

HEALTH & WELL BEING



How healthy are your breasts?

Breast health workshop to explore cancer care and prevention options

Heal Thyself Wellness Centre in Acton is holding a Breast Health Workshop on Saturday, March 13, 9 a.m. till 4 p.m.

This one-day workshop, which costs \$105 including a healthy lunch, explores topics such as breast self examination, breast thermography, the roles of hormonal and environmental links to breast cancer, implementing a healthy breast diet and nutritional supplementation for breast health.

Heal They Self owner, Dr. Cynthia Simmons, HD, Healthy Breast Program educator and Certified thermographic technician and former pharmaceutical clinical research consultant, will also explore emotional causes of breast cancer, body detoxification and immune enhancement and improving lymphatic circulation.

This workshop, based on "The Healthy Breast Program", is beneficial to both women who have or have had breast cancer as well as those that are healthy. It is designed to educate and support women in making lifestyle changes to help in their recovery (or prevention), and inform about naturopathic therapies that can complement con-

ventional treatments.

Breast cancer is the most common cancer among women worldwide. If one is currently disease-free, now is the time to make sure they stay healthy! This workshop provides women with valuable resources on how to stay healthy.

Simmons is recently trained by Sat Dharam Kaur, ND, author of the well-known book, *The Complete Natural Medicine Guide to Breast Cancer*, which is a practical manual for understanding, prevention and care. The Healthy Breast Program now offered at Heal Thyself Clinic follows a naturopathic protocol for preventing breast cancer and treating women with the disease, used in combination with allopathic diagnosis and treatment options.

For Information: Heal Thyself Breast Health Centre, Thermography Clinic of Halton Region, 13377 Fourth Line at Hwy 7, Acton. Call 519-853-8950 or email c_simmons@sympatico.ca, or www.healthyselfclinic.com

CASHh seeks canvassers

Cancer Assistance Services of Halton Hills needs your help. Please volunteer for a few hours in April for the annual fundraising campaign, you will be glad you did. Please visit www.cancerassistance.org or call 905-702-8886 for details.



HEALTHY ENERGY

The energy drink craze is nothing new. In fact, energy drinks are everywhere – at the grocery store, in the gym, and on sale at the convenience store.

The problem is that most energy drinks are full of added caffeine and other harsh stimulants, refined sugars, high-fructose corn syrup, and other synthetic chemicals that don't solve the energy problem. The result is a short-lived, "false" energy that will eventually lead to a dreaded crash.

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If only women paid as much attention to their BREASTS as men do.....!

519.853.8950

www.healthyselfclinic.com

Pro-Active Breast Health Workshop

Saturday March 13th, 2010 9 am – 4 pm

Topics: Get to know your breasts, hormonal & environmental links to breast cancer; Medical Thermography, healthy breast diet, detoxification, lymphatic & immune balancing

Heal Thyself Breast Health & Thermography Clinic

Dr. Cynthia Simmons, HD, CTT & former Pharmaceutical

Clinical Research Consultant

"Your Breast Friend for Health"

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