

All About Your Health

PRECONDITION YOUR MIND FOR HEALTH SUCCESS!

By Muriel Grant D.C., N.D.

Give life to your physical body by your mind-set.

It is not our circumstances that get us down; it is our attitude to the circumstances — our mind-set.

There are challenges in everyone's life. If you look hard enough, you can look for the good in most situations.

Don't allow yourself to look always for the negative. You may be going through a situation, which will eventually point you in a better way.

The French doctor, Dr. Emile Coule, taught his patients to say five times daily "Every day in every way, I'm getting better and better." He was training their minds for health success.

A negative mind-set keeps you from fulfilling your destiny. Further, there is overwhelming evidence that disease sometimes begins in the form of negative thought impulses.

Negative people see only the problem, positive people see the possibilities.

What goes out, comes back to haunt us. If we never see our health improve, it may be that we must make some changes, but our attitude toward the situation is important.

The mind/body connection is very real and more

research is being done in this regard today.

Our thoughts can gear us forward, into reverse or to stay in neutral.

If you transform your thinking, you can transform your life.

Expect your health to improve - get rid of Murphy's Law of Negativity. Do something good for someone - it will always give you a lift.

Emerson once said, "Great hearts send forth secret forces that draw great events."



Bobcaygeon
Physiotherapy Clinic

Village Professional Centre
3401 County Road 36
Bobcaygeon, Ontario

(705) 738-9000

(705) 324-5085 • www.therapacc.com



Heather Brown
RPN, CR, RHN

Nursing Foot Care
Reflexology
Reiki
Raindrop Therapy
Nutritional Consulting

705 887 1169



VICTORIA DRUGMART PHARMACY


189 Kent Street West, Lindsay

Open 7 Days a Week Mon-Fri 9-9 Sat 9-6 Sun/Hol 10-4


When You Get Your Prescriptions from Victoria Drugmart We Include:

- Dosette Dispensing
- Medication Management Service
- (Weekly Blister Pack)
- Free Delivery to ALL Rural & Urban Areas Within CoKL
- Monthly Blister Pack

Call Ali 705-328-1999



Sherri Weaver
Registered Massage Therapist
Accepting new clients



Body & Sole
THE VILLAGE SPA

47 William Street
Bobcaygeon
731-0488

Insuring Ages 0 - 90
* No Medical Required *



ARE YOU COVERED?

- Household Bills
- Mortgage
- Loss of Income
- Funeral Expenses

Shelley Bertram
Licensed Life Insurance Agent

BERTRAM
INSURANCE & FINANCIAL SERVICES

Life Health Travel

CALL FOR A QUICK QUOTE

(705) 657-3882
1-866-657-3882
insure_me@sympatico.ca
BUCKHORN, ON