

Topic List

Offered Onsite

Unlimited Attendee's (based on room size)

All seminars are led by registered health practitioners

Stress Busting: Learning To Relax in Stressful Times

Stress is everywhere – at home and at work. Stress can have a huge impact on your health, including weight, sleep, digestion, and can make you more susceptible to diseases. We can't run away from stress, but we can learn how to better cope. In this interactive session, learn how stress affects your body, and practical techniques to reduce your stress levels. You will learn how to stimulate specific acupuncture points, self massage techniques and mindfulness breathing exercises that you can do at home or at the office to reduce and eliminate the effect of stress from your life.

Heart Smarts: Lower Your Blood Pressure & Cholesterol

Many Canadians struggle with High Blood Pressure and Cholesterol. Are there other options for lowering your blood pressure and cholesterol without medication? Or are there ways to reduce your dependence on these pills? In this session, learn about safe and effective ways to lower your blood pressure and cholesterol through diet, lifestyle, herbs, and other natural strategies

Lighten Up: Lose Weight Naturally

There are so many weight loss diets out there. Do you really need a complex diet to help you lose weight? NO! In this session, learn about how changing the foundations of your diet can help you manage your weight, and how other factors, including stress, can play a huge part in whether you shed those pounds.

Mega Memory: Attain Higher Clarity & Focus

Your mind is like an instrument, you must practice every day if you wish to keep it in tune. If you are one of the many who suffer from poor memory, especially as you get older, then find out why and how to get your mind back in tune. Whether the root cause is poor diet, hectic lifestyle, stress, poor sleep, or chronic illness, a fading memory is not a normal process of aging. In this interactive seminar learn specific foods that boost your brain power. You'll participate in mind exercises and play a brain game to enhance your memory and stay fit as a fiddle.

Be Well Naturally: Stay Healthy & Prevent Disease

Does an apple a day really keep the doctor away? The body has many self-healing and self-regulating mechanisms that keep you healthy if they are working optimally. In this session, learn how these mechanisms work and how you can keep them working well. You will learn some simple ways to stay healthy and prevent disease.

Good Food: You Are What You Eat

Learn the importance of good nutrition and how eating good foods can help you achieve optimal health. Whether you are looking to manage your weight or just eat healthier, learn some great tips and recipes to help you achieve your goals. Good food can be nutritious and delicious!

Eating On The Run: Easy, Healthy Office Snacks & Lunches

Eating healthy doesn't have to be difficult, expensive, or time-consuming. In this session, learn tips on healthy snacks and lunches that are quick and easy to make for the office. Healthy foods at work can give you more energy, helping you to reduce your dependence on caffeine, fight that mid-afternoon fatigue, and have more energy when you get home.

Food for your type: Prevent Disease Through Your Diet

You're as unique as each piece of food that nature grows and because everyone is different, we should all eat different foods too. Learn your individual constitution and what specific foods you should and should not have in your daily diet to prevent disease. *In this seminar, our Doctors will teach you what your body type is based on TCM diagnosis, arm you with a specific food guide corresponding to your individuality and show you techniques that will invigorate your energy, boost your immune, and prevent disease.*

Fatigue Fighter: Boost Your Energy

Do you often feel tired, hit a slump mid afternoon or just simply don't want to get out of bed in the morning? In our hectic lifestyles, fatigue and low energy have become commonplace in our society that we forget how it feels to live revitalized and energised. In this interactive discover the root causes of your low energy and how to combat them. Learn tips & tricks to boost your energy and specific techniques to enhance your vitality and prevent fatigue.

Chronic Pain: You Don't Have To Live With It

Many people live with chronic pain, but many types of chronic pain can be relieved through gentle and natural therapies. In this session, we will explore different conditions that can cause chronic pain and she will present some gentle and natural therapies that can help alleviate the pain. You will also learn some practical techniques to help you decrease and better manage certain types of chronic pain.

Beat the Flu : With or Without the Needle

Why do some people get the flu while others don't? The answer: A Strong Immune System. Whether we're talking about the seasonal, bird or swine variety, the flu virus does not have to affect you. In this session, learn how to boost your immune system to reduce your risk of catching the flu.

Detoxification Demystified: How and What It Is

Our bodies are exposed to toxins on a daily basis, at a rate faster than our bodies can eliminate them. Learn how toxins can affect your health and explore how the body naturally detoxifies. In this session, we will demystify the many different types of detox diets and cleanses out there and help you pick which one is right for you.

Sleep Tight: Getting a Good Night's Sleep, Naturally

Do you have trouble falling asleep or wake in the middle of the night? Sleep is a time for the body to restore itself, a time when the body fights infections, heals wounds, and restores your nervous system. When you are not sleeping well, this can have a huge impact on your health, including weight management, infections, memory and cognitive function. In this interactive session, explore how poor sleep effects your body, and you will learn gentle and natural techniques to help you get a good night's sleep.

The Fountain of Youth: Rejuvenate Your Face Naturally

Your face tells a unique story, learn what your face reveals about your state of health and inner balance. Learn secret techniques to revitalize and eliminate wrinkles with special facial rejuvenation techniques. In this special seminar, you will learn a daily routine you can do at home and secret recipes you can make to create your own fountain of youth.

Hydrotherapy: Healing with Water

Hydrotherapy is the use of hot and/or cold water to stimulate circulation in a specific way. Different applications are used to affect the immune system, circulatory system and digestive system, as well as regulate the nervous system. I will discuss some basic techniques to help with infections, cold hands and feet, poor digestion, constipation, insomnia, relaxation, general wellbeing, and much more!

A Healthy Start to School: Boosting Your Family's Immune System

With the new school year approaching, it may be time to think about boosting your child's immune system. With kids going back to school and being exposed again to other children, many parents find their children catching the flu or some other illness and soon the whole family is sick! In this session, we will discuss how strengthening the body's natural defence mechanisms can ward off these infections. You will learn some practical tips, safe for adults and kids, that you can do at home to give your family a healthy start to the new school year.

Holiday Eating: Top 10 Tips To Stay Trim This Holiday Season

Learn eating tips and secrets that you can use right away. Yes! You can have that Holiday Cake and EAT it too if you know the facts on how your body and mind works with the food you eat. You CAN stay trim and fit this holiday season while still enjoying all the holiday foods. Lunch provided. Seating limited – sign up now!