

# HEALTHY Lifestyles

## Elements of Health

For 15 years Kendra West R.M.T. has provided Massage Therapy services throughout the GTA, and is now pleased to open her own practice in Stouffville where she has resided for the past 12 years.

Located at 265 Second Street ( 9th Line North and Main St. ) we are pleased to provide Registered Massage Therapy Treatments for every age and health condition.

Elements of Health features:

- Deep Tissue Massage
- Prenatal Massage
- Infant Massage
- Thai Massage
- Hydro Therapy

Massage Therapy has grown in popularity as a Preventative Health Program as well as a Rehabilitative Treatment that is covered under most Health Benefit Plans. It is used in loosening muscles, decreasing aches and pains and increasing circulation for proper body functions. These are just some of the benefits of massage.

Kendra is part of the York Region Chapter of the Ontario Massage Therapy Association that works diligently in helping the general public gain access to information that will aid in finding not only a Registered Massage Therapist, but the right Therapist for you. (www.OMTA.com)

Hours of operations: Monday to Friday 9:00am to 7:00pm, Saturday 9:00am to 1:00pm.

Kendra may be reached at (905)640-5768, and is pleased to answer all of your questions

## Serving Stouffville and Area Patients for 34 Years

The term Chiropractic comes from the Greek "chiros" meaning done by hand. Chiropractors adjust the vertebrae of your back (the spine) and other articulations or joints of the body to have an effect on the nervous system in an effort to remove interference to this system to attempt to aid the body to restore optimal functioning and health. We assist the body in it's natural ability to heal itself.

Chiropractic is the number one rated health discipline in North America. Chiropractors are mostly known and recognized for their help with musculo-skeletal problems such as backaches, "slipped discs", headaches and whiplash injuries. The profession is also widely known for it's natural, non-invasive approach to many other types of health issues and it's involvement with sports injuries.

Chiropractors also advise you on nutritional needs and will often suggest certain supplements or nutritional programs for you to take or follow to assist in helping overcome your ailments. We do not prescribe medications but offer a complementary form of therapy or an alternative manner to assist in your health or disease condition.

A medical doctor's referral to a Chiropractor is not necessary as we also have primary contact status and are licensed to diagnose. We often accept medical referrals and full co-operate with your physician for your health needs.

A visit to my office will include a consultation and case history, examination and recommended course of treatment and management of your problems. Sometimes, a referral to another health discipline may be necessary to further aid in the correction or relief of your condition.

We also may incorporate a series of acupuncture sessions to help in your recovery. I have a fellowship in the Meridian Therapy of clinical Acupuncture Institute and am an active member of the Acupuncture Council of Ontario.

My clinic is also a recognized sports injury centre and a registered facility for the program of care for acute low back injuries with the WSIB, formerly WCB. We are reimbursed in full by WSIB and most insurance health plans. Chiropractic is not fully funded under OHIP and our fees and method of payment will be discussed by my receptionist.

Our profession is proud to have four distinct Chiropractic offices in Stouffville to serve you.

For an appointment with Dr. Beal or further information, please call (905) 642-3036 or in Aurora (905) 841-0075. Or, visit our chiropractic websites [www.ccachiro.org](http://www.ccachiro.org) or [www.nowyouknow.net](http://www.nowyouknow.net).

My Stouffville office is conveniently located at 37 Sandiford Dr., Ste. 105.



**J. A. BEAL, D.C.**

Doctor of Chiropractic  
Fellow Meridian Therapy Clinical  
Acupuncture

37 Sandiford Dr., Ste. 105, Stouffville  
905-642-3036

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**Suze Joyce**  
R.H.N. R.N.C.P.

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