

ASK YOURSELF THESE IMPORTANT QUESTIONS:

- 1) What do you feel is most important for a good quality of life?*
- 2) How many hours a week to do you spend planning, working, commuting, cleaning, tidying, etc?
- 3) Now how many hours a week to do spend on your health and wellness?
- 4) People are living longer. In what state of health are you planning on spending your extra years?
- 5) Are you doing enough now for your health and wellness?

We are typically focusing so intently on working hard at making a living – living in the *present*. Now ask yourself – is your health such that you are enjoying the *present*?

What about your *future*?

** *Research has repeatedly revealed that health is consistently believed to be most important in determining a good quality of life.*

By Appointment Only

Initial appointment - 1½ - 2 hrs

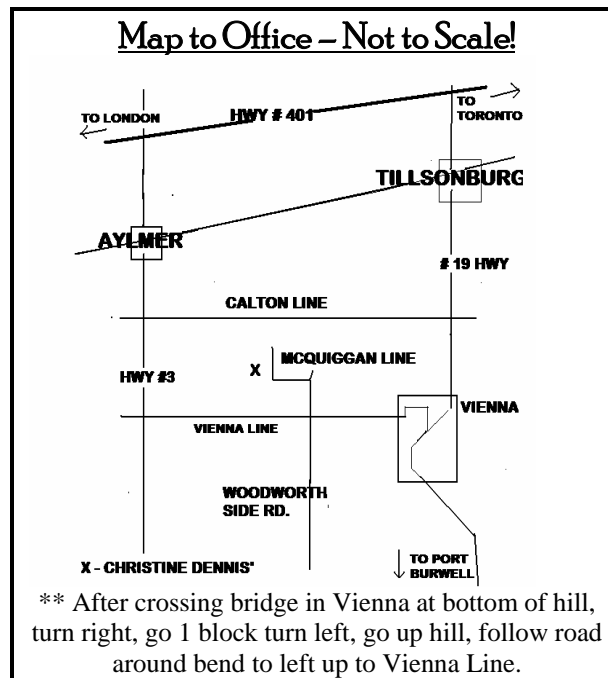
Adult \$75*
Child \$60*

*Includes first 100 mls of herbal tincture.

Repeat visits

½ hour
Adult \$25
Child \$20

1 hour
Adult \$40
Child \$30



Christine Dennis

RH, MNIMH, MSc. (Herb. Med.)

MEDICAL HERBALIST

*Helping you get to the root
of the problem*



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Christine has a **Master of Science degree from the University of Wales (MSc.)** in the UK. This is the highest herbal medicine qualifications available in the world. Christine is one of four people in all of North America with this level of training and education.

Christine is a Professional Member of the **Ontario Herbalists Association (RH)** as well as a member of the **National Institute of Medical Herbalists (MNIMH)** in England.

Living on an organic farm allows Christine the perfect opportunity for her home based office, and giving herbal walks and talks as well as at other locations around southern Ontario.

"I help people solve their health and personal problems. I help them achieve their needs and wants. I do it in a short and concise manner so that they have time to enjoy their lives."

TREATMENT OFFERED

Herbal Medicine is particularly effective in treating many of today's chronic and acute conditions, including:

- Digestive problems
- PMS
- Menopause
- Frequent colds & flu
- High blood pressure
- Cholesterol
- Sleep disturbances
- Anxiety
- Depression
- Stress
- Fatigue
- Low energy levels
- Hyperactivity
- Concentration problems

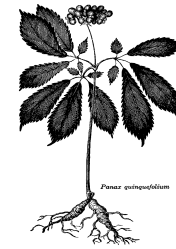
A course of treatment may involve specific dietary advice, helping the individual to develop healthy lifestyle skills and, if necessary, an individually designed herbal prescription.



MEDICAL HERBALISTS AND HERBAL MEDICINE

Medical Herbalists combine historical knowledge with the latest scientific research. They are educated in the study of medical sciences, diagnostic skills, pharmacy, Materia medica, dietetics, in addition to supervised clinical training and experience.

Medical Herbalists are trained to take into account any medications that have been prescribed.



To identify the underlying cause of disease, the focus of the treatment plan is to look at the entire individual and not necessarily just one health problem.

Medical Herbalists are not exclusive of orthodox medicine and encourages working alongside doctors.