

HEALTHY LIFESTYLES

Specialized massage therapy has physical and psychological impact

(From page 16)
 ural toxins to be released into the blood stream.
 The treatment, which normally lasts for about one hour, is applied over loose, comfortable clothing, Sild adds. A client's medical history is recorded during the first visit and improvements are noted with each subsequent session.
 "Shiatsu is also preventative health care," Sild says. "It reinstates a balance in the rhythm and harmony of the body's energy and dissipates tension which can lead to a variety of symptoms both physical and psychological."
 For more information call Bayview Shiatsu, housed in the Centre of

the Emerald Heart, at 707-0604 or visit their booth at the upcoming North Toronto Woman's Show which takes place Nov. 10 and 11 at the Sheraton Parkway Hotel in Richmond Hill.

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