

Reflexology and Bowen therapy treatments  
for relaxation, pain management, and stress relief



**Ruth Schippers RN**

- 25 years as a Registered Nurse (specializing in emergency medicine and palliative care)
- Qualified as a Registered Reflexology Therapist in 1998
- Completed 2-year Holistic Health Program at Langara College in 2001
- Certified Bowen Work Therapist by the Bowen Therapy Academy of Australia in 2007.
- Member of the Reflexology Association of Canada since 1998
- Certified ongoing training has included: Cranio-sacral Reflexology, Sport Bowen, and Bowen Bridge – Level 1 and Special Procedures level 1 of Bowenwork.
- Currently working on Bowenwork Special procedures 2 which offers more moves for difficult problems and cranio-sacral reflexology advanced.
- Member of the Natural Health Practitioners of Canada

**Services**

**Bowenwork:**

A gentle, safe, effective method that triggers the body to heal itself. Most symptoms are relieved with just 2-5 treatments!

**Reflexology:**

An ancient healing technique that is done on the feet, hands and ears. In modern times science has been able to map out the body on the feet, hands and ears. The reflexes are reached and stimulated with pressure from the practitioner.

**Looking forward to summer...**

**...glimpses are starting to show.** The vegetable garden is growing slowly. My bedding plants are in and now it is time to plan more outdoor activities. It is really important to create balance between work and your own personal time to maintain good health. This time of the year most of you are getting outdoors, closer to Mother Nature who nourishes you with natural aromatherapy, increases your vitamin D, increases a more restful sleep, decreases stress & anxiety and produces food in your own area that has wonderful fresh taste and nutrition.

**Tips to increase your pleasure:**

- Plan & prepare for your activity ahead of time.
- Take adequate supplies with you. Include a First Aid kit and tuck in a small package of Benadryl capsules (allergies) and any other meds you might need.
- Play safe, wear appropriate safety gear for your activity.
- Slow down - see what it is like not to punch the clock.
- Eat well & drink water.
- Enjoy the stars, the sounds and smells that surround you.



**Emergency Preparedness**

**What are Victoria's Hazards?**

There is an 11% -21% chance that we will experience a significant earthquake within the next 50 years. Many of you want to know the soil conditions your home is on. Please check out [the map](#) or read [the document](#) that explains the effects each of the following hazards may have on Victoria:

What is YOUR home sitting on?

- \* earthquake
- \* tsunami
- \* weather events
- \* pandemic

*Juice PLUS*  
**PREVENTION Plus+**

**Juice Plus**

Check out your local farmers market - **SAVE \$**

**Buy organic only** for the following to avoid the highest levels of pesticides

celery, peaches, strawberries, apples, blueberries, nectarines, sweet bell pepper, spinach, kale, cherries, potatoes, and grapes



Ask me for a business card this month and get one with a 25% off Regular treatment price sticker. Valid until the end of June.

**Contest**

Win one Wonderful Relaxing Treatment of your choice

Mail or email your entry with Name & Phone number & email address along with a visual impression of how you feel after a treatment. This can be in the form of a photo or...? There will be a random draw June 30th.