

All About Your Health

NATURAL THERAPIES

A hair analysis by computer is important to assess toxic metal build-up in the tissues and biochemical balance or minerals.

- 1.) Naturopathic consultation
- 2.) Cleansing and detoxification
- 3.) Chiropractic assessment of structure
- 4.) Massage, Shiatsu, Exercise, Yoga
- 5.) Far infrared saunas
- 6.) Swimming
- 7.) Church activities
- 8.) Club activities
- 9.) Psychotherapy
- 10.) Consult with a minister, priest or rabbi



Heather Brown
RPN, CR, RHN

Nursing Foot Care
Reflexology
Reiki
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Nutritional Consulting
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Vikki Smyrniotis, B. Sc., DD John Tatsiopoulos, DD



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(Dr. Boljkovac's Office)

SEASONAL DWELLINGS REQUIRE SMOKE ALARMS

On June 30, a 34-year-old man and two young children died in a fire in a trailer park in Essex, Ontario. It has been confirmed by Office of the Fire Marshal investigators that no working smoke alarms were found in the trailer.

As a result of this tragic fatal fire, Kawartha Lakes Fire Chief Dave Guilbault is urging everyone to have a working smoke alarm in their trailer home, motor home or other recre-



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