction which stimulates natural healing processes

What Can it be used for?

To eliminate your pain, stress, weight loss and to help stop addictive behaviors such as smoking.

Is it Safe?

Yes. It is %100 safe (FDA & Health Canada approved), effective & painless with No Side effects..., offered as a benefit at many businesses.

How Can I find out More? Visit Work Well Health Canada at www.wwhcan.com

FOOD TIP



Did you know that many of nature's yummy and healthy foods are actually a reflection of our bodies and vital organs!

For more medical information about healthy foods please check out: www.whfoods.com.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and research today shows grapes prevent heart disease and reduce platelet clumping and harmful blood clots. The stronger the color of the grape is, the higher the concentration of phytonutrients. They are profound heart and blood vitalizing food.

A sliced Carrot looks like the human eye.



The pupil, iris and radiating lines look just like the human eye...

And YES, science indicates carrots greatly enhance blood flow to the eye, help protect the vision, especially night vision.

WHFoods: Carrots

How much water do I really need?

Ever wonder how much water you should drink every day.

Here is an easy trick to figure it out. Drinking water every day will help you to be more healthy and lose weight so make sure you know how much you need! Weigh yourself and write down or note your weight.

1. Take the number of pounds you weigh and multiply that by 2/3.
2. That is the number of ounces you should drink everyday.
3. For example, if you weigh 150 pounds, two thirds of that is 100 and that is how many ounces you should drink daily.
4. Add 12 ounces of water for every 30 minutes you work out.



All Treatments & Programs are offered remotely at the Company site or our Clinic Locations.

Call us and find out how treatments can be covered under your company benefit plans and how we can bring the gift of good health to your workplace today. Work Well Health Canada: 416-646-6783.

List of our Programs

- Relief from Pain
- Stress Management
- Weight Loss
- Quit Smoking
- Detoxification Program
- Nutritional Counselling
- Herbal Consultations

List of our Services:

- Laser Therapy for all programs
- Acupuncture
- Needle Free Acupuncture
- Registered Massage Therapy
- Tuina Massage
- Swedish Massage
- Lymphatic Drainage Massage
- Naturopathic Medicine
- Nutritional Counselling
- Aromatherapy
- Western & Eastern Herbal Medicine
- Hot Stone Therapy
- Jade Cold Stone Therapy
- Reflexology
- Mindful Meditation courses
- Reiki
- Orthotics
- Onsite Yoga Classes
- Martial Arts Classes



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