

FOCUS ON BUSINESS

HEALTH IS MORE THAN THE
ABSENCE OF ILLNESS ...

ERIN BURTON

Certified Shiatsu Therapist
Registered Acupuncture
Practitioner

905-477-0082

PUSH Shiatsu Therapy Inc. @
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20 Fred Varley Drive Unit #2

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Health is more than the absence of illness
Health is the presence of energy, joy and relaxation
It's time to take better care of yourself
Shiatsu and Acupuncture increases
health and well-being

"No one can live without experiencing some degree of stress all the time. You may think that only serious disease or intensive physical or mental injury can cause stress. This is false. Crossing a busy intersection, exposure of draft, or even sheer joy are enough to activate the body's stress mechanism to some extent. Stress is not even necessarily bad for you; it is also the spice of life. But, of course your system must be prepared to take it."

Hans Selye

You must remain strong and in good health to combat the stress you face on a daily basis.

Originating from Japan, Shiatsu is a safe, comfortable, relaxing, deep pressure therapy that helps to relieve pain, improve body functioning, strengthen the immune system, and promotes health and well-being. It aims to reduce pain and encourage healing by pressing and kneading the body at crucial spots so that the energy can flow unfettered through channels called meridians. Think of it as acupuncture using finger pressure rather than needles.

Acupuncture uses sterile, painless, disposable needles. Acupuncture can

exhibit profound effects in the entire body. It can assist in reducing stress, pain, physiologic fatigue and illness. Shiatsu and Acupuncture are based on the Traditional Chinese Medical Theories.



Erin is an honours graduate of the Shiatsu School of Canada 2 year diploma program, a certified member of the Shiatsu Therapy Association of Ontario,

a registered member of the Examining Board of Natural Medicine Practitioners and has an honours diploma in Acupuncture from the Shiatsu School of Canada postgraduate program.

see Erin at her new clinic!

Erin Burton GST, Dipl AC, RAP, RMTP
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Forsythe Grounds Care

For complete property maintenance from once in a while to regular weekly upkeep, think Forsythe Grounds Care, owned and operated with a personal touch by Rob Forsythe.

With summer just around the corner, Rob Forsythe and his company can perform all the outdoor tasks, like cutting the grass, trimming and special edging, which a lot of companies just won't tackle.

Rob can build you a new garden, he will even plant the flowers or shrubs if so desired. He can trim your trees and hedges. Also, we've had a wet spring, so you don't want your grass clippings sitting on the lawn (it'll smother your lawn). Rob bags and removes all grass clippings if that's what you like.

Rob services the area of Markham, including Thornhill and southern Richmond Hill, performing work for both residential and commercial customers. His price depends on the size of the job required, but he is quite reasonable and fair and gives free estimates for all work prior to it being performed.

"I offer free estimates for anything I do. My prices are fair and in-line with other companies, but I do little extra things and I'm not charging any more for them," he explains.

And, when Rob cuts your lawn, most competitors like to cut it rather short, but Rob likes to cut it a little longer so your lawn stays healthier and stronger and you don't get the bugs. "I refuse to cut grass short. It stays healthier that way," he says.

Rob also has a licensed sprayer that he uses to handle any fertilizing, bug spraying, weed spraying or aeration. But Rob handles all spring and fall cleanups of lawns, including dethatching of your lawn,

raking up the left-over leaves or pine needles, edging the gardens, turning the soil and edging along walkways.

In fact, he has performed his spring cleanup, including edging of all gardens and walkways. His customers have been so impressed with his professional service, they have hired him to work on their lawn. He also blows all grass clippings off walkways and driveways with a Leaf Blower when done.

Rob can also take care of all the grass seeding. "I use only Scotts products because it's the best, a top brand, unless the customers don't want me to use it, but a cheaper brand."

Rob can also spread fertilizer on your lawn, take care of the building of a new deck or fence, or trim your trees right back to let more light into your property. Rob will even perform exterior or interior painting. He has weekly maintenance customers or some one-time customers who call, who may want a garden installed or a general cleanup. Once he performs his superb services, customers usually have him come back more often.

In the winter, call Rob for all your snowplowing and salting needs. He also clears off walkways. He has all his own equipment to handle your winter or summer needs.

Call Rob for your free estimate on his cell phone at 416-453-9332.

He's based in Markham for your convenience. He offers quality work at fair prices and personal service.



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