



# CANMORE HEALTH & WELLNESS CENTRE

## Treating People, not Disease: Guiding Principles Behind the Work of the Canmore Health & Wellness Centre

By Dr. Neil Blacklock



### Underlying Causes of Disease

At the Canmore Health & Wellness Centre, we search for the underlying causes and blocks to the free flow of natural wellness that is available to us all. We do not chase symptoms but use natural healing modalities to determine the root cause(s) of your imbalance, to bring these blocks to your awareness and understanding and use a wide array of natural health modalities to clear them.

diet and supplements are best for you can be accurately answered only one way - with the Canmore Health & Wellness Centre's scientific testing system.

### Ridding the Body of Stressors

While you can't see it, there is a life force within us all that determines the quality of our lives and health. If it flows freely and unhindered we enjoy good health on all levels.

When that energy ceases to flow we die. In the normal course of everyday living we are presented with all manner of things which can hinder and even stop this free flow of energy. These stressors can arise and cause health issues on any or all the following levels: physical, emotional and/or spiritual and take the following form:

### Partners in Wellness

We work in partnership with our patients. We do not cure anything but provide natural healing modalities and education to empower and enable you, as our partner in wellness, to step permanently into your own balance and harmony on a physical, emotional and spiritual level.

### There's Not Another Person Exactly Like You

If you are following a nutritional program or diet design for others, it may not work for you. Because no two people are biologically identical, treatment plans, diet and nutrition supplements to build and maintain good health will vary. A food that is nutritious for you may be unsuitable to the next individual.

For example, a vitamin supplement which gives a big boost to someone else's energy level may leave you feeling tired and weak. The simple truth is that there is no one ideal diet for everyone; there is no vitamin or mineral supplement that will improve everyone's health. The question of specifically what

### *Potential sources of Stressors*

Pathogens	Allergies
Nutritional	Deficiency-Excess
Lack of awareness	Toxicity
Trauma	Stress
Mental-emotional factors	Perverse Energy (EMFs)
Inherited toxins	Spiritual

The Canmore Health & Wellness Centre approaches health from a Traditional Chinese Medicine perspective dovetailed with western nutritional science and biological medicine.

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