

Health Mind & Body

Soothing... Mind, Body and Soul

Experience a sense of rebirth as you slip into the revitalizing rejuvenating waters of a spa. Water - an essential element of life and mankind's primary source of health and well-being since the beginning of time. Water soothes, heals, revitalizes and refreshes, giving us renewed vitality while it quenches our thirst, both physically and spiritually. The healing power of water can be yours with the addition of a beautiful spa. Created with both energy efficiency and beauty, a spa adds a striking architectural feature to any home. In our fast-paced world, it's important to set aside quality time for friends and family, and a spa gives you a natural focus for those special hours together. You'll treasure the memories of these precious moments spent in your private family retreat.

Relieve stress, headaches, insomnia & physical exhaustion by simply sinking into a spa. Imagine dozens of pulsating, swirling jets releasing the tensions created by your busy life, leaving you feeling relaxed and renewed. As a vital part of healthy living, hydrotherapy technology has made it possible for everyone to enjoy its benefits in their own home. Hydrotherapy addresses these 3 key

elements - massage, buoyancy and heat which are all delivered to the joints and muscles by way of a home spa. After receiving the healing effects of your spa, don't forget the value of a "Good Night Sleep". A quality mattress allows you to turn a "Good Nights Rest" into a "Good Morning!"

Would you like to have more information?

Visit **Emerald Isle**, 400 Main St., Milton 905-693-9948. Compliments of **Emerald Isle**.

Allergy, Asthma, Migraine, Fatigue, Arthritis, Shoulder, Insomnia, Stress, Stroke...all kinds of pains, numbness.

BACK PAIN?

Can be stopped or greatly improved within 5 seconds! To prove it, 1st treatment is Free! The best treatment is to let the body cure itself. But it is only possible when the body system is fully balanced. YinYang5Element Theory is the sophisticated science of controlling and regulating the balance of the body. The most powerful method of controlling YinYang5Elements of the body is F.E.A. (five elements & energy acupuncture). This procedure stimulates a combination of special energy points hidden within the body, and can only be performed by a highly experienced specialist. Most pains can be controlled right away!! James Kim is the only F.E.A. specialist in Toronto.

F.E.A. specialist Dr. Ac. James Kim
416-788-3837

7460 Airport Rd.
South of Steeles Avenue
(Airport Medical Centre)

4915 Bathurst St. (#216)
Toronto

Office Hours:
Toronto 3:00-8:00pm
Mississauga 8:00am - 2:00pm



Dr. Janice Faulknor

Announces the opening of her

Family Medical Practice

located at

Hunter Medical
200 Mill Street, Milton

Please call for an appointment 905-878-4989

ACCEPTING NEW PATIENTS

Milton Wellness Center
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Assessment Accident Claim Reports

190 Main Street, Milton
(Entrance off Mary St., Beside Century 21)

Emerald
ISLE

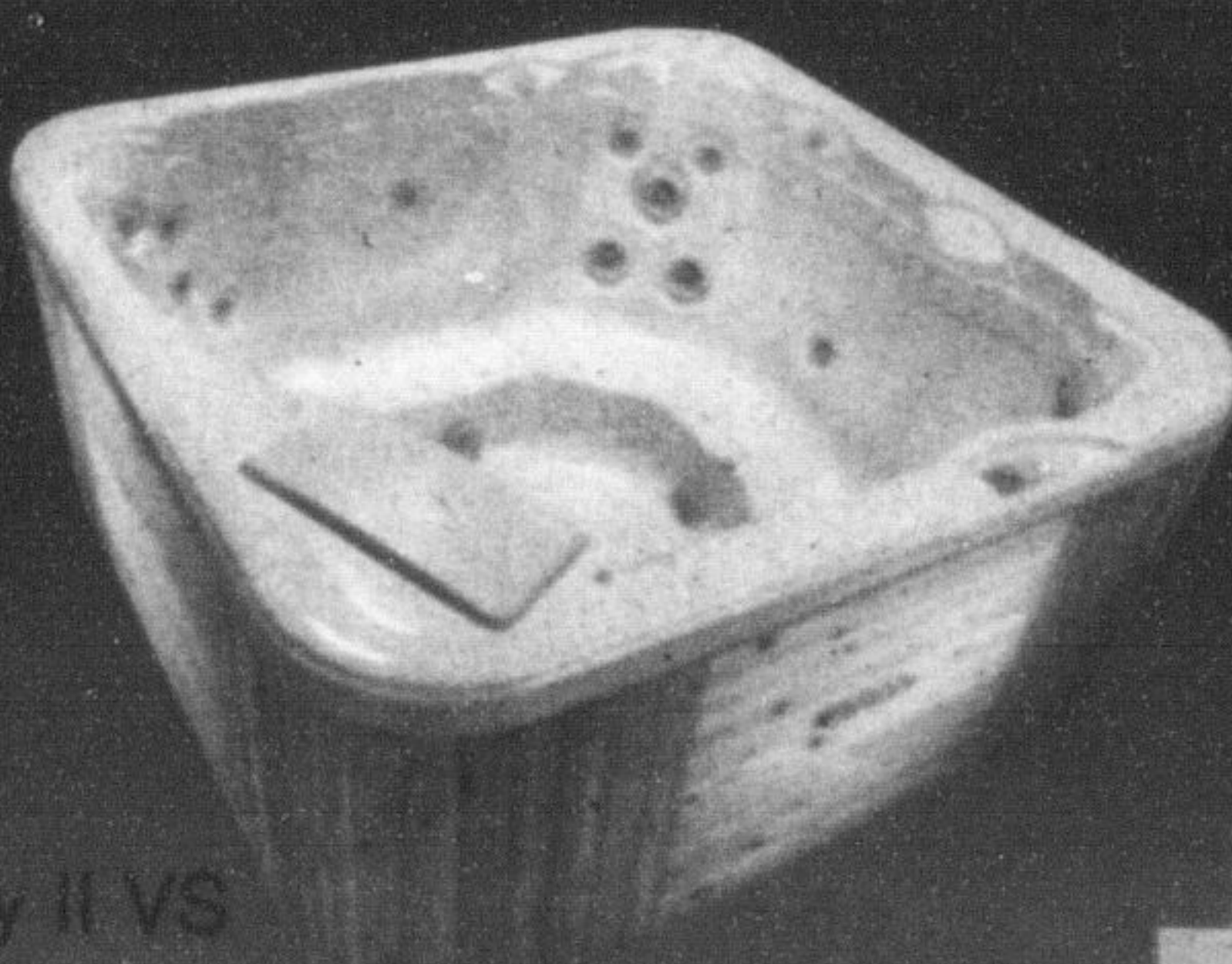
Soothing
Mind, Body and Soul



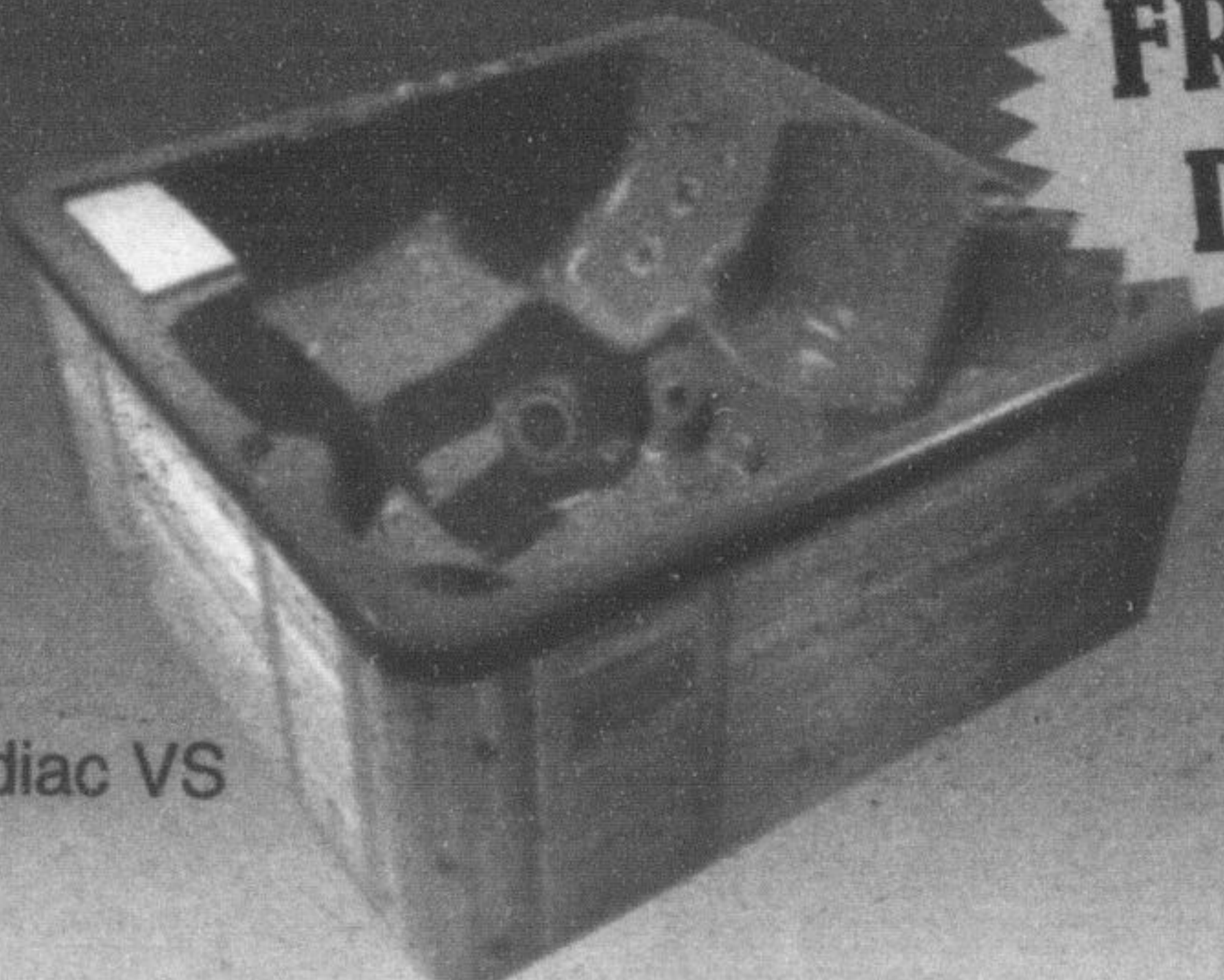
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2 locations to serve you
400 Main St. E., Milton 905-873-2753
265 Guelph St. E., Georgetown 905-693-9948

