

Managing *Your* HEALTH CARE

YOU DON'T HAVE TO STAY SICK

Most ill health can be improved and often dramatic changes occur through natural methods of healing. Drugs are not your first line of defense. Not surprising, we must get back to nature.

As mentioned, in order to have a fine, smoothly running car, we must keep it in good condition - PREVENTION then is the key.

CLEANSE, REJUVENATE AND CONTROL WEIGHT TO GAIN ENERGY

Disease cannot live in clean tissues. That is why

THERAPACC Inc.
Rehabilitation Services

Bobcaygeon Physiotherapy Clinic

The Village Professional Centre
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cleansing and detoxifying the body is recommended often. Just as dirty motor oil gums up the car's engine, a polluted blood stream slows down bodily function - the forerunner to disease.

If we eat 3-4 times daily, we must eliminate more than once daily, so that the end products do not load the system.

Reduce dead, overly cooked, canned or processed foods. Cook from scratch. Grow your own or buy organic as much as possible. Eat foods of high quality, green salads, raw or lightly steamed vegetables and fruit, seeds, nuts and whole grains are very important. Eat easily digested proteins, fish, chicken, some meat and eggs.

Drink several glasses of pure water daily; reduce smoking, alcohol, soda pop, sugar and junk foods if you want to keep your health. Exercise daily-walk as much as possible. Avoid chemicals. Read Labels. Get plenty of rest - avoid sleep deprivation.

After cleansing the body, cleanse the mind of impure and negative thinking - it will give peace to your soul. Without peace, your body cannot function normally. Don't give disease a place to start. Attitude is everything if you want to succeed.

Basic Nursing Footcare



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Heather Brown RPN

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Bobcaygeon Foot Care Clinic



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Foot Pain or Problem? See the Foot Care Specialist

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- ☑ Heel/arch/foot pain
- ☑ Corns and callus
- ☑ Diabetic foot care
- ☑ Ingrown toenails
- ☑ Fungal/thick nails
- ☑ Bunion pain
- ☑ Claw/hammer toe
- ☑ Plantar warts

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49 King Street East
Nadine Wilson, D.C.
Chiropodist/Foot Specialist

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