

CURRENTS

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natural medicine ... your natural choice

Awaken the Body's Natural Ability to Heal

<http://www.canmorewellnesscentre.com/News.html>

SUMMER/AUTUMN 2013

Welcome to Currents!

After and extended break (a really extended break!) 'Currents' is now back in the land of the living! So much has happened since our last publication but all will be revealed over future editions.

Many wonderful new practitioners have joined our ranks offering a huge array of exciting new services; we'll showcase them all over the coming months -in no particular order..

We're also looking forward to a couple of great workshops (click here for Calendar) from Dennis Barnett

on Quantum Touch and Ari Lazer who returns to share further adventures in Sacred Geometry- stay tuned!

As ever, I welcome your feedback. Any questions, contributions or

comments please feel free to e-mail info@canmorewellnesscentre.com In Health **Neil Blacklock**



"Coincidence is God's way of remaining anonymous."
Albert Einstein

Introducing ... Elizabeth Williams B.SocSc

Each edition will feature a treatment modality briefly describing what it is and how it can help. Information is submitted by the practitioners themselves.

Contact Details:
Elizabeth Williams

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(403) 688 0828
ElizabethatCHWC@gmail.com

Qualifications: Registered Massage Therapist, Craniosacral Therapist, Visceral Manipulation.

She is trained in sport massage, pre and post natal work, myofascial release techniques, trigger point and deep tissue, PNF, and lymphatic drainage and has previously worked for 5 yrs in a sports rehab facility.

In addition to soft tissue injury treatments and post surgical rehab work, her years at the Banff Centre exposed her to a broad range of clients. It was here that her interest in the physical challenges specific to dancers and classical musicians

took root. She has lectured at the Banff Centre on the Body as Instrument and run postural analysis clinics for musicians.



Book Online at

http://www.canmorewellnesscentre.com/elizabeth_williams.html



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Please call Chrisitne Blacklock on 403 609 3367.

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A Wellness Community

Ubiquinol

If you are concerned about your heart health ... if you suffer from fatigue, muscle aches, or memory issues... then this is going to be big news for you.

You probably know that CoQ10 plays a pivotal role in your health. CoQ10 is the "spark plug" that ignites energy production in every one of your 50 trillion cells. Without CoQ10 ... no energy ... and no life!

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This deficiency can lead to many heart, muscle and brain problems. And with statins, you may not see the side effects for a year. But now I've got great news for you. Japanese scientists have now developed ...

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- * greater sustained plasma level of total CoQ10 compared to traditional CoQ10 supplementation.
- * for the maintenance of good health and support cardiovascular health.



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Events



www.canmorewellnesscentre.com/workshops.htm



Simple Coconut Oil Chocolate

1/2 cup Organic Coconut oil
 1/4 cup Organic Cocoa Powder
 2 Tbsp Organic Thick Honey (more or less according to taste)
 1 tsp vanilla extract (optional)

Method

- Melt the coconut oil and the honey slowly.
- Whisk in the cocoa powder and extract, pour into a small lined tray, pop it into the fridge for about 30 mins. If there is any leftover, store in the fridge.

By Christine



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